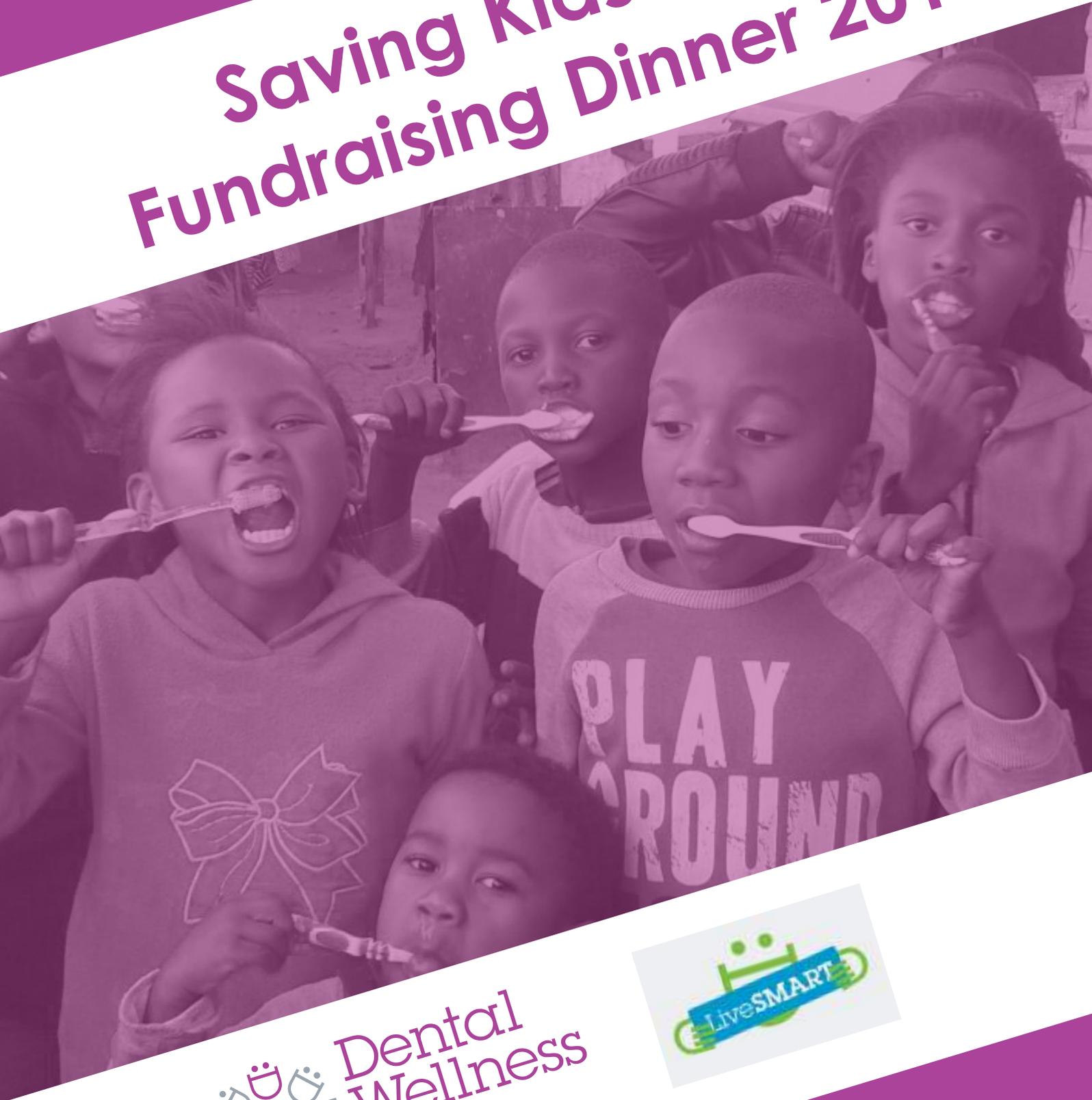


# Saving Kids Teeth Fundraising Dinner 2017



 Dental  
Wellness  
Trust



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Dr Saul Konviser BDS MSc BSc

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Dr Siobhan Anthony  
Dr Linda Greenwall

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Head of Luton Programme  
Dr Siobhan Antony Research team  
Dr Charlotte Leigh BCHD MFDS RCS  
Mitzvah Day Programme  
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Kathy John  
Anna Charnley  
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Zara Thom

## Treasurer Dr Mervyn Druian

**Accountant** Mr Lionel Deyong Scodie Deyong  
**Charity Number** 1145361  
**Company Number** 7667384

## DWT South Africa charity

PBO number company number 930050496  
Head Mrs Elna Schutte  
Dr Clifford Yudelman  
Student Liaison Cape Town  
Mr Peter Greenwall  
Research Advisor Professor  
Neil Myburgh, University of The Western Cape,  
Cape Town South Africa  
Head of the Toothbrush Mamas  
Mavis Phahlindlehla

## DWT Volunteers

Dieketso Mpelisi  
Nelwisa Tongo  
Bukiwe Msingizane  
Mavis Sibothu  
Thembisa Nzame  
Nokozula Vuso



## Master of Ceremonies

Sir Paul Beresford

## Welcome

Professor Nairn Wilson  
Linda Greenwall

## Our Speakers

Dr Kathy Harley  
Dr Raman Bedi

## Dental Wellness Trust Video

## Award Ceremony

## Dance Surprise

## After Dinner Speech

Sir Paul Beresford

## Thank you from the guests

Dr Mike Harrison

## Farewell

Dr Siobhan Anthony  
Dr Linda Greenwall

## Carriages 11pm

Silent Auction commences through the entire dinner

## Linda Greenwall Founder Dental Wellness Trust

Welcome to the 2017 Dental Wellness Trust Fundraising dinner. The Dental Wellness Trust has made tremendously strides over the last 2 years. Through a lot of hard work and special effort we are now looking after 10,000 children and the townships of South Africa.

