

# Dental Wellness Trust

Saving **Kids** Teeth

2019



Promoting wellness through oral health  
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# Dental Wellness Trust - Who we are.....

## 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 Siobhan Hewson BSc AKC BDS MFDS  
Dr Saul Konviser BDS MSc BSc  
Mr Mark Pleaner LLB, BA (Hons)  
Ms Hilary Natoff BA (Hons) ACA IIMR  
Ms Jo Silverman  
Dr Harriet Wright BDS

## Dental Wellness Trust Research Team

Dr Easter Joury BDS DOrth Msc PhD MFDSRCPs  
FHAe  
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 Hewson BSc AKC BDS MFDS  
Dr Harriet Wright BDS  
Dr Surina Sehgal BDS

## Intern Liaison

Dr Emilio Vazquez BDS (Hons)

## Refugee Liaison

Dr Obeid Khaleed BDS (Hons)

## 2019 Interns

Iram Sofia Tawhid  
Ariella Wulwick  
Matthew Billington  
John Mikhail  
Magdalena Josephine Lai - Sian Chan  
Supinya Choomcheun Intawong

## Student Committee

Thomas Hayes-Powell  
Matthew Billington  
Sofia Toufik

## Accountant

Mr Lionel Deyong - Scodie Deyong

## Project Manager

Mrs Rachel Richardson

## Tooth Brushing Supervisor and Administrator

Mrs Alison Gellman

## 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  
Nokozula Vuso  
Alexandria Township  
Soweto Mama Sally  
Papa Linda  
Papa Lucky  
Dr Thabiso  
Pastor Nyathi  
Notemba Siphosetha  
Naboom Ntonga



# Programme for The Dental Wellness Trust Dinner

Silent Auction Viewing & Drinks Reception

Immanuel School Choir

Welcome and Introduction from Dr Linda Greenwall and Professor Nairn Wilson

Dental Wellness Trust Video

Starter

Speech from Dame Esther Rantzen

Main Course

Reverse Bingo

Dessert

Silent auction

After Dinner Speech Dr Kevin Donly

Farewell/Carriages



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# Dental Wellness Trust - Annual Report 2018/2019 and Dinner Message



## Dr Linda Greenwall

### Friends,

Welcome to the 2019/2020 Dental Wellness Trust Dinner. This evening you will hear about the important work we are doing in the UK and Globally. This year has seen our Oral Health Programmes expand globally.

UK: Our work in the UK continues to grow. In Luton, London, Paddington and Newham, we are now reaching children in 25 nursery and primary schools. Our free Livesmart supervised daily brushing programme are carried out in schools, reaches nearly 2500 children. We are grateful to the support of the teachers who carry out our programmes following our intensive training sessions. The teachers are dedicated to helping the children improve their oral health on a daily basis. We have appointed a schools toothbrushing supervisor, Mrs Alison Gellman to monitor and evaluate our programmes and ensure their sustainability and help us to train more schools to participate in our programmes. Our

work has been featured on the BBC, ITV plus other national media.

### Why?

We continue to raise awareness about the 48000 children who have to go into hospital to have their rotten teeth extracted under general anaesthetic. This is of great concern and there are several reasons why this is occurring. Some of the reasons are poverty, lack of education about oral health, social issues, lack of parental and family support for children, children living in difficult conditions and temporary housing, lack of good nutrition, consumption of excess sugar from fizzy drinks to sodas and energy drinks and child neglect.

## Oral Health is a Basic Human Right

It is the human right of each child to have the right to health and the right to Oral Health. The Dental Wellness Trust mission is to improve children's oral health through dental wellness through our preventive care programmes which take place daily in schools. As tooth decay is a global problem which is more prevalent in impoverished communities, we aim to implement our programmes in schools with the highest need. Many children suffer from tooth decay and our mission is to reduce this, alleviate suffering in children who have tooth ache and thus cannot go to school. Our Live Smart Supervised Free Toothbrushing programmes have been shown to make a huge impact in improving children's oral health.

**Where?** Numbers of children in our toothbrushing programmes

- The UK 2500
- South Africa, Cape Town 11500 , Johannesburg 3000 (33 toothbrush mamas help to coordinate the daily and evening Live Smart Programmes)
- Nairobi 300
- Jakarta 1000
- Rohindra refugees in the camps in Pakistan 500

### How :

We measure effectivity through our research programmes and our auditing and monitoring processes. Ove the past few years, the Dental Wellness Trust research team has undertaken four research studies. We measure of effectivity through our research programmes and our auditing and monitoring processes.



# Dental Wellness Trust - Annual Report 2018/2019 and Dinner Message

## Our research Studies:

- Elderly Oral Health: Dr Alon Livny, Dr Leon Geffen, Dr Linda Greenwall, Dr Siobhan Anthony, Dr Luke Greenfield
- Livesmart toothbrushing programmes: quantitative and qualitative presented at IADR in Cape Town Conference 2014 Dr Alon Livny, Dr Linda Greenwall, Professor Neil Myburgh
- WellCon Study : Constic Fissure Sealant Programme carried our from 2013-2015 Dr Linda Greenwall, Dr Susanne Effenberger, Dr Alon Livny, Dr Sioban Antony, Professor Neil Myburgh, Dr Dirk Smit- Presented at The IADR Conference in London 2018
- Wellflair Study: 3 Fluoride Varnish Study undertaken in Cape Town in 2 schools. The children have varnish applied onto their teeth every 3 months by the toothbrush mamas and the children's teeth are checked every 6 months. Those Involved Dr Linda Greenwall, Professor Neil Myburgh, Dr Susanne Effenberger, Dr Marcus Cebula, Dr Dirk Smit, Dr Harriet Wright, Dr Jack Macsweeney. The first year results of the study have been presented by Dr Harriet Wright at the 2019 IADR Conference in Vancouver.

## Future Plans:

We are continuing to expand our Live Smart Toothbrushing programmes in London and surrounding towns. We need your help to expand our reach to double the number of children we are helping in South Africa and Kenya. We have had requests to expand into Ethiopia, Uganda and Tanzania as well as Knysna and the communities near the game reserve in South Africa.

