

THE MONTHLY TOOTH

Monthly Newsletter from Ewan Bramley Dental Care



Serhiy Hrybovskiy, pictured here with his two sons



Ewan Bramley and George Dandanov

IN THIS ISSUE:

1 - We had the chance to sit down with one of our patients and find out about her smile journey

2 - Got no plans for the next month? Have a look at what's going on in the North East

3 - J Dalby & Sons, a family run business for over 50 years and our business of the month

4 - 3 tips to get your children brushing their teeth and enjoying it!

5 - Receding gums or dark lines around your implants? See how we transformed one patients smile with minimal treatment

UPDATE ON THE FUNDRAISING FOR OUR FRIENDS IN UKRAINE

We have been raising money to support our friends, colleagues and the people of Ukraine.

We have been working closely with Sehiry, a colleague and friend, who is from and currently living in Lviv. Sehiry has been fighting and supporting the cause.

Sehiry has asked us to provide support to the Ukrainian people to defend their country from Russia, this may involve buying defensive military gear or providing financial support to help fleeing citizens get to safety.

So far we have raised a massive £2,772!! We will be donating the money direct to Sehiry so that he can distribute to the most needed places. We will be doing this very soon as the money is urgently needed, however there is still time to donate if you would like.

If you would like to donate, head over to our [JustGiving page here](#).

You can also read more about the cause in the Chronicle, who kindly featured us. [Read the full article here](#).

PATIENT JOURNEY

We had the chance to sit down with a patient who has been with us a while, it was a pleasure to hear about her dental journey. Here's her story...

How long have you been with Ewan Bramley?

I've been with Ewan Bramley around eight years now, I first started in 2014, and then I've just been a customer ever since.

How did you hear about us?

I first heard about Ewan Bramley when I was Googleing implants online and they had some really good reviews. They were one of the newest kind of companies on implants. So, I just walked in and had a conversation with Ewan about it and it went from there. I've kind of added additional things on as time went and just decided I wanted more treatment done.

Are you on one of our Dental Plans?

Yes, I am on a dental plan, I have been for quite a few years now. I find it really good value for money, especially the things like the emergency appointments and they're really flexible for when they can book you in, especially if it's an emergency. I've had a few incidents where I've needed care and it's always covered, it's always been covered within the plan, which is great. And on top of that, you get some quite good bonuses for being a customer.

Do you see a hygienist?

Yeah, I do, I see a regular person, I have done for the last few years and it's great. Always have good crack with her. Yeah, we've known each other for quite a few years now almost become a friend and the service is always really professional. I feel like I've learned quite a lot about my own teeth even as an adult. It's been really, really good service.

Have you had any cosmetic treatments at the practice?

Yes, I have had some cosmetic; I have had an implant and many, many fillings and I've had some braces done as well.

How was the treatment process?

It was brilliant, really personal for my needs and I shopped around quite a bit for an implant. It was in quite a significant place so it was it was really important. It was something I'd looked at for about ten years so I knew that when I was going to get it done that it needed to be somebody that took in to consideration everything that I needed, which they did.

They walked me through the process, they were really clear, any queries that I had were answered straight away. Any uncertainty throughout the full process they were really professional, even to the point of Ewan was matching colours and we were both debating whether it was suitable or not, which was really nice to be able to have

the transparency with the company and not be worried about whether you were being awkward or anything like that. So that was great quality, good service.

A lot of places that I'd been were quite strict in what they wanted to provide and didn't really want to take the time. I think that was one of the main things, Ewan gave a lot of time to the conversation about what I wanted and it was in quite a significant place that I needed the implant so it was really important that it was done right and not kind of botched or anything like that. Discussing the finances as well, that was something I wanted to discuss as I thought it was going to be something that was very expensive and it turns out it wasn't really too bad.

When I came in for an implant and I just happened to kind of throw it out there that I might want braces and we discussed pricing and found out it was actually an obtainable thing.



