

Union Quay Bites

The new monthly newsletter from Union Quay Dental

SEPTEMBER 2026

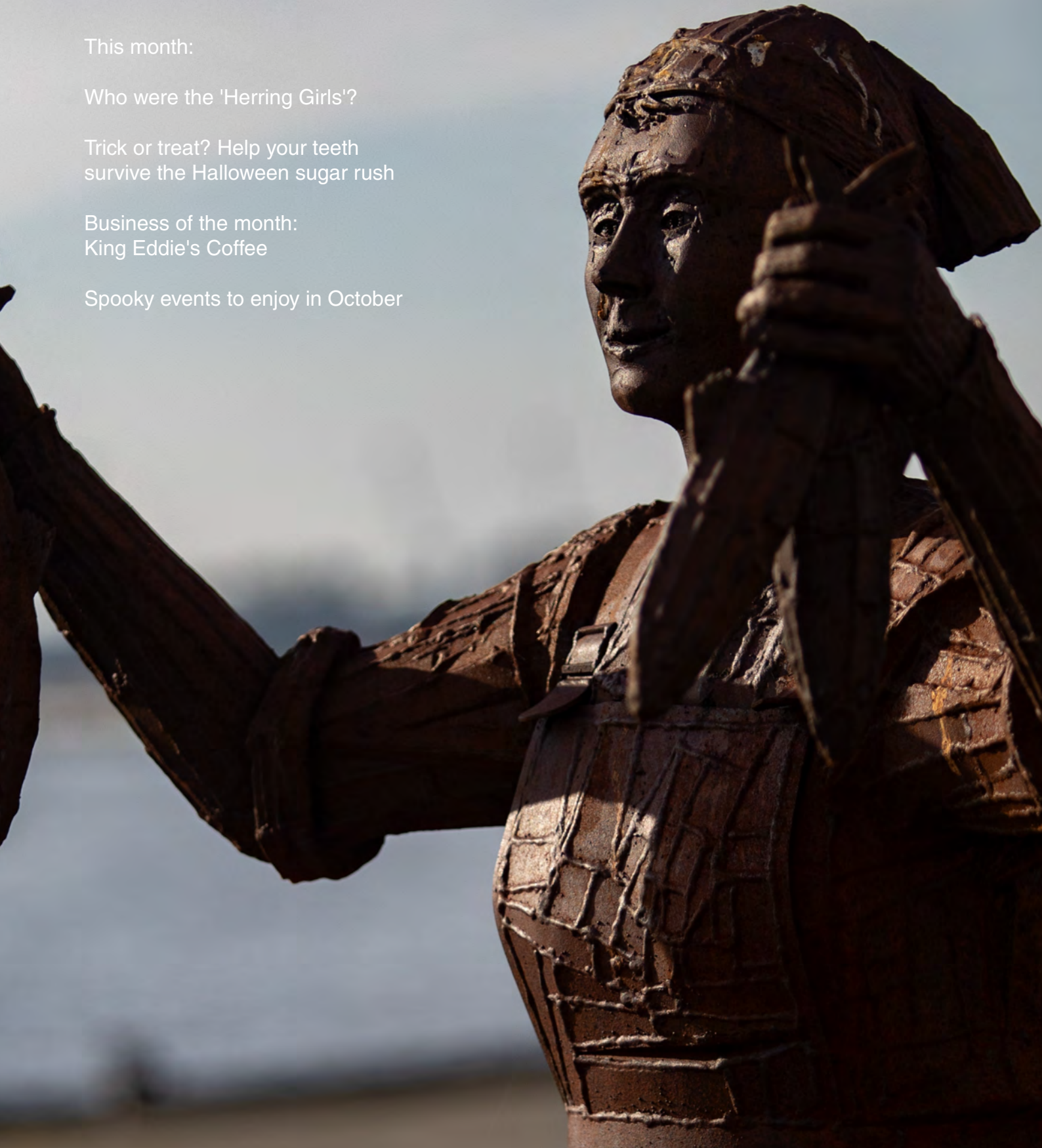
This month:

Who were the 'Herring Girls'?