We are planning on building and funding a mobile dental van with the collaboration of the University of the Western Cape so that we can continue our community engagement work and outreach to more people. We can only do this through your help. Thank you for attending our 2019 dinner and conference.

## Who?

Thank you to our dental wellness trust trustees, committee, toothbrush mamas, school teachers, volunteers and advisors. We are grateful to your immense dedication and devotion to helping children improve their oral health. Thank you to Dr Saul Konviser who leads the UK activities and congratulations on recently completing the new York marathon to raise important funds for the dental wellness trust amongst all the other things that he does.

Thank you to my husband, children, mother and brother for the constant help they have given to help grow and expand the work of the Dental Wellness Trust. I'd like to recognise the amazing work of the dental team at Greenwall Dental and a special thanks to Mrs Rachel Richardson who has worked tirelessly to co ordinate this dinner and the Saving Kids Teeth Conference which we have organised for Friday 15 November 2019.

Thank you to the ongoing support of our Sponsors who have made this event possible, without whom we would be unable to put on this important event.

**“A Journey begins with a simple step” - Help us make a difference in the lives of many children**

Thank you  
Linda Greenwall  
BDS MGDS MRD MSc FFDGP BEM



# 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' 2019, 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 continued to roll them out here in the UK across nurseries and schools in Luton, Brent, Barnet and Westminster Councils.

We now have over 2,000 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.

The programmes are now also beginning to reach beyond the classroom, with families now feeding back that they are all starting to look after their oral health since the programmes started in school. The children are returning home and encouraging the siblings, parents and family members to brush their teeth and also to cut the sugar out of their diets.

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.

Saul Konviser BDS MSc BSc



# 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.

This year has been a good year for the charity, having recruited some new faces to the committee, the Trustee board and staff. The charity has grown exponentially in the last few years and as such the work involved in the day-to-day running has increased. We hope the expansion of the team with new committee members, Trustee's and staff will help to distribute workload and allow us to continue to grow and help more and more children.

All of this would not be possible without your continued support, so please give generously with an open heart and pockets!

Unfortunately, I can't be with you all this evening, I have recently given birth to my son; however, if you would like to become involved with some of our work, please do speak to Linda, any of the trustee's, or the fabulous Rachel or Alison and I'm sure we can find you a job!



**Mr Mark Pleaner**

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

I joined the Dental Wellness Trust as a Trustee in Summer of 2018. I assist with the Trust's legal and compliance needs.

I am an experienced legal and compliance professional and currently manage the global compliance needs of a financial services firm which invests in companies in Africa and Asia. I hold an LLB and a Bachelor of Arts with Honours in Applied Psychology and I am an Attorney of the High Court of South Africa.



# Dental Wellness Trust - New Trustess



**Mrs Jo Silverman**

I am proud to have recently joined the Board of Trustees for the Dental Wellness Trust.

As Head of Fundraising and Engagement at Moorfields Eye Charity, I see on a daily basis the impact that philanthropy makes, to enable cutting-edge research into new therapies and cures for eye diseases and the difference that makes to patients not only at Moorfields Eye Hospital but around the world who can benefit from these treatments.

I feel there is a very strong synergy between this and the aims of the Dental Wellness Trust - to bring basic dental hygiene to children living below the poverty line in UK and Africa, and therefore I am delighted to support the DWT in continuing your amazing work and to extend its reach as far and wide as possible.

Congratulations on all that you are doing and wishing you well to achieve all your future ambitions



**Ms Hilary Natoff**

A warm welcome to everyone for this years dental wellness trust dinner.

Thanks so much for taking time out your busy schedules to come and experience the fantastic work that this charity is doing for children under the poverty line who need help on having healthy teeth as they are not getting the correct support at home. The work of DWT saves the children huge amounts of pain.

Supporting our programmes is at minimal cost to the donors for the impact the charity has but we have a duty to roll out our services to others in need.

Please enjoy the updates from the team and support this wonderful cause.



# Dental Wellness Trust - Guests of Honour



## Dr Kevin Donly

Kevin Donly, D.D.S., M.S. is currently a Professor and Chair in the Department of Developmental Dentistry and Professor in the Department

of Pediatrics at the University of Texas Health Science Center at San Antonio. Previous positions include Professor and Associate Director of the Center for Clinical Studies at the University of Iowa, Associate Professor, Pediatric Dentistry at the University of Texas Dental Branch at Houston and Associate Professor, The University of Texas Medical School. He received his D.D.S. in 1984, Certificate in Pediatric Dentistry in 1986, and M.S. in 1986 from the University of Iowa.

Dr. Donly is a Diplomat of the American Board of Pediatric Dentistry, was on the Board of Trustees for the American Academy of Pediatric Dentistry, was on the Board of Directors for the American Academy of Pediatric Dentistry Foundation, is the previous Chair of the American Academy of Pediatric Dentistry Council on Post-doctoral Education, is Past-President of the American Society of Dentistry for Children and past Chair of the Public Information Committee for the American Academy of Pediatric Dentistry. He completed his four year term as the Pediatric Dentistry Commissioner for the Commission on Dental Accreditation. He is presently the President-Elect of the American Academy of Pediatric Dentistry. He has published over 350 chapters, manuscripts and abstracts associated with pediatric dentistry and dental restorative materials research and clinical utilization. He has received grants or research support from the National Institute of Health/National Institute of Dental and Craniofacial Research, Health Resources and Services Administration, 3M, ESPE, Premier, Bisco, GC, Dentsply, Ivoclar, Kerr, NuSmile, Procter and Gamble, Church and Dwight, Optiva, Oral-B, Enamelon, Atrix Laboratories, Inc. and Guidor companies.



## Dame Esther Rantzen OBE

Dear Friends

It's a pleasure to join you to support tonight's gala dinner and the inspirational

work of the Dental Wellness Trust.

