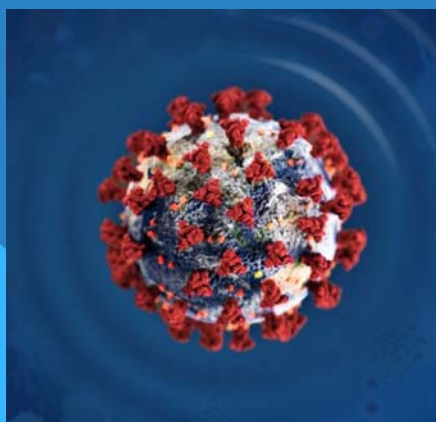


Summer  
Newsletter  
2020



**COVID-19:  
WHAT TO  
EXPECT AT THE  
PRACTICE**



**STAYING SAFE  
IN THE SUN**



**THE GREAT  
HSDP BAKE OFF**

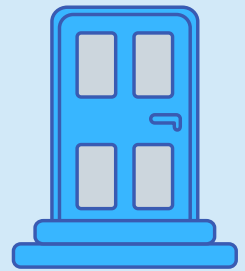
# Covid-19: What to expect when you come into the Practice

**Due to the Covid-19 pandemic, The High Street Dental Practice has made some changes to ensure the safety of staff, patients and visitors.**



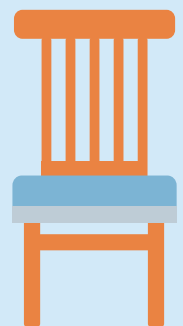
*The day before your appointment, the Reception Team will call or email you our Covid-19 protocol, a pre-arrival health questionnaire and consent forms.*

*The Practice door will be kept closed. There is a buzzer by the door that will let Reception know you are here. You may be asked to wait outside until the Clinical Team are ready to see you.*



*You will be asked to sanitise your hands.*

*You will then be taken into the waiting room or into the surgery. You will be able to keep your personal belongings, such as coats, handbags and keys, in a plastic container in the surgery so that your belongings are kept with you at all times.*



# Covid-19: What to expect when you come into the Practice



*We have removed some chairs in the waiting room so patients are able to social distance. The sofas are for patients from the same household. The chairs and sofas are disinfected after each use.*

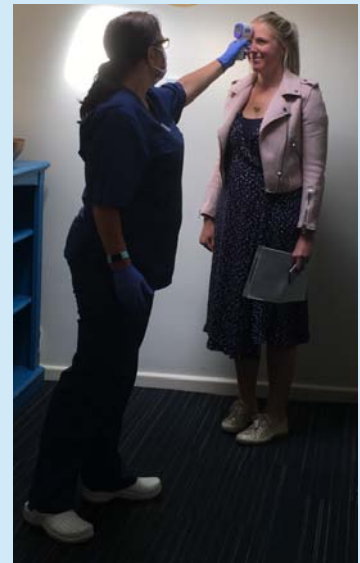
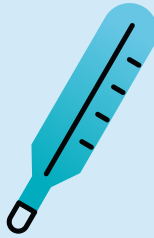


*There are sneeze guards on the Reception desk and all staff wear a face mask.*



# Covid-19: What to expect when you come into the Practice

*All staff have their temperature checked when they arrive at the Practice in the morning. Here you can see Shirley taking Dr Nixon's temperature!*



*The patient washroom is for essential use only please. If the washroom is used, it is disinfected after each use.*

**If you any any questions or concerns, please do not hesitate to contact the Practice on 01249 477001 or [info@thehsdp.co.uk](mailto:info@thehsdp.co.uk)**



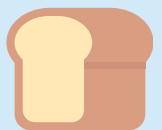
# Diet Advice

*A healthy diet is good  
for your teeth!*

*Limiting the amount of sugar we eat and  
having a well balanced diet is very  
important for overall health and preventing  
tooth decay!*



A balanced diet includes plenty of fruit and vegetables, starchy foods, such as wholemeal bread and rice, and foods containing protein.



Our Dentists and Dental Hygienists recommend eating three meals a day, rather than snacking, as this limits the amount of sugar attacks on your teeth.

*If you would like more information about how  
to look after your teeth, please book an  
Examination Appointment with one of our  
Dentists!*

# Staying Safe in the Sun

*Did you know...?*

The best way to protect yourself from **Lip Cancer** is by limiting the time you spend in the sun and by wearing sun cream.



