



The Croxley Green RESIDENT

Spring 2009

No: 198

Published by
**CROXLEY GREEN RESIDENTS'
ASSOCIATION**

Stephen Martin **Rosemary Hanscomb**
07802 274979 **01923 449945**

In favour of Croxley Green

Welcome to the latest edition of The Resident, a publication with a long and honourable history serving the residents of Croxley Green.

This is my first 'leader' contribution to The Resident in my role as chair of the Association's new Media Committee. Over the last few months the CGRA has, as many readers will know, been revived and re-structured following an appeal from the previous committee for a new set of people to get involved. The CGRA was in danger of closing given a lack of active interest from residents over a long period, and the Committee at that time issued a strong ultimatum – either some people out there must get involved, or the CGRA would disappear.

The outcome was positive, and many responded to the call. Following a well-attended EGM last year a new committee has been elected with new focus and resources. So let me formally acknowledge and thank those that kept the CGRA alive through the 'apathy' years and who provided a strong foundation for the revived CGRA. In particular Brian Norman, Hazel Seeley, Dorothy Thomas, Mike Humphreys,

Pat Hiscock and Linda James – the latter three having continued as members of the new CGRA committee. And a special thanks also to Rose Hanscomb who has done and continues to do such a fantastic job getting The Resident together, ringing around the advertisers, putting together the copy and organising distribution. Without Rose, The Resident would have disappeared long ago.

So what is the CGRA about? Well, many will have noticed – and literally thousands have been involved in - the CGRA's campaign against the proposed Tesco development on Watford Road next to the Shell garage. The details of the process have been well documented in the local press and in 'My Croxley', including through the CGRA's own page in that publication, so there is no need to repeat that story here. However, the real story is that – with a lead from the CGRA as a catalyst for a range of concerned groups and individuals – we have collectively managed to make it very difficult for Tesco to have their way. So far, they have withdrawn two applications and have been soundly defeated on two – with it must be said – very effective support from our district councillors. It is not over yet – there may well be an appeal or a new application. We shall see. But the power of the residents of Croxley has been demonstrated.

But as an illustration of what the CGRA 'is about' – it is important to ask why the CGRA chose to get involved and to nail its colours so clearly to the 'against' mast. The committee asked itself that question early on, and the reasoning is simple. Despite appearances, it actually has less to do with Tesco itself or the often referenced fear of 'Tescoification' suffered by other towns and villages – and which is quite reasonably feared here too.

It much more about the new constitution of the CGRA that among other things, contains the following Aims:

- To protect the amenities of the area
- To protect the identity, integrity and sustainability of the area
- To take action on matters relating to the civic and social welfare of the area

- To stimulate the interests of residents and businesses in the welfare of the area.

(Note: the full list and the full constitution can be found on the CGRA web-site

www.croxleyresidentsassociation.co.uk)

As a committee – after reviewing the aims carefully – we took the view that a large new supermarket development, on Watford Road next to the Shell garage was not needed, would be a major threat to existing local businesses, would create traffic chaos, and would be a magnet for 'late-night activity' in a location outside existing shopping areas in the village. In short, that it would not add to but threaten the 'amenities of the village', that the 'identity and viability' of the area would be undermined, that it was an issue on which the CGRA should 'take action', and that it was one on which the 'interest of residents and businesses' would be stimulated. We were not wrong. The support for the CGRA's position has been (almost) universal, has certainly been very visible and vocal, and has demonstrated that the CGRA can make a difference.

But there is far more to the CGRA than being against things. We are FOR much more – for the health and vitality of Croxley, for a cleaner, safer village, for an area where the young, middle-aged and older residents can live and be happy together and find plenty to keep them entertained, for the preservation and growth of our open spaces and our village greens (and we have two of them – thanks to our partners in the 'Keep Croxley Green Group'), for the development, support and alignment of the many societies, clubs and loose associations that contribute so much to the character of the place.

The CGRA is FOR the community – and there is one; visitors and newcomers tell us they can see it. Squeezed in as we are between Watford and Ricky, the people of Croxley know each other, they talk to each other, they socialise with each other – they even marry each other! It is a place that has a lot to offer and the CGRA has an important role to play in being a positive force FOR Croxley.

So we will work FOR Croxley Green – oh, and no thanks, Tesco Red.