Teeth have always been an integral part of my working life. For decades I was known, (and proud to be known) as Toothy Esther Rantzen. But my connection has even deeper roots. During my role on *That's Life!* we often tackled the topic of dental health, and its impact on children's general health. So I was deeply concerned to learn that dental decay is still the most common childhood disease world-wide and that every day, increasing numbers of children require not just a simple filling but often multiple fillings or extractions – usually caused by not brushing their teeth twice daily and consuming excessive sugary foods and drinks.

These children can suffer from severe dental infections which require antibiotics or even a general anaesthetic. That's why supervised tooth brushing is vital for preventing tooth decay and unnecessary suffering. Improved dental hygiene taught at an early age will have long term benefits for children's teeth, fewer lost days at nursery and school and better health and wellbeing for children. As a result of the work that the Dental Wellness Trust does, thousands of children have already benefitted from having healthy teeth, which will benefit them for the rest of their lives. But to tackle the current tooth decay crisis, the Dental Wellness Trust urgently needs the generous support of guests at tonight's charity dinner in order to deliver even more toothbrushes, toothpaste and education to children who desperately need it.

Every penny donated will be used to teach children how to brush their teeth properly – ranging from providing essential training for teachers and supervisors to an ongoing supply of free toothbrushes and tooth paste. To put this into context, every £300 donated will fund a supervised toothbrushing programme for a class of 30 students in the UK for twelve months. Every penny counts.

Thank you for your generous support.



# Dental Wellness Trust - Kenya Programme



## Dr Sejal Bhansali

At one of the restorative study evenings in January, one of our dentists Dr Sejal mentioned to Linda she was visiting Kenya the next month. Linda suggested setting up a supervised toothbrushing programme there. This would be from scratch as we have not worked in Kenya before.

Sejal began by finding a school in Kibera. Kibera is the one of the largest urban slums in Africa where oral diseases are rife. Oral diseases can lead to pain, time of school, extractions, inability to eat and the gradual progression to gum disease which has links to heart disease, diabetes, inflammation and Alzheimers disease, not to mention the mental implications.

Many of the children have not seen a dentist before. They are enrolled at the school from 6am -6pm to ensure they are looked after as at home some of them don't even have access to electricity or running water. As part of the Dental Wellness Trust, we donated 200 toothbrushes. The age group we targeted was from 4-6.

Each child has been given their own individual labelled toothbrush. We instructed and educated the teachers looking after them on the correct brushing techniques and diet advice. This way we know each child will be brushing at least once a day. I feel education is key to making any difference in behaviour.

The project is ongoing. Every morning the teachers brush teeth with the children. We ensure a regular supply of toothpaste is delivered to them.

We would like to expand the programme to more schools in the area. If anyone would like more information on this project please contact us.



# Dental Wellness Trust - Research Studies

Research is the key to implementing our Oral Health Programmes effectively. The Dental Wellness Trust ensures 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 in South Africa

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 15,000 children daily in two countries and four cities.

## 2. Elderly Oral Health

We undertook an elderly oral health survey of 100 residents of an elderly care facility in Cape Town. The Dental Wellness Trust 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 -IADR Vancouver 2019



## Dr Harriet Wright

The Dental Wellness Trust was selected to present a poster on our fluoride varnish project, WellFlair, at the International Association of Dental

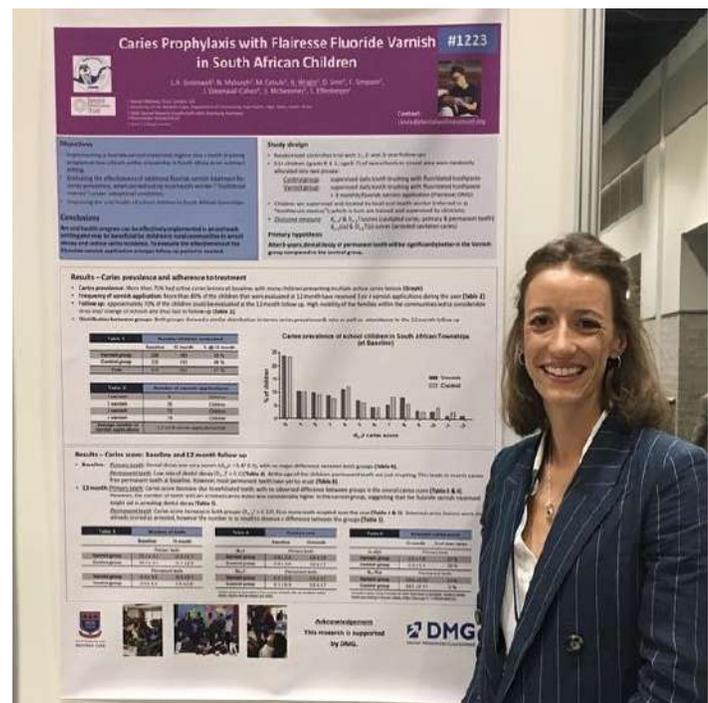
Research (IADR), in Vancouver. The objectives of the Wellflair project was to implement a fluoride varnish regime into a toothbrushing programme at two schools within the township of Mfuleni, Cape Town, in an outreach setting. We evaluated the effectiveness of additional fluoride varnish treatment for caries prevention, when performed by the local health workers ("Toothbrush mamas") under suboptimal conditions. 514 children participated in the study aged 6-7. The children were randomly allocated into two groups: Control group: supervised daily toothbrushing with fluoridated toothpaste.

Varnish group: supervised daily toothbrushing with fluoridated toothpaste and 3 monthly fluoride varnish application (Flaïresse, DMG).

Our baseline results showed that more than 75% of the participants had active carious lesions, with many children presenting with multiple active carious lesions. We presented 1 year results of the project at the conference. More than 80% of the children participating in the project had received 3 or 4 fluoride varnish applications over the year. Approximately 70% of the children participated were followed up to assess the presence of active carious lesions. Not all participants in the project were followed up due to high mobility of families in this community and therefore children moving schools. The results after 12 months in the primary dentition showed a reduction in caries score due to exfoliation of primary teeth. The number of arrested carious lesions was higher in the fluoride varnish group suggesting that the fluoride varnish might aid with arresting dental caries. In the permanent dentition the caries score increased for both groups due to more teeth erupting over the year. Selected carious lesions were noted as arrested, however the number is too small to observe a

difference between the groups. To evaluate the effectiveness of the fluoride varnish application a longer follow up period is needed. The Dental Wellness Trust are continuing the project over the next two years to evaluate the effectiveness of fluoride varnish application over 3 years. Our primary hypothesis is that after 3 years that prevalence of dental decay in the permanent dentition will be significantly less in the varnish group compared to the control.

