

January Quarterly Newsletter

Your Local Dental Clinic - Caring for your smile

Welcome to Our Quarterly Newsletter!

We'd like to take this opportunity to thank you for your continued support and to welcome you into what we hope will be a happy and healthy year ahead. We're excited about what the New Year brings and look forward to sharing more with you over the coming months.

Referral Rewards

We're kicking things off with our referral offer! For every new patient you refer to our practice, you'll receive a £20 M&S gift voucher. The patient must mention your name when booking their appointment.

Plus, every quarter, all patients aged 18+ are automatically entered into our £50 M&S voucher giveaway—just one of the many ways we like to say thank you.



Oral Health Tip of the Season

Did you know spring is a great time to:

- Replace your toothbrush (every 3 months is ideal)
- Book your routine check-up if it's been a while
 - Schedule a hygienist appointment to remove winter build-up
 - Refresh your brushing technique

If your gums bleed when brushing, this is not normal – it's often a sign of early gum disease. The good news? It's reversible when caught early.

Myth vs Fact

Myth: If my teeth don't hurt, everything must be fine.

Fact: Many dental problems (including decay and gum disease) start silently. Regular check-ups catch issues early, before they become painful or expensive.

Treatment Spotlight: What Does the Hygienist Do?

Many patients think the hygienist is "just a clean" — but it's so much more.

A hygienist appointment helps with:

- Removing plaque and hardened tartar
- Reducing gum bleeding and inflammation
 - Freshening breath
- Preventing gum disease and tooth loss
- Tailored advice for home care

Think of it as maintenance for your smile.



Meet the Team – Dr. Katherine Kivalu

Katherine qualified from the University of Leeds in 2017. After graduating, she moved to Cornwall where she enjoyed three years of life by the sea, before returning to Yorkshire to start a family.

Katherine has a long-standing connection with the practice, having been a patient here since childhood, along with her parents, grandparents and wider family. In April 2025, she joined Chris Woods as a shared owner of the practice, something she is incredibly proud of.

She has a special interest in Invisalign, composite bonding and smile makeovers. Katherine particularly enjoys treating nervous patients and is passionate about transforming not only their smiles, but also their overall experience of visiting the dentist into a positive one.

Katherine strongly believes in empowering patients with the knowledge and confidence to maintain their oral health at home and is very passionate about oral hygiene. She also holds a qualification in facial aesthetics.

Outside of work, Katherine is kept busy with her two young children. She enjoys baking and watching rugby in her spare time.



New Services – Fixed Orthodontics



- Dr. Chris Woods is now offering fixed orthodontic treatments—a fantastic addition to our ever-growing range of services. With NHS orthodontic waiting times currently exceeding four years, this provides an excellent option for patients who prefer not to wait. By choosing private orthodontic care, you can begin treatment much sooner and take the first step towards achieving the smile you deserve.



★★★★★ Your Reviews Matter

Reviews help new patients choose the right practice, and we're so grateful to everyone who has shared their experiences with us. Here are just a few highlights from recent months:

"I have been a patient at Greenside for over 15 years. This is a brilliant practice, Dr Woods has set such a high standard that each member of the team is totally dedicated to providing an absolutely first class service."

"My latest appointment with Adele Boyce, the hygienist, went swimmingly; she helps you feel at ease and gives excellent tips on how to manage your dental hygiene."

"So glad I chose this Dentist, the Staff are unbelievable, so helpful, friendly & helped me so much."

"Just registered as a new patient. Cheryl on reception was so helpful and welcoming. The dentist, Katherine, is brilliant... Chris did a great job on my implant today."

Thank you for your kind words—they mean the world to our team.

EXCLUSIVE

Free Consultation with Dr Chris Woods Implants and Orthodontics

23rd January 2026
6th February 2026
27th February 2026

09.30am - 13.00pm

Limited Availability



Nervous About the Dentist?

You're not alone – and we're here to help.

We pride ourselves on being a calm, supportive practice. If you feel anxious, please let us know. We can:

- Take things at your pace
- Explain everything clearly
- Offer gentle approaches
- Focus on comfort and reassurance

Your experience matters just as much as your treatment.



Friendly Reminders

Check-ups are recommended every 6–12 months

Children should attend regularly from an early age

Please give at least 24 hours' notice if you need to cancel to avoid any charges

Booking ahead helps secure your preferred appointment times



How to Book

Call us on: 01274851582

Email:

info@greensidedentalcare.co.uk

Or book online:

<https://onlineappointment.carestack.uk/?dn=greenside#/home>

We look forward to seeing you soon.