Stephen Martin
Vice Chairman CGRA /
Chair, Media Committee

CGRA Committee

Mike Humphreys (President) 778544
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Dudley Edmunds
Amanda Mackie
Wendy Jordan
Linda James
Judith Turnbull
Jane Pursey
Mandy Grant

SUN PRINTERS UPDATE

Thank you to the resident who supplied most of the missing copies of the "Sun News"

We are still looking for issues:-

December/Christmas 1963
Autumn and Spring 1966
Spring 1968 and Spring 1969

We are able to photocopy and return the originals of the requested issues

Please contact

Peter Greenhill

email true2type@bellnet.ca

or

Shirley Greenman

on 01923 227945

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Closed 14 May - Reopen 22 May



Help Dogs Trust

Dogs Trust W. London is appealing to animal lovers to help raise money for all the dogs in their care.

The Rehoming Centre on Harvil Road Harefield UB9 6JW is holding its annual Summer Open Day on Sunday June 7th from 11.a.m. - 4.p.m.

You can help by donating any new or nearly new gifts to be sold at the Open Day or come along and meet some of the canine residents and see the Fun Dog Show including the Waggiest Tail etc. Other attractions include go-karting, face painting, a BBQ and Grand Raffle.

All funds raised go to caring for the abandoned and unwanted and stray dogs at the Centre.

The number of dogs on the waiting list has doubled over the past few months and 20 or more calls are received per day from owners who can no longer cope.

The Dogs Trust looks after 16,000 dogs a year and receives no government funding and will never put a healthy dog to sleep.

If you would like to donate, volunteer on the day or hold a stall:

please contact

Charlotte Peters

on 01895 453951 or visit

www.dogstrust.org.uk

for information about the Trust.

COMMUNITY SMALLHOLDING PROJECT



Those of you who have been watching River Cottage and Hugh Fearnley-Whittingstall will know that he has helped create an urban smallholding looked after by a group of confirmed Bristolian urbanites. With our Croxley rural outlook, it would be interesting to see if we can do something similar here.

My potential idea is to grow fruit, vegetables and flowers, to keep chickens and ducks, perhaps quail (eggs and meat) also a couple of pigs (meat) and if we can get enough land we can also keep a small flock of sheep for wool and meat.

**Are there enough interested
Croxley residents
to make this a viable project?**

If you are interested please email Dudley on dudley@searchint.co.uk or call him on 01923 721214 with your thoughts and ideas



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Festival fun nearly here!

Rickmansworth's annual Waterways Festival is nearly here again, this year on Saturday 16 and Sunday 17 May.

This year's festival has it all – all the live music you could want on two stages in the Aquadrome and at Batchworth Lock, and the usual display of colourful canal boats along the towpath of the Grand Union. And visitors can take a scenic boat trip from Batchworth Lock to Stockers Lock and back again.

Bring your families! There's a lot for them to do too, including the animal farm, exploring working narrow boats, and our working model canal garden on display. And if you're peckish, there's plenty of food and drink around to tickle the taste buds. There's no beating it.

There's no formal admission charge, but it's all brought together by volunteers from Rickmansworth Waterways Trust, who'll be asking for donations to help fund their canal education work with local schools "Learning at the Lock". So we ask everyone to be generous!

Find out more about what RWT do and about the festival at www.rwt.org.uk

If you've been before, you know what to expect. If you've not, you don't know what you're missing! It's easiest to get to by walking or public transport – just a short walk from Rickmansworth station. See you all there!

And if you want to volunteer to help, you'll be even more welcome! The contact details are below. The team would love you to join them.

- **Where?** Rickmansworth Aquadrome and Batchworth Lock **Dates:** Saturday 16 and Sunday 17 May
- **Music:** to suit all tastes – jazz, rock, chill, cool blues, folk and big band **Food:** beer, burgers and much much more!
- **Opening times:** 10.30am to 10.30pm Saturday, 10.30am to 5pm Sunday (music stages start from 11am).
- **Contact:** Rickmansworth Waterways Trust, 01923 778382 or www.rwt.org.uk
- **Entry:** No gate charge, although we ask for generous donations.
- **Getting there:** Public transport is easiest. The festival is just 5 minutes' walk from Rickmansworth station on London's Underground and the Chiltern Line.
- **Contact:** Rickmansworth Waterways Trust, 01923 778382 or www.rwt.org.uk.



