



The Whole Tooth

from Behind the **Big Red Door...**

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MAY 2026

WINNERS at the Welsh Dental Awards



Gleaming smiles were seen all around as the inaugural Welsh Dental Awards recognised the very best the Welsh dental industry has to offer.

Held in Cardiff with host Behnaz Akhgar, the Welsh dental community gathered to celebrate excellence across the profession. We are incredibly proud to announce that Ruabon Road Dental Practice won **Patient Experience of the Year**. For us, this is the greatest accolade of all. Patient experience is at the heart of everything we do from the moment you walk through our doors to the confidence you leave with. Thank you to our incredible patients for your trust, support and kind words. This award belongs to all of us.



Inspiring **FUTURE** Dentists

Last month we hosted our third annual SEREN workshop, an initiative created by Dan Naylor.

The workshop gave A-level students interested in a career in dentistry hands-on surgery experience using the iTero scanner and carrying out simple fillings.

It's always a pleasure to support the next generation of dental professionals, and we look forward to welcoming more students in the future.



Nominate a Smile

We believe smiles have the power to change lives. They lift spirits, strengthen communities and brighten even the toughest days. That's why we're supporting National Smile Month's Nominate a Smile campaign and we'd love you to get involved.

Is there someone in your life who:

- Goes out of their way to help others?
- Always puts people first?
- Lights up a room with their smile?

Send a photo of your nominee with a short description of why they deserve recognition to <https://www.dentalhealth.org/forms/my-smile-nomination>

Each week, the National Smile Month team will select a winner to receive a special prize.

Smart Art

We received lots of fabulous entries in our Healthy Smile Poster Competition. Many of the colourful creations are proudly displayed throughout the Practice. Here is Toby with his sparkly collage of toothbrushing lion.



Under the latest NHS Wales contract, patients with a healthy, low-risk mouths will have their dental exams extended to every 18–24 months. This approach helps ensure that those who need treatment most can access NHS dental care. With this in mind, maintaining a strong at-home routine is more important than ever:

Small daily habits can make a big difference to your long-term oral health.

- Brush twice a day for two minutes with fluoride toothpaste
- Spit, don't rinse after brushing
- Clean between your teeth daily using floss or interdental brushes
- Reduce sugary snacks and drinks