

Union Quay Bites

The new monthly newsletter from Union Quay Dental

JULY 2026

This month:

Business of the month: Globe Gallery
What is endodontics?
Meet our new staff
Local events in August



Welcome to Union Quay Bites

Welcome to the latest edition of Union Quay Bites!

We hope you're having a wonderful summer and that you're able to make the most of everything our local area has to offer. As always, we're delighted to share the latest news from the practice, introduce you to the people who make Union Quay Dental what it is, and celebrate some of the fantastic businesses and events in our community.

This month, we're pleased to introduce Tom Brannen, who has recently joined our team. Tom has a special interest in endodontics, and we're excited for our patients to get to know him. You'll also meet some of our newest team members, who have already become a valued part of the practice. Alongside that, we're shining the spotlight on Globe Gallery in North Shields as our Business of the Month. Globe is a brilliant local independent art venue that's bringing international and local artists together along with community involvement.

We also have our usual round-up of local events to help you make the most of the weeks ahead. Thank you, as always, for being part of the Union Quay Dental community and for your continued support. We hope you enjoy this month's newsletter, and we look forward to seeing you at the practice soon.

Follow [@unionquay_dental](https://www.instagram.com/unionquay_dental) on Instagram for all new content and updates.



UNION QUAY
DENTAL

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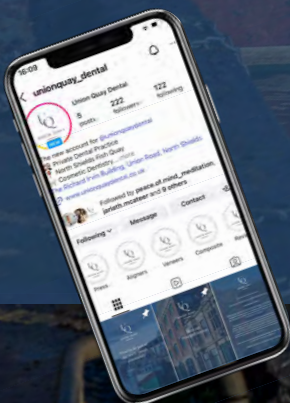
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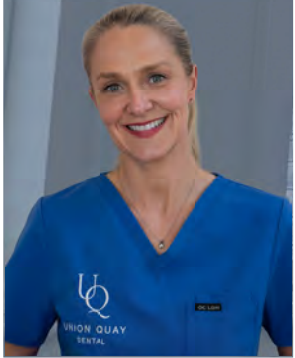
Local events for all the family to enjoy in August.



Practice news

We've been working hard to expand our team. Here's some new faces you might see around the practice when you come for your next appointment.

Sarah -
Hygienist



Eliza -
Dental Nurse



Tom -
Dentist



Samantha -
Hygienist



Reception / Trainee Dental Nurses

Ailish -
Receptionist



Sky



Mae



Megan



Business of the Month



Globe Gallery

Rashida Davison tells us how a tough time in her life led to the creation of one of North Shields' longest established art venues. Thirty years on, she's still working hard to bring art to our local community.

Back in 1994, Rashida, who originally qualified as a nurse, was suffering with postpartum depression. She remembers "I was really struggling mentally at that time, with a new baby and being new to the area. The doctor asked me if there was anything that I really enjoyed doing, and I said papier maché... I didn't really know what I wanted to make, but when I started looking at local studio spaces my idea for a gallery began to form."

She found the building on the corner of West Percy Street and Howard Street, and was dismayed when the estate agent didn't believe she was serious about renting the building. After a moment of despair, she was explaining her vision to two close friends, one of whom was Chris Donald, a co-founder of Viz comic. Chris loved her idea for a gallery and helped her secure the space and bring the dream to life.

She named it Globe Gallery after the Globe Boot Company, an earlier resident of the building and one of North Shields' earliest shoe shops. Chris Donald's involvement with the gallery has continued, and in 2025 the gallery commissioned a comic especially for North Shields 800, which they named 'Codswallop and Chips'.

Rashida explains “It features a number of characters based on colourful local personalities, people who were actually really thrilled to be featured in the artwork.”

Globe hasn't always been in its original (and current) location. In 2012, Rashida moved the gallery to a new location in Newcastle, before moving back to its original home in North Shields in 2024.

Globe Gallery's current exhibition is 'Mourning Tea Tyne & Lost Frequencies' by Christoph and Sebastian Mügge - two brothers originally from Germany but now living in Sweden. The exhibition is designed to open up conversations about grief and loss, particularly around dementia. It took 10 days to install, with paintings and charcoal drawings on the walls, and thousands of small artefacts carefully arranged and hung from the ceilings and walls of the gallery.

