

# Dental Wellness Trust

## Saving Kids Teeth



2018/2019

Dental  
Wellness  
Trust

Promoting wellness through oral health  
[info@dentalwellnesstrust.org](mailto:info@dentalwellnesstrust.org)  
[www.dentalwellnesstrust.org](http://www.dentalwellnesstrust.org)  
t. 020 7267 7070

# Dental Wellness Trust - Who are we?

## Patrons

Professor Nairn Wilson CBE, FKC, FDS  
Baroness Helena Kennedy QC

## Trustees

Dr Linda Greenwall (Charity Founder) BDS MGDS  
RCS MRD RCS MSc FFGDP FICD BEM  
Dr Mervyn Druian BDS LDS DGDP RCS Dr Ellis Paul  
BDS LDS FFGDP FICD  
Dr Peter Galgut BDS LDS MRD RCs MPHIL  
Dr Siobhan Hewson BSc AKC BDS MFDS  
Dr Saul Konviser BDS MSc BSc  
Mr Chris Hewson BSc (Hons), APFS IMC  
Mr Mark Pleaner LLB, BA (Hons)  
Mr Adam Leviton MSc, BA (Hons)  
Ms Hilary Natoff BA (Hons) ACA IIMR

## Dental Wellness Trust Research Team

Dr Easter Joury BDS DOrth Msc PhD MFDSRCPS  
FHAE  
Dr Harriet Wright BDS  
Dr Joseph Greenwall - Cohen BDS  
Dr Jack McSweeney BDS

## Head Of LiveSmart Education Programme

Dr Saul Konviser BDS MSc BSc

## Healthy Eating for Dental Wellness

Dr Siobhan Anthony BSc AKC BDS MFDS  
Dr Harriet Wright BDS  
Dr Surina Sehgal BDS

## Mitzvah Day Programme

Dr Charlotte Leigh BDS

## Intern Liaison

Dr Emilio Vazquez BDS (Hons)

## Refugee Liaison

Dr Obeid Khaleed

## 2018 Interns

Dr Obaid Khalid BDS  
Dr Yousef Bashir BDS  
Dr Sunmeet Kandhair BDS  
Dr Alina Malik BDS  
Mr Mani Mohammed Nasir  
Ms Pippasha Khan Bsc (Medical Genetics)  
Mr Arjan Varma

## Student Committee

Thomas Hayes-Powell  
Matthew Billington  
Sofia Toufik

## Treasurer

Mr Chris Hewson

## Accountant

Mr Lionel Deyong - Scodie Deyong

## Project Manager

Mrs Rachel Richardson

## Charity Number 1145361

## Company Number 7667384

## Dental Wellness Trust South Africa

PBO number company number 930050496

## Cape Town

Mrs Elna Schutte  
Dr Clifford Yudelman

## Johannesburgh

Dr Norman Cah  
Dr Chelsea Cah  
Ms Berry MacArthur

## Student Liaison Cape Town

Mr Peter Greenwall  
Mrs Shirley Kellner

## Research Advisor Professor

Professor Neil Myburgh, University of The Western  
Cape, Cape Town South Africa

## Head of the Toothbrush Mamas

Mavis Phahlindlehla

## DWT Mama's

Dieketso Mpelisi  
Nelwisa Tongo  
Bukiwe Msingizane  
Mavis Sibothu  
Thembisa Nzame  
Nokozula Vuso  
Alexandria Township  
Soweto Mama Sally  
Papa Linda  
Papa Lucky  
Dr Thabiso  
Pastor Nyathi



# Dental Wellness Trust - The Dinner

19.00 Welcome from Master Ceremonies Sir Paul Beresford

19.10 Introduction from Dr Linda Greenwall

19.20 Dental Wellness Trust Video

19.30 Starter

20.00 Speech from Dr Norman Cahill

20.20 Main Course

21.00 Speech from Dr Rupy Aujila

21.20 Reverse Bingo

21.30 Desert

22.00 After Dinner Speech from Sir Paul Beresford

22.15 Singing from Pippasha Khan

22.20 Thank you from Professor Raman Bedi

22.30 Farewell/Carriages



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# Dental Wellness Trust - Founder Message



## Dr Linda Greenwall

Friends,

It is with great pleasure that I would like to welcome you to our 2018 Dental Wellness Trust Dinner. This year we are raising funds for our Saving Kids Teeth Programme oral health toothbrushing programmes that we implement into schools in England and also for the same programmes in South Africa. This year we will be able to reach 15000 kids because of your help and your generosity. The programme starts with teaching the teachers how to brush their own teeth and how to teach and implement a toothbrushing programme .

We thank you for taking the time to attend and hear about our activities where we are making a meaningful difference into the lives of so many children and also into the lives of our amazing Toothbrush mamas in South Africa.

In the UK there is a great concern that 48000 children go into hospital each year to have their rotten teeth taken out under a general anaesthetic. This event is traumatic not only for the child and the parent but also for the surgeon who has to perform the procedure as its tragic that the childs' teeth have decayed so severely requiring such major intervention. We have been examining the reasons that this occurs and some of the reasons are poverty, lack of education, too much sugar in the diet, lack of parental education, child neglect, safeguarding issues and no toothbrushing or no toothbrush. Although many of these problems require a team, a caring community and a major change in the sugar industry a simple toothbrushing programme can start to make a major difference one step at a time

There are many people to thank for our expansion and our programmes. I would like to take this opportunity to thank the Dental Wellness Trust committee who work tirelessly to help to expand our reach. Thank you to our trustees and Dr Saul Konviser who is spearheading the LiveSmart toothbrushing programme roll out. We also thank our toothbrush mamas who deliver sustainable oral health sometimes on foot as it is too dangerous to drive in a taxi or car in the townships.

This year we have introduced a programmes in Luton, Newham and London, but we have also established the Dental Wellness Trust in Johannesburg where 3000 children are now receiving the daily toothbrushing programme under the guidance of Dr Norman Cah.

I would also like to take this opportunity to thank my husband, children, my mother and brother for all the help they have given and the time they have devoted to helping to grow the Dental Wellness Trust. I want to recognize the help of my amazing team at Greenwall Dental who have all helped to make this event happen. Thanks especially to Rachel Richardson who has co-ordinated the whole event with our team.

