

# Union Quay Bites

The new monthly newsletter from Union Quay Dental

MARCH 2026

This month:

One year of Union Quay Dental  
The mind-mouth connection  
North Shields Town of Culture bid  
Merry + Brite  
What's on

We're backing

**North Shields**

UK Town of  
Culture 2028



# Welcome to Union Quay Bites

## One year of Union Quay Dental

Easter is approaching and new beginnings are all around us. It's been a year since Jarlath and Jamie took over the practice and it seems fitting the new changes are all coming together in the spring.

If you've been in to the practice over the last few weeks, you'll have seen that the refurbishment work is almost finished. Our reception area has had an upgrade which you can take a peek at on page 7.

Do you know that your mental health and your dental health are related? This month we're delving into the mind/mouth connection to find out how different mental health conditions affect your teeth.

In this edition we also meet Merry + Brite, our business of the month with bright and distinctive accessories and homewares. The colourful cutlery is just perfect for an Easter picnic!

Enjoy this edition of Union Quay Bites.



UNION QUAY  
DENTAL

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# One year on: A new chapter at Union Quay Dental

Over the past year, our dental practice on North Shields' historic Fish Quay has been undergoing an exciting transformation. One year after dentists Jarlath McAteer and Jamie Dury took ownership of the practice, we are preparing to reveal a major refurbishment designed to modernise the clinic while celebrating the character of its historic home.



## **PRESERVING HERITAGE**

Based in the striking Grade II listed Richard Irvin building, the practice has been carefully upgraded whilst continuing to welcome patients throughout the works. The project has involved stripping the building back, resolving long-standing drainage challenges and a complete rewire so it can support modern digital dentistry and new clinical technology.

## **A GROWING TEAM**

Today Union Quay Dental is home to a team of 32 people, including seven dentists, and the expansion will allow the practice to welcome additional clinicians, dental nurses and administrative staff in the coming months.

## **PUTTING DOWN ROOTS**

Both Jarlath and Jamie originally moved to Newcastle to study dentistry at Newcastle University before building their careers in the North East. When the opportunity arose to take on the practice, it offered the chance to shape a clinic around their own values whilst putting down long-term roots in the region.

“We’re really proud of what the practice has become over the past year,” they say. “It’s been a huge effort from the whole team, and we’re excited to finally show patients the refurbished practice.”

With the Fish Quay continuing to evolve, we hope Union Quay Dental will remain a trusted part of the local community for many years to come.



# The mind/mouth connection

Research has shown that your mental health and your dental health have a reciprocal relationship - when one suffers, so does the other. So how do different mental health issues affect your teeth?

## Depression

People who experience depression may find that even simple daily tasks become overwhelming, and when a bout of depression hits, oral health routines can be one of the first things to suffer.

If toothbrushing and flossing routines are neglected, it can lead to tooth decay, gum disease and halitosis (bad breath). These conditions can result in difficulties with eating, speech, and low self-esteem, leading to decreased social interactions, further harming mental wellbeing. Certain medications used to treat depression can result in decreased saliva production, also called 'anti-depressant induced xerostomia'. A dry mouth means that it's harder for your mouth to wash away sugars and acids that lead to tooth decay.

## Anxiety

People with anxiety and other mental health conditions may experience heightened stress about visiting the dentist, making treatment more difficult and conditions getting worse. It can also be associated with teeth grinding, or 'bruxism' which can cause long term damage.

## Dementia

For older adults, the onset of dementia may cause difficulties with daily routines including toothbrushing. Tooth loss can lead to difficulties with eating and poor nutrition. New research has also shown a link between gum disease and the formation of 'amyloid plaque' in the brain, which is associated with Alzheimer's disease.

## Food choices

Poor mental health across a variety of conditions can also lead to unhealthy food choices which have a further negative effect on the health of your mouth and teeth.



# How your mental health affects your dental health

## How can we help?

First of all, don't worry about what your dentist will think if you've let your oral health slip. We are here to provide a safe environment where you can discuss any issues without judgment.

Your dentist can check for any tooth decay or gum problems, and they can advise on the best course of treatment depending on your circumstances.

It's important that any missing teeth are replaced with implants or dentures to prevent difficulties with eating.