Trick or treat? Help your teeth
survive the Halloween sugar rush

Business of the month:
King Eddie's Coffee

Spooky events to enjoy in October



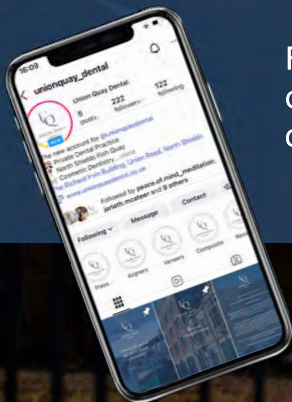
Welcome to Union Quay Bites

Welcome to the October edition of Union Quay Bites!

As the nights draw in and autumn takes hold, we've packed this issue with plenty to sink your teeth into (pun very much intended). We're kicking off with a shout out to King Eddie's Coffee, our business of the month keeping your morning commute fuelled and caffeinated.

With Halloween just around the corner, our dentists have put together their top tips on navigating "treat or tooth decay" so you can enjoy the season without undoing all your good habits. We're also taking a look back at local history, exploring the story of the 'Herring Girls' behind Ray Lonsdale's much-loved Fish Quay statue.

Inside you'll also find a wonderful smile transformation story from David, who shares how teeth whitening and composite veneers helped him achieve the confident smile he'd always wanted. And if you're after some seasonal inspiration, we've rounded up the spookiest events happening around town this October. As always, thank you for being part of our practice family, we hope you enjoy the read!



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



UNION QUAY
DENTAL

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Cover Image: Scott Robertson

Business of the Month

King Eddie's Coffee

Emma Frain is serving espressos to the people of North Shields on their morning commute.

Earlier this year, Emma Frain realised her dream of running her own coffee shop in North Shields, and it's even named after her favourite local beach. Emma explains "I've always wanted to open my own coffee shop because I love the social side of it, interacting with customers, and of course I love coffee!"

As a mum to a five year old son, Emma was keen to create a space where her little boy would feel at home too. She says "When I was growing up, my dad was a local cobbler in Whitley Bay. It was such a nice community environment and I wanted to re create that same community environment for me and my little boy."

Having managed convenience stores in the past, Emma was keen to put her own stamp on the space once she found the right location. In the months leading up to opening she had collated mood boards of the interior style she wanted to create, with relaxing natural coloured walls, plants and cosy blankets draped over the chairs.

She finally found the perfect location, in the small ex-ticket office next to North Shields Metro station. Her vision was brought to life with the help of local building firm Barnes Thompson.



She also worked with local firm Tynemouth Coffee to install her espresso machines and provide barista training.

Emma is serving their coffee alongside a selection of pastries and bakes from Tynemouth Coffee Bakery. Opening at 7am, King Eddie's is the perfect place to grab a morning latte on your morning commute.

**King Eddie's Coffee is open
Monday - Friday 07:00 - 15:00 and
Saturday 09:00 - 14:00 in North Shields
Metro Station.**

Follow on Instagram @[king_eddies_coffee](#)



Who were the 'Herring Girls'?

The curious history behind Ray Lonsdale's lesser-spotted statue at the far end of the Fish Quay.

The migration path of the Atlantic herring is one of the most famous marine migrations documented in British history. Every year these small silvery fish, known for their mild and salty flavor, follow a sequential, wave-like path down the east coast of Britain. They start their journey in the northern parts of Scotland in May and reach the English Channel around December.

From the late 19th century to the mid 20th century, thousands of women known as 'Herring Girls' followed the path of the fishing fleets tracking the herring on their southward journey. North Shields Fish Quay was known as one of the busiest fishing ports in the country at the time, and in August these women travelled from Scotland, the Hebrides, and across northern England to work the seasonal herring trade in our local area.

The Herring Girls worked in groups, gutting, salting and packing the herrings into barrels. They could gut a fish in just a few seconds, and worked for up to 12 hours a day in cold, harsh conditions. Many would carry creels of fish weighing up to 38kg on their backs, selling them door-to-door and in markets. They were a vital part of the fishing trade, making sure the herring were processed and preserved while the fishing conditions were plentiful.



'And Then'

*"In the deadened air of a quayside dawn they came
all chatter and attitude not to be messed with,
The Herring Girls,
Fish flying from trough to knife to tub,
with salt punishing careless cuts.
A hummed tune turning to a carefree song,
before the day when the herring was gone."*

- Ray Lonsdale

Designed and created by sculptor Ray Lonsdale, 'The Herring Girl' statue was unveiled in 2023 and faces the mouth of the River Tyne as a reminder of the herring girls' connection to the sea and local area. A life-sized Corten steel sculpture, it is accompanied by a piece of prose titled 'And Then' - also written by the artist to bring the sculpture to life.

