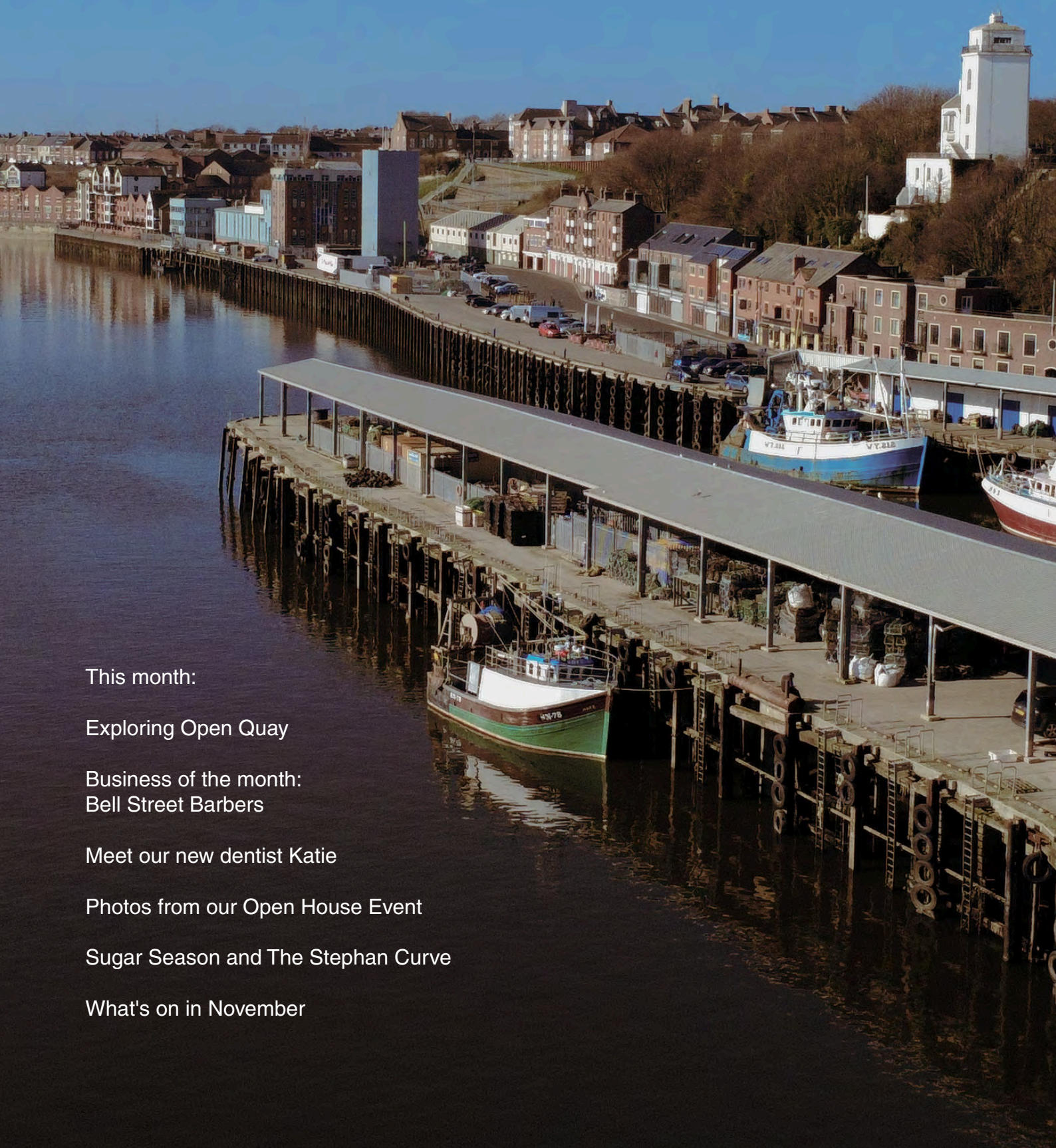
Union Quay Bites

The monthly newsletter from Union Quay Dental

OCTOBER 2026



This month:

Exploring Open Quay

Business of the month:
Bell Street Barbers

Meet our new dentist Katie

Photos from our Open House Event

Sugar Season and The Stephan Curve

What's on in November

Welcome to Union Quay Bites

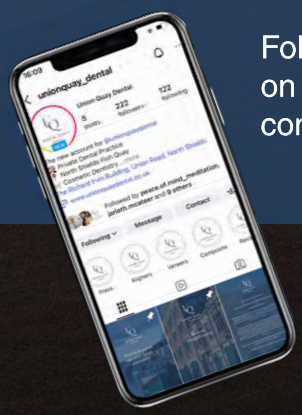
Autumn is well and truly here, and with the nights drawing in, we're delighted to welcome you to this month's Union Quay Bites.