Thank you also for the generous support of our sponsors who have made this event possible. Without whom we would be unable to put on the Dinner and the Saving Kids Teeth Conference  
Thank you for attending

"A journey begins with a simple step" - help us to make a difference in the lives of so many children

Best wishes  
Linda



# Dental Wellness Trust - Oral Health Through Dental Wellness Education Programme 2018

The right to have Oral Health is a Basic Human Right – it is essential that everyone is educated on how to best take care of their own teeth and the teeth of the children that they help. This involves Oral Health Education and instruction in excellent toothbrushing, hand hygiene and taking responsibility for your own health. The Dental Wellness Trust does this to help care for the 15000 children involved on our toothbrushing programmes globally

1. Training the teachers of Luton. March 2018
2. Teachers Oral Health Conference February 2018 Cape Town for 100 teachers.
3. Training our new mamas and papas in Johannesburg February 2018
4. Safe guarding children Cape Town August 2018
5. Training our DWT Interns June & July 2018
6. Education of our toothbrush mamas: Monthly, February and October 2018
7. Dental Conference Saving Kids Teeth – Lords Conference Centre for 250 dentists November 2018

Dr Saul Konviser has been the major driver in introducing our toothbrushing programs into Luton and London and our programmes are reaching more children daily.

## Luton

We have a school which has successfully implemented the programme, and the children have been carrying out daily toothbrushing and hand washing for over 8 months. We have a team of supervisors that visit the school regularly to check how they are getting on with the programme and keep them supplied with more stock.

In November 2018 we are training over 50 teachers and support workers in the Toothbrushing programme. There are 4 schools 2 with nurseries which are starting the toothbrushing programme totalling at nearly 800 children. We are extremely proud to be able to work with these schools and children and are looking forward to getting started.

## London

In September 2018 we trained a early start nursery in Newham, East London to start implementing the programme to the nursery school children ages 2-4. All 25 care givers were trained in the correct brushing technique, hands washing and the procedures of the programme, and the children are benefiting already.

Late November we are visiting a school in West London who are going to start the programme. There are 100 children to begin with then the programme will be filtered to the younger children within the school.

## Plete South Africa

In January 2019 we are starting a new LiveSmart division in Plete South Africa. With the help and Support from newly emigrated UK dentist Dr Paula Richardson, we are really excited to be able to help this wonderful part of South Africa.

The Toothbrushing programme is growing rapidly each day and with your support many more children can benefit.



# Dental Wellness Trust - Vision and Mission

## Vision

To ensure that all children attain Oral Health and are cavity free

## Mission

Oral Health through Dental Wellness

## Oral Health is a Basic Human Right

We do this by ensuring that all children have their own toothbrush and toothpaste and have the education on how to look after their own teeth.

## Healthy Smiles, Healthy Life, Healthy Future

## Our Oral Health programmes



# Dental Wellness Trust - Patrons



**Professor Nairn Wilson**

Since its formation in 2011, the Dental Wellness Trust has focused its activities on improving oral health

in vulnerable children and other individuals. The Trust works in partnership with the South African Western Cape Group of the Dental Wellness Foundation and the Global Alliance for Oral Health, has teamed up with a number of organisations in the UK, including Crisis at Christmas, and has run supervised tooth brushing programmes in schools in the North of England. A major initiative was the creation of the Good Deed Toothbrush scheme whereby supporters who buy a toothbrush donate one to a child in need, a homeless person, or a refugee for example, Greece or Uganda.

As one of the Patrons of the Dental Wellness Trust, I am delighted to support and, wherever possible facilitate the activities of the Trust. The proceeds of this evening's fund raising dinner, together with all other donations to the Trust, will make a huge difference to vulnerable children and other individuals both home and abroad. Oral health should be a right not a privilege, but making it a right requires funding and leadership from exceptional individuals such as Linda Greenwall, founder of the Dental Wellness Trust, who was awarded the British Empire Medal in the 2017 Queen's Birthday Honours List in recognition for her services to dentistry and charity in the UK and abroad.

Ahead of tomorrow's conference - 'Saving Kids Teeth' 2018, please be generous in your support of the Dental Wellness Trust, in the knowledge that whatever you give will make a difference to the oral health of vulnerable individuals.

Thank you for your attendance at this dinner, your support of the Dental Wellness Trust and in anticipation of your generous donations this evening -every penny will go to helping to save teeth.



**Dame Helena Kennedy QC**

Building on its many different successes to date, the Dental Wellness Trust remains committed to improving the oral health

of disadvantaged and vulnerable people of all ages. Through improvements in oral health, individuals may enjoy enhanced general health and wellbeing; qualities of life which should be a right rather than a privilege.

As one of the patrons of the Dental Wellness Trust, I am delighted to be able to support, promote and facilitate the activities of the Trust.

Your attendance at this fundraising dinner is greatly appreciated. The proceeds of this event will make a huge difference to countless individuals but the work of the Dental Wellness Trust is not limited to this evening and there are other ways in which your support can make a real difference and by making a donation or volunteering to help the Trust to reach its goals.

While you enjoy this evening, a privilege extended to relatively few people, please reflect on the many different advantages, let alone pleasure and comfort of being able to eat, speak and smile with confidence and without any pain or discomfort. The donations received from this evening will enable individuals less fortunate than yourself to share at least some of this pleasure and comfort, which will hopefully encourage you to be exceptionally generous, knowing that it is for a very worthwhile cause.

I would like to extend a heartfelt thank you on behalf of the Dental Wellness Trust and in particular, the many disadvantaged and vulnerable people who will greatly benefit from your support.



# Dental Wellness Trust - Trustees Report



**Dr Saul Konviser**

I would firstly like to welcome you all to our annual Dental Wellness Trust Fundraising dinner. I hope that tonight gives you an insight into some of the wonderful work the DWT is doing in both the UK and overseas and inspires you to continue to support the charity however best you can.

In the last year we have built upon the success of our toothbrushing programmes in South Africa and begun to replicate this here in the UK. Unfortunately, due to the ongoing problems with childhood decay, we have a number of areas across the UK where children are suffering daily with dental related problems. We have therefore begun the roll-out of our supervised toothbrushing programmes across schools and nurseries in Luton, the Borough of Newham and by the end of this year, the Boroughs of Brent and Westminster will also be taking part.

We now have over 1,000 children across these areas participating in daily supervised toothbrushing programmes that is having a direct and positive impact on not just their oral health but their general health and wellbeing also.

We have spent a great deal of time working with local schools, nurseries and charities, running educational workshops for staff, volunteers and parents. While these have been warmly received, there has been an overwhelming demand for more support of children's oral health and so the Dental Wellness Trust has been doing its part to support these schools and communities through its brushing programmes.