Ray Lonsdale also created 'Fiddlers Green', the recognisable statue of a fisherman looking out to sea opposite The Richard Irvin Building. Both sculptures were commissioned by the North Shields Fishermen's Heritage Project (NSFHP), a charity working to educate the public on the history and heritage of the fishing community in our local area. Find out more at www.nsfhp.org



Trick or treat?

Our dentist's top tips on helping your teeth survive the Halloween candy season.

Even if you look after your teeth rigorously for most of the year, in the month leading up to Halloween, it can feel like there are sweet treats literally everywhere! Who hasn't ever sneaked a few Haribo from that bowl by the door that was meant for the Trick or Treaters?

Principal Dentist Jarlath says "We all love a few sweets at Halloween, and you don't need to avoid them completely. Being a little more careful about when and how often you eat them can make a massive difference to your teeth." Here's Jarlath's top recommendations.

It's all about frequency

"Try to keep sweet treats to a few times a week rather than every day. The more frequently our teeth are exposed to sugar, the greater the risk of tooth decay."

Have your sweets with meals

"If you're going to have something sweet, the best time is with or straight after a meal. Try to avoid grazing on sweets between meals, particularly that after-school period between lunch and dinner."



The background is a solid orange color. On the left side, there are three pumpkins of varying sizes, arranged vertically. On the right side, there is a collection of Halloween-themed decorations and candy. These include several pieces of candy corn in yellow, orange, and white, various colored jelly beans (green, yellow, orange, white, purple), a black bat cutout, a black spider cutout, a white candy with a blue eye, a green gummy worm, and a small orange and white candy. The text is placed inside the pumpkins.

Avoid sweets before bedtime

"Try not to have sweet treats within an hour of bedtime. We produce much less saliva while we sleep, and saliva plays an important role in protecting our teeth from decay."

Keep drinking water

"Rinsing your mouth with water can help to wash away sugar residue before it feeds the bacteria that cause tooth decay. Take your water bottle when you go Trick or Treating!"

4. Don't skip the basics

"Brushing your teeth twice a day is especially important when there's extra sugar being eaten. With Halloween candy in the mix, staying consistent with your routine can make all the difference in keeping cavities away until the sugar rush fades."

Smile Transformation

David Stott tells us about his journey to a confident, natural Smile with Union Quay Dental.

When David first came to Union Quay Dental he wasn't unhappy with his smile, but he sensed it could be better. "I wanted to have what I would class as a perfect smile, but a natural smile too," he explains. Despite feeling okay about his teeth before treatment, he hadn't realised how transformative the right care could be.

Laying the Foundations

Before undertaking any cosmetic work, the Union Quay Dental team focused on David's oral health. They carried out a full assessment including scans and X-rays, to ensure a strong, healthy foundation beneath any aesthetic improvements.

David explains, "We went through all of the relevant scans, X-rays, and a hygiene appointment first, there's no point having this work done, if the teeth aren't healthy underneath, so that was step one."

Less Invasive Than Expected

David initially assumed he would need extensive dental work to achieve the result he wanted. Instead, his clinician Jamie showed him what was possible by working with his natural teeth. "I thought I needed a lot more work done actually, than what we ended up going with, because Jamie managed to work with what I had without having to go through too much rearranging of the teeth." By preserving as much of the natural tooth structure as possible, the Union Quay Dental team were able to deliver a significant cosmetic improvement while keeping the treatment conservative.



Step-by-Step: From Clean Canvas to New Smile

David's treatment journey began with a course of teeth whitening, designed not just for a brighter smile, but to create an even base shade for the final restorations.

He then had composite veneers applied to his upper front teeth. The result is a harmonised, natural-looking smile that aligns perfectly with David's original goal: not an artificial look, but a refined version of his own teeth.

A New Level of Confidence

Since completing treatment, David has noticed a real change in how he feels about his smile and how he shows it to the world. "How I feel about my smile now is really, really good. I have a lot more confidence now." He recalls that before treatment, he sometimes held back in photos. "There were some times in pictures beforehand where I might not use my full teeth in a smile... But now I use my full teeth. So yeah, I feel very confident."