It is advised that people use a sun cream (on their whole body) of SPF 15 or higher to filter 90%+ of harmful radiation. SPF lip balms are also available.



Lip Cancer is a type of Oral Cancer that can affect anyone. There are people who are at a increased risk of Lip Cancer and these are people who are exposed to sunlight for long durations.

If you would like to know more information on Oral Cancer, please call 01249 477001.



# *Stay Hydrated this Summer!*



It is important to stay hydrated during the summer season. You may be tempted to have a nice cold glass of juice or a fizzy drink - but don't!



## *Caution!*

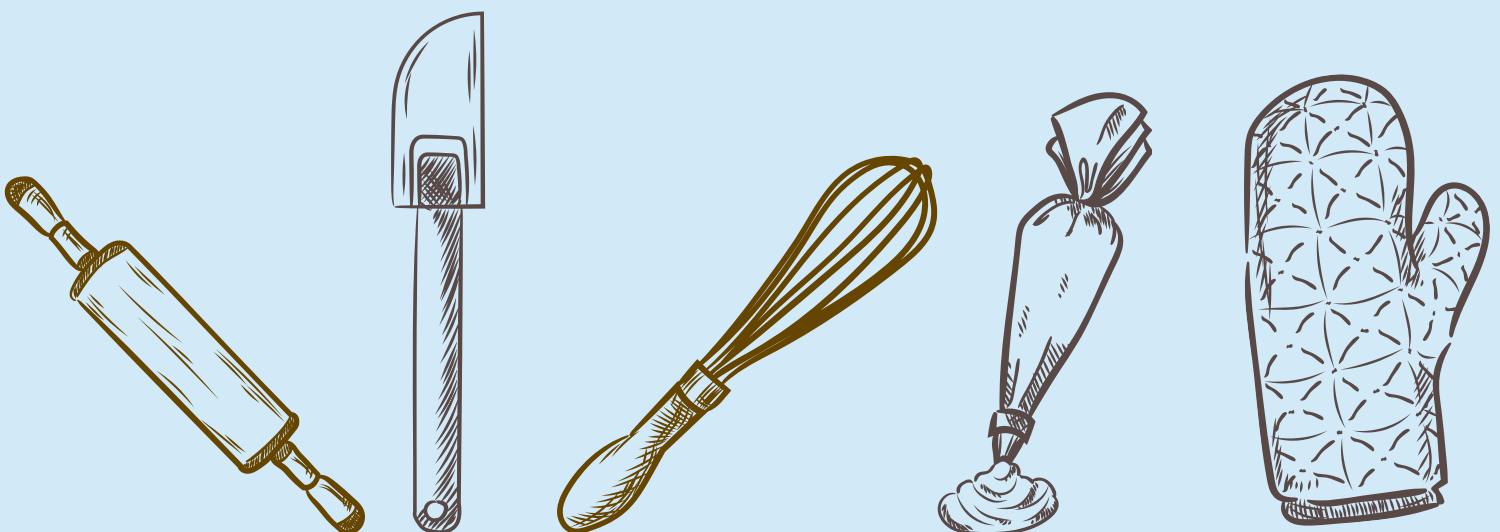
Fruit juices and fizzy drinks contain lots of sugar, which can cause tooth decay and erosion. Try to drink water instead and only have sugary and acidic drinks at meal times. This will help to reduce the exposure of sugar on your teeth to meal times only.



# The Great HSDP Bake Off!

Over the lock down period, the team at The High Street Dental Practice took part in weekly Zoom huddles. We were given a fun task each week to complete and one of those weeks was baking/cooking ! We each had to bake and discuss our favourite recipe. Please take a look at some of our favourite recipes (pages 8, 9 and 10)!