DURING BRACE TREATMENT

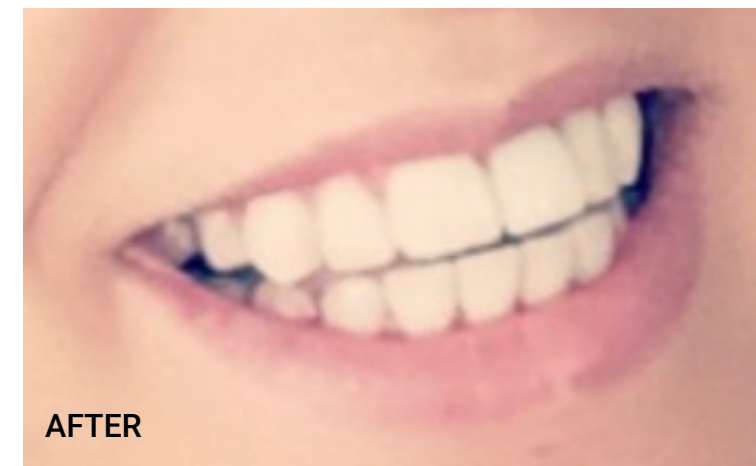
What did you think of your smile before and after the treatment?

I don't think I felt horrendous about my smile beforehand. I know a lot of people say that it was bad beforehand, but I don't think I've felt bad, I think I was just conscious that I wanted things done for myself. It was something that I'd kind of always thought about and thought was unobtainable, I suppose, in terms of finance and timing and flexibility around work. But that was discussed when I came in for an initial appointment. After the treatment, it was definitely a massive confidence boost. I had a lot of people commenting on my teeth, which I hadn't had for years. I had a lot of people kind of asking where I had them done and signpost them here.

I think a lot of a lot of people that I spoke to about it had felt the same so it was quite nice to be able to give like an honest opinion of a company and let them make their own decision. A lot of people kind of followed it up, came and subsequently got braces.

How was the overall service?

Yeah, it's always been unbelievable. Great. Always have a really professional experience when I come in, and the staff are always so personal and remember every snippet of thing about you. I changed jobs within the time that I've been here and they were always, you know, really enthusiastic about speaking to me about my personal life and whether my circumstances have changed and how that would impact on my life and my oral care and things. So it was nice to be part of something that feels like almost like a family, it is a family led group and you can you can tell, I think that definitely shines through.



AFTER

Would you recommend us to friends and family?

Yes. I've recommended you a lot. I think Richard is probably sick of taking phone calls from people I know in terms of referrals. But yeah, everyone I know who's come has all raved about it and passed it on. So yes, I will definitely still refer.

Book a free consultation today!

WHAT'S GOING ON?

The latest news, events and food & drink on the coast.

The Tynemouth Food Festival is back!

Tynemouth Food Festival returns to the stunning Priory and Castle overlooking the North Sea and River Tyne - an amazing place to eat some of the region's best street food and listen to live music.

Confirmed street vendors include; Redheads Mac 'N' Cheese, Fat Hippo, Acropolis Street Food, Di Meo's Ice Cream, Scream For Pizza, Goodtime Tacos and much much more!

Anarchy Brew Co., Quaff Box and GIN & TONIA will be serving up a wide selection of beers, ciders, speciality cocktails, gin & tonics, and soft drinks.

There's stacks for kids to do as well. There are around 25 artisan traders to browse. We can't wait!

Advance tickets available now and guarantee entry plus queue jump, we definitely recommend booking these as the queues to get tickets on the day can be long! Tickets are £3.50 (plus booking fee). Children under 15 go FREE! [You can buy tickets here.](#)



Get into the Groove with this 80s event!

A Night of 80s Pop Rock & Electro Bangers at Salt Market Social, Saturday 7th May. Expect to hear music from...

Whitney Houston! Wham! Depeche Mode! Human League! Tiffany! Bon Jovi! Belinda Carlisle! Madonna! Spandau Ballet! A-ha! Michael Jackson! Van Halen and more!

If you're up for fancy dress, go 80s themed: 80s spandex! Shell Suits! Flock of Seagulls Hair! Bangles and Dayglow or go as your amazing 2022 self.

