



## Total Orthodontics Uckfield

We're delighted to announce that Total Orthodontics is now in Uckfield! On 12th April we moved into 127 High Street, Uckfield, where Specialist Orthodontist Keith Harvey will be treating both private and NHS patients. The practice which was formerly owned by Specialist Orthodontist Christopher Hinman will be undergoing a makeover in the Autumn- so watch this space!

## Famous Faces with Braces

Melanie Ashcroft and Sandra Beard, both orthodontic therapists, attended the Orthodontic Therapy Charity Launch in London on 22nd March to celebrate the start of National Orthodontic Week.

After a tour of London on a double decker bus, the group gathered at the National Portrait Gallery in Trafalgar Square, where they bumped into Christine Bleakley and Adrian Chiles, who were there promoting the Olympics!

"The theme of the day was famous faces with braces, with some of us dressed up as Marilyn Monroe and Audrey Hepburn." It was a great day with lots of money raised for the Cleft Lip and Palate Association" said Mel.



The therapists tour London in style!



## Congratulations Katie and Corene



Congratulations to nurses Katie Collison (top left) and Corene Franks (below left), who will both shortly begin training as orthodontic therapists, after being accepted onto the course at Leeds University.

The course begins on 19th July and involves a month's intensive study at Leeds University. When they return from their first few weeks of hard work on the 13<sup>th</sup> August they will immediately take on their new role as trainee orthodontic therapists.

Katie and Corene will work alongside our specialist orthodontists, carrying out treatment under their supervision. As orthodontic therapists they will both be registered with the General Dental Council.



## Victory for Tonbridge Juddians

We have always been keen to get involved with our local communities and for a number of years we have been loyal sponsors and supporters of the Tonbridge Juddians rugby club

In March we attended the sponsors lunch and spent an enjoyable afternoon watching the team defeat the Old Reigatians, winning the match 32-0.

Pictured right is specialist orthodontist John Costello and assistant operations manager Dionne Ward with No.8 Hayden O'Toole (centre).



John, Hayden and Dionne

## Rachel's Amazon Adventure

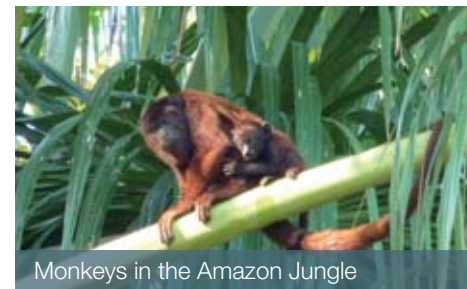
Last September I had the experience of a lifetime, thanks to a very persistent friend who wouldn't take "no" for an answer! The year before I had managed to wriggle my way out of climbing Kilimanjaro with the lame excuse that I wasn't fit enough; but this time she was prepared and had already booked the Inca Trail permits which were valid for 6 months- there was no escaping this challenge!! Having read the literature and realised that once you start the Inca Trail, if you collapse from exhaustion the only way out of the mountains is on the back of a Llama; this spurred me on to get fitter!

This amazing trip lasted 19 days in total, we flew into Lima and then got a flight to Arequipa from there we got a 4x4 and crossed the mountain tops to Colca Canyon to see massive Condors surfing the thermals and looking for food, then on to the capital Cusco seeing lots of ancient ruins along the way. Peru is the most beautiful country with the most breathtaking landscapes you can ever imagine. It's a poor country and I was often moved to tears with some of the sights I saw but the people of Peru don't know any different and they are incredibly friendly and kind. The trip was rounded off with four days in the Amazon jungle, which we thought might be a bit like a spa retreat but how wrong we were!

This trip was an amazing experience and a huge personal challenge, with the added bonus that I conquered a few fears along the way. I would definitely recommend this trip, it was brilliant, we had loads of laughs and made great new friends on route and I have fantastic memories of Peru to keep with me forever. I am already looking forward to planning my next adventure as I have now been bitten by the travel and adrenaline bug!!

*Rachel Bradford*

Specialist Orthodontist, Haywards Heath



Monkeys in the Amazon Jungle



Rachel (centre) at Machu Picchu

# Contact us

We have practices in Brighton, Crawley, Cranbrook  
Haywards Heath, Horsham, Lewes, Sevenoaks,  
Tonbridge, Tunbridge Wells and Uckfield

Call- 0800 781 0035 Visit- [www.totalorthodontics.co.uk](http://www.totalorthodontics.co.uk)

## Meet the Team

**Who-** Yvonne Chapman

**What-** Nurse

**Where-** Uckfield

**What is the last book you read?**

The Memory Keepers Daughter by Kim Edwards

**Who is your role model?**

Sister Meryl because of how she has coped over the years having M.S.

**Who would be your nightmare dinner guest?**

Bonnie Langford (just very irritating!) and Gillian McKeith (would turn her nose up at everything you eat and tell you it was bad for you!)

**Who is your favourite Superhero?**

Superman, only because he wears his pants outside of his trousers!



## Assessing Standards

Peer Assessment Rating (PAR) Scoring allows us to assess the standard of treatment that an individual orthodontist is achieving. By taking a number of measurements we can find out the percentage of improvement between the beginning and end of treatment.

Total Orthodontics now has three calibrated and certified PAR Scorers, Lizzie Fry at Sevenoaks, Carly Hawes at Brighton and Hannah Wilshaw at Haywards Heath. This is especially impressive given the fact that there are only 33 PAR Scorers nationwide!

When it comes to interpreting the results, a mean PAR score improvement of greater than 70% represents a very high standard of treatment. Less than 50% shows an overall poor standard of treatment and less than 30% means the patient's teeth have not been improved by orthodontic treatment. **We are delighted to announce that the standard achieved across all Total Orthodontics practices has been classed as excellent.**