

# Union Quay Bites

The new monthly newsletter from Union Quay Dental

APRIL 2026

This month:  
Refurb revealed  
Mouth to microbiome  
Craft with Amy  
Lindsey's smile transformation

We're backing  
**North Shields**  
UK Town of  
Culture 2028



# Welcome to Union Quay Bites

This month, we are particularly excited to share some big news from the practice. After months of planning and hard work, our refurbishment is now complete, and we couldn't be happier with the results. This transformation reflects our commitment to creating a calm, modern, and comfortable environment for all of our patients, and we look forward to welcoming you inside to experience the new space for yourself.

In this issue, we're also exploring the fascinating connection between oral health and overall wellbeing in our feature on Mouth to Microbiome, highlighting why what happens in your mouth matters far beyond your smile. Alongside this, we're shining a spotlight on a wonderful local business, Craft with Amy, celebrating creativity and community.

Finally, we're thrilled to share Lindsey's inspiring story, as she talks about her smile transformation with ceramic veneers. Her journey is a powerful reminder of the confidence a healthy smile can generate. As always, we hope you find something here that informs, inspires, or simply makes you smile.

Enjoy Union Quay Bites!



UNION QUAY  
DENTAL

## In this edition

### **P.3 Refurb revealed**

A year in the making - check out the full upgrade to the practice

### **P.6 Mouth to Microbiome**

How your oral health affects other parts of your body via your gut microbiome

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Craft with Amy - get creative with Amy Crammond's local workshops

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Lindsey tells us how ceramic veneers changed how she'd felt about her teeth since she was a child

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# Refurbishment Revealed



We are proud to share that our innovative expansion and development work is now complete, significantly increasing clinical capacity and treatments at our historic coastal practice. We invited local photographer Liam Oakes along to capture the newly finished interior. We can't wait to welcome you at your next appointment.

“This was far more than a cosmetic refurbishment. The building was completely stripped back and rebuilt internally, including new drainage, full rewiring and a modern digital infrastructure.”

“As a listed building the project presented some challenges, but the investment ensures we now have facilities and technology that match the high standard of care we want to provide.”

Jarlath McAteer





## A redesigned space for exceptional care

Every space - from the reception and waiting areas, to treatment rooms - has been designed with your comfort and relaxation in mind.

Each surgery has been fitted with new A<sup>2</sup>dec dental chairs integrated with electric motors and intra<sup>2</sup>oral cameras, while digital scanners and digital X<sup>2</sup>ray systems have been installed throughout the practice.

The clinic has also introduced a Modjaw occlusal analyser, allowing clinicians to assess patients' bite dynamics in real<sup>2</sup>time motion.

“Our aim is to build a modern independent dental practice that combines cutting edge technology with a highly skilled clinical team.”

“We are continuing to develop specialist expertise within the practice and are actively expanding our team to support growing patient demand.”

Jamie Dury



# Mouth to Microbiome

Can cleaning our teeth properly really improve our long term health and prevent disease?

If you're interested in health and wellness, it's likely you've come across Tim Spector, a prominent British Professor of Genetic Epidemiology at King's College London, and co-founder of ZOE (the science organisation that ran the original Covid-19 studies).

Tim has become known for his work on gut health and how it affects us, and on ZOE's Science & Nutrition Podcast in March, he was heard talking about the importance of optimal teeth cleaning and its relationship to gut health. Tim suggested that by **cleaning your teeth optimally** (and this means flossing or using a dental pick as well as brushing) you can **reduce your risk of future dementia and heart disease**.

"Just like in our gut and colon, we've got these microbes in our mouth and saliva" he says. "They have their own community, and if you have pieces of food stuck in between your teeth this feeds the bad bacteria in your mouth and they are pro-inflammatory. They send out signals to our immune system to say 'something isn't right' and puts the body in a state of stress and prematurely ages it."

## So does the research back up Tim's claims?

Well, your mouth and your gut have something important in common. Both are home to a microbiome - a complex community of microorganisms that play a key role in your overall health. In fact, the oral microbiome is the second largest microbial environment in the body, with the gut (or colon) taking first place.



These two systems are closely connected through the digestive tract, often referred to as the oral-gut axis. This means what happens in your mouth doesn't stay in your mouth. For example, harmful oral bacteria can trigger inflammation that affects the gut, while gut issues like acid reflux can damage tooth enamel.



## More Than Just Teeth and Gums

Research is increasingly showing links between oral health and wider health conditions, including:

- Heart disease
- Rheumatoid arthritis
- Diabetes
- Obesity
- Alzheimer's disease
- Certain cancers

Your mouth naturally contains a wide range of bacteria, and most of them are beneficial, helping to maintain a healthy balance. However, when this balance is disrupted, problems such as gum disease (periodontitis) can develop. Gum disease doesn't just affect your gums. Harmful bacteria can enter the bloodstream and travel to other parts of the body, potentially contributing to inflammation and disease elsewhere.