*Do not forget to only eat these tasty treats with a meal (see page 4)!*







# Jam Tarts



## Ingredients

- 250g plain flour, plus extra for dusting
- 125g butter chilled and diced, plus extra for the tin
- 1 medium egg
- 1 vanilla pod, seeds scraped (optional)
- 100g jam, fruit curd or marmalade of your choice



## Method

1. Put the flour, butter and a pinch of salt in a bowl and rub them together with your fingertips (or you can pulse these ingredients together in a food processor if you have one). When the mixture looks and feels like fresh breadcrumbs, stir in the egg and vanilla seeds, if using, with a cutlery knife. Add 1 tbsp cold water, then start to bring the dough together in one lump with your hands – try not to knead it too much. Add 1 more tbsp of water if it's not coming together, but try not to add more than that. Wrap in cling film and chill in the fridge for 30 minutes.
2. Heat oven to 200C/180C fan/gas 6. Butter a 12-hole tart tin, then dust your work surface with flour. Unwrap and roll out the chilled pastry so it's about the thickness of a £1 coin, then use a straight or fluted round cutter to cut out 12 circles, big enough to line the holes in the tin. Dollop 1-2 tsp of your chosen filling into each one and, if you like, cut out little pastry hearts and pop them on top.
3. Bake for 15-18 minutes or until golden and the filling is starting to bubble a little. Leave to cool in the tin for a few minutes then carefully transfer to a wire rack to cool completely.

# Bakewell Tarts



## *Ingredients*

- 2 x 320g sheets of all butter shortcrust pastry
- For the frangipane: 120g butter softened, 120g golden caster sugar, 1 egg, 1 tbsp plain flour, 110g ground almonds, 90g cherry jam
- For the icing: 200g icing sugar, 12 glacé cherries

## *Method*

1. Heat the oven to 180C/160C fan/gas 4. Lightly butter a 12 hole muffin tin. Unroll the sheet of pastry and use a 10cm circular pastry cutter to cut 12 circles out of the pastry sheet. Press the cut circles into the holes of the tin, making sure they come right up and slightly over the top – pushing out any creases. Chill the pastry in the fridge for 20 minutes. Scrunch up 10cm x 10cm squares of baking paper and then un-scrunch and use to line each of the pastry tarts, then fill with baking beans, rice or dried pulses. Bake for 10 minutes, then remove the paper and beans and bake for 10 minutes longer, until golden brown. Set aside to cool a little.
2. Make the filling by beating together the butter and sugar until light and fluffy, then whisk in the egg, followed by the flour (the flour will prevent the mixture from splitting). Fold in the ground almonds. Spoon a level tsp of cherry jam into each of the pastry shells, followed by a tablespoon of the frangipane mixture. Bake for 20 minutes, until the frangipane is golden and springy. Set aside to cool completely. Neaten the edges of the pastry with a small knife or scissors if you like.
3. Mix the icing sugar with 2 tbsp water. Spread the icing over each of the tarts, top each with a glacé cherry, leave to set for 20 minutes.



# Jumbo sausage rolls



## Ingredients

- 600g good-quality sausage meat
- Extra seasoning, such as a teaspoon of finely chopped sage leaves and 2 teaspoons of finely chopped fresh thyme leaves
- 250g puff pastry
- 1 medium egg
- Flour, for dusting



## Method

1. Preheat the oven to 200 degrees. Put the sausage meat in a bowl and stir it to make a homogenous mass, adding the extra seasoning if needed.
2. Dust a work surface with flour and roll out the pastry to a rectangle roughly 32x15cm. Cut in half lengthways.
3. Divide the sausage meat into 2 and form into long roll the length of the pastry. Put the meat along the long edge of each piece of pastry. Brush water down one side and roll up neatly, then cut each in 10 short lengths (for little rolls) or 4 (for large ones)
4. Transfer to a baking tray and brush with the beaten egg. Bake small rolls for 20-25 minutes or large ones 25-30 minutes until puffed and golden. Cool on a wire rack.

**Private patients are welcome!**

**We offer the option to join one of our Membership Plans:**

#### Membership Plan 1

- Regular examinations and two hygienist visits as recommended by your dentist
- x-rays (as necessary)
- 10% discount (excluding elective and advanced treatment)
- diet and oral hygiene advice
- all your preventive dental care is included
- guaranteed registration with the Practice and continuing access to your dentist
- appointment times to suit you whenever possible
- membership card with 24 hour helpline for dental emergencies at home or abroad
- eligibility to request assistance from the worldwide Dental Emergency Assistance Scheme

#### Membership Plan 2

- all Membership Plan 1 benefits, plus:
- regular examinations and four hygienist visits as recommended by your dentist



#### Contacts:

01249 477001

info@thehsdp.co.uk

www.thehighstreetdentalpractice.co.uk



*Please follow our social media accounts to keep up to date with all HSDP events and offers!*



#### How to find us



Any queries please ask our Reception team;  
Kirsty, Sophie & Sebrina will be more than happy to help!