



# The High Street Dental Practice NEWSLETTER



We hope you  
enjoy reading our  
newsletter.

## Team News



## OPEN EVENT

Friday 31st October

Come and meet our Dentist Samantha Webb  
to discuss **Clear Aligners**.

Sam uses the 32Co system of nearly invisible, removable clear aligners for straightening teeth,

Our open event gives you the opportunity for an

## EXCLUSIVE OFFER

Look out for our email with more information or call/email/WhatsApp us to make a consultation.

## Congratulations Yasmine!

A huge Well Done to Yasmine for qualifying as a Dental Nurse.

Your determination and hard work have paid off.

Congratulations on your excellent success!

We are all so proud of you.



# Welcome



We are delighted to introduce you to **Samantha**, our newest member of the HSDP team, who will be taking over from our recently retired Jaspal Sandhu.

She graduated from Newcastle University Dental School in 2016 and has worked in both NHS and private dentistry since.

Sam enjoys all aspects of general dentistry. She aims to give all patients in her care the best possible experience, and prides herself on a gentle and patient approach.

**Sam offers composite bonding and clear aligner treatment, if you are interested in these treatments, speak to Sam, Andy, Kate or call us to book a consultation.**

Sam grew up locally, and she and her husband both attended Imberhorne School from 2003-2010. They moved back to their hometown after university and now live with their 2-year-old son, and two house cats. When not practicing dentistry, she enjoys going for walks in the countryside with her young family and spending as much time outdoors as she can.

Her hobbies include playing the guitar, baking and, when the season is right, skiing!



**Ally's back!**

This is Ally's 3<sup>rd</sup> stint nursing at HSDP – she just can't get enough of us!

Ally is an incredible baker and lover of Halloween, throwing amazing spooktacular evenings!

Welcome back to the team Ally.

## Karaoke Queens!

We were lucky enough to have an afternoon of Team Building, which we did in our HSDP way with a yummy lunch and singing our hearts out together at Karaoke!

Our resident STAR Yasmine got us all up and singing as well as being a fantastic entertainer, and would you believe our quiet Jess is a karaoke connoisseur and was the loudest and proudest team member on the mic!



We had a fantastic time! Thank you, Maggie, for organising a fabulous afternoon.

## Our New Desk

The new desk is in! We have had lots of lovely comments on how smart it looks. We hope you all agree! There are still some tweaks to be made due to the width of the desk and we again would like to thank you for all your patience and understanding throughout the building work.





### **October is National Orthodontics Health Month**

Did you know we offer orthodontic (braces) treatment?

Braces are a valuable investment in both oral health and aesthetics, addressing a variety of dental issues that can affect individuals of all ages.

Alex Cash – Consultant orthodontist offers a free consultation appointment for our existing patients. Alex offers ceramic brackets to allow for a more aesthetic appearance throughout your orthodontic experience.

If you fancy a chat with him to find out your options, drop us a call or email.



Did you know?

In the UK, over £1 billion is spent on Halloween sweets and chocolate annually

Snickers is the most popular Halloween sweet in the UK

It has been suggested that children may be consuming up to 384g of sugar on Halloween – 16 times the recommended daily limit.

The first line of defence should always be reducing the frequency of sugar intake, avoid very sticky and chewy sweets to reduce the risk of sugar sticking to teeth for a long period of time, rather than snacking on sweets throughout the day, spread them out over a number of days, or enjoy them after a meal to reduce the impact on their teeth. But, most importantly, ensure your children are still maintaining their oral hygiene routines.

We hope you all have a fantastic and fun Halloween!

## WORD OF THE MONTH