We've been out and about in North Shields, exploring the first ever Open Quay weekend, with local artists opening their studios to visitors. It was wonderful to see so much creativity right on our doorstep. Keeping it local, this month's Business of the Month is the brilliant Bell Street Barbers, just down the street from our practice.

In this edition there's also some seasonal science. In Sugar Season, we explain the Stephan Curve, which shows how your mouth's acidity rises every time you eat or drink something sugary. You'll find some easy tips to enjoy the treats from Halloween to Christmas without damaging your teeth.

We also have photos from our own Open House Event. Thank you to everyone who came along and made it such a lively evening.

As always, thank you for being part of our practice community. We hope you enjoy this edition, and we look forward to seeing you at your next appointment.



Follow @unionquay_dental on Instagram for all new content and updates.

UNION QUAY
DENTAL

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Business of the Month



Bell Street Barber

Paul Thomas tells us how a £1 a day Saturday job turned into a 40 year career.

Our business of the month is Bell Street Barbers, located just up the street along the Fish Quay from Union Quay Dental. You may well recognise it from its colourful exterior and traditional artwork.

Paul Thomas grew up in Gateshead and fell into barbering as a teenager. “As I kid I washed cars on a Sunday and had a paper round to earn a bit of pocket money,” he explains. “One of my mates worked in a barbers shop. He earned £1 a day, but he wanted to spend his weekend watching the football, so I offered to take the job for him.”

Paul loved the work and went on to train as a barber, eventually running the shop himself. Over the years he has cut hair for some well-known faces, including old Newcastle United football players such as Jimmy Smith and Terry Hibbert.

He opened his first barber shop in North Shields in 1986, and has had several premises since, with Bell Street Barbers following in 2021. After decades behind the chair, Paul still clearly enjoys what he does, and his shop has become a familiar and welcoming spot on the Fish Quay, where regulars drop in as much for the chat as for the haircut.

Paul loves being part of the community here in North Shields, saying “I love this place because the people are so down to earth, they’re loyal with no airs and graces.”

Bell Street Barbers is open Thursday and Friday 09:00 - 18:00 and Saturday 09:00 - 16:00.

Follow on Instagram @bellstreetbarbershop

Exploring Open Quay

We took a walk around North Shields' first open studio event.



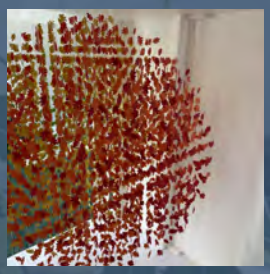
On the weekend of Saturday 26th and Sunday 27th September, North Shields Cultural Quarter held its first ever open studio event. Artists opened the doors of their studios, while local businesses offered their spaces to act as galleries and workshop venues for the weekend. We grabbed a map from Globe Gallery and took a stroll, and here's a few of the studios we discovered...

Ellie Land



Animator and film director Ellie was showing her animated documentary PLUNGE, about a woman called Katie who found empowerment, friendship and healing from plunging into the frigid waters of the North Sea. Learn more at www.ellieland.com

Sum Place



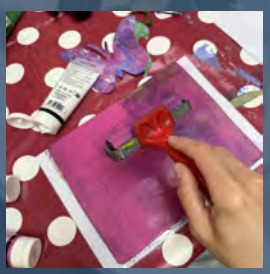
Sum Place studio designs joyful art for public places. In stone, marble, metal, and recycled plastic,they create site-specific installations public buildings across the globe. Spot their shimmering shoals of fish hanging inside North Shields Transport Hub. Follow on Instagram @_sum.place_

Lily Senner



Based at One Three One, Lily is a painter who takes a colourful and stylised approach to landscapes. Her exhibition 'Tyneside Dreaming' was commissioned by the BALTIC Centre for Contemporary Art in 2024. Find out more at www.lilysenner.com

Helix Arts



Local community arts charity Helix offered print workshops for all ages to take part in, as well as launching their Sycamore Gap project - The People's Tree. We had a go at jelly plate printing with leaves and stencils. Learn more at www.helixarts.com

Meet our new dentist



Meet Katie Harding, the newest dentist at Union Quay Dental.

We're delighted to introduce Katie Harding, whose path into dentistry began with a childhood experience in the orthodontist's chair. "I got into dentistry after having quite a lot of brace treatment as a kid," Katie says. "I always wanted to work with people and patients and be in healthcare."