### What we have achieved so far & Where we work?

We have provided toothbrushes, toothpaste and oral health education in the following countries

#### UK

- London
- Homeless, Crisis at Christmas for the last 4 years,
- North London Schools Oral Health Education, Oral health education for elderly in Care home and their carers
- Luton, Bedfordshire Oral Health Education for over 1000 children over the past 3 years- the Megamolars and the Saving Kids Teeth Campaign

#### Africa:

- South Africa 10000 children in schools in the poorest townships including 2000 in the evening programme LiveSmart oral Health programme. We have provided education for carers in an elderly care facility, screening programmes.
- We have created a group of 33 toothbrush mamas who help to sustain our programmes in 370 schools. They visit our schools and ensure a regular supply of soap and toothpaste. The toothbrushes are kept on a toothbrush board that the Mamas make themselves. The toothbrush board is kept at school with a cover. Each toothbrush is separated to ensure that none of the toothbrushes touches each other
- Uganda. We have worked with Chayli Fehler who has helped 500 refugees for Southern Sudan who travelled to Uganda. Chayli gave the children their first toothbrush and toothpaste. The small toothpastes were the most popular and the children were delighted to receive the knowledge on how to brush their teeth. The toothpaste was a special luxury and the prized treasure. *Chayli has made 2 trips in the past year at Christmas time and another to help 150 refugees in August 2017*
- Kenya,
- Rwanda orphanages in Kigali
- Ethiopia
- Ghana through the students at Kings. Dr Livny accompanied the students on 2 missions

#### Eastern Europe, Ukraine, Odessa, Croatia - children in orphanages

Israel and West Bank Toothbrushes were sent with the group organised by Dr Tariq Bashir who visited east Jerusalem and the children in Nablus

**Europe:** Refugees in Calais and Greece supplied tooth brushes which accompanied the REFUGEE CRISIS FOUNDATION and student Obeid Khaleid

### Good Deed toothbrushes

We have continued to give away and sell our good deed toothbrushes. To date we have given away over 16000 toothbrushes to children and adults in many countries including 10000 toothbrushes for the homeless during Crisis at Christmas over the last 4 years

Please see the website [www.good.info](http://www.good.info).



### Mitzvah Day 2016

We participated in mitzvah day and over 200 children packed up good deed toothbrushes to children in the townships and write a special personalised note to each child. The London children enjoyed the activity and this created awareness for them to learn about the importance of kindness and charity and doing good deeds. We hope to continue our participating in Mitzvah Day 2017

### We have introduced oral health programmes in the poorest townships of South Africa

### Live Smart Conference February 2017

In February 2017 we held a training conference for 160 teachers in our programme where we taught the teachers how to brush their own teeth first. We then introduced the Live smart programme and taught the teachers our handwashing and tooth brushing songs. We started off the morning with an expression of gratitude to each and every teacher and we held a women's empowerment and enrichment lecture to help them conduct and induct the important Oral health Programme into their schools. The morning started with a Jive session which everyone enthusiastically participated. This energised the group and we were ready for action.

Each teacher received the LiveSmart oral health manual to help them implement the programme in their school.

We then introduced the toothpaste plates for each of the 160 teachers and the dental wellness trust soap bottles. The key to our programmes is sustainability. This is done through daily monitoring of our programmes in schools and our evening health programmes with our toothbrush mamas.

**See Photos accompanying**



## Going forward

- Each child should have their own toothbrush
- Each child should have the knowledge of how to look after their own teeth so they can take responsibility for their oral health and their general health

We are planning to work with the Level Trust, a poverty charity who are based in Luton. There are 16000 children who are living below the poverty line in Luton and it is the Dental Wellness Trust Intention to ensure that all these children receive their very own toothbrush and toothbrush together with the education on how to brush their own teeth.

We plan to implement toothbrushing programmes into Schools in Luton as a pilot study initially and then to include more schools.

We are planning to build a dental clinic as a Dental Pod with Architects Justin Snell and Eitan Karol of Louis Karol Architects. Justin has designed a special pod which can be assembled within one week and has been also used by the UN for refugees. We plan to open a clinic in Mfuleni which is a township near Khayalitcha with 1million children without access to health care. This is why we are raising funds tonight. Please help us in our quest to help more children attain dental wellness.

## Saving Kids Teeth

We are asking questions...

Why do 46000 children in England go into hospital to have their rotten teeth extracted due to tooth decay?

What are the methods and strategies that can be implemented to help more children attain dental wellness?

Integrated health factors- How can we improve oral health and thus general health?

What is the relationship between sugar and dental health and diabetes and general health?

Why is there such an increase in Obesity and Diabetes?

What are the strategies that we need to introduce to help more children?

We have setup a conference both in 2016 and 2017 called Saving Kids Teeth to provide answers to the questions from eminent speakers all experts in their fields. We will continue to lobby for changes and create awareness of diet, sugar, oral health and oral hygiene to help more children attain and sustain their dental wellness. We want to ensure that we reduce the number of children suffering from tooth decay.

## 2018

We are planning a safeguarding conference for the teachers in our programmes

We will continue with our resrach programmes

We will continue with our awareness and information campaigns to reduce the incidence of tooth decay in children and thus Save Kids Teeth

For further information please contact

[Linda@dentalwellnesstrust.org](mailto:Linda@dentalwellnesstrust.org)

Instagram dental wellness trust | Facebook Dental wellness Trust



Nairn Wilson  
Patron



Baroness Helena Kennedy QC  
Patron

Welcome to the Dental Wellness Trust 2015 Dinner at the House of Lords on 29th October 2015.

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.



**Mervyn Druian**  
Trustee & Hon. Treasurer

Greetings and welcome to everyone at this outstanding event. As you've seen DWT is providing targeted oral health education for children. Please note the amazing work being done in the Western Cape in South Africa.

DWT is also providing oral health education programmes for the elderly, by visiting homes for the aged and teaching the people caring for them on how to manage their oral care. These are but a few of the wonderful work being done by DWT in so many different countries.

A huge thank you must go to Dr. Linda Greenwall, the DWT Committee and all those helping with this amazing charity.

Please dig deep and help us raise the funds needed for us to continue with our amazing projects.



**Peter Galgut**  
Trustee

Dear Guests

Welcome to the 2017 Saving Kids Dinner at Lords Long Room organised by the Dental Wellness Trust Charity.