It was a great privilege for the Dental Wellness Trust to present our research at IADR and we looking forward to presenting 2 and 3 year results in the future. The poster was very well received and it was brilliant to meet others who are doing similar projects. Thank you very much to our colleagues at DMG who have supported the project and kindly provided Flaïresse fluoride Varnish. We look forward to continuing working with DMG over the next 2 years.



## Dental Wellness Trust - The Tooth Paste Plate

The Dental Wellness Trust plate, allows the children to be administered the toothpaste in a clean, quick and easy way which prevents cross contamination.

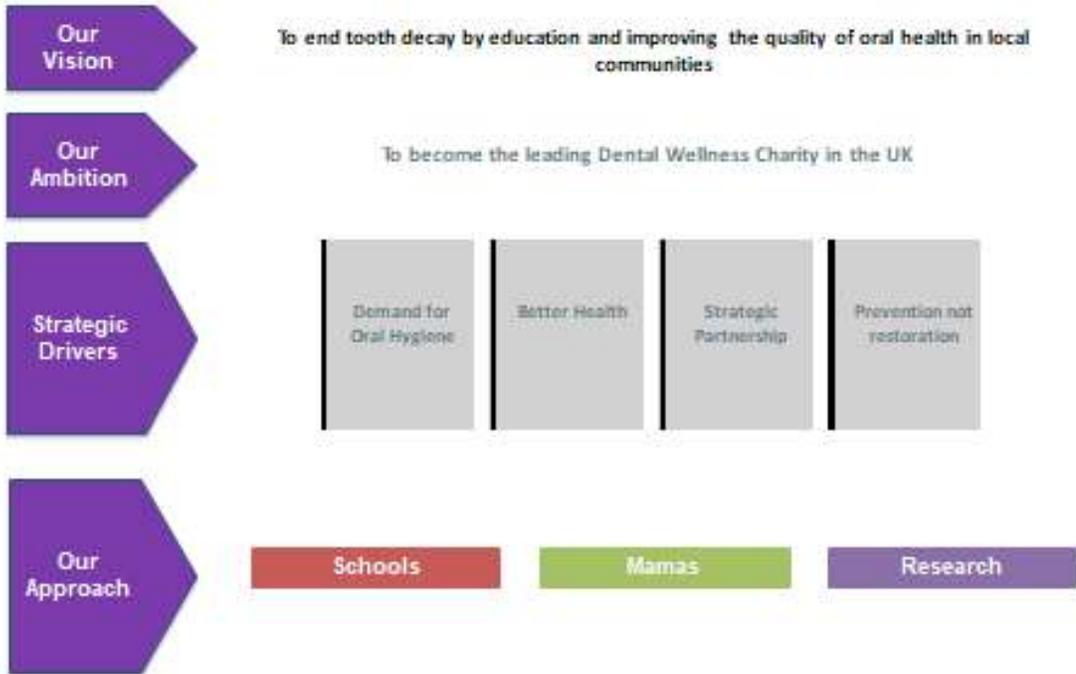
Children above 3 receive a pea size amount and children under 3 receive a grain of rice size.

A small 19ml tooth paste has 125 applications of toothpaste.

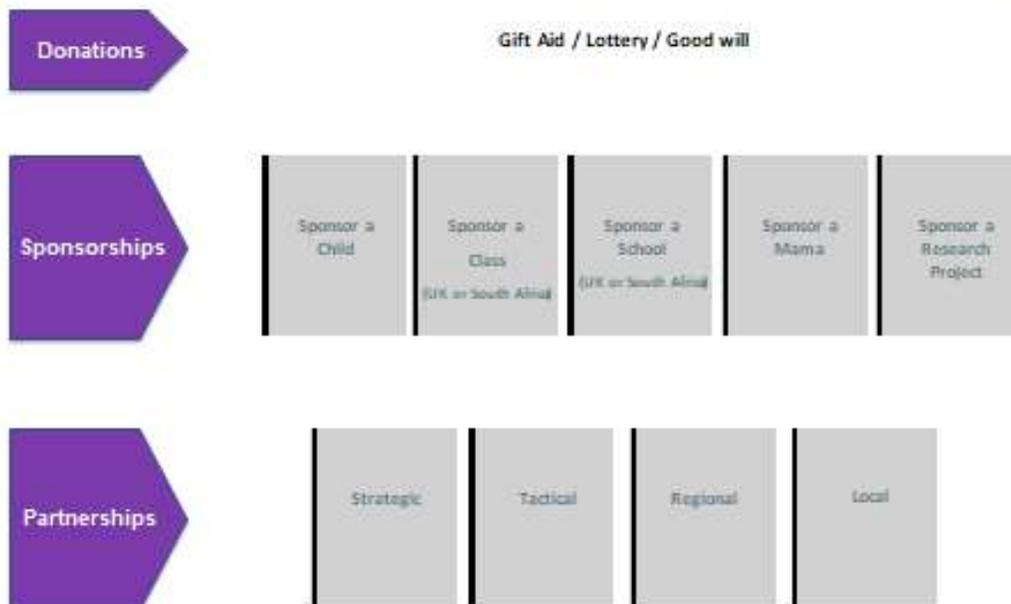


# Dental Wellness Trust - Strategic Planning

## Our strategy



## Philanthropic Opportunities



# Dental Wellness Trust - LiveSmart in pictures



# Dental Wellness Trust - LiveSmart in pictures



1. Kings Dental Students, Aqim and Junaid travelled to Indonesia to teach the school children how to brush their teeth and wash their hands.