We know that the level of dental need in children in the UK and overseas is still shockingly high and we want to do our part to make a change. We are all here tonight because we are motivated to help and lend our support to a problem that impacts the lives of thousands of children every day. Be it time, financial or physical resources, the Dental Wellness Trust is incredibly grateful for any support we can receive and so thank you for being here tonight.

The Dental Wellness Trust aims to improve general health through dental health. We can all agree that every child deserves the right to be free of pain and discomfort and should have the confidence to smile with a clean and healthy mouth. So please keep this in mind throughout the evening, as this is fundamentally what tonight is all about.

Wishing you all a lovely evening and many thanks again for your continued support of the Dental Wellness Trust



# Dental Wellness Trust - Trustees report



**Dr Siobhan Hewson**

Thank you all so much for coming this evening to support the Dental Wellness Trust, your continued support is essential and for this we

are extremely grateful.

I am a General Dental Practitioner working in East London and currently working towards my MSc in Endodontology. I first became involved with the trust a number of years ago when I did my dental elective in Cape Town. During my elective I worked on one of our first research projects on dental health in the elderly. I was also fortunate to be able to go out to the townships to see the beginnings of what has now become a very successful tooth brushing and personal safety program – our Live Smart Program.

It has been an exciting journey to see how the charity has grown and evolved over the last few years, from starting from humble roots with the evolution of the Live Smart Program and now in talks with contractors about building a new purpose-built clinical facility in Mfuleni. All of this would not be possible without the inspiration of Linda and of the fabulous committee and also your continued support.

If you would like to become involved with some of our work, please come and find me this evening and I'm sure we can find you a job!



**Mr Chris Hewson**

Thank you for coming to support the Dental Wellness Trust this evening. It means a lot that you are here with us tonight.

I'm a Strategic Account Manager working for Standard Life, working with financial adviser businesses to enhance their companies and relationships with their clients. I became aware of the work of the Dental Wellness Trust through my wife. After being impressed with the work the charity and Linda does, I'm delighted to be involved to assist with the non-Dental aspects of the charity. Over the last year it's been a privilege to see the charity and committee grow and as such plan to undertake more ambitious projects. This of course would not be possible without your kind donations.

If you would like to get involved in helping sculpt the direction of the Dental Wellness Trust, or have any suggestions please do come and find me throughout the evening.



# Dental Wellness Trust - New Trustees



**Mr Adam Levinton**

It is with great pleasure that I have recently become a Trustee of this incredible charity. Linda and the team have done quite a

remarkable job in just a few short years to directly change and improve the health and wellbeing of children in both the UK and overseas.

As a parent myself, I can fully appreciate the difficulties that many families may face looking after their children's teeth, from getting them to brush or even these days finding foods that are not packed with sugars. The Dental Wellness Trust is doing its part to ensure that those children and families in need are given the support and tools they require to look after not just their teeth but their general health too.

The success of the supervised toothbrushing programmes as well as ongoing dental research projects being undertaken is testament to the incredibly hard work of all those involved in the Dental Wellness Trust.

We now look forward to building upon this success in the years to come and ask that you continue to generously support the Dental Wellness Trust however you can.

Wishing you all a wonderful evening.



**Ms Hilary Natoff**

A warm welcome to our 2018 Dental Wellness Trust Dinner.

Thanks so much for attending to hear about the amazing work being undertaken to improve the quality of people's lives especially children in United Kingdom and in the townships of south Africa.

Dental hygiene being facilitated as its so very necessary and obvious not being done.

Experience the vision and the evening.



# Dental Wellness Trust - Research Report



## Dr Hattie Wright

The DWT has been working with DMG and the University of Western Cape (UWC) to commence a fluoride varnish study, WellFlair. Five dentists from the UK, South

Africa and Germany (Linda Greenwall, Neil Myburg, Michael Orlans, Michael Wicht and Hattie Wright) and DMG research team (Susanne Effenberger and Marcus Cebula) travelled to Cape Town in February to commence the study. The aim of the study is to measure the effect of fluoride varnish over a 24-month period. Consent had been gained from all participants prior to starting. 300 children from Reception and Year 1 classes participated in the LiveSmart programme and were screened by 5 dentists over 3 days. The screening assessed for dental decay and was recorded using the decayed (D/d), missing (M/m), and filled (F/f) surface index (DMFS for permanent teeth or d3mfs for deciduous teeth). The children were assigned to two groups: Group A: participation in LiveSmart tooth brushing programme and fluoride varnish (Flairesse) applied and Group B: Participation in LiveSmart tooth brushing programme only.

For Group A, the teeth were dried and 0.4 ml Flairesse varnish was applied to the teeth and flossed between each tooth. The children in Group B will continue to participate in the LiveSmart tooth brushing programme using toothpaste with 1450 ppm fluoride. The LiveSmart Mama's were trained to assist with recording the DMFS/ d3mfs, apply fluoride varnish and floss through each tooth contact. All 300 children will be screened every 6 months for a 24-month period to determine if there is a change in the DFMS/ d3mfs score. The team are looking forward to going back to Cape Town for the next stage of the study.

The DWT organised a conference for the LiveSmart supervisors followed by a concert and party for the children participating in the programme.

The conference took place at Melomed Hospital, UWC Dental School, and included oral health and brushing training for our new group of dedicated, LiveSmart volunteers. Each supervisor was given a manual which explained how to construct a toothbrush board, brushing songs, consent forms for parents to complete and posters with brushing and hand washing diagrams.



# Dental Wellness Trust - Mitzvah Day



## Dr Charlotte Leigh

I am honoured and proud to be part of a charity that makes a difference to many children on a daily basis. The Dental Wellness Trust

has continued to change the lives of children and their families all over the world and I hope that this year we can only continue to expand and prosper.

Sadly we are still seeing far too many children hospitalised for tooth decay, a disease which is entirely preventable. These children carry the consequences of surgery and poor oral health throughout their lives. Thousands of children all over the world are benefitting from our tooth brushing, fluoride and fissure sealant studies and we hope to continue to expand our research projects into more communities. Despite the improvements in access to dental care and education around the world, more work needs to be done and we are very grateful that you are able to assist our efforts.