The artists put out a call for local people to bring in objects that reminded them of someone they had lost, and integrated these into the exhibition. The artists had a strong fascination with traditional British culture, with many of the paper bags displaying messages around tea.

The charcoal drawings are based around old photographs of Sebastian's family, with one particularly striking drawing that features a misshapen character in a VR headset - representing the altered version of reality that his relative with dementia is existing in.

These artists work with much bigger museums and galleries but also keep a strong connection with small local galleries to facilitate community involvement. Rashida was honoured when they contacted her to take part in the project.

She says “Looking at it now, I am struck by the way objects gather stories around them. A disco light from a nightclub. A portrait of a friend. A Zippo lighter. Individually they are ordinary things,. Together they form an unlikely archive of friendships, chance meetings, love stories and lives that become intertwined over time.”



Rashida believes that art should be accessible to everyone, and over the last three decades the gallery has consistently engaged with a diverse audience. She continues to support upcoming artists by giving them gallery experience and showcasing their work. She wants everyone in the community to feel that this is a welcoming space for them to experience art and get involved.

You can find Globe Gallery at 97 Howard St, Newcastle upon Tyne, Tynemouth, North Shields NE30 1NA.

Follow on Instagram @[theglobegallery](https://www.instagram.com/theglobegallery)



Saving teeth from the inside

We talk to Tom Brannen, our new dentist with a special interest in endodontics.

Hearing the words 'root canal treatment' is something many patients dread when they come to the dentist with a toothache. But with the right equipment and techniques, it doesn't need to be something to fear.

Our new dentist, Tom, has a special interest in this particular area of dentistry, which is known as 'endodontics'. Endodontics is a dental speciality focused on the study and treatment of the dental pulp, nerves and tissue surrounding the roots of a tooth. It primarily deals with diagnosing and treating tooth pain, infections, and injuries affecting the soft inner core of the tooth. Root canal treatment is the most common and widely performed procedure in endodontics.

A root canal is a dental procedure designed to save a severely damaged or infected tooth. It involves removing the inflamed or infected pulp (the soft tissue inside the tooth containing nerves and blood vessels), cleaning and disinfecting the inner root channels, and sealing them to prevent future infections.

Tom explains "Typically when a patient is referred to me their tooth is infected or the area around it is inflamed. My main goal is trying to preserve people's teeth that would otherwise be lost."

He also adds "Root canal treatments have got a bit of a reputation with patients as being a treatment that's uncomfortable or painful, but with the modern equipment and materials we have now, we're able to carry out this treatment in a much more comfortable manner."

Did you know?