2. Teaching the children about basic oral health care, many of whom have to share toothbrushes with family members.

3. Kenyan schools children waiting for their toothpaste on our DWT plate

4. Dr Sejal and many of the Livsmart attendees in Kenya

5. Dr Sejal and the children in Kenyan Schools

6. Children at Katheryn Bruce nursery school in London have been enrolled on the programme for over a year

7. When setting up the tooth brushing programme in schools we carry out education and role play with the children

8. Hand Washing is basic hygiene which help prevents the spread of infection and diseases

9. Kenyan LiveSmart programme

10. The plate helps prevent cross contamination.



# Dental Wellness Trust - Student Intern Report

Student Intern Report by Magdalena Chan

I was first introduced to the Dental Wellness Trust (DWT) by a fellow colleague in my year group, Sofia. Sofia is one of DWT's Student Representatives at King's College London. Throughout the year, I would often hear of Sofia's work with the organisation and in particular, her rewarding time with the DWT's Luton Outreach Programme.

From Sofia, I was fortunate to be invited to spend my summer interning in the LiveSmart programme in the townships of Cape Town, South Africa. Sofia had put me in touch with Linda Greenwall, the Founder of DWT and Emilio Vasquez, the student intern coordinator who both generously supported our group in preparation to embark out journey to South Africa. In total, there were 6 students from King's College London.

Upon our arrival to Cape Town, we had the evening to settle in after our 16-hour journey and pack our rental vehicle with the hefty supply of toothbrushes for the educare centres which we carried with us from London Heathrow, as well as t-shirts and coats for the toothbrush Mamas.

We were first met by Jan, who guided and looked after us throughout our duration whilst in the Townships. Our group followed Jan to collect Diketso, one of the toothbrush Mamas and then to visit Mavis at her educare centre. When we arrived, we handed Mavis the winter coats and t-shirts to distribute to the other Mamas.



was deemed unsafe to continue our work due to the absence of armed guards in the area. From that day forth, it was decided by Mavis that it was best for us to no longer visit Khaylitsha and instead continue our much needed work in Mfuleni.

Over the period of two weeks, our student intern group visited 35 educare centres and 2 schools and delivered a grand total of 3303 toothbrushes in the townships of Khayelitsha and Mfuleni.

On our first Saturday in Cape Town, our student intern group hosted a seminar day at Dr Clifford Yudelman's OptiSmile dental practice. The seminar day was attended by over 20 Mamas and volunteers. The student interns collectively presented lectures on safeguarding, PPE and a general refreshing of the LiveSmart programme. Overall, there was positive feedback from the Mamas. The seminar day was concluded by a scrumptious lunch buffet.

We also had the opportunity to closely supervise the Mama's sessions at the Itsitsa primary school of which 1800 pupils attend. All the student interns helped the children with their hand washing and tooth brushing techniques.



# Dental Wellness Trust - Student Intern Report

From our audit of the existing programme it was confirmed that the remarkable work of the DWT's Mamas and volunteers is benefiting the children and teachers alike who live in townships which suffer from extreme hardship and poverty. The children who have access to the LiveSmart programme are brushing their teeth under supervision at least once daily with correctly fluoridated toothpaste. From our delivery, the replacement of the children's toothbrushes at educare centres and schools enabled the children to take their existing toothbrushes home, in the hopes that the children will continue the good practice of toothbrushing at home.

From our observations however, it was noted that most of the educare centres were running low or sometimes even ran out of toothpaste. It is therefore essential that this issue should be investigated in order to ensure there is a sustainable and reliable supply of toothpaste. Additionally, it was observed most of the children's lunch boxes were imbalanced and typically consisted of processed foods and fizzy drinks. It can be suggested that there is a need to educate Mamas to inform the teachers of the effects of diet on systemic and oral health. This can perhaps be one of the topics to be focused on during a future seminar day.

Our time in South Africa was concluded by a road trip along the 300-kilometre stretch of the Garden Route.

My time in South Africa was a rewarding and memorable experience. The work of DWT in Cape Town is very much appreciated by the communities of Khayelitsha and Mfuleni and should therefore be supported whenever and however possible.



# Dental Wellness Trust - Student Intern Report

I first learned about the work of the Dental Wellness Trust through its founder, Linda Greenwell. I had attended one of Dr Greenwell's talks for young dentists. Linda explained to me the amazing work of the DWT providing tailored health education including oral health advice, diet advice and healthy habits such as washing hands to the children in the townships of Cape Town; specifically, Mfuleni and Khayelitsha. When Linda mentioned that DWT offered an elective program, I jumped at the opportunity right away.

Throughout my elective I worked closely with community representatives known as 'Mamas' who, with the help of DWT, have set up primary school programs, operate 'Educare centers' (nurseries), and run afterschool 'LiveSmart' programs to spread the message of healthy habits. DWT, together with the generous help of Colgate, provide toothbrushes and toothpaste for the thousands of children who take part in their programs. The children are supervised brushing their teeth with fluoridated toothpaste at least once a day by the Mamas.

My initial expectations of my time in South Africa was to observe the work of the Mamas to learn about the work they do and potentially to improve efficiency of the 'LiveSmart' programs. We also aimed to find out about the Mamas understanding of safeguarding. As the Mamas work with many children, DWT feels it is important that they are fully trained to recognise and respond to any safeguarding concerns. As such, we aimed to deliver a presentation to refresh the Mamas knowledge of how to escalate a safeguarding concern.

On our first day we woke up early to meet with Jan, an enthusiastic DWT worker. Jaun primary job is to communicate with the Mamas and delivers essential supplies to the DWT programs when commodities run out. When we arrive in Mfuleni we were met by Mavis and Dekesto with big warm smiles. Mavis took us inside to proudly show us her Educare Centre. When we walked in the children were singing happily about keeping unhealthy snacks out of their lunch box. Through songs and play Mavis and the mamas can instil these important healthy habits from a young age.



