



Apr 2019

Bellegrove Dental Surgery

201 Bellegrove Road,
Welling,
Kent, DA16 3RA

020 8856 0963

enquiries@bellegrove-dental.co.uk

OPENING TIMES

Mon	8.30am – 5.00pm
Tue	8.30am – 8.00pm
Wed	8.30am – 8.00pm
Thu	8.30am – 5.00pm
Fri	8.30am – 5.00pm
Sat	8.30am - 1.00pm

SERVICES

Dental Implants
Dental Examinations
Fillings and White Fillings
Root Canal Treatment
Crowns and Bridges
Emergency Dental Treatment
Tooth Whitening
Extractions
Dentures
Gum Disease Treatment

Our quarterly newsletter is designed to keep you up to date with what's happening with our practice and focuses on various topics throughout the year.

National No Smoking Day Wednesday 13th March 2019



At Bellegrove we wanted to raise awareness of not only the increased risks of lung cancer and smoking but also how smoking affects your teeth and oral health. We set up an information stand in our waiting room with information and advice on giving up smoking.

Good luck to all our patients that did decide to give it a go!

*If you're thinking of quitting why not call the
SMOKEFREE helpline on 0300 123 1044*

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Comic Relief Red Nose Day Friday 15th March 2019



On Friday 15th March everyone at Bellegrove played a part in raising money for comic relief. We had a “guess how many toothpastes are in the jar” competition and Kelly had to wear a red nose for the whole day on reception!

All together we raised £65, well done everyone!

National Smile Month 13th May – 13th June 2019

Next month is National Smile Month, this is the largest and longest-running campaign to promote good oral health.

At Bellegrove we will be supporting National Smile Month by visiting a local school on May 10th giving children brushing instructions/techniques as well as a fun goody bag to take home. On May 25th we will also be visiting Tesco, Welling, where we will provide customers and staff with oral health advice information and free samples of toothpaste.

A brushing technique that we recommend is the modified bass technique. This can be viewed on our new Facebook page -please go to [@bellegrovedentalsurgery](https://www.facebook.com/bellegrovedentalsurgery) and follow the link.