This year has been a busy one for the Dental Wellness Trust. There have been great successes in the LiveSmart Oral Health Programme in Khayalitcha and Mfuleni townships outside of Cape Town. These programmes are continuing to grow. More teachers and educators in preventive dental care are being trained and more schools are becoming involved every week. The greater involvement of more teachers and other team members in the project has led to a vibrant community feeling in a group of people who are highly motivated by actually being part of the project in which they feel they are actively participating in to make a real difference to the well-being of the communities.

In the UK, the well-established LiveSmart/Mega Molars programme are flourishing and growing. Providing dental preventive care education programmes in schools in Luton. There are over 16,000 children who live below the poverty line in Luton. It is the Aim of the Dental Wellness Trust is to provide these children with a toothbrush and the education to look after their oral health.

Another very exciting project is the "Good Deed Toothbrush Project". Toothbrushes have been produced and packaged under the Dental Wellness Trust branding and are being sold on the basis of "Buy 1 Give one". In other words, for every toothbrush sold another tooth brush will be given to those participating our projects.

Thank you for attending and I hope you enjoy the evening



**Dr. Ellis Paul**  
Trustee

As a Trustee of DWT I would like to welcome you tonight. It has been proved that good oral health is a vital factor in maintaining good general health. While in the most developed countries oral health is taken for granted there are still vast areas of the world where dental health is non-existent particularly in the African sub-continent. This is largely due to lack of facilities.

The purpose of this Trust is to help these unfortunate people by providing basic needs for good oral health. With the help of the Dental Trade we provide toothbrushes, toothpaste & even soap. But they need motivation as well so through paid nurses, educationists and volunteers enrolled by us we provide toothbrushing and washing instructions.

As you can imagine these are taken up with great enthusiasm - particularly by the children.

But all this has to be paid for so I appeal to you to give generously tonight. A lot of unfortunate people will be eternally grateful to you.

I hope you will have a most enjoyable evening



**Dr. Alon Livny**  
Head of Research

During the last year, I had the privilege to work for the DWT and highlight its projects in several occasions.

In March 2015 I attended the annual meeting of the International Association for Dental Research (IADR) in Boston. I also presented this project in front of the "Alliance for Oral Health Across Borders", a coalition of more than thirty dental schools from many countries around the world.

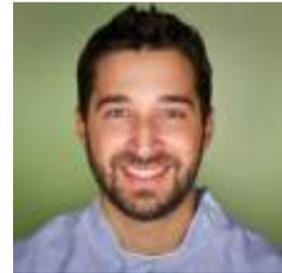
The DWT and its projects in Cape Town were chosen to be one of the centres in which the alliance will focus on, by sending dental students and faculty to learn and also participate in oral health promotion activities.



הפקולטה לרפואת שיניים  
FACULTY OF DENTAL MEDICINE

המחלקה לרפואת שיניים קהילתית  
DEPARTMENT OF COMMUNITY DENTISTRY

בית הספר לרפואת שיניים של האוניברסיטה העברית והדסה מיסודה של אחוות אלפא אומגה  
THE HEBREW UNIVERSITY-HADASSAH SCHOOL OF DENTAL MEDICINE FOUNDED BY THE ALPHA OMEGA FRATERNITY



**Saul Konviser**  
Trustee

In just a few short years, Linda has taken the Dental Wellness Trust to great heights, helping to change and improve the lives of thousands of children every day, both in the UK and abroad.

With over 10,000 children now accessing services developed by the Dental Wellness Trust, we are only just beginning as there is still so much more to do. We know that the level of dental need in children in the UK and overseas is still shockingly high and we are all here tonight because we want to do something. We all want to try and make a difference and help address these issues because as we know, it can almost all be prevented.

One of our main areas of work in the UK is in Luton, where the level of child poverty is alarmingly high. In fact, it is thought that around 16,000 children in Luton are living in poverty. There is a huge socio-economic divide and of course this impacts on child dental health and ultimately can affect their general health. We are therefore currently working closely with a number of schools, charities and local agencies to try and address these needs. As a small start, we have pledged to source at least 16,000 toothbrushes for each of these children but of course this is never going to be enough, so we need your continued support.

Be it through our oral health education and packs, supervised toothbrushing programmes or fissure sealant studies, every bit helps and through your support, all of this is made possible. You can lend the Dental Wellness Trust your support not just through your attendance tonight but in the months and years ahead as we continue to grow and tackle to oral health challenges our society faces. Volunteering your time on our programmes and professional expertise on how to grow are just a couple of other ways way in which you can help and I assure you it really does make a huge difference.

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.



**Siobhan Anthony**  
Trustee

Dear All,

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 for me personally to see how the charity has grown and evolved over the last few years. From when I started as an elective student, progressing through the research team and then this year Linda gave me a great honour in inviting me to become a Trustee.

This year has been a good year for the research team, we have just recently completed the final data capture for our 3 year Fissure Sealant Study and we hope to publish the reports from this in the new year. We have had an amazing research team from Holland who carried out “active participation research” which was very highly regarded and the results of were presented to the Dutch Government and also published in the Danish equivalent of the BDJ. Our elective students have proved vital for not only our on-going research but also monitoring and improving the Live Smart program.

We have had great support from the industry and as such have secured funding for a new fluoride study which will commence in February 2018. In addition, we are hoping to launch a silver nitrate / Glass ionomer study in 2018.

All of this would not be possible without the work of our 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!



This is Dr Siobhan Anthony helping the children in the LiveSmart Evening Health Programme graduation party held October 2017 at Nyameko School in Mfuleni.

## Our Research

Research is an integral part of our care and service to Global communities so that we are constantly measuring the impact that our programmes are delivering

We have the following current research programme that are in progress

1. LiveSmart Toothbrushing Programme- presented at IADR Cape Town 2014 Quantitative and Qualitative Dr Greenwall, Dr Livny supported by Colgate South Africa in collaborations with the University of the Western Cape
2. Elderly Research Programme Presented IADR Boston 2015
3. Fissure Sealant study Supported by a grant from DMG Germany
4. Questionnaires to the Mamas Dr Wright and Vasquez
5. Fluoride Varnish Pilot Jack McSweeney, Katy John Kings Dental School Olivia Mills, Anna Churnley, Zara Thom- Manchester Dental School
6. Fluoride Varnish Study To Commence February 2018 supported by a grant from DMG Germany

Thank you to Dr Susanne Effenberger Head of Clinical Research DMG Germany for her support and guidance with the research studies. Thanks also to Dr Michael Wight from Cologne Germany, Dr Easter Joury from Kings College Dental institute, Dr Alon Livny Hadassah school of Dental Medicine.