# Dental Wellness Trust - Student Intern Report

Throughout our trip we asked the Mamas about their experiences with DWT programmes. Additionally, we noted the infection control surrounding the toothbrushes. We found many Mamas kept 'Toothbrush Boards' to maintain the cleanliness. Each child is assigned their own toothbrush with their name on it. When eleven o'clock came, all of the children rushed in a line to brush their teeth with big smiles. All the children seemed very proud to be a part of a DWT programme. We were able to host a conference with the generous help of Dr Clifford Yudelman and his partners at OptiSmile Dental Clinic.

21 Mamas and teachers from the DWT programmes attended. During the day, the interns delivered talks on PPE, running a successful LiveSmart program and safeguarding. Prior to the talk on safeguarding, the Mamas and teachers understanding of 'safeguarding' was assessed. Twenty-one participants filled in the questionnaire. The main limitation of this research questionnaire was the language barrier. Of the 21 participants, 57% had been directly involved in a safeguarding issue and over 85.7% felt comfortable and confident to deal with a safeguarding issue. 52.3% participants had a good understanding of confidentiality and the need to bypass this if the person in question is in danger.

In conclusion, the Mamas and teachers are well trained to deal with safeguarding issues that involve the children in their care. For completeness, a further questionnaire should be undertaken to assess the participants understanding of safeguarding at three-month intervals to ensure a good quality of safeguarding is maintained.

During our work with the Educare centers and in primary schools, we noted the diet choices of the children in the townships. The average lunchbox contained multiple cariogenic foods and snacks that were high in sugar. This is indicative of the poor diet education of the parents that were providing the snacks. In addition to education, there may be other barriers to healthy food choices such as cost.

This highlights the importance of the work the DWT is doing by educating on topics such as diet. The work of the DWT is being successful in changing hearts and minds. This is evident when comparing the attitudes of adults and children within the townships. The adults that presented to mobile clinics had little regard for healthy tooth tissue and were quick to suggest extraction when other more conservative treatment could be appropriate. However, when visiting the children, they sang songs about the importance of brushing teeth and showed a good knowledge of healthy diet despite the contents of their lunchbox. This observation is encouraging.



# Dental Wellness Trust - Fundraising Bike Ride

**Jay and James are 4th year Dental students in Leeds and decided to challenge themselves in riding from Leeds to St Ives, all to raise money of The Dental Wellness Trust**

## Day 1 Leeds- Nottingham

We set off at 9am and the weather was not on our side for the whole day. We also had some navigation issues. The maps application we were using took us down some public footpaths with bad terrain for our road bikes. This means that this cycle lasted till about 7pm and gifted us with our first puncture, luckily Halfords were great help. We also had a few teething problems today getting used to our cleats on our pedals which gave us some falls. We stayed at an air BnB in Nottingham and was well looked after

## Day 2 Nottingham- Lichfield

Unfortunately, the weather got even worse today but luckily, we were going down dual carriage ways today making it a smoother ride. We got another puncture but this time on a dual carriage way with nowhere to stop. Luckily, we found a little canal just off the road where we could take shelter and repair. This meant we were unable to meet our target of Birmingham and we had to stay over in a Holiday Inn at Lichfield.

## Day 3 Lichfield- Birmingham

Luckily the rain dried up today but today's problems consisted of Jay getting a new bike and James sorting his recurrent puncture problem. As we made it to the city of Birmingham, there was plenty of bike shops around to help sort these problems. This took up the whole day and we had to stay in Birmingham. Now a whole day behind target, we found a friendly hostel to stay in.

## Day 4 Birmingham- Tewkesbury

We set off today with a return of the torrential rain. We didn't want this to stop us though, so we powered through and managed to make it to Tewkesbury. This day consisted of James getting another puncture and coming to the realisation there was a bigger problem with the

bike than just the tyers. There were faulty brakes, bent rims and the gears were out of line due to some of the falls. The main issue was the brakes spontaneously touching the wheel giving added resistance when cycling to add to the challenge.

## Day 5 Tewkesbury- Bristol

Today began with getting on our bikes and realising they had both had punctures overnight, probably due to the weather conditions when cycling the last stretch the evening before. Getting these fixed took time and so today we only made it to Bristol. We found a nice hostel and stayed in here for the night.

## Day 6 Bristol- Newquay

Today we came to the realisation that a lot of time and money was going in to our bike repairs that we didn't have. It was a tough day going from one bike shop to the next. Each one telling us that the bikes, being second hand, would not safely make it past the hills to Cornwall. We had to come to a compromise based on our safety which was difficult to do. We decided to sell the bikes on, dedicate this money to the charity and make up for the rest of the journey with a 33-mile walk. We got a bus to Newquay and rested for the final challenge the next day.

## Day 7- Newquay- St Ives

Finally, today gave us some sun and we set off very early to begin our walk. It was a long day from 8am- midnight we walked. Literally relentless walking with breaks every 3 hours to ensure we reached our destination before midnight. Once we arrived, we were exhausted, could barely talk and rested into the next day, unable to walk for the next few days.



# Dental Wellness Trust - School Toothbrushing Supervisor



Good evening, my name is Alison Gellman and I have been working for the Dental Wellness Trust since August.

My main area of responsibility is to visit our participating schools in the UK programme. Within my role, I supply them with tooth brushes, toothpaste, plates and spit buckets (if required). I speak to and support the staff as well as engaging with and watching the children brush their teeth. I am in the process of building relationships with all our schools.

Over the coming year, my objective is to introduce a way of measuring success and how to move the interaction with the schools forward into the wider community. We are also looking towards our own accreditation award for the schools.

Having had a teaching career spanning 26 years, it is an incredible privilege to see the work done by our participating schools and the dedication of the staff who maintain the LiveSmart programme every day for the welfare and education of their students. These children, who are in the greatest need of our help, are engaged and enthusiastic about their own dental hygiene, even from the age of two or three. It is a great pleasure that some of those people are with us tonight and please do speak to them if you get a chance.

This work could not be possible without the donations of our supporters. It may seem unbelievable to us but some of these children do not have their own tooth brush at home and many have never seen a dentist.