We had a successful partnership with Mitzvah Day where we packaged hundreds of toothbrushes and toothpaste accompanied by hand written messages from children in the UK to participants of our pilot tooth brushing programmes in South Africa. These are gratefully and enthusiastically received and we look forward to repeating this on Sunday 18th November. Our elective students have had a fantastic summer working with the Mamas to ensure the continued success and expansion of these programmes. We are planning to further develop our programmes in Luton, one of the areas of the country with the highest decay rate in children.

We hope you enjoy the evening and thank you again for your continued support of the Dental Wellness Trust



# Dental Wellness Trust - Research Report

Research is the key to implementing our Oral Health Programmes effectively. The Dental Wellness Trust ensure that the impact of the programmes that we undertake is measured and that we assess the effectiveness of what we do.

These are our current research studies

## 1. Live Smart Oral Health Programmes

This involves effective hand washing followed by supervised toothbrushing programmes. The children participating in our programmes are taught how to wash their hands thoroughly first. This is followed by teaching the children how to brush their teeth in the most effective manner. The brushing is supervised by the teacher who is trained in the Dental Wellness Trust techniques of Toothbrushing. This programme is regularly audited by volunteers and supervisors. This research was presented during the 2014 IADR Conference which was held in Cape Town. This programme is undertaken by 15000 children daily in two countries and 4 cities.

## 2. Elderly Oral Health

We undertook an elderly oral health survey of 100 residents of an elderly care facility in Cape Town. The DWT was assisted by Dr Leon Geffen, Dr Alon Livny, Dr Linda Greenwall, Dr Siobhan Hewson and Dr Luke Greenfield. The research was approved by the department of Geriatrics at the University of Cape Town. We noted that there was a close correlation with oral health and patients' general health in many cases affecting their quality of life

## 3. The WellCon Study

We undertook a three 3 year study to place fissure sealants on a group of 400 children in a field setting. We tested a new fissure sealant, Constic which does not require etching and can be placed directly onto the teeth in a field setting. This is often the case in the townships where we work as there are no dental clinics so the fissure sealants are placed in the classroom setting. We noted the effectivity of the sealant to combat tooth decay on the teeth and also noted the retention of the sealant. This study had ethical approval from the University of the Western Cape. The study was assisted by Professor Neil Myburgh, Dr Susanna Effenberger, Dr Alon Livny, Dr Siobhan Hewson, Dr Easter Joury, Dr Linda Greenwall, Dr Michael Wicht and Dr Henry Cohen and the toothbrush mamas. This study was supported by a grant from DMG Germany. The Wellcon study was presented at the IADR London Conference 2018. Dr Siobhan Hewson presented the qualitative aspects i.e. the difficulties of undertaking the study in a field setting and Dr Greenwall presented the data findings.

## 4. The WellFlair Study

We are currently undertaking a fluoride varnish study on a group of 660 children at 2 schools in the Mfuleni Township near Cape Town for 3 years. All children participate in our LiveSmart Supervised toothbrushing programme and then half the children receive the Flairesse varnish every 3 months. This study has ethical approval from the University of the Western Cape Dental School. The children have an intraoral evaluation every 6 months. The 8 toothbrush mamas, our oral health champions have been taught how to apply the fluoride varnish and floss it between the teeth and this is an innovative aspect. This study has been assisted by Professor Neil Myburgh, Dr Susanna Effenberger, Dr Linda Greenwall, Dr Michael Wicht, Dr Harriet Wright, Dr Michael Orlans, Mr Marcus Cebula. This study has been supported by a grant from DMG Germany.



# Dental Wellness Trust - Luton Outreach Project

The Dental Wellness Trust aims to improve general health through dental health. One of our main areas of work in the U.K. is Luton where we have begun implementing the LiveSmart toothbrushing programme in January 2018. The level of child poverty in Luton is alarmingly high- in fact it is thought that around 16,000 children are living in poverty. There is a huge socio-economic divide and of course this impacts child dental health and can ultimately affect their general health. We are working closely with a number of local agencies, charities and schools to try and address these needs.

The LiveSmart programme started with the teachers participating in a training day where they were taught how to teach the children the correct technique to wash their hands and brush their teeth. The teachers were also advised on the importance of healthy foods and snacks. We encourage the children to be involved from the start, using picture cards and large tooth models to help the children learn the correct toothbrushing technique. As part of the programme we have to gain consent from the children's parents/guardians. To this end, we encourage the schools to arrange a meet and greet to enable us to present the programme to the parents/guardians and allow the opportunity to answer any questions they may have.

The programme has been received incredibly well in Luton and we have had excellent feedback from both the teachers and students. A selection of student volunteers regularly travel to Luton to oversee the programme and ensure it is running efficiently and check if any resources need re-stocking.

With the help of Dr Easter Joury, a group of dental students from King's College London (right) implemented an audit to ascertain how successful the programme is. We are currently processing this with the aim to present the success of the LiveSmart programme at the World Dental and Oral Health Congress 2019. We are also looking to branch out the LiveSmart programme across the U.K. to reach as many children as possible.

We support the schools to the best of our ability, providing all the toothbrushes and toothpaste. This would not be possible without your continued support. The provisions for the programme have been made possible by donations and money raised through our fund raising dinner and conferences.

If you know of any schools that would benefit please contact us on [info@dentalwellnesstrust.org](mailto:info@dentalwellnesstrust.org)

Sofia Tawhid  
4th year, King's College London  
DWT Student Co-ordinator



## Dental Wellness Trust - The Plate

This photo shows how we deliver the Toothpaste in an effective and effrontery manner on a plate. The supervisor allocates the Toothpaste which is a very small for on the plate. Then the supervisor takes the toothbrush and places it onto the brush for the child . The children brush together. That way they watch each other and the supervisor to ensure that they are brushing correctly.

This is preceded by the toothbrushing and handwashing Song complied by the Head of the Tooth brush Mamas, Mavis Phahlindlehla.



# Dental Wellness Trust - Johannesburg



## Dr Norman A Cah

In January 2018, Dr Linda Greenwall visited CAHI DENTAL in Atholl Square Sandton, South Africa, and trained about 50 Mamas

and Papas, whom I had recruited from Alex and Soweto. From this initial meeting about 20 Mamas and Papa's showed true commitment to volunteer their help and received their further training from my staff and I (and via WhatsApp videos from Chief Mama Mavis).

3000 consent forms were signed and returned and the Mamas were given their DWT branded t-shirts, plates, soap bottles, training manuals, song sheets and Colgate toothpastes and toothbrushes.