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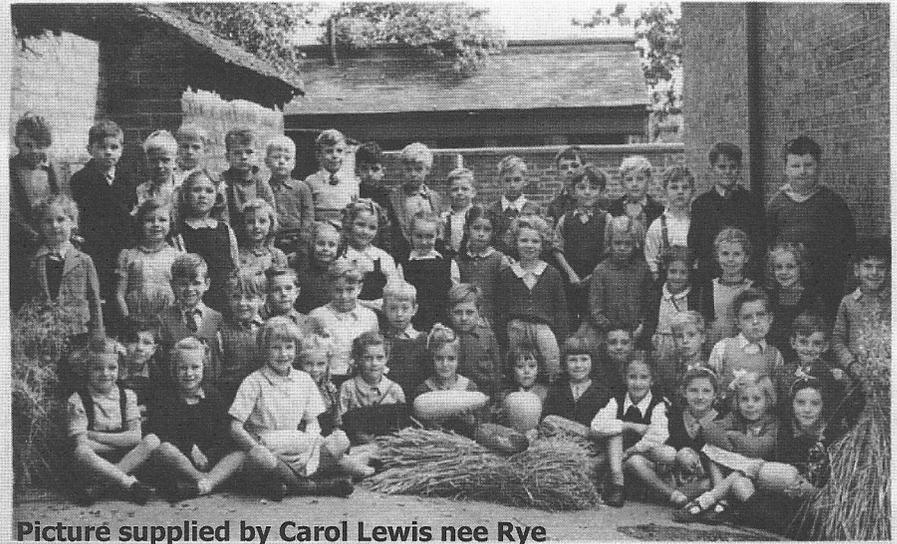
As I was looking back through copies of The Resident to make room for new issues, I came across the following items from the School Log supplied by Norman Spring who was the Archivist of All Saints Church in 2000

July 23rd 1930

On Wednesday, we held our annual School Sports on the Dickinson's Sports Ground. The afternoon was fine and the sports a great success. The evening ended with country dancing to the music of a gramophone recently given to the school by the Parents' Union.

July 30th 1930

Thirty poor children from St Mary's Church, Paddington, accompanied by two helpers, came to Croxley Green by invitation of the children. Tea, provided by the children and their parents, was given to all on the Dickinson's Sports Ground, members of the Parents Union



Picture supplied by Carol Lewis nee Rye

acting as waitresses. At 7.00 p.m. after final refreshments, our children took the Paddington children back to the Station, each child carrying a bunch of flowers, some fruit and sweets to give to their friends at home.

R.Hanscomb

Many residents have asked me if there is any decision yet from The Secretary of State via English Heritage with regard to the possible Grade 2 listing of the building. I am sorry to say no decision has been made as The Resident goes to press.

Life in the 40's at Yorke Road School

Well here I go – September 1947 and I have just turned four years old and I'm off to school, not happily to start with, I recall lying on the floor having a tantrum and kicking Miss Bridge (the Head Mistress!). After the initial shock of leaving my Mum all day, I eventually got to love it at Yorke Road. So. OK having to go outside to the loos was very chilly during the winter but one soon thawed out with the gorgeous stoves in the class rooms which also

warmed the little bottles of milk with the paper lids, we had at break.

I actually came to school from Manor Way where a coach picked us up and the man in charge was called "Squirrel" I ran away several times, back home, but was always promptly brought back on Mum's bike.

The teachers I remember were Miss Walker, Miss Benson, Miss De Woolf and Miss Bridge, I was a little scared of Miss Walker, but for no reason.

All my days were so happy and carefree – even the afternoon naps outside in the playground on reed mats, were good.

The day the climbing frame arrived in the playground was very exciting and great fun but challenging for little legs and arms.

The walk round to the Old Boys School for dinner was very orderly and the dinners were lovely except the vanilla sauce and chocolate pudding.

I was quite a handful at Yorke Road but I feel very privileged to have attended such a great place of learning and I would hate to hear the building had been demolished or redeveloped.

(Sent in by D an ex pupil)

CONGRATULATIONS

To The Sportsman Public House for being the close runner up to The Land of Liberty for the prodigious Watford

District Branch CAMRA (Campaign for Real Ale) Pub of the Year competition.