Food will be available from street food vendors TBA.

[Tickets are available here.](#)

Relight your fire with the Take That Experience!

With acclaimed vocal performances, stunning replica costumes and iconic dance routines, The Take That Experience recreate the magic of Take That live on stage with their 'Greatest Hits Tour'.

This incredible show features hit after hit from Take That's career spanning three decades.

The show is at Whitley Bay Playhouse on Thursday 5th May. [Tickets are available here.](#)



BUSINESS OF THE MONTH



J Dalby & Son Ltd is a family run business who have been fabricating and erecting steel structures for over 50 years.

Specialising in design and build projects of any size and location in the UK, including all associated groundwork's, drainage, service installations, internal and external concrete floor slabs. They also provide mezzanine and first floors, services and office fit outs.

J Dalby & Son Ltd have supplied and erected a variety of steel fabrications, small and large, domestic and industrial, across the UK.

They cover all aspects of design and planning of projects, including structural design and calculations through to completion. If you don't want the hassle of managing the project yourself, an easy option for the customer so there is only one point of contact. Cutting out the hassle of having to deal with engineers, draughtsman, architects, quantity surveyors, builders etc and also deal directly with planning and building authorities on behalf of the client.

To save customers money, one of their services is dismantling existing steel framed structures, transporting them to and from anywhere in the U.K. and re-erecting the structure, in its new location. They also buy and sell steel buildings, some are already fully dismantled and stored, some are ready to be dismantled. This reduces costs for the customer as reconditioned buildings are less costly than new.

If you would like to speak to them about a project, contact their team on 0191 216 9200 or you can also email direct at info@j-dalby.co.uk.



Delifresh Phase 2 - Cramlington: Design & Build project including all groundworks, carparks, retaining wall, concrete slabs and 2 storey office fit out.



Cocoa Bean Chocolate Factory in Dumfries & Galloway

"When it comes to steel framed buildings, I wouldn't look any further than J Dalby and Son Ltd. Their expertise in this field is second to none. From start to finish they take all the hassle away, from pricing at planning stage to managing the build, their team are really experienced and are very polite. I've worked with Ben, Barry and Paul now for the last 10 years and we have a really good relationship, I cant rate them high enough."

Paul Henderson - Henderson Building contractors



3 TRICKS TO MAKE YOUR CHILDREN BRUSH THEIR TEETH

We should be encouraging our children from an early age the importance of good dental health, which includes brushing their teeth, morning and night, for 2 minutes. But we all know getting children to stay in one spot for 2 minutes is a task in itself!

Try these 3 tricks to get your children involved and excited about brushing their teeth:

Make it fun

What do you children like doing? Singing, dancing, stories, cartoon characters? Try and incorporate that into brushing time. If they have a favourite song get them to brush their teeth along to the song or tell a story with the main character who loves brushing their teeth. There is a massive range of cartoon character-based toothbrushes on the market at relatively cheap prices, if you can, we recommend getting one.

Rewards

Children love recognition for completing a task, especially when it leads to a reward. You might have a rewards chart for other activities, why don't you add a reward if they regularly brush their teeth? You don't need to do this forever, if you start to notice they are in a routine, you can remove this from the chart.

Get everyone involved

A young child loves to copy their siblings or a parent, so if you can, get the whole family involved and brushing their teeth together. It can be fun as a family event, a chance to spend quality time together.



SUFFERING WITH RECESSION AROUND OLD CROWNS?

If you've had crowns for a while, your gums can start to recede and dark lines appear around your teeth. This is quite common and can cause people to dislike their smile.

Jamie, one of our dentists, had a patient who wanted to improve the shade and shape of their crowns. Together they came up with a treatment plan to give this patient a restorative way to brighten their smile.

Jamie has fitted two new crowns to replace the worn old ones where the dark lines were showing, he has also fitted veneers and composite bonding to improve the look of receding gums.

This has given the patient a new natural smile with minimal changes to their teeth.

If you suffer from similar issues, book a free consultation today.

