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## Newsletter-Winter 2020

### Practice News

What a year 2020 has been! It hasn't been easy for anyone. Wearing masks everywhere, always carrying that little bottle of hand gel just in case and desperately finding reasons to avoid leaving the house.

For patients who have been in for appointments already you will have seen the stand out changes that were made. For patients who haven't been in for their appointment yet, we have put in place various measures to adhere with social distancing regulations to keep our patients and our team safe. We are following all of the updated standards of operation advice by Public Health England and all UK Health Regulations.

In the meantime well done to **Shai** for completing her Dental Nursing course and please welcome our new trainee Dental Nurse, **Saffron**, to the team. If you haven't had the pleasure of meeting her yet you're probably due a check up appointment 😊



### Charity Mission

This year Dr Atinuke-Tayo had planned 2 medical missions to Oman and Kenya but unfortunately Covid-19 put a stop to them. Instead, we would like to raise funds to support an orphanage that started after her visit to South Sudan in 2016, Light Bearing Children. Any support will be appreciated. If you can donate please contact us.

We will keep you up to date.

### Denplan

Do you find it hard to keep track of booking your routine check-ups? If you do **Denplan** might be something to consider. **Denplan** is a monthly payment plan that helps spread the cost of your dental care at our practice. There are two options:

**Denplan Essentials** costs £15.99 a month and will cover 2 check-ups and 2 cleans per year. A 12% discount will be applied to necessary treatments after signing up.

**Denplan Care** costs are determined following an assessment of your dental health and depend on the amount of time you need to spend in the practice. Unlike Denplan Essentials, Denplan Care does include some treatments. Please call the practice if you would like to enquire about joining Denplan and we can discuss your options with you.

# Ingredients for a guilt free delicious lunch

2-3 lbs boneless skinless chicken breast

½ cup corn starch

¼ cup honey

1 Tbsp soy sauce

1 clove garlic, minced (about 1 tsp)

1 tsp sesame seeds

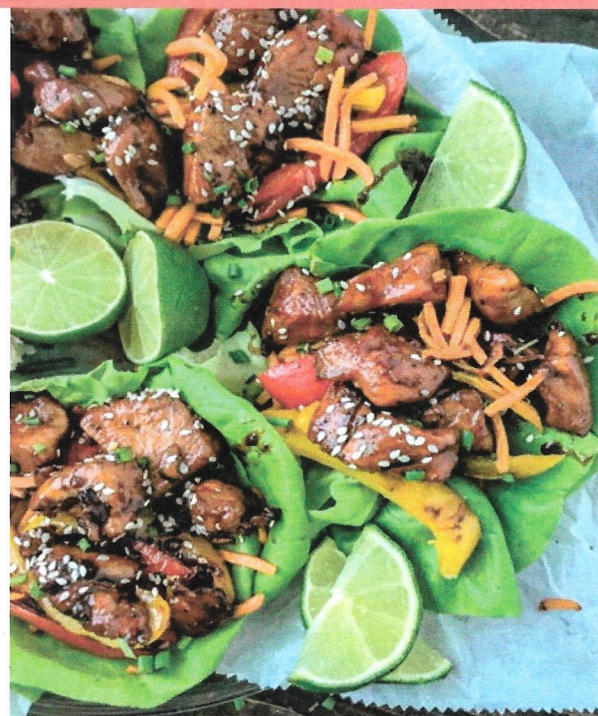
¼ tsp chilli pepper flakes

¼ tsp each salt and pepper

3-4 Tbsp canola oil

TO SERVE: Iceberg or butter lettuce, pulled apart into large pieces

Optional toppings: diced cucumber, sesame seeds, finely chopped carrot, crispy ramen noodles, hot sauce



## Easy Step by Step

1. Dice chicken into small bite-size pieces. Toss in large bowl or freezer bag with the corn-starch to coat all sides.
2. In a small bowl, whisk together honey, soy sauce, garlic, sesame seeds, chilli flakes, salt and pepper.
3. To cook: Heat oil in a large skillet over high heat, until oil is shimmering and hot. Put a piece of chicken in to test: the chicken should sizzle immediately. When oil is hot, add chicken and stir-fry, stirring frequently, until the edges of the chicken look golden, 4-5 minutes. Add sauce and cook, stirring constantly, for another 2-3 minutes, until sauce is simmering and slightly thickened and chicken is cooked through.
4. Serve chicken in lettuce pieces, with toppings of your choice.

## Domiciliary

At Hatherley Dental Surgery we offer a domiciliary service. This is when we go out and visit people at their home/care homes who physically can't get to the practice due to mobility reasons. We believe that everyone deserves the best chance at good oral health no matter what.

The registration cost for a new domiciliary patient costs £75.20. The first domiciliary appointment costs £85.60, this includes us essentially taking the practice to the patient, the first examination, 2 radiographs and an oral cancer screening. Any treatment discussed and planned at that appointment will be a separate appointment and charge.

## Disclosing tablets

They are chewable tables used to make dental plaque visible. After using correctly the tablet stains on the teeth to indicate areas where plaque still remains.



## Merry Christmas!

We hope that you have a very merry Christmas and a wonderful New Year!

Best wishes from The Team at Hatherley Dental Surgery XX