Jason, Tracy and family have been in Croxley for just over a year and have extended their range of 6 traditional beers to include 2 local breweries, have run 2 successful beer exhibitions and have their own supply of Sportsman house beer and Sportsman lined glasses to ensure there are no short measures. Their prices are very competitive and on the social side they have extended the music beyond Saturday nights and run a very popular quiz night. Come along and see, join them in a pint!

CARVED IN STONE

One resident contributed an interesting story and photographs to our World War One and World War Two history project – thank you.

Recently the Watford Grammar School for Boys battlefields trip took place and this year a plaque was placed, on behalf of the school, at St. George's Chapel in Ypres as a permanent memorial to the 645 staff and students who served in the First World War, 97 of whom gave their lives.

Shirley Greenman

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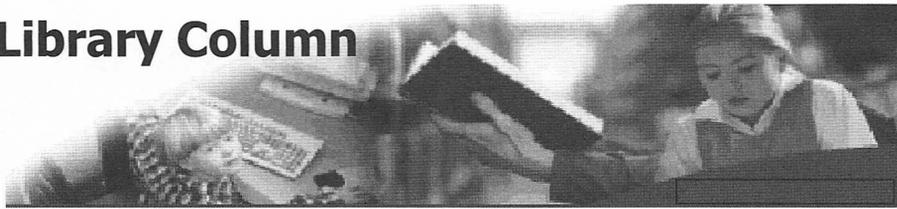
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Library Column



Last year two long serving members of staff, Shirley Thomas and Sylvia Williamson, retired from Croxley Green Library. Both Shirley and Sylvia were part of the team who kept the service running following the fire in December 1992 which destroyed the previous library. Shirley, who retired last April, was responsible for selecting stock for Home Library Service users and built up a detailed knowledge of the needs of her readers over the years. Sylvia Williamson, who retired at the end of October, was Library Manager for many years, ensuring the smooth running of the library both behind the scenes and out front. I'm sure that library users, past and present, will join me in wishing them well in retirement and in welcoming the new Library Manager, Katie Smith.

If you are unable to visit the library because you are housebound, have a disability or care for someone at home, our Home Library Service volunteers may be able to deliver books and recordings to your home. This is a free service. We can supply books in large print or talking books on cassette and CD if you have difficulty reading ordinary size print, plus bestsellers, popular fiction, classics, biographies, and music recordings. To apply for this service or to find out more about it, telephone the Customer Service Centre on 01923 471333 and ask to speak to staff at Croxley Green Library. A member of staff will contact you to discuss the kind of books you'd like to receive and will then arrange for a

volunteer library visitor to bring you books regularly.

Those of you who have visited the library recently may have noticed that computer classes are now taking place in the study area at the back of the library. The classes are delivered by tutors from West Herts College and are run either as leisure classes covering Practical Computing for Everyday Use at Beginners, Intermediate or Advanced levels (2 hours a week for 10 weeks), or as accredited courses leading to City & Guilds or CLAIT qualifications. The next sessions will start in late April and you can find out more by calling the college on 01923 812345. When classes are not taking place the extra pcs, which have been provided by West Herts College, are available for public use in the same way as the existing computers (one hour per day free of charge for library members or £2.50 per hour for non-members).

With all the current concern about the 'Credit Crunch' I thought I'd mention a few websites and books which you may find helpful. Useful websites include: www.moneybasics.co.uk which has advice on managing your budget and the financial implications of different life events. (The 'When things go wrong' section covers debt, bankruptcy and identity theft), www.direct.gov.uk for advice on benefits, winter fuel payments, debt counselling, redundancy and job seeking, and www.nationaldebtline.co.uk for fact sheets and advice on dealing with debt. Details of all these websites plus others

can be found on posters displayed in the library.

Books which may help you sort out your finances include **Deal With Debt in 90 Minutes** by Graham Willmott, a practical guide about debt which gives quick and down-to-earth advice on the options, and how to deal with them, **Managing Your Debt** by Phillip Inman, a guide in the popular Which? series about managing your finances and getting your life back on track, and **Detox Your Finances** by John Middleton.