Katie studied at Newcastle University, graduating in 2021. She began her career in NHS dentistry before moving into fully private practice in 2023. One of the most rewarding parts of her work is helping patients feel comfortable and confident.

"I really enjoy treating nervous patients and helping them through that journey," she says. "Seeing them progress through it is really rewarding."

Katie's clinical interests include restorative and cosmetic dentistry, and she is currently studying for a diploma in digital orthodontics. Her restorative work includes treatments such as crowns, bridges and fillings.

When it comes to looking after your teeth at home, Katie recommends keeping the basics consistent: brush twice a day, floss, and visit your dentist regularly. "Flossing is really, really important," she says.

Outside the practice, Katie enjoys living by the coast and spending time outdoors with friends and family. Originally from Stratford-upon-Avon, she moved to the North East to study, later spent time in Australia, and has recently returned to Tynemouth.

We're really pleased to welcome Katie to Union Quay Dental and look forward to introducing her to our patients.

If you would like to get booked in with Katie, call our reception team on 0191 2596506 today.

Open House Event







We were thrilled to welcome so many patients, neighbours, friends and family to our Open House Event on 30th September. It was lovely to receive such great feedback about what we've done with the building.

We hope to share our space with you again in the future, and in the meantime, here are some photos from a wonderful evening.





























Sugar Season



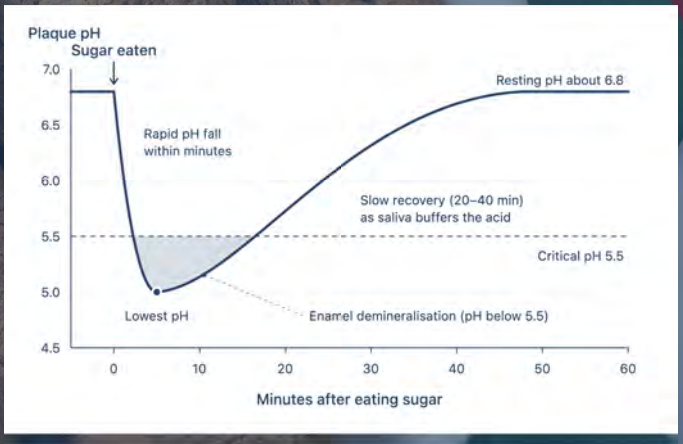
From Halloween to Christmas it can feel like there is a constant, steady supply of sugary treats on offer.

Whether it's leftover sweets from Trick or Treating, or those mince pies on 3-for-2 in the supermarket, the darker days and colder weather can make snacking all the more appealing.

Most of us have heard our dentist advise that sugar should be eaten straight after meals rather than grazed on throughout the day, but what's the science behind this advice?

Introducing the 'Stephan Curve', first described by Robert Stephan, a dental researcher investigating plaque chemistry in the US in the 1940's. The Stephan Curve is a graph showing how acidic your teeth become after eating something sugary, and how long it takes them to recover.

Each time you eat sugar, the pH level in your mouth drops (i.e. it becomes more acidic). Acid in your mouth attacks the minerals that make up the enamel, the protective layer on the outside of your teeth. However, over time, the pH levels in your mouth will recover as your saliva levels readjust and help the teeth to re-mineralise.



The problems occur when you eat sugar repeatedly over a prolonged period of time, such as grazing on a bag of sweets through the afternoon, or mince pies and sweet festive coffees mid-morning. Your teeth never get a chance to recover and re-mineralise, meaning damage the to enamel accumulates. Once the enamel is weakened, bacteria in your mouth that feed on the sugar can get inside the tooth, causing cavities and decay.

It's important to ensure that after eating sugary treats, we give our mouths time to recover the pH and help our teeth to re-mineralise. This is why dentists often recommend that if you're going to eat sugar, you do it after a meal and not in between.

NHS advice also says free sugars should not make up more than 5% of your daily energy intake - that's no more than 30g a day for adults (roughly 7 sugar cubes). The limits for children are lower; 24g for ages 7-10; 19g for ages 4-6. This can be hard to achieve at this time of year, but here are some practical takeaways to help minimise the damage.

Practical takeaways:

- Treats are better eaten in one sitting, and straight after a meal.
- Sipping sweet drinks over a long period is especially harmful, because it keeps the pH low the whole time. Skip the syrup in that latte!
- Drink plenty of water to dilute acid and help saliva levels recover.
- Brush with fluoride toothpaste twice a day, including last thing at night, and spit rather than rinse.

Smile Transformation

After nine years as a patient at Union Quay Dental, Tammy Stevens trusted her dentist, Jarlath, when she decided it was time for a glow-up.