An Open, Relaxed, and Personal Experience

For David, the clinical outcome was only part of what made his experience at Union Quay so positive. "It was a completely open and clinical discussion the whole way through, it was very professional. It was what I wanted, it wasn't what the practice was trying to push in any way."

He also credits the team for creating a calm, welcoming environment. "The entire team, they're great. They make you feel calm, cool. You're at home. It's relaxed, and they take you through the whole process."

Ready to Start Your Own Smile Journey?

If, like David, you're ready to take a step towards transforming your smile while keeping it natural and uniquely yours, we'd love to help. Book a consultation with our friendly team to discuss your options, explore a personalised treatment plan, and find out what's possible for your smile.



Find out more by calling our reception team on 0191 2596506 or email reception@unionquaydental.co.uk

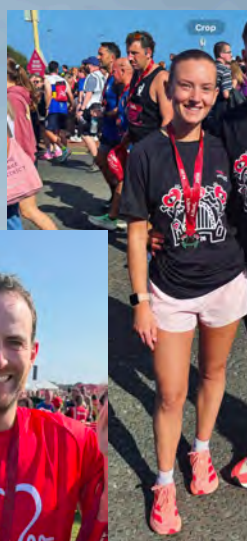
GNR Success

Well done to all our patients who took part in this year's Great North Run on Sunday 13th September, we hope you all had a great race!

Principal Dentist Jarlath and Dental Nurse Lydia were both running, with Jarlath finishing in 1hr 52mins and Lydia hot on his heels, finishing in exactly 2hrs.

Jarlath ran in aid of British Heart Foundation in memory of his friend Harris, smashing his fundraising target and raising over £1300.

While they were pounding the streets of Tyneside we enjoyed the Red Arrows fly-by overlooking the Tyne from the top of Collingwood Monument.



What's on

Spooky events to enjoy in October



Half Term Halloween Activities Programme YMCA North Tyneside, Church Way, North Shields.

From Tuesday 27th - Thursday 29th October enjoy creative Halloween activities such as Glow in the Dark Slime Making, Monster Cupcake Decorating and Pumpkin Carving.

£5 per session, book online at
www.ymcanorthtyneside.org/community-and-youth-work/

The Haunted Page Festival North Shields Community Hub and Library

Delivered throughout October in partnership with The Bound Bookshop and the North East Folklore Society, the festival features author talks, workshops, poetry readings, and interactive events.

Book online at
www.bookwhen.com/ntclibraries



Thriller! 80's Halloween Party Salt Market Social, Liddell Street, North Shields. Sat 31st October 14:00 - 19:00

From disco-pop anthems to club bangers & of course the odd halloween remix. Fancy dress encouraged!

Tickets available at
www.saltmarketsocial.co.uk/events



What our patients are saying



Shelley Gallantry

2 reviews



5 days ago

New

Absolutely fab service today by Sam the hygienist. Was really stressed as I'd had toothache earlier in the week. Up a height going in. SAM was so kind and my hygiene appointment was done superbly. Got a bit upset and she didn't make me feel stupid at all. Sam was kind and so patient. Lovely reception staff too. Thanks Sam. You're a good'un.

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.](#)



Carolyn F

1 review



6 days ago

New

I'm a new patient to Union Quay the initial consultation with Alex was amazing and the treatment the best I have ever had! Elaine the hygienist was also excellent I even enjoyed the treatment! I highly recommend Union Quay



Tracy Stagg

5 reviews



a week ago

New

First time in a long time in getting treatment from a dentist and was petrified. Sunny done all my treatments and was so patient with me. I was put at ease from start to finish, had 2 extractions and can honestly say it was painless. I'm so pleased with the results. I would definitely recommend them. Thanks so much.



Helen M

Local Guide · 23 reviews · 9 photos



Edited 6 days ago

I had a great hygiene treatment with Heather today. She talked me through each step, fully explaining what she was doing and gave me some great advice to keep my teeth in fantastic condition. A very pleasurable visit and looking forward to returning again soon.



Get in touch

0191 259 6506
reception@unionquaydental.co.uk
www.unionquaydental.co.uk

The Richard Irvin Building
Union Road
North Shields
Tyne & Wear
NE30 1HR