All the books listed are featured in the January edition of the library service E-newsletter to which you can subscribe free of charge if you have an email account. Other topics in the January edition include 'Healthy lifestyle', 'Changing your lifestyle' and details of the 2009 Richard & Judy Book Club. Ten titles have been chosen by TV hosts Richard and Judy for discussion in their book club during 2009. The couple recently moved from Channel 4 to the digital channel 'Watch'. The featured books this year include: **When Will There Be Good News?** by Kate Atkinson, Kate Summerscale's **The Suspicions of Mr Whicher**, and **Netherland** by Joseph O'Neill. As usual, Hertfordshire Libraries will be buying plenty of copies of all the titles recommended by Richard & Judy.

Finally, as I write this column, the details of the Public Lending Right (PLR) most borrowed authors and titles have been published, covering the period from July 2007 to June 2008. PLR enables authors to receive payments based on the number of library loans registered nationwide. The most borrowed author was James Patterson and the most borrowed individual title was J K Rowling's **Harry Potter and the Deathly Hallows**.

Sue Durham

Celebrating 60 years of Education



Governors, staff, students, parents and carers, at Malvern Way Infant and Nursery School are celebrating after the recent comments from Ofsted Inspectors in January.

The Inspectors praised the 'Outstanding commitment from all staff to providing a high quality of care, academic guidance and, where necessary, personal support for all the pupils.' They found that, 'Pupils have a thirst for learning and really enjoy coming to school'. The carefully planned curriculum, which is exciting and motivating, ensures pupils are keen to learn. 'Pupils' spiritual,

moral, social and cultural development is excellent.' They are well prepared for the next stage of their learning.' Another of the outstanding aspects praised by the Inspectors was the pupils' excellent personal development.'

Everyone was really pleased to receive such a good report during the 60th birthday year. If anyone can remember what the school was like in 1949, or has any old photos of children or the school please contact the school office.

There will be an exhibition of old photos at the school's Birthday Spring Fair on **Saturday 9th May** and any past pupils; teachers or governors are asked to visit the school on that day to record their memories.

The Big Squeeze

The local shops all need our support through these difficult times and with the snowy weather earlier on and the various roadworks in the area it has had a big impact on all of them.

One such shop is Croxley Hardware in Baldwins Lane, and when I called in for my bird nuts and seed, I was again surprised by how many products they do sell, balloons, pet supplies from Burns, Royal Canin, Arden Grange, Hills and James Wellbeloved. There are cards, tools, garden equipment, electrical goods, Paraffin, shoe repairs, dry cleaning, paint and much more. Jackie & Lisa are so knowledgeable and provide a very personal service offering to order anything they may not have in stock. They also raise large amounts of money for charities such as the Peace

Hospice and others and Lisa even did a parachute jump for charity – my hero, it must have been terrifying but very worthwhile. They can be contacted on 01923 245907 or call in and see for yourself at 46 Baldwins Lane Croxley WD3 3LS.

We have 2 excellent butchers in Croxley, Premier Butchers next door at 41 Baldwins Lane (Tel 01923 231821) and Croxley Meats 175 New Road (Tel 01923 772171) they both stock a wide range of meat including scotch beef, English and New Zealand lamb, English pork, prime gammon and home cooked meats and pies also chicken and turkey of course. There are other specials such as eggs, pies chutneys and mustards etc. The fish range from cod, plaice, salmon, skate, smoked salmon and cod, coley and kippers, direct from Billingsgate Market. Freezer orders are welcome and they offer a free delivery service in the local area. They too offer

a great personal service and advice on preparing and cooking various cuts of meat as well as a friendly word and smile.

Robert and Paul at Roberts Fruit at 305 Baldwins Lane offer an excellent range of fruit and vegetables, often varieties you won't see in the Supermarket (I have counted at least five varieties of potatoes often six, and four types of melon, four of tomatoes and lettuce) as well as flowers, herbs, local honey, free range eggs and bedding plants in season and much more. The ladies who serve you, Hazel and Carol seem to know every customer in Croxley and they are so friendly and helpful, a pleasure to shop there. Tel 01923 774559

**Remember
If we don't use them,
we will lose them.**

Revels on the Green 2009

Saturday, 20th June.

www.croxleyrevels.co.uk

This is the village's annual celebration of mid-summer - bringing together local schools, businesses, voluntary organisations, clubs and societies. There will be a Revels procession, stalls, sideshows, entertainments in and around the central arena and ...the schools' Pushball competition!

The Procession will be leaving The Green at 1.30pm. There will be more stalls and more entertainment than ever before and we will present live music throughout the day on our Music Stage.