Some of these bacteria can even reach the gut, where they don't normally belong. This can upset the gut's natural balance and has been linked to conditions like inflammatory bowel disease and bowel (colon) cancer.

### The Bottom Line

A healthy mouth supports a healthy body. By looking after your oral health, you're not just protecting your smile - you're contributing to your overall wellbeing too. We're with Tim on this one.

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

## Small daily habits make a big difference:

Here's how to encourage the healthy balance in your mouth and gut.

### Encourage Good Bacteria

Supporting beneficial bacteria helps reduce inflammation and keeps harmful bacteria in check.

Try this:

- Eat **gut-friendly foods** like natural yogurt, kefir, kimchi, and pickles
- **Reduce sugar** intake to avoid feeding harmful bacteria in your mouth

### Discourage Harmful Bacteria

Keeping harmful bacteria under control helps prevent tooth decay, gum disease, and bad breath.

Try this:

- **Brush your teeth** thoroughly twice a day
- Clean **between your teeth** daily with floss or interdental brushes
- **Regular checkups** help your dentist spot any early signs of gum disease



# Business of the Month

## Craft with Amy



Amy Jane Crammond is encouraging people to get creative with her local craft workshops

Six years ago, Amy Jane Crammond started volunteering for local charities by running workshops. She loved how much people enjoyed connecting over a shared activity and noticed how mindful they became whilst making things with their hands. In fact, Amy enjoyed it so much she decided to turn Craft with Amy into a business in October 2025.

Amy is a trained florist and had previously run her own floristry shop. Flower arranging is now one of her favourite workshops to run, alongside pottery, glass painting, quilling and sea glass decorations.

"My favourite workshops change all the time. Sometimes the simplest activities turn out to be the most popular with participants" she says.

"Needle felting is really popular - maybe because you can take your frustrations out on the felt!" She works in small venues across the local area, such as Enigma Tap, Vineyard 72 and Arbour Seven. She has even run an Easter pop-up shop in the Beacon Centre.

Feeling creative? Coming up in May, Amy has cyanotype printing and UV resin coaster making workshops available.

Follow @craftwithamy on [Instagram](#) or [Facebook](#), and book upcoming events on [Eventbrite](#).



# Smile Transformation



Lindsey Gibson tells us how ceramic veneers transformed how she feels about her smile.

Lindsey came to Union Quay Dental with damage to her front teeth that happened as a result of a childhood accident. A friend recommended she try Union Quay, as over the years she'd had numerous dental treatments that hadn't worked and she was left feeling unhappy with the results.

"Before the treatment I felt very self-conscious about my teeth. I felt that they weren't straight and I was very conscious of smiling."

Lindsey talks about her first consultation, saying "I met Jarlath and he made the process so simple. The treatment I chose was the ceramic veneers because they looked like they were going to be the most natural, which is what I was looking for."

Lindsey says the team made her feel really welcome and always kept her informed about the treatment process.

"It's a totally different experience to anything I've had before in terms of dentist, so I'd really recommend it."



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 are ceramic veneers?

Crafted in Union Quay Dental's in-house laboratory, ceramic (or porcelain) veneers are thin, custom-made shells of high-quality ceramic material bonded to the front surface of teeth to improve aesthetics. They fix discoloration, chips, gaps, and misalignment, providing a durable, stain-resistant, and natural-looking smile that lasts 10–20 years.

# What's on?



## Classic Car Show

The Old Low Light, North Shields

Sun 17th May 10:00 - 16:00

Free entry

## Whitley Bay Carnival

Sat 23rd May 11:00 - 12:30

Parade travels from Whitley Bay Metro Station to The Links via Station Road, Whitley Road, Park View and Marine Ave



## A Stone's Throw Festival

Sat 23rd May

A full-day multi-venue celebration of new music across North Shields

Tickets [here](#)



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.

# What our patients are saying



**Ms Robinson**  
1 review



★★★★★ 2 weeks ago **NEW**

I had an amazing experience. They made me feel genuinely welcome from the moment I arrived. The staff were consistently friendly and approachable at every appointment.

I hadn't seen a dentist in over four years, but during my first visit they took the time to explain everything in detail. They talked me through my current dental health, went through my X-rays with me, and communicated everything in a clear and reassuring way.

The team strike a perfect balance between professionalism and warmth, which made the whole experience feel comfortable and stress-free. The practice itself has also been recently refurbished and looks absolutely beautiful.

I never thought I'd say this, but I almost wish I had more appointments just to return! I'm so pleased to have found my new dental practice.



**Andrew Bowers**  
1 review



★★★★★ 2 weeks ago **NEW**

Great hygiene appt with Farah! Excellent knowledge and advice



**nicky mckeen**  
2 reviews



★★★★★ Edited a week ago

I had a routine check-up with Catherine this morning, and it was such a lovely experience. She's knowledgeable, really takes the time to listen, and offered thoughtful suggestions to help me achieve the best result for straightening my bottom teeth.

And the newly refurbished practice? Absolutely stunning - I'd happily move in! Thanks so much. Great work!

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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