



# Langmans Dental Health Centres

We would like to wish all our patients a very Merry Christmas and a Happy New Year. We hope you won't need us over the festive season but in case you do our opening hours can be found below.

## Christmas Teeth Whitening Offer



**Home Whitening is now just £199** (normally £295)



**Zoom Whitening is now £349** (normally £399 and includes in surgery whitening plus a home whitening top up kit)



**The offer is available for appointments booked in November and December 2016.**

0% Finance is available on whitening treatments over £250 and subject to status

## Staff News

We are sad to say that Dr Charlie Buckle will be leaving us at the end of December to follow a fully private career in dentistry. We will be sorry to see him go and wish him all the best for the future.



We are very fortunate that Dr Justin Scrivens has now joined us full time and where possible we will be moving Dr Buckle's patients over to Dr Scrivens. We are confident that he will continue to provide you and your family with the best dental care possible.



Don't forget you can find details about all of our dentists on our website [www.langmansdental.co.uk](http://www.langmansdental.co.uk)

## Christmas Opening Hours



Christmas Eve	Closed
Christmas Day	Closed
Boxing Day	Closed
Tuesday 27th	Closed
Wednesday 28th	8.30 am - 2pm
Thursday 29th	8.30 am - 2pm
Friday 30th	8.30 am - 2pm
New Years Eve	Closed
New Years Day	Closed
January 2nd	Closed

For urgent dental care outside of these hours please telephone the practice and follow the instructions on our answer phone message.

## Hygienist Missed Appointments

30-40 hours of hygienist surgery time are wasted each month due to failure to attend appointments or cancellations at short notice.

We appreciate that you have busy lives and are not always able to attend a previously scheduled appointment. However, please do appreciate that failure to attend or inadequate notice of cancellation (48 hours) means that we are unable to offer the appointment to other patients.

From January 1st a £30 charge will be made for missed appointments and short notice cancellations.

Extenuating circumstances should be discussed with the Practice Manager.

## Local Community News

Local businesses have recently been asked to do their bit in tackling the issue of begging in Stratford Upon Avon.

According to official figures, 60% of people who beg in Stratford do have access to accommodation and if they don't, help is available to find them accommodation.

In addition to this, 88% of people who beg in Stratford do so to support a Class A drug habit.

The average beggar in the town can earn £80-£100 a day, with some travelling specially to Stratford for that sole purpose.

A lack of awareness of this background means that people could inadvertently be doing these people a disservice and even risking their lives. By giving money or food and drink to beggars, kind-hearted people and businesses could be indirectly helping them to fund their drug habit, or making them more comfortable, prolonging their time on the streets.

Rather than give money or food and drink, we are advised to make a donation to the Stratford Recovery Partnership which supports Stratford Link, a local organisation helping those on the streets. This project offers advice and support for people facing social exclusion for a number of reasons including homelessness, alcohol dependency, substance misuse and financial difficulty. They can get a hot drink, a snack and link in with support services. There is also shower, bathing and clothes washing facilities available.

To donate to the Stratford Recovery Partnership visit [www.justgiving.com/stratfordtrp](http://www.justgiving.com/stratfordtrp)

## Christmas Dental Tips

At this time of year, it is difficult to abstain from the sugary treats that seem to be everywhere. One of the major enjoyments is sharing food and drink with family and friends. Here are some tips to minimise the potential damage to your teeth!



- Try to eat sugary snacks in one go rather than throughout the day. This will reduce the amount of time your teeth are exposed to the sugar.
- If you're snacking, savoury is better for the teeth than sweet – you'll do less damage with a packet of crisps than with a packet of raisins.
- If you are drinking full fat coke, wine, juices or other acidic drinks, don't brush your teeth for an hour afterwards. The acid in these drinks causes erosion and you'll make it worse by brushing. If you are having juice for breakfast, brush your teeth before rather than after you drink it.
- Clean your teeth twice a day using a fluoride toothpaste. Do not rinse with water afterwards, you will simply wash away the effect of the fluoride.
- Sugar free chewing gum is recommended, especially after consuming acidic foods or drinks. This will increase saliva flow and help to neutralise acids.