If you require any further information then contact us at mail@croxleyrevels.co.uk or call 01923 778660.

So, if you're looking for that quintessential village summer fete combined with the best musical talent in the area performing in glorious summer sunshine you know where to go!

PS - if you've taken photographs at the Revels (old or new) and would like them to be considered for our programme, website and other publicity purposes - please email them to us.

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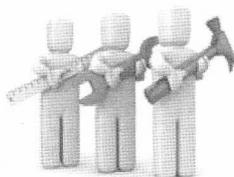
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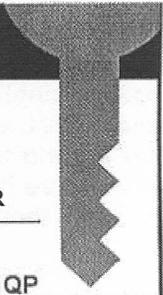
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Pain..... in the back

I've worked as an osteopath in Croxley Green since January 2002 and I've been a resident since July 2006, which was very convenient in the recent snowy weather, as patients who live within walking distance and who are happy to walk in the snow, have been able to continue their treatment plans.

As you can see from my advert, I treat a wide range of patients. The most common diagnosis is of a musculo skeletal problem, which can be helped with treatment and management. Before the snow many patients came to visit with symptoms of chest tightness due to the effects of the recent round of illnesses involving coughs, sneezes and vomiting.

Since the snow, patients are coming with the after effects of slipping and falling on snow and ice, and from sweeping and shovelling snow, such as low back pain, neck stiffness sometimes with headache and persistent chest or rib pain.

Most patients make their first appointment when they have acute symptoms, as the result of a trauma or where symptoms have built up gradually and have become intolerable, because of pain and limitation of activity.

At the first appointment a detailed case history is taken, and then the patient is examined. I share my findings and what I think is causing the problem. Usually, a musculo skeletal problem is diagnosed. A treatment plan is suggested to reduce pain and discomfort and improve movement, which, with the patient's agreement,

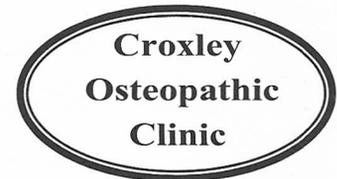
can be commenced. However, at this stage it is occasionally necessary to refer the patient on, usually to their GP.

Where symptoms are caused by an underlying problem such as osteo arthritis, regular maintenance treatments can be planned at suitable intervals, to keep the symptoms under control. As the wear and tear process of the osteoarthritis progresses, the space between the bones of the affected joint is reduced and the surrounding muscles go into a protective spasm. Treatment aims to coax more movement with less pain, by reducing the muscle spasm a little and increase the joint space a little. Treatment cannot alter osteoarthritic changes, but it can help your body to cope. The extent of the improvement in symptoms varies, from patient to patient, depending on factors such as how far the osteoarthritis has progressed and the general level of health and fitness, but even a little improvement can go a long way in terms of quality of life.

Dietary factors and supplements may also be considered, in the management of osteoarthritis. Many patients notice that eating citrus fruits aggravates their symptoms. Research has shown that glucosamine with chondroitin and cod liver oil can help ease symptoms. The

right amount of gentle exercise can help ease symptoms, but too much causes the affected joints to become inflamed and painful.

If you think I might be able to help with your aches and pains, please call me on 770284. I look forward to welcoming my fellow residents to my practice.



Deborah Osborne-Kirby, BSc (Hons) OST
Registered Osteopath

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DATES FOR YOUR DIARY

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April 25 10.00am - 4.00pm
All Saints Church

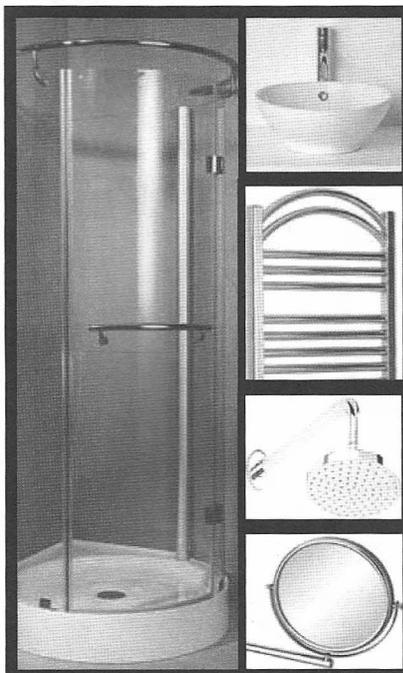
Croxley Residents Association Meetings
May 11, July 13, September 14,
And November 9
Croxley Green Library 8.00pm
Everyone welcome