UNIVERSITY of the WESTERN CAPE





This photo shows Dr Emilio Vasquez, Mrs Dieketson Mpelesi, Mrs Nokozula Vusa and Dr Harriet Wright undertaking the research programme with the toothbrush mamas to measure the impact of their work.



## Dr Emilio Vasquez

Emilio has worked with the Dental Wellness Trust since 2015 on a variety of projects. Last year he volunteered in Cape Town and saw first-hand the benefits of the LiveSmart program. His latest focus is to involve students with the charity and to organise elective trips to Africa."



## Hattie Wright

I am a foundation dentist working in a practice in Wembley. I first got involved with the Dental Wellness Trust in my 4th year of dental school and did my elective with the charity in 2016 in Cape Town and was able to see first hand the fantastic work the charity does. During university I participated in the Live Smart programme in Luton teaching toothbrushing and the importance of oral health. I am currently part of the research team planning a fluoride varnish study, which will commence in February 2017.

## King's College London

5th Year Elective to the townships of Cape Town  
by Karolyn John

Every year between July and August Dental students from across the UK participate in final year Dental electives. After having been introduced to Dr Linda Greenwall of the Dental Wellness Trust by fellow dental student Jack McSweeney, I decided to organise a trip to Cape Town, South Africa to play a part supporting the DWT program. We started by counting and sorting over 2000 toothbrushes and tubes of toothpaste, floss harps etc. donated by various UK companies at Dr Greenwall's home in London to get them ready for transport to South Africa in our luggage. Then we enthusiastically embarked on our three week round trip.

We arrived in Cape Town on the 29th of July after a marathon 20 hour flight via Doha, Qatar. The next morning we held a seminar in Mfuleni township with all the volunteer mamas in order to introduce ourselves and discuss their feedback on how the project has been going so far.

We used the session to introduce them to fluoride varnish explaining its benefits and use as the DWT is planning to start twice yearly fluoride applications to the children's teeth starting in February. We demonstrated its application on cast models explaining indications and contraindications.

The following day we started the program and quickly got into the routine of driving from our AirBnB in Seapoint to the townships of Mfuleni and Khayelitsha collecting the toothbrush-mamas in our car and transporting them to their respective Educare and schools. Over the 2 weeks, we managed to visit over 20 schools and nurseries and distributed over 1000 toothbrushes to children who had previously never owned one.

We closely supervised the "Mama's" sessions and helped the children with their hand washing and brushing techniques. We also made a note of the state of the brushes and decided whether they needed replacing or not. The people living in the townships suffer extreme hardship and poverty at a level which we in the UK can hardly comprehend. They use water and soap sparingly as it is seen as a luxury so they dilute their hand soap heavily to make it last.



One of the schools we visited was called Itsitsa primary school and is located in the township of Mfuleni. On thousand eight hundred children attend and receive daily visits from the volunteer women for oral hygiene instruction. Sadly there are not enough volunteers to reach all the children. Initially, only 4 classes were being targeted but by the end of our trip we managed to get 12 classes (with approximately 48 children per class) involved by spreading the word and recruiting parents from the local township as volunteers.

It was extremely challenging logistically to ensure there were enough tooth brushes for everyone. With about 500 children brushing at the same time, monitoring their technique was initially quite a task! However their abundant enthusiasm and happy disposition made the entire operation a thoroughly pleasant experience. Bearing in mind the plan to start a supervised fluoride varnish application program in February at Itsitsa, our main aim was to get the children's oral hygiene and brushing technique to a satisfactory standard in order to make the fluoride application more successful. The children greeted us with beaming smiles every morning, surrounding us with outstretched hands for high fives and their unique style of handshake, before eagerly waiting in line for their toothbrushes to be handed out by the volunteers.

On day seven a stock take and reorganisation of the DWT's vast supplies of donations became necessary. The inventory amounted to over 10,000 toothbrushes and tubes of toothpaste, kindly stored in a garage owned by Linda Greenwall's mother, Shirley; certainly enough to keep things ticking over for a while.

We bought new clean and hygienic basins with which the children could wash their hands and toothbrushes. We stocked up on hand soap for the children to use and cleaned the washroom facilities at Itsitsa school to ensure a clean and safe place for the children's use.

Our first week had now come to an end and we looked forward to a few days of sight-seeing around the awe inspiring scenery and landscape of the cape.

Towards the end of our third week in South Africa, we welcomed three new students from the University of Manchester Dental School; Olivia Mills, Zara Thom and Anna Charnley. Our experience enabled us to quickly get them up to speed. We showed them around the Educare and schools and introduced them to the local volunteers, learners and parents explaining the daily routine of picking them up and driving them to the various destinations. Our last day came all too soon and it was our time to leave. After emotional hugs and farewells from the children and the mamas we boarded our flight back to UK taking a lot of very happy memories with us.



### Challenges still faced:

The success of the program depends on the toothbrush volunteers and their involvement at the schools. They all live scattered throughout the townships (with almost 1 million inhabitants) and have no one to drive them to and from the Educare and schools. They either have to walk for miles or pay for transport - not an option as they have very little income. Without the aid of charities like the Dental Wellness Trust they would face an almost impossible task. There are thousands of children throughout the townships still without toothbrushes and unable to brush their teeth. There are not enough volunteers to help and support the project as unemployment and poverty are huge problems. Recruiting volunteers when there is no financial incentive is extremely difficult. We are looking in future to try to set up a South African government program which may be able to help fund the program or provide the volunteers with official training and certificates which in turn could improve their chances of employment.

