



A & H Update

No. 9 Issue 2 Spring 2019



Welcome to this issue of A & H Update

Our quarterly newsletter is designed to keep you updated with all our news.

Children's Holiday Fun with the Dental Health Team

Over the Easter school holidays we will be again offering our **dental health program** designed especially for our **younger patients**. Age targeted dental health sessions are being delivered by Tanya & Annie our Hygienist and Oral Health Educator.

We aim to deliver these sessions for children every school holiday. They are **FREE** once per year to all children on our **Practice Membership Scheme**. We will be having a free prize draw, **fun** dental games with prizes and of course lots of great **hints and tips** on good diet and brushing explained with fun dental props, toys, and displays.



Missing a Tooth?

Dental implants are a great way to replace a missing tooth or teeth and also stabilise a denture. Ask at reception for a **FREE Implant Chat** with Adam to see if we can help you.

National Stop Snoring Week 22nd-28th April

The British Snoring and Sleep Apnoea Association is holding its annual Stop Snoring Week promoting awareness that nobody need suffer as a result of snoring since it is a treatable condition.

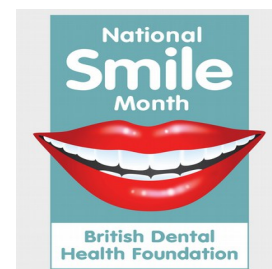
Visit their website at www.britishsnoring.co.uk if you would like further information on sleep disorders.

We currently offer sleep assessments and can also **custom build** simple **anti snoring devices** to be worn in the mouth. Please ask for details.

A & H Bitesize

- **Google and Yell.com reviews:** Please help us to grow our practice by reviewing us on Google and Yell.com. **5 Star** ratings help us attract new patients meaning our practice thrives, thus allowing us to reinvest for the **benefit** of all our patients.
- Patients who join our Practice Membership Scheme receive a **20% discount** on most treatment items and **FREE** Dental Health Checks and Hygiene visits twice per year. Monthly membership fees start at just £14.50 per month.

National Smile Month May 13th - June 13th



As always we will be supporting the British Dental Health Foundation annual **National Smile Month**. This BDHF awareness month provides a great opportunity to learn more about dental health. The three key messages are:

- Brush your teeth last thing at night at one other time each day with fluoride toothpaste.
- Cut down on sugary drinks and snacks
- Visit your dentist regularly, as often as they recommend

Our Refer a Friend Scheme is proving popular. Let your friends know that you have your teeth cared for by A & H Dental Care and if they join our practice and mention your name we will send you £15 of High Street vouchers to say thank you!

Patient Corner - What do you think?

Patient views are important to us and help us to constantly improve our service. If you have any **feedback** about our practice please feel free to talk to any member of staff or post ideas on our Friends and Family Test forms in reception.