

March 2025



# The High Street Dental Practice NEWSLETTER



We hope you  
enjoy reading our  
newsletter.

As you wander down the corridor to the waiting room on your left, we have a blackboard – every month as well as a quote we put a new puzzle on it for you to solve! Are you up to the challenge?



Our lovely hygienist  
Jess wants to know..  
Did you solve the last  
puzzle?

**Provide food for  
Persian emergency  
room (8)**

## Team News

Welcome Sadie, our  
new Receptionist.



My name is Sadie and I have lived in East Grinstead most of my life apart from 6 months when I lived in Kemsing, Kent. It is really refreshing and a pleasure to come to work at the High Street Dental Practice as a Receptionist and everyone is so nice and supportive. In my spare time I like to walk, read and go swimming.



Its only a month until Kate runs The London Landmarks Half Marathon 2025, on 6th April 2025 in memory of a dear friend.

If you would like to donate and support Kate please click on the link below:

[Kate's Fundraiser](#)



### Jess's Road to Recovery

It's been a year since Jess was in a hit and run accident, although she's recovering well, it's a slow progress.

We really appreciate your patience as we have had to move appointments to ensure Jess is as comfortable as possible and has regular breaks.

Thank you again for your patience and kindness.

*Thank You...*

## Pancake Day

Pancake Day/Shrove Tuesday - The word 'shrove' comes from the old Roman Catholic practice of being 'shriven' – meaning to confess one's sins. The shriving bell would be rung on Shrove Tuesday to call people to church to confess. Before Lent could begin in earnest, all edible temptations needed to be removed.

Are you giving anything up for lent? Our lovely Dentist, Kate, has given up crisps for lent the last 3 years!

Did you know Pancakes have become such a popular Shrove Tuesday tradition that on this day, a whopping 52 million eggs are used in the UK alone! That's 22 million more than your average day.

According to the Oxford English Dictionary, "flat as a pancake", has been a catchphrase since at least 1611!

We did not hold a pancake race this year – but we enjoyed eating them!



## World Oral Health Day

20<sup>th</sup> March

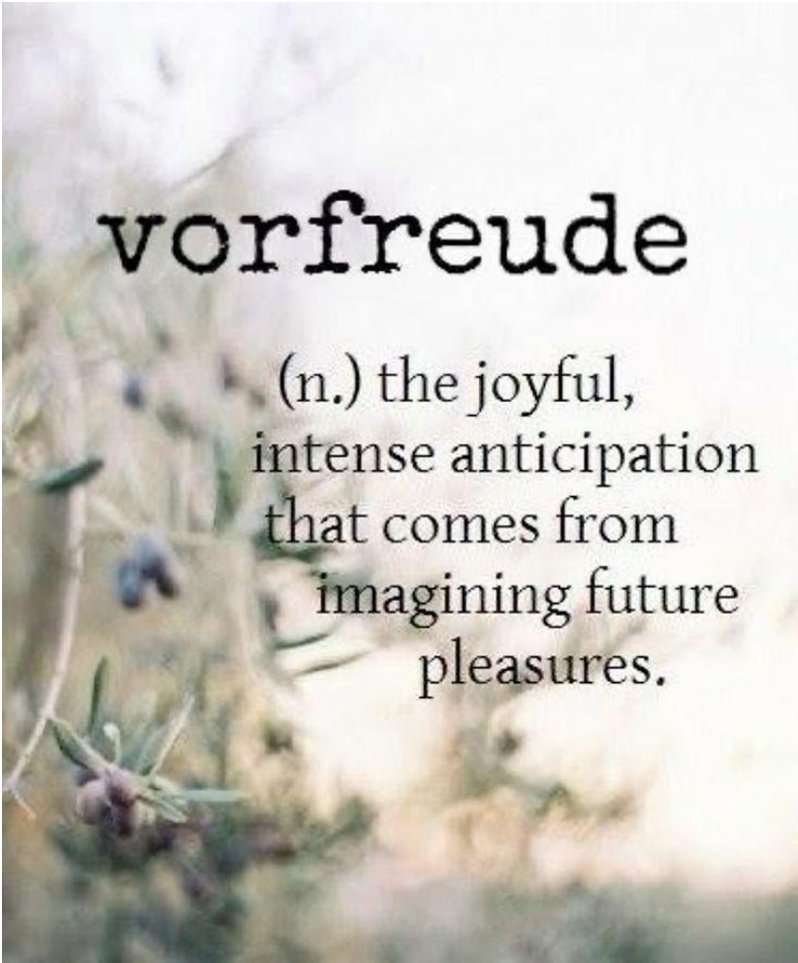
A happy mouth is a happy body.

Having a healthy and happy mouth contributes to your overall wellbeing.

Scientists have established strong links between poor oral health and conditions across several sites around the body, including the heart, brain and lungs.

To keep your teeth and gums in good condition, we advise brushing your teeth for two minutes twice a day with a fluoride toothpaste, using interdental cleaning aids once a day, reducing how often you have sugar and visiting us as recommended to prevent or catch any issues early.

## WORD OF THE MONTH



vorfreude

(n.) the joyful,  
intense anticipation  
that comes from  
imagining future  
pleasures.