

# THE MONTHLY TOOTH

Monthly Newsletter from Ewan Bramley Dental Care



## WONDERFUL PREGNANCY ANNOUNCEMENTS!

We announced some great news for Bethany last month with her new Treatment Co-ordinator role, but now she has even better news, she's pregnant!

Both Bethany and Eve, from our Reception team, are expecting little bundles of joy. With it being Eve's first child and Bethany's second, I am sure Bethany will be giving lots of tips and tricks to Eve to prepare for motherhood.

Please join us in giving the biggest congratulations and all the love to these two, we wish them and their families all the best!

Are we placing bets on who will be pregnant next?!

## HE RAN LIKE THE WIND!

Well done to Dentist Jamie for running the Great North Run, he absolutely smashed it with a time of 1:36 and coming 2054th overall.

Jamie ran this year to raise money for Hospice at Home, so far he has raised £183. There is still time to donate if you would like to, [you can donate through his JustGiving page here.](#)

Well done to everyone who ran, what an amazing atmosphere with it being back to the original route after COVID.

Maybe we can get Jamie running as a big tooth next year?

## IN THIS ISSUE:

1 - Botox for men, rid your face of those ageing lines!

2 - Take a look at our favourite smile transformations for this month.

3 - See what's going on in the North East over the next month

4 - Try some delicious vegan food at Square Roots in Monkseaton

5 - Sign up to one of our dental plans and beat the waiting list with Ewan Bramley Dental Care!



# BOTOX FOR MEN



*Botox for men is becoming more and more popular, get rid of those ageing lines and look a natural younger you!*

Some of the men we have spoken to when they come in for botox treatment say they were encouraged by their other halves to get it done and some say they just feel like they look old! Whatever your reason is for botox, come and have a free consultation with Harriet to see if the treatment is for you.

Botox injections can prevent ageing lines around your face, common places for men is

- the corner of your eyes (crow's feet)
- inbetween your eyebrows
- forehead crease lines
- around the jaw to create definition

Now I know you're probably thinking you'll look plastic and won't be able to move your face but this won't be the case. Starting small with only one area to test how you feel is a good place to begin.

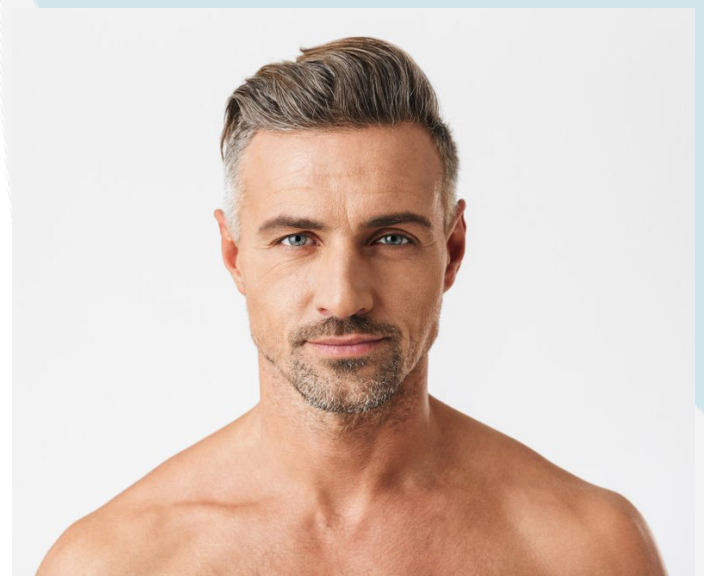
The treatment only takes a few minutes and you can start to see the affect within a couple days. Botox usually lasts around 4

months but some people see the affects for longer than this.

After your treatment all you have to do is avoid exercise and excess sweating on the same day of your injection. Gentle cleansing washes for a few days to keep your face clean.

**If you are interested in botox and want some more information call us on 0191 259 6506 or email us at [reception@ewanbramley.com](mailto:reception@ewanbramley.com) to book an appointment with Harriet.**

Botox starts from £150 per area.





# BEFORE & AFTER PHOTOS!

*Here are some of our favourite before & after photos from this month. This month we wanted to share some side views as they show even more of the transformation!*

FRONT



SIDE



Clear aligners were used to give this patient a straighter smile. Overall this smile transformation took around 16 months to complete.



