



Merry Christmas!

Practice Newsletter



Practice News

Wow another year has flown by already! We hope everyone has had the best year possible considering the pandemic.

At the practice we continue to follow UK guidelines on social distancing and wearing masks. We can now have more than one patient in the waiting area at once as we have a screen to separate everyone, but of course if patients feel more comfortable waiting in their car until their appointment please feel free to do so.

We wish everyone a very merry Christmas! This year we will be able to enjoy the holidays with extended family.



THANK YOU! :D

Denplan

Firstly, we would like to thank our

Denplan patients for their continuous support of the practice during lockdown and since. Due to that support, we chose not to increase monthly cost for the past 2 years. We would like to inform our Denplan patients that there will be a slight increase to the monthly cost in 2022.

Domiciliary service

As many of our patients know we offer home visits to those who cannot physically get to the practice. We have the equipment to do most basic treatments in care homes or the patients home. The registration cost for this service is £201.20, this includes the registration, the first appointment, 2 x-rays if needed and us taking the equipment off the premises.

Missions

Unfortunately Dr Tayo was unable to go on a mission last year and this year due to the Covid-19 pandemic but is looking forward to being able to go. Also a very big thank you to the patients who contributed to the orphanage in South Sudan, we are still taking donation if anyone like to assist.



Vegan chocolate truffles

- 120g raw cacao powder (or cocoa powder), plus extra for coating
- 120g agave syrup
- 120g organic dates, roughly chopped
- 8 tbsp coconut oil (use a cold-pressed version such as Groovy Food from Tesco and Waitrose)
- 120g Brazil nuts, roughly chopped
- 120g rolled oats
- ½ tbsp orange extract
- Desiccated coconut to coat



Method

1. Put all the ingredients except the desiccated coconut into a food processor and pulse until the mixture comes together. If the mixture is too wet, add more oats. If it's too dry, add a little more coconut oil. Shape into a ball, then wrap in cling film and chill for 1-2 hours until firm.
2. Once set but still workable, use your hands to roll out truffle-size balls, then roll these in the coconut flakes and/or extra cacao powder, leaving some uncoated.

Tips

1. Taste the mixture as you go – if it's too bitter, add more agave. For a boozy kick, mix in a splash of rum or Cointreau. If you don't have any orange extract you can use vanilla extract instead.
2. The mixture will keep for up to 3 weeks, covered, in the fridge or it can be frozen for up to 3 months.
3. If it's too hard to roll, take it out of the fridge for 30 minutes, then proceed.



Adult Orthodontics

There is no age limit to having orthodontic treatment. Do you want straighter teeth? Whether you are 20, 30 or 40 years old it is possible for you to feel comfortable. If you would like to enquire about adult orthodontics please feel free call us on 01242 515 621 or ask at your next appointment.




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Just a reminder for all of our patients that we are currently still following UK guidelines with having 20 minutes of fallow time after our aerosol generating procedures (AGP) such as fillings.

We are also still only able to make check up appointments in the morning and AGP treatment appointments in the afternoon. Please continue to wear a face covering to the practice.