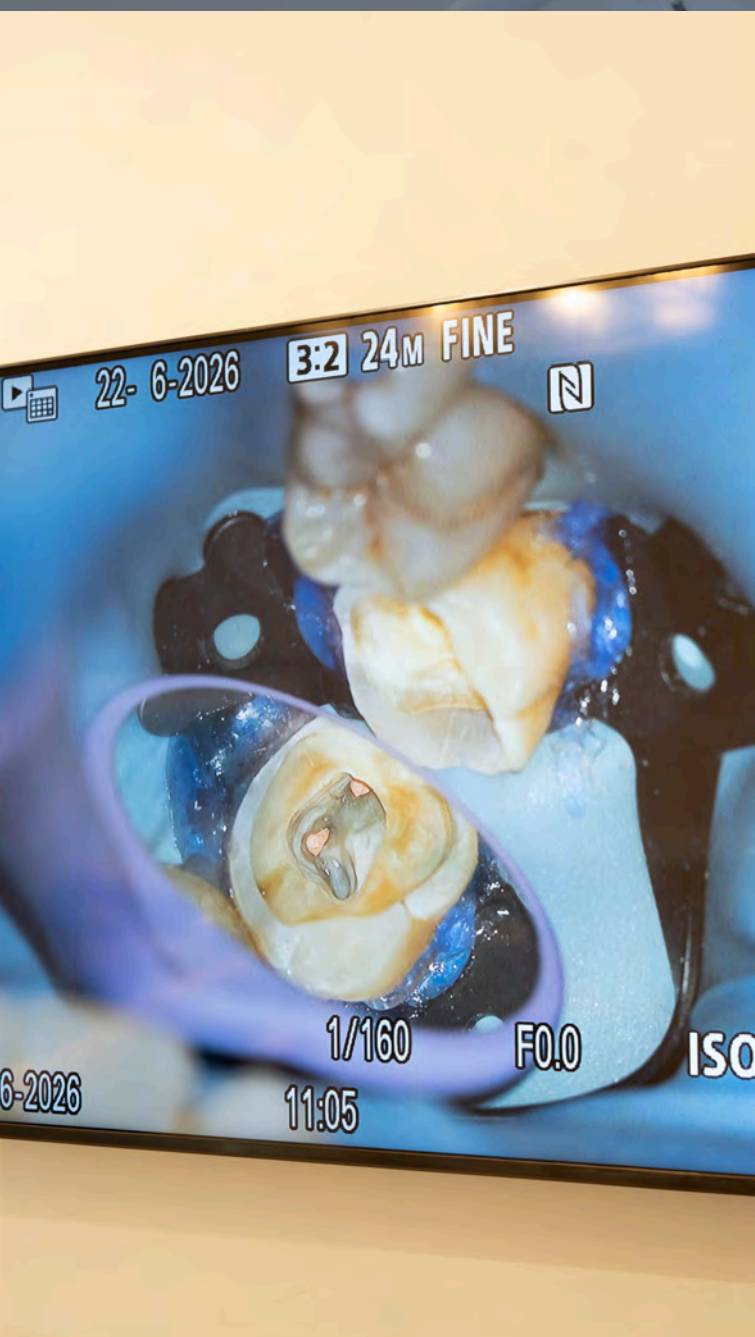


The word 'endodontics' is derived from Greek words meaning "inside" (endo) and "tooth" (odont).



Tom qualified from Newcastle University in 2010 and started working in general practice. He then completed his MSc training with Kings College London in Endodontics with a distinction.

Using a microscope and CBCT scans allows Tom to provide the most detailed analysis of what's happening inside a tooth. CBCT (Cone Beam Computed Tomography) is an advanced 3D imaging technology used in endodontics. Unlike traditional 2D X-rays, it provides highly detailed, cross-sectional views of your teeth, roots, and surrounding jawbone. This allows endodontists to pinpoint hidden infections, complex root canals, and fractures.



Tom explains why endodontics has become his area of special interest. "I believe that if we can give patients the best chance of saving their tooth and keeping it for as long as possible then that should be the primary aim. It also appeals to me on a technical level, the information we get from using the latest technology allows me to plan the treatment very precisely and get the best outcome. I like paying attention to the small details and doing things to a really high standard."

Tom is keen to reassure any patients who may be referred for root canal treatment. He says "We want to ensure that patients can come for their treatments not feeling scared that it will be painful, and also give them a predictable outcome so they know that what we are doing will give them good long term treatment results."

Ironman update

Your sponsorship means so much to our dentists, who are in their last few weeks of training for the Copenhagen Ironman.

Dentists Jamie and Kathryn are still training hard for their Ironman Triathlon, which is now only a couple of weeks away.

On 16th August, our dentists will swim 3.8km, cycle 180km and then run a full marathon of 42.2km. It's a grueling test of endurance and the first time either of them have attempted this triathlon distance.

Jamie travelled down to Cornwall for a wedding in July and managed to squeeze in a 100km bike ride in the Cotswolds on route, then a hilly 110km around the south west of Cornwall. He also put in a 4km swim in Falmouth. He's been dealing with a niggling calf injury for the last few weeks so has been careful with his running training and hoping it will hold up on race day.

Kathryn has now completed her biggest training weeks (34km run, 160km bike, 4km swim) and is feeling positive and ready for the final few weeks training before the event!

Thanks to the generosity of patients, family and friends, they've already raised over £700 for the Percy Hedley Foundation, a local charity helping disabled people and their families to lead fulfilling lives across the North East.

Every donation for this amazing charity, however small, will keep Jamie and Kathryn motivated as they approach the start line.



Scan the QR code or check out their fundraising page at www.justgiving.com/campaign/union-quay-dental-ironman

Smile Transformation

Lottie Christopher tells us how clear aligners have transformed how she feels about her smile.

Lottie says "Before treatment, I felt very self conscious about my smile. My teeth weren't completely aligned, I felt like they were quite twisted."

Lottie came to Union Quay Dental having heard about the practice through friends and family, and was interested by the wide range of treatments on offer.