We have a responsibility to help and educate these children and their families in one of their most basic human rights. Together with your help so far we are reaching over 2000 children in 25 schools and nurseries and 10 childminder settings across London and Luton.

Our aim is to expand this number in the coming year with the programme rolling out in Brent and Camden as well as a long list of other schools from around the South East of England who are waiting to get involved. We are also looking at partnership schools where schools in more privileged areas can work with our schools in supporting their needs.

I look forward to reporting back next year on our successes with existing and new participants.





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





# Dental Wellness Trust - LiveSmart South Africa Research Day 05/11/19 Diary Entry

Today we went to the township of Mfuleni which is 1 hour away from Cape Town. We undertook the research study to screen 500 children in programme over 3 days. This is a collaboration with the university of the western cape and the DMG Company from Hamburg germany. We have screen about 160 children today.

I spoke to Dr Rob Barrie about a joint initiative to fund a mobile dental unit to continue our outreach work. Dr Barrie was very impressed with the Dental Wellness Trust oral health programmes and our outreach to the community to help the children attain dental health.

Today we worked on two schools. We worked in the computer room as there was no other space. We saw children with debilitating levels of pain and decay and children who had been suffering in pain with large swellings and abscesses in their mouth. We also saw the good that the varnish programme is doing and how it is benefiting the children by reducing tooth decay. I saw the devastating a small effect of eating sweets especially the sour sweets that stay tucked into the mouth for several hours. These sweets cause severe decay and the tooth starts to decompose in a seven year old who has only had their permanent teeth for 1 year.

After we screened 160 kids today we held a meeting with our toothbrush mamas and handed out their certificates of training for the year. The mamas are trained in safeguarding kids, how to use protective clothing such as gloves and masks and also on how to help the children further with their brushing programmes.

Then I went to the house of a boy siphosethu age 10 who had been run over and died. We saw the street where he died and went to pay a visit to his mother and aunt in their tin hut in Khayalitcha which is one of the most dangerous townships. I hD to go with an armed security guard to keep me safe as there are daily assaults rapes murders and femicide. It has the hugest crime rate. I went into the modest home of the mother and burst out crying before I could console the mother who had lost her dear son. Her son, Siphosethu has been attending our daily evening programme for three years and had attended each graduation party that we arranged. The mother had attended these parties for 600

children. The children in each livesmart groups undertook a cultural traditional dance and it was a very joyous occasion. At the end of each party, the 600 children were given food and drink and a dental wellness trust T-shirt and bag. The dental wellness trust had arranged special transport for the children to bring them safely to the school and get them safely home.

How do you console a parent who has lost their child age 10? I spoke to the mom about her wonderful son and that we would keep his memory alive by setting up a siphosethu award for the child who was the most dedicated on attending our LiveSmart and helping to improve their oral health. My own son age 15 months was run over by a truck and miraculously survived. It was very traumatic for me.

I expressed my condolences and made my way back with our secure guard Jan Du Toit and our researcher Marcus.

Last thing this evening I went to buy crayons and paper to give to Mvuli who is a budding artist and has no implements. Mvuli is 10 years old and participates every evening in our LiveSmart evening oral health club. Bukiwe, her supervisor told me about her. She lives with her mother who is a drug addict and her grandfather who is an alcoholic. In December she and her sister age 8 will be sent to the eastern cape to live with an aunt as their living conditions are not safe or suitable for two young sisters. The eastern cape is the birthplace of Nelson Mandela and the traditional home of many of the Xhosa tribe.

After 8 years , it has been incredibly hard work and many challenges but when we see the happy faces of the children in our oral health programmes at the parties that we organise. It is all worthwhile and a joy to see what can be created from nothing. To date we are looking after 11500 kids in Cape Town and 2500 in london. I'm flying back to London tommorow evening after screening another 169 children tommorow evening.

**Dr Linda Greenwall**  
**Dental Wellness Trust Founder**



# Dental Wellness Trust - LiveSmart South Africa Pictures



# Dental Wellness Trust - LiveSmart Programme

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Dr Kevin Donly  
President of the Academy of  
Paediatric Dentistry  
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Dr Linda Greenwall  
Specialist in Restorative Dentistry  
Founder of The DWT  
BDS MGDs RGS MSc MRD RCS  
FFGDP FICD BEM



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



Dr Siobhan Barry  
Consultant in Paediatric Dentistry  
BDS NUI Cork. MFDS RCS Dub.  
M Paed Dent Glasgow.  
DClin Dent, FDS Paed Dent, RCPS Glasg.

email [info@dentalwellnesstrust.org](mailto:info@dentalwellnesstrust.org) tel. 020 7267 7070



## Conference Programme



8.30am Registration & trade stands

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

9.00am Miss Katherine Harley

10.30am Morning break and conference exhibition

11.00am Dr Kevin Donly

1.00pm Lunch and conference exhibition

2.00pm Dr Siobhan Barry

3.15pm Afternoon break and conference exhibition

3.45pm Dr Linda Greenwall

4.15pm Questions & Answers with all speakers  
followed by closing comments - Dr Linda Greenwall

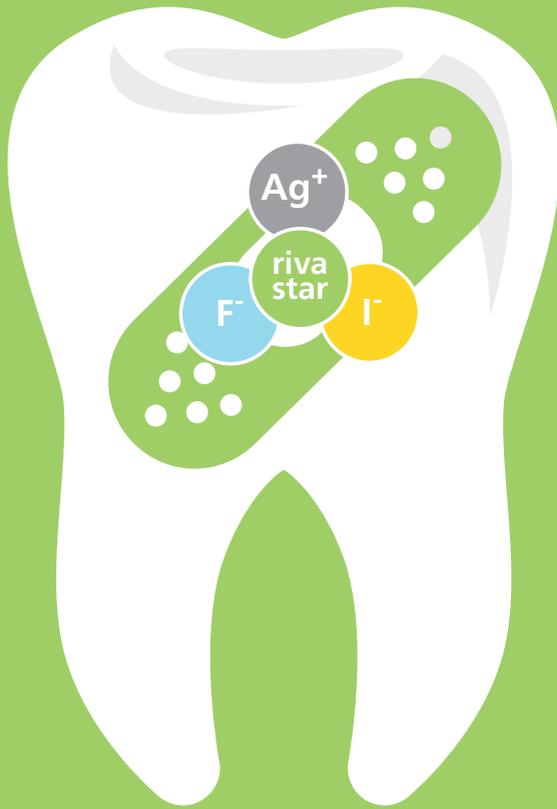
4.45 pm Dr Shiraz Khan – Supported by Colgate