Currently the program seems to be running successfully in the Alexander Township under the watchful eye of Chief Mama Sally (Salipinah Mashego) and her fantastic male helper/assistant Papa Linda. They look after about 350 kids every day and are doing a sterling job. Mama Dineo also is trying her best in Alex.

CAHI DENTAL are the official sponsors of the Annual Miss South Africa pageant and as such use this great platform to raise awareness of these kids plight by inviting Miss SA to meet the kids, interact with them and all the top 12 Miss SA Finalists look after the kids during their very first dental check up at CAHI DENTAL. A full day is given up and all three of our practice surgeries are used solely for the benefit of bringing in the DWT kids from the day care centers and orphanages. All of our clinicians and dental staff spend the entire day entertaining, feeding and assisting the kids to experience a positive visit to the dentist.

The kids are given very generous presents and showered with love, care and attention. All leave with food packs, oral hygiene hampers and beautiful positive memories, that brighten up their otherwise very mundane lives. They are all re taught how to wash their hands, brush their teeth

and leave far more educated and empowered about the importance of oral health and healthy nutrition.

### June 2018:

Kids needing urgent dental work were treated by my associate dentists and my daughter Dr Chelsea Cah. The Mamas and Papas were also treated not only for their urgent dental work but I arranged for free eye tests for all the children and their carers.

Mama Sally was given spectacles for the first time in her life. Specialist Maxillo-Facial Surgeon Dr Craig Pearl offered a morning up to do oral surgery on the kids and their carers.

### October 2018:

SADA Congress in Johannesburg, my staff and I manned a DWT stand for 3 days in conjunction with the South African Paedodontic Society. Five more potential Practitioner's expressed interest in starting up splinter groups in DWT branches in Klerksdorp, East London and Johannesburg. Preliminary talks were held with Doctors for Africa to form an alliance.

The CEO of SADA Mr KC Makhubele visited our stand and thanked Mama Sally for what she is doing and has offered SADA's full support to our endeavors.

SADA has suggested we apply for a SADA monetary grant to help fund the DWT.

A meeting was held at CAHI DENTAL in October 2018 with the volunteers from the Soweto DWT group under the watchful eye of Dr Thabso. However the volunteers face tremendous financial constraint and have urged for a stipend to be paid for them to continue.

Dr Joshua Phaphathi from Hoedspruit visited me only last month and has offered his clinical services pro bono to the under privileged people in that Mpumalanga area. He has shown a keen interest to start a Dental Wellness Trust program in the rural area in which he operates.

I am honoured to have been asked by the founder of the Dental Wellness Trust Dr Linda Greenwall to make a short speech in the House of Commons at the fundraising dinner on Thursday 15 November 2018.



# Dental Wellness Trust - Research in Pictures



# Dental Wellness Trust - Research in Pictures



1. Dr Hewson presenting her fissure sealant research which was part of the Wellcon Study at the 2018 IADR in London.
2. Dr Greenwall followed up the second research study presenting the Wellcon Study research paper at the 2018 IADR in London. The research was enabled by a grant from DMG- Germany
3. The Toothbrush mamas have been taught to place the varnish and to floss through the teeth.
4. Dr Greenwall and the "mamas"
5. DMG Screening the children
6. Dr Dirk is screening a child prior to participating in the varnish placement.
7. Flossie is our mascot for the Wellcon and the WellFlair Studies
8. The Team in their DWT purple fleeces.
9. Research team checking the consent forms
10. Dr Linda and Nurse Felcity Vanqa from the University of the Western Cape Dental School are screening children for decay.



# Dental Wellness Trust - Research Report

Dr Obaid Khalid and Dr Yousuf Bashir spent a week with the Dental Wellness Trust in Cape Town, initiating the research project to assess the oral health of the toothbrush 'mamas' and school teachers.

The Dental Wellness Trust (DWT) is an amazing organisation that has made a tremendous difference to, not only the oral health, but the overall lives of hundreds of inhabitants in the townships of South Africa.

Dr Linda Greenwall, founder of DWT, started the Livesmart programme with the objective of creating a sustainable oral health programme. Students and dentists can volunteer to contribute to the programme by sharing their knowledge of oral health promotion and undertaking research projects to assess the effectiveness of the programmes and implement changes. This is where the collaboration between DWT and colleagues from Queen Mary, University of London started.

The aim of the research project was to assess the oral health status of the mamas and teachers by using the Oral Health Minimum Dataset developed by the FDI World Dental Federation and International Consortium for Health Outcome Measurement.

The research project is led by global oral health expert, Professor David Williams and Dr Khaleda Zaheer. Ethics approval was obtained from Queen Mary Ethics Research Committee. The essence of the research project is that the oral health status of the mamas will reflect their own oral health awareness and their oral health literacy. Determining their capability is an essential step in ensuring that the programmes of oral health education are delivered effectively by mamas who have the skillset necessary to undertake their roles. The set of measurement tools took into account disease and condition status, physiological function and psycho-social function. This is a standardised dataset to collect information so that the data can be compared with other populations that use the same dataset in a cross-sectional study.



# Dental Wellness Trust - Research Report

## Inside The Townships

As core researchers in the study, we thoroughly enjoyed our time in the townships of Mfuleni and Khayelitsha, collating data with the help of DWT employees, Mavis and Dieketso. Our groundwork involved consented oral health screening of teachers and mamas followed by structured interviews of all participants. Work was carried out with careful planning between us and the schools to ensure minimised disruption to school timetables. As the assessments were carried out in schools, desks and chairs provided a suitable makeshift clinic. Disposable examinations kits, courtesy of Single Use Dental Instruments, were used with a portable sharps bin at our disposal.

## The Next Steps

Statistical analysis will be carried out on this data and from this we will be extracting valuable information on the oral health status and its impact on the quality of life on the mamas and teachers.

Not only will this analysis allow us to understand the oral health problems the teachers and community healthcare workers suffer from but it will also allow us to develop strategies to address prevention and control of oral disease.

## Reflection

Despite the negative image that is portrayed of these townships in the media, we found that the community in the townships are the most resourceful and friendliest people. The highlight of our trip in Cape Town was the hospitality we received from the community.

The majority are just trying to make a living. They work harder than most to provide for their families but their opportunities are still lacking and inequality is still prevalent in this postapartheid state. They deserve all the help that DWT are giving them and more.



# Dental Wellness Trust - In Dental Wellness We Trust

This summer, I was fortunate to spend three weeks in South Africa to participate in a research programme whilst interning with the Dental Wellness Trust (DWT).