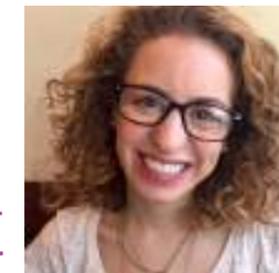




**Obaid Khalid**  
5th year dental student, KCL

Earlier this year, I had a great opportunity to help refugees in Athens, Greece with the generous support and donations from Dental Wellness Trust. I worked with a dental team from Refugee Crisis Foundation in a refugee community centre where we carried out emergency dental treatment (including fillings, and extractions) for a week.

Thanks to the kind donations of DWT, we were able to deliver oral hygiene aids (toothbrushes and toothpaste) as well as oral hygiene & diet workshops to around 300 children inside a refugee camp in Athens. This camp contained thousands of refugees, mainly Syrians fleeing from their war-torn country. They truly appreciated the support that they received, whether it was through monetary donations, active voluntary work or even just general prayers.



**Charlotte Leigh**  
Committee Member

I am very proud to be part of such a phenomenal charity and have the opportunity to make a difference. The Dental Wellness Trust has continued to change the lives of the communities we work with on a daily basis and hope that this year we can only continue to expand and prosper.

Tooth decay continues to be the common reason children are admitted to hospital, a disease which is entirely preventable. 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. 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, which were gratefully received. 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.

Dr Charlotte Leigh Mitzvah Day

The children in London Dr Charlotte Leigh helped the children participate in Mizvah day



13. Manchester Interns report

## Elective to the townships of Cape Town by Jack McSweeney

Ubuntu is a Xhosa word literally meaning "I am because we are". It is a phrase I had never heard previously, but a phrase I saw and heard often in South Africa. During my elective I saw a sign that read "Ubuntu: Xhosa for human kindness" and it hit me how often I saw human kindness on a daily basis. Reflecting on my 3 weeks in South Africa, the kindness of the "Mamas" and everyone I met is largely what made the elective such a great experience.



Me and the children who are part of the Livesmart programme after a toothbrushing session.

When I first arrived in South Africa I was struck by the stark contrast between the rich and the poor. Those living in the affluent areas of Cape Town, such as Seapoint I found to be living in a similar standard as the U.K. However, a short travel into the townships, the population live in poverty.

The DWT focuses on promoting oral health through health education and dental care programmes for both children and the elderly. The charity currently has a project running in Khayelitsha, a township in Cape Town, called LiveSmart which aims to teach the children the importance of brushing their teeth, washing their hands and eating and drinking healthily. 10 000 children participate in the LiveSmart programme after school, which help



thousands of children to establish and maintain good oral hygiene by providing the resources (toothbrushes, toothpaste etc) and also oral health education. In schools the programme is run by teachers and in after school locations the programme is run by the "Mamas", trained local volunteers.

Me, the other interns and the mamas enjoying a Braai on the last day.

There is no current Fluoride Varnish project in the LiveSmart programme yet; the prevalence of caries among children 6 years of age in the Western Cape is 82.3% (Department of Health, 2003). A number of systematic reviews conclude that applications two or more times a year produce a mean reduction in caries increment of 37% in the primary dentition and 43% in the permanent dentition. Evidence has also been produced which supports the fact that varnish application can also arrest existing lesions on the smooth surfaces of primary teeth (Cochrane Database of Systematic Reviews, 2013).

## My aims over my elective period with the charity were:

To evaluate the opinion of "mamas" on the effectiveness of the supervised toothbrushing programme on improving the child's oral hygiene.

To improve the effectiveness of the oral hygiene programme.

To introduce a Fluoride varnish regimen to the Mamas, in preparation for the study in February. Educate the mamas on the risks, benefits and methods in applying fluoride varnish.

I have written up a full report on this project.

All three aims were achieved. We sought the "Mamas" opinions, one of



The Mamas hard at work implementing the toothbrushing programme.



Me and Mavis cleaning the bathrooms at one of the schools so the children would have a hygienic place to brush their teeth.



Me showing the children how to brush their teeth.

which is that there is a particular school which we wanted to target as they were no longer participating in the programme. This was a state “poverty alleviation” funded school in Mfuleni, a township in Cape Town. This school had 1800 children of primary school age. The teachers needed training by the 6 DWT volunteers but a number of issues needed to be addressed such as transport and logistics on the day. This was amended and at the end of the elective period we ensured that the Mamas were able to arrive every day to fulfil their duties and also that the programme was running smoothly. It was a truly rewarding experience to see effort in planning and logistics making a real impact on people’s lives.



The Dental Wellness Trust plate. This allows hygienic delivery of the toothpaste to the children

We also educated the mamas of the plans in place for the up and coming fluoride varnish study in February. This included a seminar to educate all the Mamas about Fluoride Varnish.

English isn’t often spoken in the townships, as the primary language is Xhosa. This presented a number of issues when trying to teach oral hygiene advice to the children, this was overcome by one of the volunteers translating.

The kindness of the Mamas will be something I will hold very dear to me.

Prevalence of caries in the Western Cape among 6 year olds is 82.3%. A substantial part of my elective comprised of working with the Dental Wellness Trust in helping implement their tooth brushing regimen and to lay the groundwork for their future Fluoride Varnish study. All of my aims were achieved during this project. Also during my time in SA I observed an outreach centre where I observed an experienced dentist extract 80 teeth in a single morning – a lot of handy tips were picked up! In contrast to this, I also visited a private implant centre in Seapoint – again, a lot of handy tips but vastly different conditions to the community clinic. Aside from this in my spare time I did much sight-seeing – this included whale watching, Vineyards tours, watching a Currie Cup rugby match, climbing up Lions head and visiting Cape Point – all absolutely spectacular!



These are the children in our LiveSmart Toothbrushing evening clubs. The children gather at the home of the supervisor each night to wash their hands and brush their teeth and to learn about personal safety. There is no running water and no shelter and the children brush their teeth and wash their hands outside each evening.