These two cases were fixed brace treatments.

Fixed braces are perfect for larger movements needed to correct teeth that are out of alignment, this is because they are not removable and are made from very strong material. Fixed braces are now also made out of discreet material, making them nearly invisible.

# WHAT'S GOING ON?

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



## *A celebration of Bavarian Beer at Salt Market Social*

3 days of Barn Stomping, Stein Clinking and Lederhosen slapping! Great selection of Bavarian style beers, Bratwurst and frankfurters to feed on plus live music throughout. Come in fancy dress or your normal clothes. Salt Market will be set up in German Bier Halle style with long benches and decor. If you've never celebrated Oktoberfest then you're missing out!

There will be 4 sessions running, tickets are £9 each and [can be bought here](https://www.fatsoma.com/saltmarketsocial).



## *Big Halloween Event at Tynemouth Park*

There will be a Pumpkin Trail through their Spooky Maze and a Meet & Greet with scary special guests. You will also be able to pick your own Pumkin from our patch, receive a Trick or treat goodie bag with yummy treats and Ice Scream with optional vampire blood.

The Halloween pumpkin trail will run from Saturday 22nd October – Sunday 30th October. 9.30am – 5pm in half hour intervals. In your 30 minute time slot you will enter the trail and find some wicked guests along the way who will help guide you to our pumpkin patch where you will pick your pumpkin and receive some tasty treats.

Tickets will be £12.50 Per Child £2.50 Per Adult.

[You can buy tickets on their website here](https://www.tynemouthpark.com).



# BUSINESS OF THE MONTH

*Square Roots is an all vegan kitchen and coffee house based in Monkseaton. Serving delicious breakfast, brunch, lunch, tasty treats and amazing coffee! Here are some words from the owners, Matt & Jo...*

We absolutely love what we do and endeavour to help sustain our planet by providing delicious animal friendly food and drink to our customers.

We've been established since 2015 but have been cooking and baking for over 30 years. We started our business by selling our baked goods at local events and we had a regular stall at Tynemouth weekend market. Eventually we opened our first premises within Tynemouth Station where our product range and customer base grew. After several years it was time to wave goodbye to Tynemouth and move to larger premises.

Square Roots in Monkseaton has a friendly and welcoming atmosphere. We cook and sell a wide variety of vegan food and drinks that you can choose to eat in, take away or enjoy at our small outside seating area.

We are passionate in our creation of delicious food and drink and this is reflected in our day to day menu so why not check out our social media for our latest options as we often change them.

Throughout our journey we've made loads of new friends and gained so many lovely customers who continue to visit Square Roots and..

**YES, IT'S ALL VEGAN!**



Matt & Jo 



# BEAT THE WAITING LIST WITH EWAN BRAMLEY DENTAL CARE!

*A staggering 9 out of 10 dental practices in the UK are unable to offer NHS appointments to new adult patients, many of these dental practices are planning to go fully private by 2023.*

This is not due to any fault of the individual practice, Covid and underfunding from the government has had a detrimental effect to NHS dentistry.

We don't want our patients waiting to receive emergency care, which is why our plan patients are guaranteed same day emergency appointments when they ring us in the morning.

We want to ensure our patients are getting the emergency treatment they need and when they need it. We hope you won't have to use these appointments but if you have facial swelling, bleeding or severe pain we guarantee to see you that day to get you out of pain.

How much is pain worth? Access to emergency dental care is priceless but to make things a little

easier on the bank balance, our plans start from £10.99 per month.

Our dental plans include:

- Annual health checks with one of our dentists
- Hygiene appointments
- X-rays
- Guaranteed same day emergency appointments
- Professional Tooth Whitening Kit

Got children? Include them in your plan for an extra £6 per month! All their dental care needs are covered under your plan (excluding any cosmetic treatment such as braces).

For more information about our plans visit our [website here](#).

To sign up, contact our reception team on 0191 259 6506 or email us [reception@ewanbramley.com](mailto:reception@ewanbramley.com)

***"I pay for a dental package with Ewan. I had an accident with a tooth. I rang and received an emergency appointment within two days from polite and professional receptionist. The treatment from Ewan was above and beyond. I would highly recommend anyone looking for a dentist to contact this dental practice."***

***– Alan C, September 2022***