Founded in 2011, the charity aims to promote good oral health through tailored oral hygiene programmes, as well as empowering individuals in their own communities to take action.

For the research project, we screened the oral health of the “toothbrush mamas” & schoolteachers responsible for delivering the “livesmart brushing programme”. Currently, the data is still being collated, but a quick summary is that periodontal disease is virtually widespread, whilst caries rates varied significantly within the region, and often even within the same Educare.

Once the results are published, we hope to utilise the information to write a report of the specific oral health problems faced by school teachers and community health workers of the townships. Using this data we aim to be advocates, helping tailor the allocation of the already scarce resources in the area to suit the needs of the community. In addition, this initial screening will also act as a baseline, one with which we can compare to after any planned interventions to determine if they were effective.

As well as screening the “mamas”, we also ran a seminar on safeguarding children and vulnerable adults. It was very interactive, encouraging participation from the audience during case discussion, even resulting in the teachers themselves designing an escalation pathway within their areas.

On the whole, feedback was very positive not only because we were raising awareness, but also in terms of the educational aspect for the Mamas. From our perspective as interns, it was also novel to see how the Mamas opinions differed from ourselves, and how they considered the same scenario as us in a different light.

In closing, my time in South Africa was a very rewarding experience, not only professionally as a clinician, but personally as well. Cape Town, and more specifically the townships that surround it, have a such a high burden of need it can be difficult to consider where to even start tackling the problems. As one of the UWC (University of Western Cape) clinicians said, “You could be on outreach for years and hardly make a dent in the care that people need”. Although disheartening somewhat, it merely highlights why it is so important for charities, such as the DWT, to give the tools to empower individuals to take the onus onto themselves, ultimately helping shape their communities for the better.

Sunmeet Kandhari  
Foundation Dentist SW LDN



# Dental Wellness Trust - Student Interns Report

## August 16-30

Thu – Arrived in Cape Town  
Fri – Met with the Mamas  
Mon – Not allowed in township  
Tue – Townships + Oral Surgery Night Clinic  
Wed – Townships + Oral Surgery Night Clinic  
Taxi drivers – white, coloured, black  
Thu – Townships  
Fri – Townships  
Saturday/Sunday – Safari  
Mon – District 6 museum  
Thu – Optismile

## A Journey of a Lifetime with the Dental Wellness Trust

As someone who had never previously visited a country in Africa, the thought of going to South Africa filled me with an odd mixture of excitement and trepidation. Despite the descriptions of the experience from past volunteers, advice from South African friends, and the fact I'm an avid Wikipedia enthusiast, my perceptions of Cape Town were challenged within a few days of arriving.

The city is a perplexing mix of old and new, with overwhelming natural beauty alongside huge skyscrapers, and crowded townships juxtaposed with the gleams of the Indian Ocean meeting the Atlantic Ocean. Table Mountain dominated the skyline in the southern parts of the city, and the winter weather was like London's mid-April's calm and inviting warmth.

## Introduction

In August 2018, a group of dentists and students from the UK travelled to Cape Town to volunteer with the Dental Wellness Trust. The main aim of the visit was to conduct research to ascertain the dental needs of school teachers and Dental Wellness Trust volunteers, known as "Mamas". These healthcare workers manage and implement the Livesmart training programme in primary schools in the townships of Khaylitsha and Mfuleni, reaching over 10,000 children daily.

An audit was carried out alongside this, to explore what schoolchildren and teachers thought of the Livesmart programme, to assess the efficiency of the programme, and to see what could be added to further benefit its recipients.

The Livesmart programme, which was started in 2011, educates children in hand hygiene, toothbrushing and the importance of a balanced diet. This was in response to revelations that the prevalence of caries in six-year olds in the Western Cape is over 80% (Department of Health, 2003). Although the programme was launched in the Western Cape, it has spread to Johannesburg where 2000 children engage with it. A sister programme is taking place in Luton (UK) and further programmes are about to be launched in the near future.

## Initial Perceptions

During our first journey into the townships we were warmly received by Mavis, Dieketso and Bukiwe, the DWT "Mamas" who oversee the Livesmart programmes in Mfuleni. We planned our talks on Safeguarding and Oral Hygiene Education, as well as our screening programmes for volunteers and teachers. Afterwards we visited Prof. Neil Myburgh, who showed us around the University of the Western



# Dental Wellness Trust - Student Report

## Safeguarding and Oral Education Talk

On our first Saturday in Cape Town we were invited to Dr Clifford Yudelman's dental practice in Cape Town, OptiSmile, where we had lunch with 35 Dental Wellness Trust volunteers and gave two short lectures.

The afternoon started with a traditional prayer and rendition of the Mamas' famous Dental Wellness Trust song, "Brighten the corner where you are", which has now been recorded in a studio in Cape Town.

Our first lecture, on Oral Hygiene Education, mainly focused on the modified bass technique, interdental cleaning and the effects of diet on systemic and oral health. The talk was well received, especially as very few of the volunteers had seen dental floss before.

For our second lecture on safeguarding, we explored how to look for different forms of abuse. The talk was discursive in nature as we learnt about the Mamas' perceptions of abuse and neglect, and how they would address these issues if they spotted them. It was thought-provoking to listen to the Mamas discuss and debate the different approaches they would have in how they would approach widespread social issues such as domestic violence and neglect.

Many Mamas said that they felt empowered after the talk to speak up in the face of such issues, as in many cases abuse was acknowledged as immoral but somewhat normalised by society.



# Dental Wellness Trust - Student Report

## Outreach Volunteering

During our week volunteering in the Township, we did dental screening for 85 volunteers and visited 18 educare schools in Mfuleni. The schools varied in size: Some of them were converted homes catering for up to 15 children. Others were huge, with over 100 children divided into different classrooms.

In Mfuleni the predominant language is Xhosa, with over 50,000 people living in the Township. In the Cape Flats, unemployment, crime & social cohesion are the main issues affecting residents, who were forced to live in neighbourhoods according to their ethnicity during Apartheid. We delivered hundreds of toothbrushes and thousands of tubes of toothpaste on behalf of the charity to be distributed amongst the schoolchildren and volunteers.

Our audit of the programme looked at the views of 90 schoolchildren, asking them questions about how often they brush their teeth, how much they enjoy it and what they enjoy about it. We also asked teachers how satisfied they were with the Livesmart programme and assessed the impact the programme was having on the townships.

The same questions are currently being used in a similar audit in Luton and we are looking forward to comparing the UK and South African results.