If you've been through a period of low mental health and let your dental routines slip, the key may be to start again slowly. Build simple daily routines that don't feel overwhelming. Be proud of yourself when you stick to them, and be gentle on yourself if you're struggling.

Contact your GP if you are experiencing depression, low mood or have any other mental health concerns.

To book your check-up, call our reception team on 0191 2596506 or email [reception@unionquaydental.co.uk](mailto:reception@unionquaydental.co.uk)



# Town of culture



Our commission from architectural artist Anthony Downie

With our practice located right in the heart of North Shields Fish Quay, we love being part of this historic town with so many stories to tell and an ever-growing cultural scene.

We are keen to support local artists and have recently commissioned Anthony Downie to paint The Richard Irvin Building for us in his signature style. Anthony's recent street mural for the North Shields 800 Mural Trail is at the top of Trevor Terrace in North Shields.

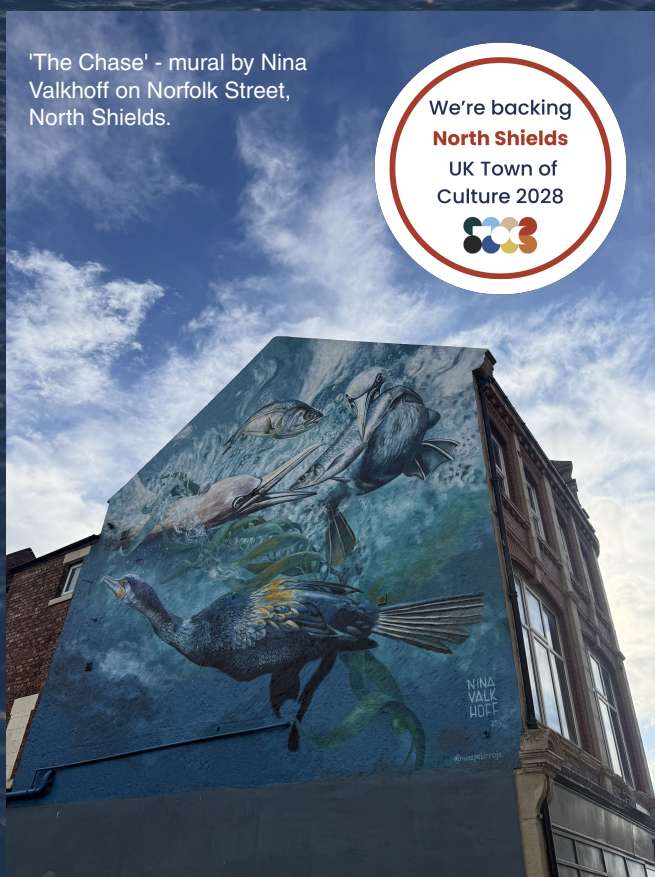
2025 marked the town's 800th birthday and was a year of celebrations, highlighting the heritage and the culture of the town.

The UK Town of Culture is a new national competition launched by the Government's Department for Culture, Media and Sport (DCMS) to celebrate the unique heritage, creativity, and identity of towns across the UK.

The winning town will be crowned UK Town of Culture 2028 and receive £3 million to deliver cultural events and activities. Two runners-up will each receive £250,000.

We will be supporting the bid as it progresses and can't wait to see what it brings to our town.

Stay updated with the North Shields Town of Culture bid via the North Tyneside Council website [here](#)



'The Chase' - mural by Nina Valkhoff on Norfolk Street, North Shields.

# Business of the Month

## Merry + Brite



Sophie Patterson shares her colourful, vintage-inspired homeware brand with us

Sophie Patterson has always loved browsing auction sites for quirky homewares. A few years ago, she came across the most perfect vintage, colourful cutlery set but unfortunately missed out on winning the auction. "My dad suggested I try designing and manufacturing my own sets. After some challenges, we eventually found a fantastic manufacturer who was able to produce the quality we were looking for" she explains.

Sophie, 31, grew up in Whitley Bay, and originally qualified as a primary school teacher, but left to work for her dad before starting Merry + Brite.

When Sophie's daughter was born a couple of years ago, she was initially worried about how she would manage balancing motherhood with running Merry + Brite, but last year turned out to be her best year yet.