Waterways Festival
May 16 & 17
Rickmansworth Aquadrome
01923 778382 or www.rwt.org.uk

Friends of Croxley Common Moor
Contact Graham Everett, Secretary
Phone: 01923 251157
email: graham.everett@care4free.net
Work to benefit Croxley Common Moor (ASSSI), eg. removing scrub, ragwort and litter.
Meets 10.00am on the second Sunday of each month except August

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Our new Village Green

I'm referring of course to Long Valley Wood and the Buddleia Walk in South Croxley. This 25 acre wildlife site was registered as a Village Green in October 2007 as an amenity for local residents. We've just completed our winter programme of maintenance and everything is set up nicely for the Spring and Summer months.

Rubbish and invasive weeds and plant growth have been removed, paths cleared, a woodland glade has been created, wooden benches have been installed and there are 20 or so bird boxes in place. Three Rivers District Council has installed a fabulous set of stairs to enable access from Footpath 11 down the steep slope and into Long Valley Wood.

Our season's finale was a canal side rubbish clearance on Sunday, 15th March when we partnered the Residents Association, Watford Piscators and British Waterways and filled a litter barge to overflowing. Many thanks to the 50 local residents who joined in on the day. Hopefully we've now got time to populate our website with some more up to date information and also...enjoy the greenery!

On a sad note the group's mascot, Tod the golden lhasa Apso, star of local press and national TV, passed away on 15th March. Friendly, loyal but frequently stubborn and belligerent when threatened, he was the embodiment of the Group.

Mandy Grant Secretary www.keepcroxleygreen.co.uk



LOOKING AFTER YOUR TEETH AT HOME

Oral hygiene measures need to eliminate all traces of dental plaque from all teeth surfaces, Toothbrushing, if carried out correctly, will remove plaque from all surfaces accessible to the toothbrush, but will not clean in between the teeth. Special cleaning aids such as dental floss, woodsticks and special interdental brushes are needed for this. As all mouths are different you will need advice from your dentist or hygienist on the best method for you. Proper cleaning will take up a little time in your daily routine, but is well worthwhile and will reduce your susceptibility to tooth decay and gum disease.

Diet control The bacteria causing tooth decay are present in dental plaque, these bacteria digest sugars from the diet and produce acids which attack tooth enamel and cause decay. By understanding the decay process we can take steps to eliminate this completely preventable disease, it is the frequency of acid attacks which will determine how much decay will occur. It is therefore sensible to reduce sugar intake (in the form of confectionery, breakfast cereal, cakes, biscuits, jams and soft drinks) to once per day or less, and use sugar substitutes whenever possible.

Topical Applications The use of fluoride mouthwashes, particularly in the case of children, can help strengthen tooth enamel and reduce decay. From time to time we may suggest the use of special toothpastes or mouthwashes, for the treatment of various problems.

Advice to help you have healthy teeth and gums for life...

Crowns a porcelain cover for either a damaged or unsightly tooth, these are carefully crafted to look natural and blend in with surrounding teeth.

Bridges we can firmly fit a replacement tooth, or teeth which are then carefully attached to adjacent teeth.

Veneers provide a wafer thin mask to hide discolouration on teeth and close unsightly gaps with little work being needed on the tooth itself.

Be sporty but be safe It has been calculated that a quarter of all dental traumas in children result from cycling accidents, when children's teeth are obviously unprotected. However a large proportion of dental traumas in adults

and children occur during contact sports. Many of these injuries can be avoided by the wearing of properly fitted mouth guards. We provide individually constructed and designed mouth guards which cover the gum over the root of the tooth, which are far superior to those you simply mould in hot water. Please ask for details if you feel you, or a family member require this type of protection.

Did you know? Tea has a natural fluoride that helps to fight tooth decay (as long as you don't have sugar) for further information about the benefits of tea visit www.teahealth.co.uk

From The Practice News from
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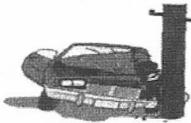
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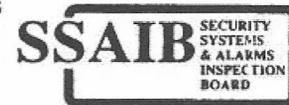
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