It was remarkable to see the positive effects the programme was having on the children and teachers alike, with the vast majority of adults we screened having had never visited a dentist before in their life. Access to dentistry was limited, with the nearby township of Khayelitsha only having two dentists serving a population of over 1,000,000 people! Many had carious lesions extending into their pulp tissue, and periodontal disease was rife. The oral health of the region was only worsened by the high availability of sugary fizzy drinks and processed foods, which alongside a lack of awareness about diet exacerbates the high prevalence of caries.

At the end of our voluntary work we celebrated with the Mamas and received an education in Xhosa pop music as well as gospel classics. Reality dawned on all of us – we would soon be leaving Cape Town and returning to work, studying or both. I, for one, could undeniably have stayed to explore more of South Africa for another few weeks, but time flies when you're having fun (plus I'd already booked my return flight). Altogether, the experience was eye-opening, overwhelming and I miss it already.





# Oral Health is a **basic** human right





# Dental Wellness Trust - Toothbrushing Mamas

What the Mama say.....

“What I love about Dental Wellness Trust is that it teaches a lot about hygiene and we did not know you have to wash your hands before brushing your teeth. There is a lot I learnt and also one of most important things is not to mix your brush with others and that you have to change your brush regularly”

“What I love about DWT is that it gives me an opportunity to work with kids and help them to look after their teeth by giving them basic hygiene when it comes to mouth and teeth. Washing of hands before brushing teeth and keeping brushes separate”

“What I love about the DWT is that you are special and that we are learning to take care of the children’s teeth by giving them basic oral hygiene”

“ I love the Dental Wellness Trust because I learn about Oral Hygiene and it give me the opportunity to communicate and teach the children how to take care of themselves. I want to see The DWT grow because they are helping us and our children”

“ I like the Dental Wellness Trust because there is a lot of things I learn about hygiene. It gives the children opportunity to know how to brush teeth and wash hands regularly. i want to learn more”



# Dental Wellness Trust - ToothBrushing Mamas

“ Im Mavis Nonkongozela Phalindlehla, head of the Toothbrush Mamas in South Africa. I’m 41 years old and I have 3 children. The DWT helps our children in different communities. We also reach 360 schools helping the children with their oral health and the Live Smart Children in the evening programmes. This program is especially helpful to “those children suffering at home where they do not have money for a toothbrush, toothpaste and soap. DWT also helps older children to introduce these programmes into their communities. It is rewarding to hear that our programmes are running successfully into larger schools and the teachers give favourable reports. For me the DWT brings many friends to me and everywhere I hear these messages of joy and friendship. Thank you Dental Wellness Trust. May God Keep you active forever. Thank you”

“It educates children with the importance of oral hygiene and toothbrushing and it brings children together.

It also motivates me, and what I like the most is working with the children, I feel inspired and I also gain more experience and have met some amazing people from around the world”.

“It gave me the knowledge of how to take care of teeth and gave me the chance to do things that I never thought I would be able to do. Thank you Dental Wellness Trust”.





Dental Wellness Trust Presents:

# Restorative, Aesthetics and Oral Health Aspects for Saving Kids Teeth



Friday 16th November 2018

Lords Cricket Ground, St Johns Wood Road, London, NW8 8QN



**Dr Linda Greenwall**  
Founder of The DWT  
BDS MGDS RCS MSc MRD RCS FFGDP  
FICD BEM



**Dr Caroline Ferleman**  
Consultant Paediatrician MD,  
FRCPCH, MSc, MB BChir, BA (Hons)  
Cantab, SFHEA, FAcadMED



**Dr Kathy Harley**  
Consultant in Paediatric Dentistry FDS  
RCPS Glasg, FDS RCS Eng, FDS RCS  
Edin, MSc Lond, BDS London



**Emeritus Professor Nairn  
Wilson**  
Former Dean of Kings Dental  
College London  
CBE FDS, FFGDP, FFD, FKC



**Dr Shiraz Khan**  
Dentist  
BDS, BMEDSC(Hons), MJDFRCS(Eng),  
PG DIP



**Kawther Hashem**  
Nutritionist for Action for Sugar  
MSc RNutr (Public Health)



**Dr Siobhan Barry**  
Consultant in Paediatric Dentistry  
BDS NUI (Cork), MFDS RCS Dub, M  
Paed Dent Glasgow, DClin Dent  
(University of Leeds), FDS(Paed Dent),  
RCPS (Glasg)



# 2018

## Saving Kids Teeth Conference

Oral Health, Restorative, Aesthetics

Friday 16th November 2018

Lords Cricket Ground, St Johns Wood Road. London NW8 8QN

### The Aim

The conference aims to address the issues and discuss workable strategies to help the dental profession provide oral health education, restorative and aesthetic dental care to the highest possible standard for children.

### Conference Programme

#### 8.30am Registration and conference exhibition

8.50am Welcome by Dr Linda Greenwall, Dental Wellness Trust Founder

9.00am Dr Linda Greenwall 'White spots and tooth whitening for under 18's - the need for change'

9.45am Emeritus Professor Nairn Wilson 'Minamata: New hopes for teeth for life'

#### 10.30am Morning break and conference exhibition

11.00am Miss Kathryn Harley 'The management of enamel defects in children'

11.45am Professor Caroline Fertleman 'How do you manage children where you are concerned there are safeguarding issues'

12.45pm Colgate Presentation

#### 1.00pm Lunch and conference exhibition

2.00pm Dr Siobhan Barry 'The high risk caries child- management implications'

2.45pm Kawther Hashem 'Taking action on sugar'

#### 3.30pm Afternoon break and conference exhibition

3.45pm Dr Shiraz Khan 'Simple posterior composites'

4.15pm Miss Kate Bass 'Luton School Tooth brushing Programme'

Dr Sunmeet Khadhari and Dr Obaid khaled 'LiveSmart internship'