Sophie is giving a special discount for Union Quay Bites readers, shop on [Etsy](#) and use the code UNIONQUAY15 at the checkout.

Follow Merry + Brite on Instagram @merryandbriteuk

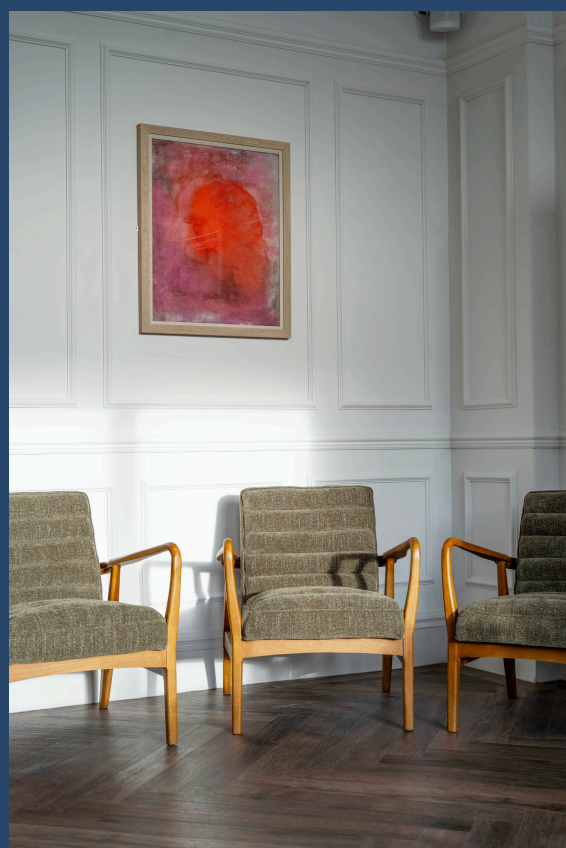
Her favourite product is the vintage-style Christmas lights. "The idea came from something I saw years ago in a restaurant. We went through lots of samples to get the perfect nostalgic glow, and they had to have a pink bulb" she says. Her Christmas lights have since appeared in photoshoots and magazines, and they're now stocked by Selfridges in London, which has been incredibly exciting.



# Practice News

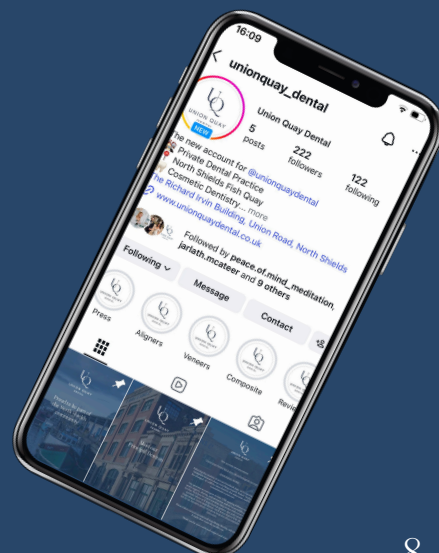
## Exciting changes to our reception area

Our reception area has now been refurbished to create a more welcoming and relaxing environment for you. Elegant wood panelling now lines the walls, finished in a soft white that brightens the space and enhances its sense of calm. With plenty of natural light streaming in, the reception feels airy, sunny, and inviting, providing a comfortable place to sit back and relax before your appointment.



## Our new Facebook page and Instagram are now live!

Follow Union Quay Dental on Facebook [here](#)  
Follow [@unionquay\\_dental](#) on Instagram for all new content and updates.



# Smile Transformation

Uneven teeth... but don't want them drilled down? Composite bonding could be the solution for you.

Composite bonding is a **gentle, minimally invasive** way to enhance your smile. Using a carefully applied tooth-coloured resin, we can **subtly reshape and refine** your teeth so they blend beautifully with your **natural smile**.

The result? Teeth that look healthier, more balanced, and most importantly, completely you.

Many of our patients tell us they feel more **confident** and at ease after treatment, often surprised by just how natural their new smile looks and feels.

One of the biggest advantages is its simplicity - there's no drilling involved, making it a **calm and comfortable experience** from start to finish. It's also a tooth-friendly treatment, with little or no removal of healthy tooth structure in most cases.