5.00pm Close of conference



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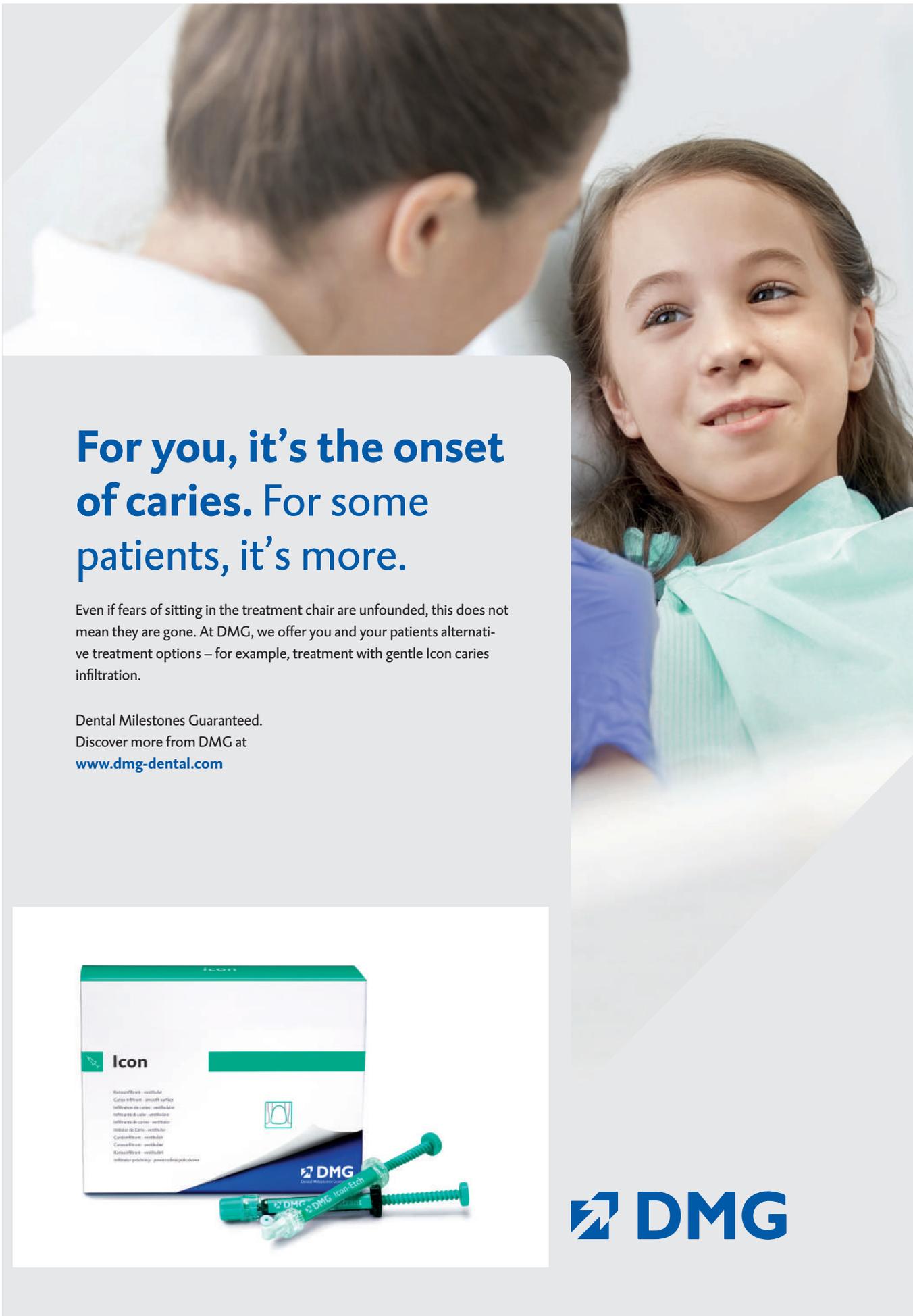


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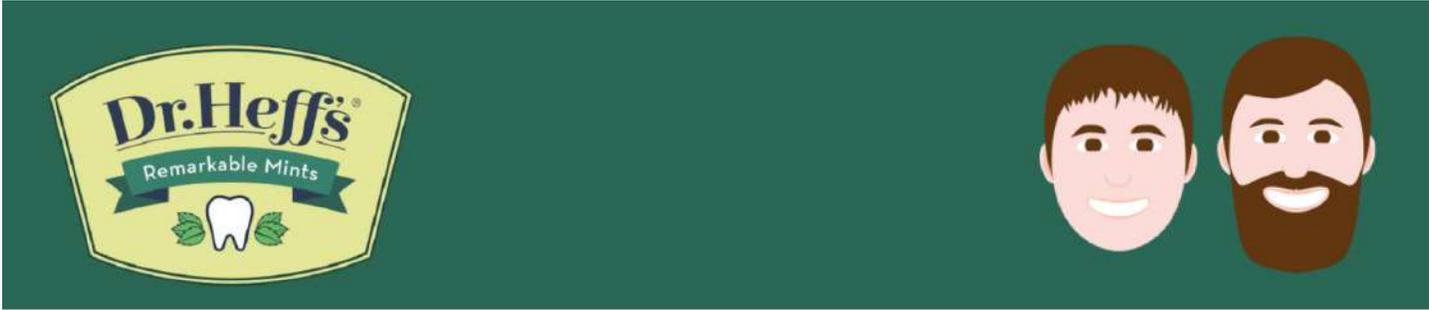
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Cricket Ground to raise money to Save Kids  
Teeth

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