Tammy's smile had started to show the signs of age, and she wanted it restored without looking overdone. "I had some chips and cracks in my teeth, and my teeth were yellowing as well," she explains. "I was very aware of that so I felt like I needed to have it fixed."



Tammy's journey began with a consultation with Jarlath, who talked her through a range of options. She chose a full smile makeover, combining several treatments over roughly nine months, each doing a different job.

Braces: laying the foundation
In July last year, Tammy had braces fitted, to gradually move her teeth into a better position, correcting crowding and uneven spacing. Getting the alignment right first gives subsequent treatments a well-balanced base to work from.

Aligners: refining the result
In December, the braces came off and Tammy moved into aligners. These discreet, clear, removable trays make the finer adjustments, refining the position of individual teeth and helping to hold the new alignment in place.

Whitening: a natural shade
Alongside her orthodontic treatment, Tammy had teeth whitening to tackle the yellowing she'd noticed. For Tammy, the aim was subtlety. "I didn't want bright white teeth. I just wanted them to look natural" she says.

Composite bonding: the finishing touch
In March this year, Tammy had composite bonding to complete the transformation. A tooth-coloured resin is sculpted onto the tooth and hardened, which makes it ideal for disguising chips and cracks like those that had been bothering her. The resin is matched to the surrounding teeth, so repairs blend in seamlessly.

Tammy was clear with Jarlath from the start about the look she was after, and she's delighted with the outcome. "I asked Jarlath specifically to give me quite a natural look," she says. "And it's exactly what I got."

The result has made a real difference to how Tammy feels. "It's given me much more confidence," she says, and she has no hesitation in encouraging others. Two of Tammy's friends have since become patients at Union Quay Dental and are having the same treatment. "Brilliant service," Tammy says. "Everything that was promised I got."

Interested in transforming your smile? Find out more by calling our reception team on 0191 2596506 or email reception@unionquaydental.co.uk

What's on

Events to brighten up the darker days in November...



North Tyneside Fireworks Display
The Links, Whitley Bay

Sunday 1st November

Fairground rides and refreshments open at 18:00, fireworks display at 19:00. Take the bus or metro as the town will be crowded for this popular event!

Free entry.



North Tyneside Ukulele Festival
The Exchange, Howard Street, North Shields.

Friday 6th &. Saturday 7th November

Bay Uke is back with an impressive line up of acts, strum-alongs and workshops to get you vibrating with musicality.

Tickets on Eventbrite



I Love North Shields Vintage Market
Salt Market Social, North Shields Fish Quay.

Sunday 29th November 10:00 - 19:00

ILNS are bringing a special Coastal Edition of their vintage market to the Fish Quay. Head along for a full-day celebration of vintage, coastal heritage, independent creativity and community.

Free entry.
Tickets on Tickettailor

Five stars for our hygienists

So many lovely reviews have been left for our hygienists recently, we thought we'd share a few. Regular hygiene appointments are essential for keeping your teeth in tip-top condition, and it's great to hear what a difference the right treatment makes.

If you've had a great experience with our team that you'd like to share, we would love you to leave us a review.

Leave us a Google review.



Review from Google

Great hygiene appt with Farah! Excellent knowledge and advice

— Andrew Bowers

Hygienist appointment

My Dental treatment was an appointment with Sarah for a Hygienist session. We hadn't met before but enjoyed a short introductory "Chat". She asked me if there any concerns about my teeth since the last visit then hearing that I had sensitive teeth did a manual scale and polish. She advised me about further treatment using a small space long handled brush. It was a very positive experience. I also had my annual examination with Kathryn which was thorough and satisfying to know that my personal dental hygiene regime is helping to keep my teeth in good condition for my age.

— Kathlyn W

Thorough but gentle

I am a very nervous patient but Danni put me completely at ease straight away. She was very thorough but gentle. Danni was very friendly and professional and had some great tips and ideas for looking after my teeth and gums. I couldn't speak highly enough of her and totally recommend her.

— Anne F

The treatment was excellent

Excellent service. Yasmin met me on time and took me to the treatment area. Yasmin was very helpful as I am slow climbing stairs. She explained the treatment, starting work promptly. The treatment was excellent, and I was given advice on improving my cleaning routine. I was well treated and the work was excellent.

— Peter G

Review from Google

Absolutely fab service today by Sam the hygienist. Was really stressed as id 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 didnt make me feel stupid at all. Sam was kind and so patient. Lovely reception staff too.
Thanks Sam. You're a good'un.

— Shelley Gallantry

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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