4.45pm Questions & Answers followed by closing comments by Dr Linda Greenwall

#### 5.00pm Close of conference

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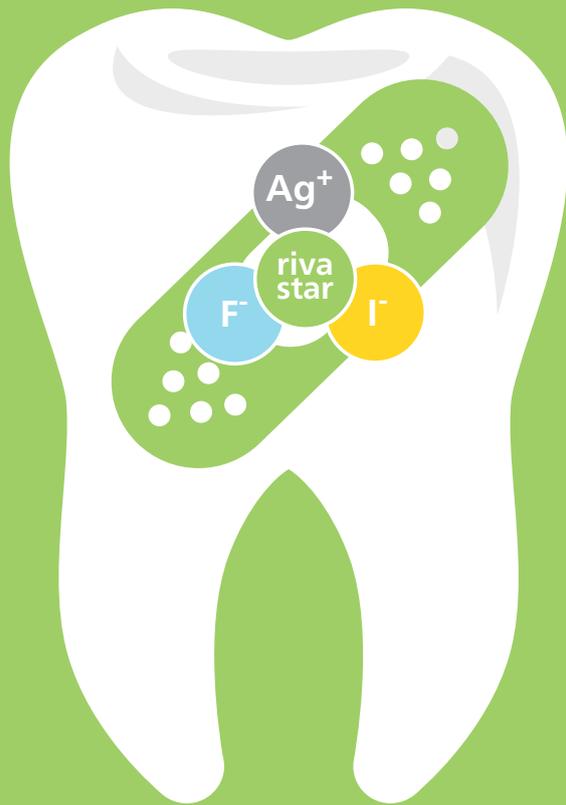


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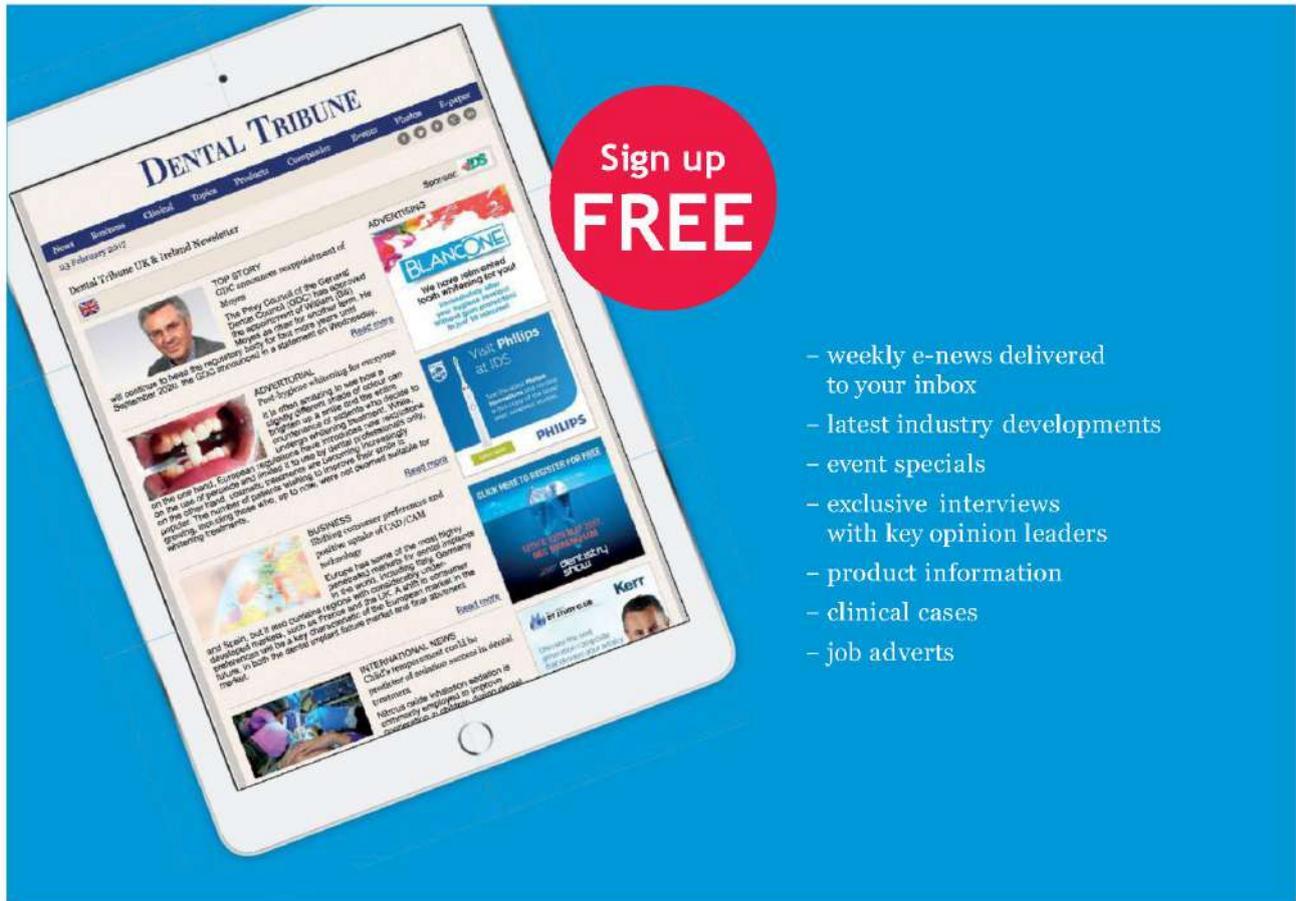
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# Dental Wellness Trust - Thank you

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# Dental Wellness Trust - The Future

## KCL Students Homeless initiative

KCL Dental student Sonam is looking to set up a toothbrushing initiative for the homeless which will be a collaboration with Dental Wellness Trust, Smile Society and Dental Society.

The programme will involve the dental students visiting homeless shelters in Central London and providing them with oral hygiene products and training them on oral health and toothbrushing. The ultimate goal will be to roll out the programme to other areas in London with a view to screen and where possible provide care.

The programme is still in the early stages, starting with the research and gaining ethical approval. This is another great initiative from the KCL dental students, and we look forward to working together with them.

## The Dental Wellness Trust Nutrition and Health Cook Book

Dr Hattie Wright and Dr Siobhan Hewson from The Dental Wellness Trust are working with Dr Surina Sehgal aka The Foodie Dentist to write a health and nutrition cookbook.

Dr Surina Sehgal is a Dental Practitioner who loves cooking, gripped on the links between poor nutrition and a host of dental problems. She read a lot of research papers and articles and found the astonishing correlation between diet and oral health. I found that there is so much awareness on healthy eating and how it affects your skin, heart or hair but very little on the impact it has on our oral health!

As a result, Dr Sehgal decided to create The Foodie Dentist to inspire and educate you about the importance of healthy eating and the effects it has on our oral health and development.

One of Dr Sehgal's recipes is the very delicious chick pea and Sweetcorn Fritters with Guacamole. Visit her webpage or instagram for the recipes.



