



The cold, dark nights are ending and brighter days ahead!
The practice will be closed on **May Day 7th May and bank holiday 28th May**. Information regarding emergency services will be available on our main phone line. Our diary is filling quickly and if there are any treatment appointments that you wish to book before the summer period, please contact our reception and they would be happy to organise for you.

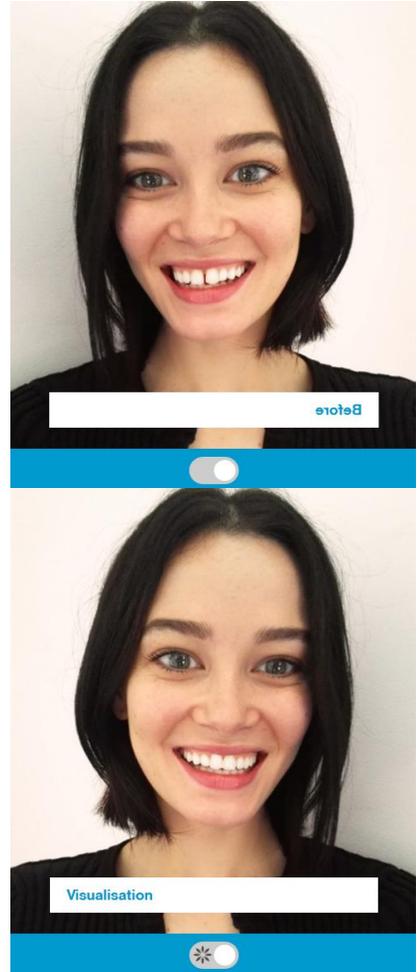


We are so touched to receive so many wonderful reviews from patients through our website or social media outlets, letting us know how happy they have been during their visit and that they feel well looked after. We work hard to make sure each patient is looked after from start to finish of every visit, and we want to make sure your visit is as comfortable as possible and memorable, for all the right reasons! We have a full refreshment menu including your favourite cappuccino or herbal tea, the choice of your own personal tunes to help you sail away, or perhaps the cosy feel of a warm blanket during your appointment. Sometimes it's just the simple things - ask about our patient wish list for your next visit.

We also offer a chance for entry into our monthly review draw, with every Google, Facebook or website review provided. [April's prize is a £25 voucher for Little Wing Pizzeria...yummy!](#)

Read some of lovely reviews here:
<https://www.helensbaydental.co.uk/testimonials/>

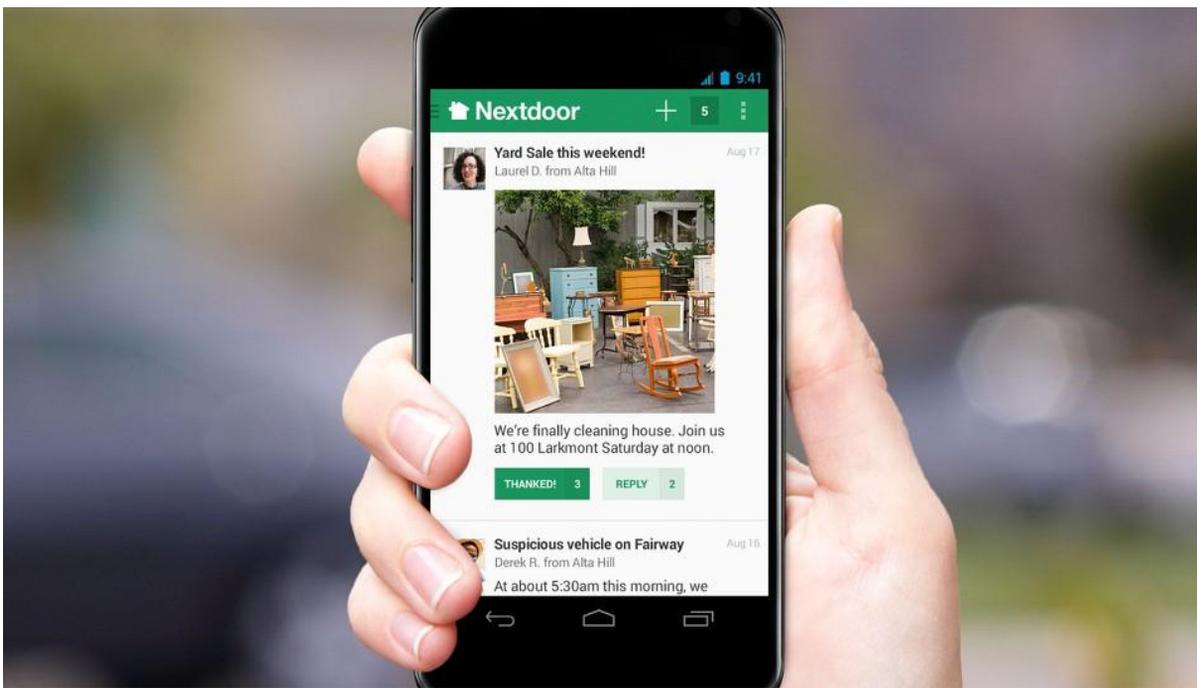
New smile for summer?