We are planning to buy a tent when it rains so that the children can continue to brush their teeth and wash their hands



These are the amazing Toothbrush Mamas who volunteer with the Dental Wellness Trust everyday delivering Oral Health to 10 000 children in our LiveSmart Oral Health programmes in 370 schools in the townships of Cape Town



## Our Hardworking Dental Wellness Trust Committee



### Back Row L-R

Dr Harriet Wright, Dr Emilio Vaszquez, Dr Neelam Rathod, Dr Milad Shadrooth, Dr Saul Konviser, Dr Peter Galgut

### Front Row L-R

Dr Siobhan Anthony, Dr Linda Greenwall, Dr Charlotte Leigh



Dr Harriet Wright and Dr Emilio Vazquez exploring Cape Town



This photo is of our dental hygiene trainer Ms Diane Rochford and Ms Mavis phalindlehla in traditional dress.



Dr Jenny Gallagher our excellent speaker with Dr Linda Greenwall



Dr Yasmin George and DR Zaki Kanaan at the BACD conference Edinburgh 2016



Interviews with the Mamas to measure the impact of our training



Oral Health education programmes at a school in North London

The DWT had a stand at the BACD conference in Edinburgh last year as they were the 2016 BACD chosen Charity. Through the fundraising efforts of Dr Bertie Napier, Past president of the BACD, over 7500 pounds was raised. Thank you for the special efforts that they made to help the DWT.



Domenique Napier, Tom Hayes Powell, Joseph Greenwall Cohen, Dr Siobhan Anthony



Last years Saving Kids teeth Conference with Sponsors SDI preparations underway with Emma Retig and Jayne Cahill



Dr Siobhan Anthony getting ready



Dr Linda Greenwall, Dr Siobhan Anthony, Mr Joseph Greenwall Cohen





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.



## 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

Saving Kids Teeth put the logo

Live Smart insert the logo

MegaMolars insert the logo





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May 2017

Dear DWT:

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Gary Charlestein, Chairman  
Premier Dental Products Company

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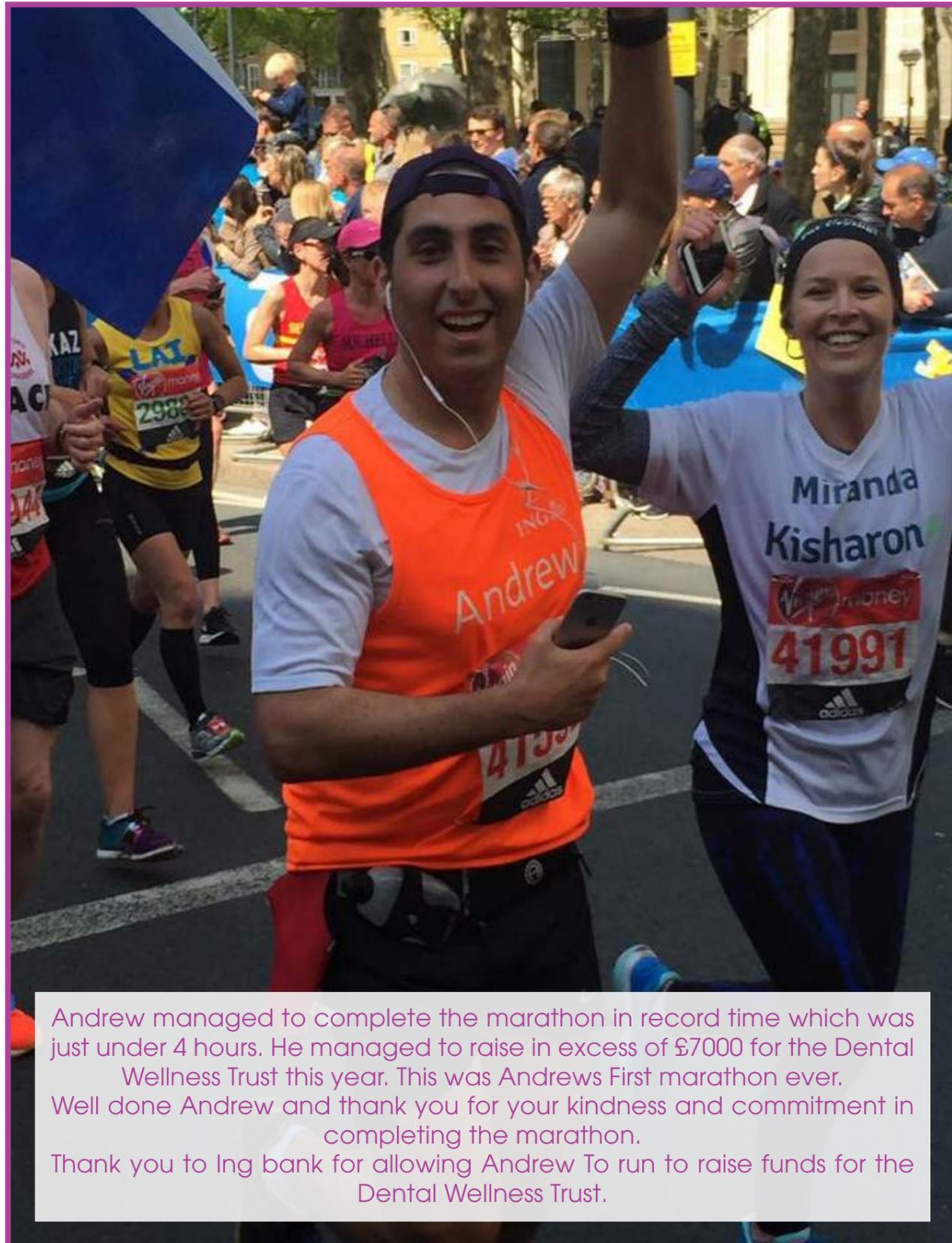
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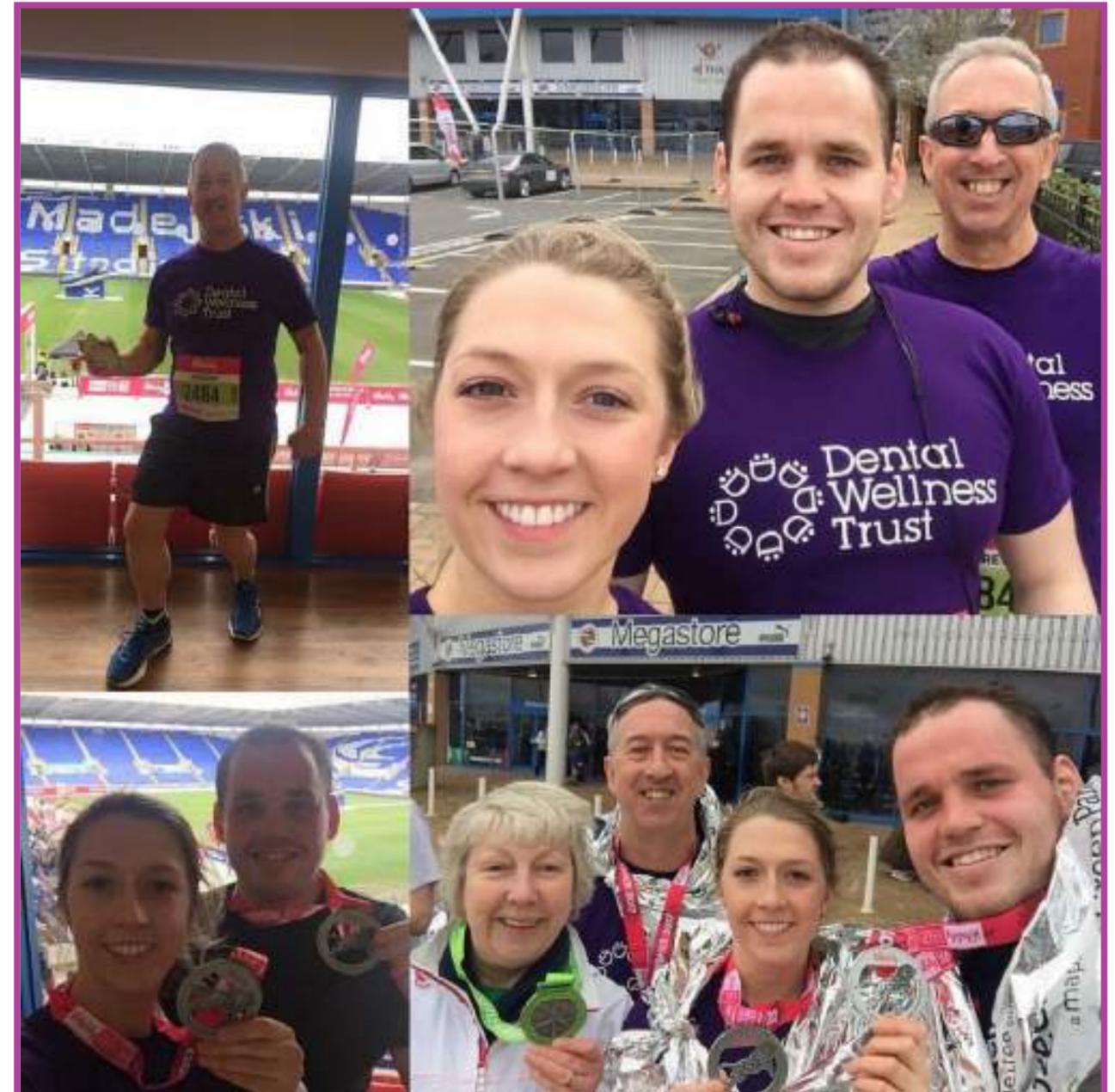
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1-2 Data on file.