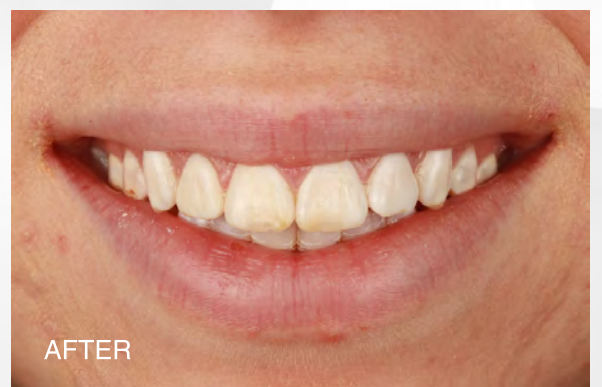
Her worries about treatment were quickly alleviated after her initial consultation. She remembers "My first consultation was lovely. We sat down, we had a chat about what I wanted to achieve with my smile, and how we would get there."

Lottie's treatment plan incorporated straightening with clear aligners and whitening. She says "The aligners were great and effective way to improve my smile. It's really grown my confidence."

Speaking about how the team put her at ease, she says "Throughout the process, the team made me feel really, really safe. The staff are lovely and helpful and the treatment was so effective. If someone was thinking about improving their smile, I'd definitely recommend Union Quay Dental. I'm really happy with my smile now. I'm constantly smiling, and in pictures, I'm always showing my teeth."

If you're interested in how clear aligners can help you achieve a more confident smile, why not book a consultation with our Treatment Coordinator to discuss your options?

Call our reception team on 0191 2596506 or email reception@unionquaydental.co.uk



What's on

Fun events for all the family in August

North Shields Run Club

Saturdays 10:00

Outside Afuera Coffee, Northumberland Park.

A recently-formed local run club with fun, sociable 5K runs every Saturday morning. Follow on Instagram at [@northshieldsrunclub](#) for updates.

Circus/Bubble Skills Workshop

The Rising Sun Countryside Centre

Wednesday 5th August 13:00 - 14:30

Let your child discover how to achieve the amazing tricks and skills of the circus and master the magic of creating giant bubbles. Tickets available on [BookWhen](#).

'Wuthering' - Kate Bush Dance Event

Tynemouth Priory and Castle, Tynemouth.

Saturday 15th August 12:00 - 13:00

Event organiser Helix Arts says "Bring the family, let loose and join our mass dance along with movement, music and pure creative fun. No experience required, wear something red!" [Book here](#) or just turn up on the day.

The BIG Family Night Out

King Street Social Club, North Shields

Saturday 29th August 17:00 - 22:00

A Night out for Adults and kids alike!!! A show filled with laughter and amazement from comedy hypnotists, fire breathers, magician and more!!! Book your tickets [here](#).

What our patients are saying

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.](#)



Lucy Charters

7 reviews



19 hours ago **NEW**

Great practice! The place has an incredible atmosphere, and the staff are absolutely amazing. I would highly recommend it to anyone looking for a welcoming and professional experience.



George Briggs

13 reviews · 1 photo



Edited 5 days ago

My six monthly hygienist appointment. This was my first time with Sarah as my last hygienist had moved on. Sarah proved to be exactly what I expected, friendly, respectful and thoroughly professional, a credit to the dental practice.



Ian Howard-Row

14 reviews



Edited a week ago

I've had a lot of dental work done over the last 6 months completed by Sunny. Today he was assisted by Eliza. An excellent practice with excellent results. I thoroughly recommend this dental practice.



Stephen Gregory

2 reviews



2 weeks ago **NEW**

Union Quay Dental made me smile. I had my first appointment with them today and they won the competition for my best ever dentist experience. The detail into which the dentist went in assessing the condition of my teeth was amazing. The technology and equipment in use was impressive. It was the human touch, though, that put a shine on everything. I very much felt that I was being respected as an individual; it was a customised experience. I was quickly made to feel confident about the dentist's ability to treat and advise me and to formulate a long-term strategy; explanations were clearly and patiently provided in a chair-side manner both professional and affable. I had a positive experience at Union Quay Dental today, verging, dare I say it, on the enjoyable 😊, and, without a doubt, it was very good value for money.



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