



Newsletter



Issue 29 Spring/Summer 2022

Welcome to the next edition of our practice newsletter. As well as keeping you informed of any changes happening at the practice, there is also some helpful information on some of the services we offer.

Getting back to normal!

The success of the coronavirus vaccine programme has enabled the gradual and safe removal of restrictions on everyday life over the past year, as we all try to adapt to a “new normal” of living with the virus in the future.

As health services move in line with the Government’s Living with COVID-19 strategy, the dental guidelines that we have been working to since re-opening the practice in July 2020 have now been removed.

The updated protocols for the practice will reflect the updated COVID-19 Infection, Prevention and Control Dental Appendix, dated 14th April 2022, and the safety of staff, patients, clinicians and other members of the public who visit the practice will remain our priority at all times.

Over the coming weeks, you will notice some changes as we remove some of our covid-19 protocols in both the clinical and non-clinical areas of the practice, as we begin our journey back to normality!

All patients and visitors to the practice will need to continue to wear a face covering in the practice (unless exempt) and we would kindly ask that you continue to sanitise your hands before coming up to reception.

We will continue to operate the one-way system around the practice to minimise patient contact, and ease congestion at the entrance to the reception area.

We hope that the next step will be to re-introduce magazines and drinking water; which I know many of you are eager to see!

Baby congratulations!

Huge congratulations to our dental nurse and lead receptionist Francesca and her husband Josh on the safe arrival of their firstborn; baby Milo. We all miss having Francesca here, but we are sure that she will be making lots of precious memories with baby Milo while on maternity leave and not missing us at all!



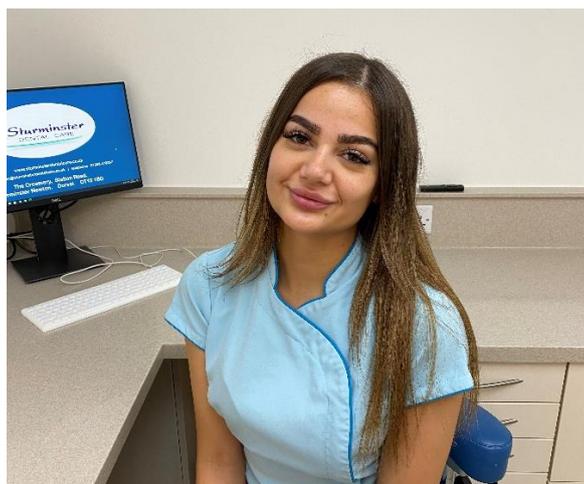
Newest members of the Sturminster Dental Care family – baby Hugo and baby Milo!

New Team Members

With both Charlotte and Francesca now on maternity leave, we have welcomed trainee dental nurses Zahra and Alicia to the team.

Zahra has recently begun her NVQ Level 3 in Dental Nursing, and Alicia, who has now completed her reception training will move into the clinical setting and begin her dental nurse training in the coming months.

We hope that they will both be very happy being part of the team at Sturminster Dental Care.



Trainee Dental Nurse Zahra



Trainee Dental Nurse Alicia

Examination Success!

Our congratulations go to Zoe who has recently completed her Level 3 qualification in Dental Nursing. We are very proud of Zoe's achievement; she is a great asset to the practice.



Dental Nurse Zoe

National Smile Month 2022

National Smile Month is a charity campaign all about championing the benefits of having good oral health and promoting the value of a healthy smile.

National Smile Month 2022 is all about shining a light on inequalities within oral health.

Between 16th May and 16th June, the Oral Health Foundation will be raising awareness of important health issues and hoping to make a positive difference to the oral health of millions of people.

Oral health inequalities affect lots of different people and groups within society. Age, wealth, level of education and where you live can all determine how healthy, or unhealthy, your mouth might be.

Inequalities are often preventable. In the UK, oral health inequalities can lead to a greater risk of:

- Oral diseases such as tooth decay and gum disease.
- Tooth loss and tooth extractions.
- Mouth cancer.
- Dental phobias and anxiety.
- Less access to frontline care and support services.

Despite the many improvements in oral health over the last 40 years, inequalities continue to be a burden for many people.

National Smile Month is a chance to help others achieve better oral health by sharing important oral health messages.

Key messages for great oral health

During National Smile Month, we are promoting four key messages for better oral health:

- Brush teeth for two minutes, last thing at night and one other time during the day, with a fluoride toothpaste.
- Clean between your teeth every day.
- Cut down how much and how often you have sugary foods and drinks.
- Visit a dentist regularly.

The team at Sturminster Dental Care are proud to support National Smile Month; we believe that everybody deserves a healthy smile. A person's oral health is a crucial part of their overall wellbeing.

**Our practice is supporting
National Smile Month**
because everyone deserves a healthy smile

www.smilemonth.org

16th May - 16th June 2022

Get involved using #smilemonth

National Smile Month
Oral Health Foundation