Patients particularly appreciate how quickly they can see a difference, with treatment often completed in just a single visit. And beyond the cosmetic improvement, the bonded resin forms a durable outer layer that can help protect the tooth from everyday wear.

Take your first step towards transforming your smile by booking a consultation with our Treatment Coordinator.

Call our reception team on 0191 2596506 or email [reception@unionquaydental.co.uk](mailto:reception@unionquaydental.co.uk)



# What's on?



**TYNEMOUTH PARK**

**MAZE EASTER EGG HUNT 2026**

Saturday 28th March  
Sunday 29th March  
Friday 3rd April  
Saturday 4th April  
Sunday 5th April

**EARLY BIRD OFFER**  
**£15**  
PER CHILD  
SAT 28TH  
SUN 29TH

**£17.50 PER CHILD**  
ADULTS PAY £2.50 ON ENTRY

## Maze Easter Egg Hunt

28th March - 5th April

Tynemouth Park, Grand Parade, NE30 4JL

Interactive Easter Egg hunt with an Easter egg prize, meet and greet with the Easter Bunny and special characters.

More info [here](#)

## Family Cookie Decorating

Thurs 16th April 10:00 - 11:00

Linskill Centre

Join Jennie The Cookie Fairy for a relaxed and fun cookie decorating session. Come along, get creative, and enjoy some Easter-themed fun together!

More info [here](#)



★ SONGWRITER CIRCLE PRESENTS ★

**OLIVER THOMAS ARMSTRONG & THIS GLORIOUS CHAOS MACHINE**

+ LUKE PORTER + MOØSHI

7PM START

**THE ENGINE ROOM** ★  
**NORTH SHIELDS** ★  
**TICKETS £5.00**

**FRIDAY 10 APR 2026**

TICKETS ONLINE OR IN VENUE  
[WWW.TERNS.CO.UK](http://WWW.TERNS.CO.UK)

Songwriter Circle North Shields presents a special evening of chosen artists from their monthly event.

THE SONGWRITER CIRCLE

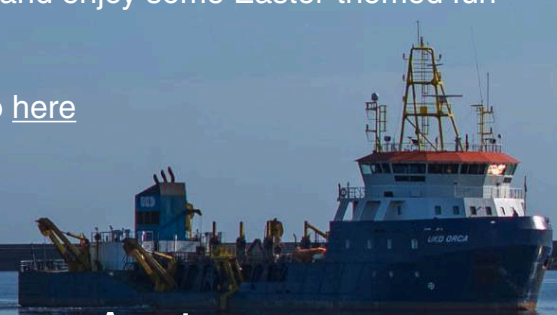
## Oliver Thomas Armstrong

Friday 10th April 7pm

The Engine Room, Tanners Bank, North Shields,

Oliver Thomas Armstrong is a songwriter bound by the salt and rhythm of the river meeting the sea. Songs of love and loss and joy and longing.

More info and tickets [here](#)



# What our patients are saying



**Donna Evans**

1 review



★★★★★ 19 hours ago **NEW**

This practice has saved my teeth and I can't thank the team enough! I had significant gum disease and numerous issues with my teeth. Jarleth, Beth, Heather and Elaine have treated these problems very effectively, resolved all they can, brought my numerous dental issues under control, and given me an effective routine to maintain my oral health. I even have a better smile, thanks to Jarleth's amazing composite bonding! Thank you, Union Quay Dental.



**John Meldrum**

2 reviews



★★★★★ Edited 2 weeks ago

Visit was fantastic saw hygienist on 24 Feb 2026 for scale and polish - put at immediate ease very friendly and welcoming. Took time to explain processes and necessary actions to maintain teeth and gum care. Constantly checked I was ok and comfortable throughout. At end of treatment took time to book my appointment and tailor this time and date to my needs - absolutely brilliant. Teeth felt great and clean. Couldn't recommend highly enough!



**Chloe**

6 reviews



★★★★★ a month ago

Great appointment with Kathryn! Very thorough with her assessment, including photographs and scans of my teeth. Would 100% recommend Kathryn!

Thanks to all our patients who have left us 5 Star reviews over the last few months.

We are proud to be providing you with the highest level of care. We would love you to leave us a review.

[Leave us a Google review.](#)



# Get in touch

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