Our treatment co-ordinator, Glenda, is celebrating her **5 year newsmileversary** and we think her teeth look as fantastic now as the day she finished her tooth straightening treatment!

Our tooth straightening partner, Invisalign, has developed an amazing smile simulation tool which can allow you to see your straighter smile before even taking the steps to book your complimentary visit for assessment! It's nice to try before you buy - you would expect a test drive before you new car purchase, wouldn't you?

Simply upload your selfie and within 24 hours they will send you back a picture of your potential new smile. Not only can you view your new smile, but we could bring it to reality in as little as 3 months! **To find out more about Invisalign clear aligners, or to book your tooth straightening complimentary consultation today simply contact us through reception, social media or online.**



Staying connected is easier than ever

One of our patients, James Megaw, invited us to join a wonderful local service called "[Nextdoor](#)".

Nextdoor is an online service, which you can use on your desktop, tablet or phone to stay connected to your neighbourhood, wherever you are.

Nextdoor is the best way to stay informed about what's going on in your neighbourhood—whether it's finding a last-minute babysitter, planning a local event, or finding a local plumber. There are so many ways our neighbours can help us, we just need an easy way to connect with them.

James runs the fantastic [Bayburn Fitness](#) and often posts about his get fit opportunities and services through this site. We are hoping to start using this very soon to keep our patients and the locals up to date with what's going on at the practice and any last minute availability we might have.



A day in the life of a trainee dental nurse Emma's story....

“I am now seven months into my dental nursing training. I am thoroughly enjoying my role here at Helens Bay and every day I am learning new skills. As I am a trainee dental nurse, I attend class every week to learn the theory side of the role, which I can then put into practice whilst I am at work. Each week I am learning lots, from tooth anatomy to oral hygiene and I am very lucky to have the full support of all my team mates, who have made me feel at ease and I don't mind pestering them with lots of questions! Every day is different, the pace is fast, and I have seen another side to dentistry than what I have seen as a patient myself. During my time here, I have seen a variety of treatments what I never knew about, from Cerec 'same day crowns' to dental implants, which are always so fascinating to watch! I am making good progress and I cannot wait for the future when I will become a qualified Dental Nurse”



Recipe corner

We thought it would be nice to share a recipe, kindly donated by Lorraine's (our Dental therapist) mummy! This is a lovely healthy recipe and great for kids (as sampled by Lorraine's own little angels Harry and Felix!). We would love to make this a monthly feature and would ask all our friends and patients to share some of their lovely recipes with us and we will post monthly on our newsletters. We welcome all recipes from healthy to purely indulgent!

Perhaps we could gather enough for a little cookbook!

Today we present, [Banana & peanut butter cookies](#)

Ingredients

2 ripe bananas

1 cup rolled oats

1 heaped tbs peanut butter

1/2 cup peanuts, chopped

Preheat oven to 350 F/180 C. Line baking tray with parchment paper. In a medium bowl, mash bananas really well with a fork until no lumps remain. Stir in oats until well blended and let mixture stand for 5 minutes. Stir in peanut butter and chopper peanuts. You can chop peanuts with a knife or in a food processor. Drop mixture, 1 tbs at a time onto a baking tray. Flatten using a spatula or the back of a spoon. Bake for 12-15 minutes or until lightly golden. Cool on a wire rack and store in an airtight container for up to 5 days.