Andrew managed to complete the marathon in record time which was just under 4 hours. He managed to raise in excess of £7000 for the Dental Wellness Trust this year. This was Andrews First marathon ever. Well done Andrew and thank you for your kindness and commitment in completing the marathon. Thank you to Ing bank for allowing Andrew To run to raise funds for the Dental Wellness Trust.

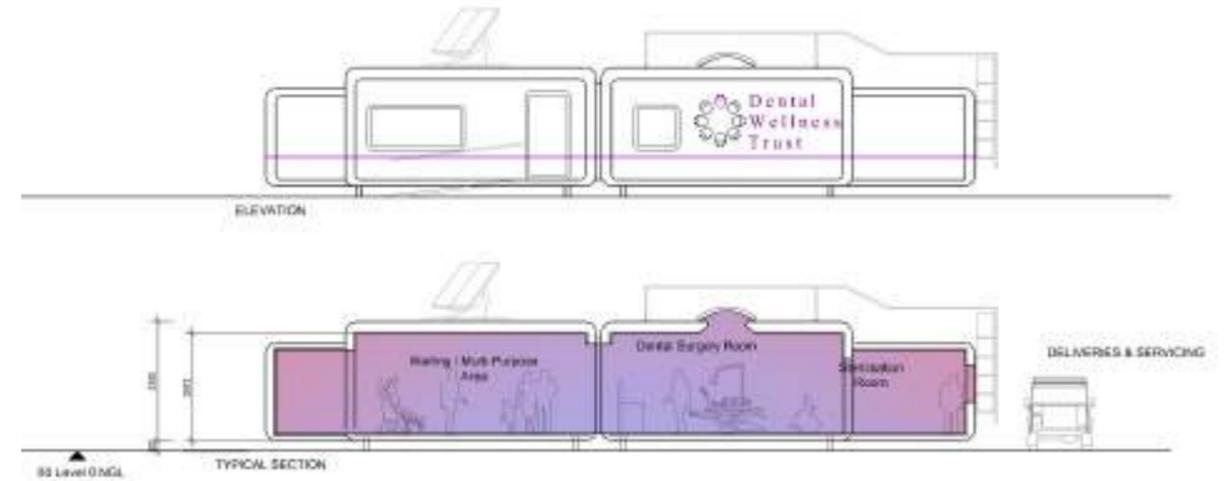
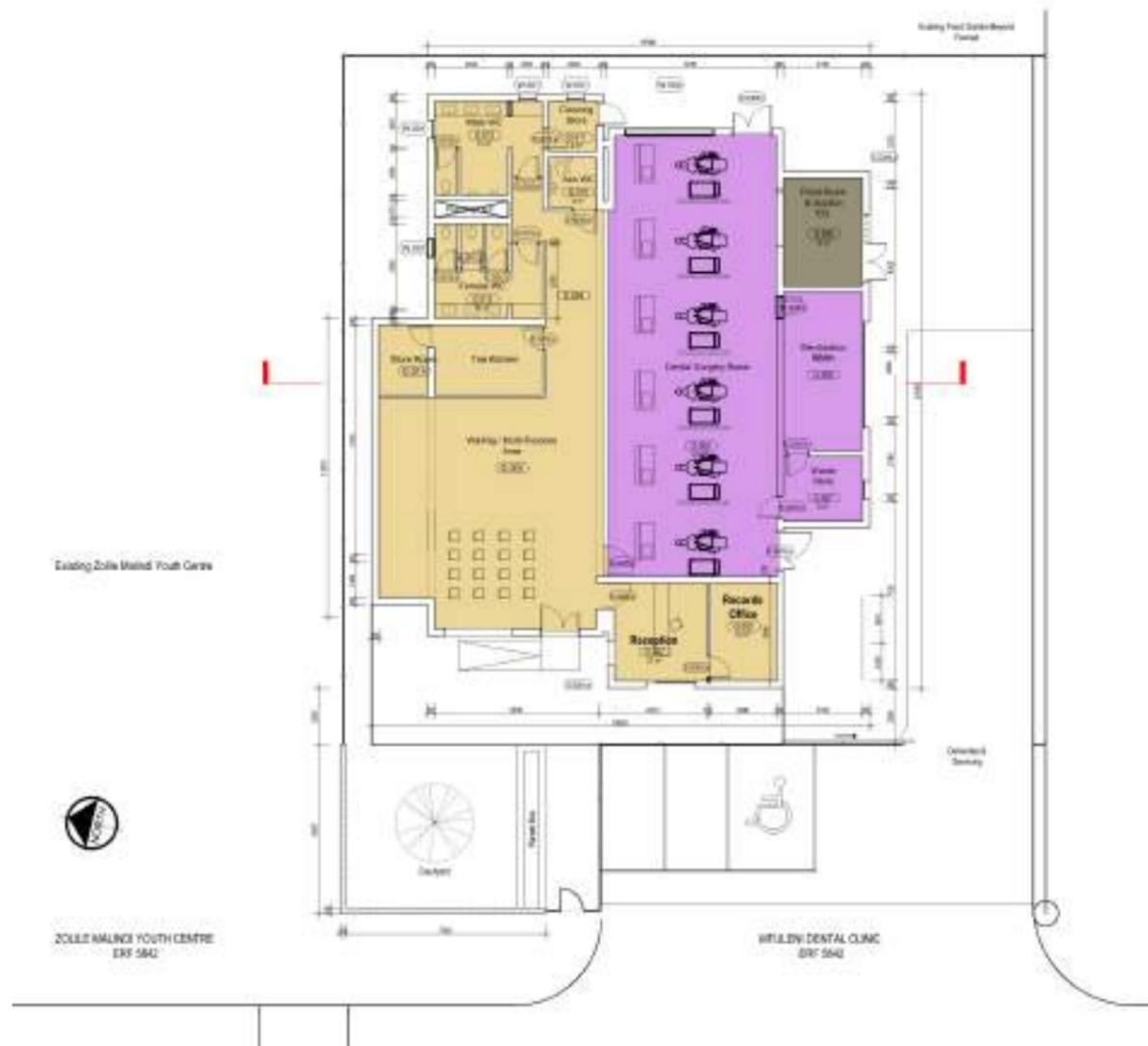


This is Mary Jayne Thompson a third year dental student, now dentist qualified from Bristol Dental School. She managed to complete 3 marathons in Reading to raise funds for the Dental Wellness trust. It was a family effort and a special effort to run after the sudden passing of her grandfather. We thank Mary Jane Thompson for her special effort and her kindness and generosity on devoting the time to the Dental Wellness Trust.

- 15. Mark Lubner= needs to have a summary
- 16. Rachel please email his pa to ask if we can use it again

17. Ask Louis Karol to write a brief summary of their design for the new dental clinic and take an advert probono

18. Helen Lieberman, brief summary



### Bukiwe, DWT Supervisor

The Dental wellness trust has played a big role in many lives in different communities of Khayelitsha, it educates them in hygiene and toothbrushing

Parents are also happy with the program they said it helps their children a lot, their wish is to see the program going further helping kids in other areas

Kids are now happy because they have something that keep them busy. We also extended the program by creating life groups

They benefit a lot from the program, they are safe from many unsafe things that happening in the communities

### Toothbrush Mama Nokozula

I like the programme because it helps children know the importance of brushing their teeth, it also help them to have a healthy life style because when you don't brush your teeth you get germs so it protect them from getting diseases.

#### What improvement?

I have seen that the children are now happy and strong and they are very excited.

#### Benefits?

They benefit toothpaste, toothbrush, and soap and they are happy because they do not have to spend money to buy these things again

### Dieketso Mpelisi:

My side I really appreciate dwt because it is very important in my life now i know about oral health and the toothbrushing as well and i like to teach the children's and teachers and the say this program is very important because now the children's was nice smaling and health teeth so I want to say thank you very much dental wellness trust to give me knowledge and I promise you dr I do everything to make sure to dental wellness trust going up so many many thanks from bottom of my heart

### Neliswa, DWT Supervisor

Hello Doc, children you are very happy and healthy because before I don't know what a brushed with out water but now I really understand what is going on I appreciate the program thanks Dental Wellness Trust

### Thembisa Nzame

hlw doc, I like dental wellness trust because it gives children an opportunity to know how to brush their tooth regularly.

Those children who can't afford to buy Colgate and brushes now have a chance to brush their teeth regularly. This program helps teachers because some children come to school without brushing their teeth. children now know how to brush their teeth even without water and they are spreading the news of dental wellness trust to other kids to be involved.

Children now have healthy teeth and smiling with confidence, thanks to dental wellness. Thumbs up to you doc

The supervisors are visiting a new school itsitsa school where the programme has been implemented for 2000 kids.

We focus on the youngest classes first before they go home each day.



21. Quotes from  
the trustees

22. The story so far and ongoing projects

 HENRY SCHEIN® in conjunction with  
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 Campaign proudly supports  
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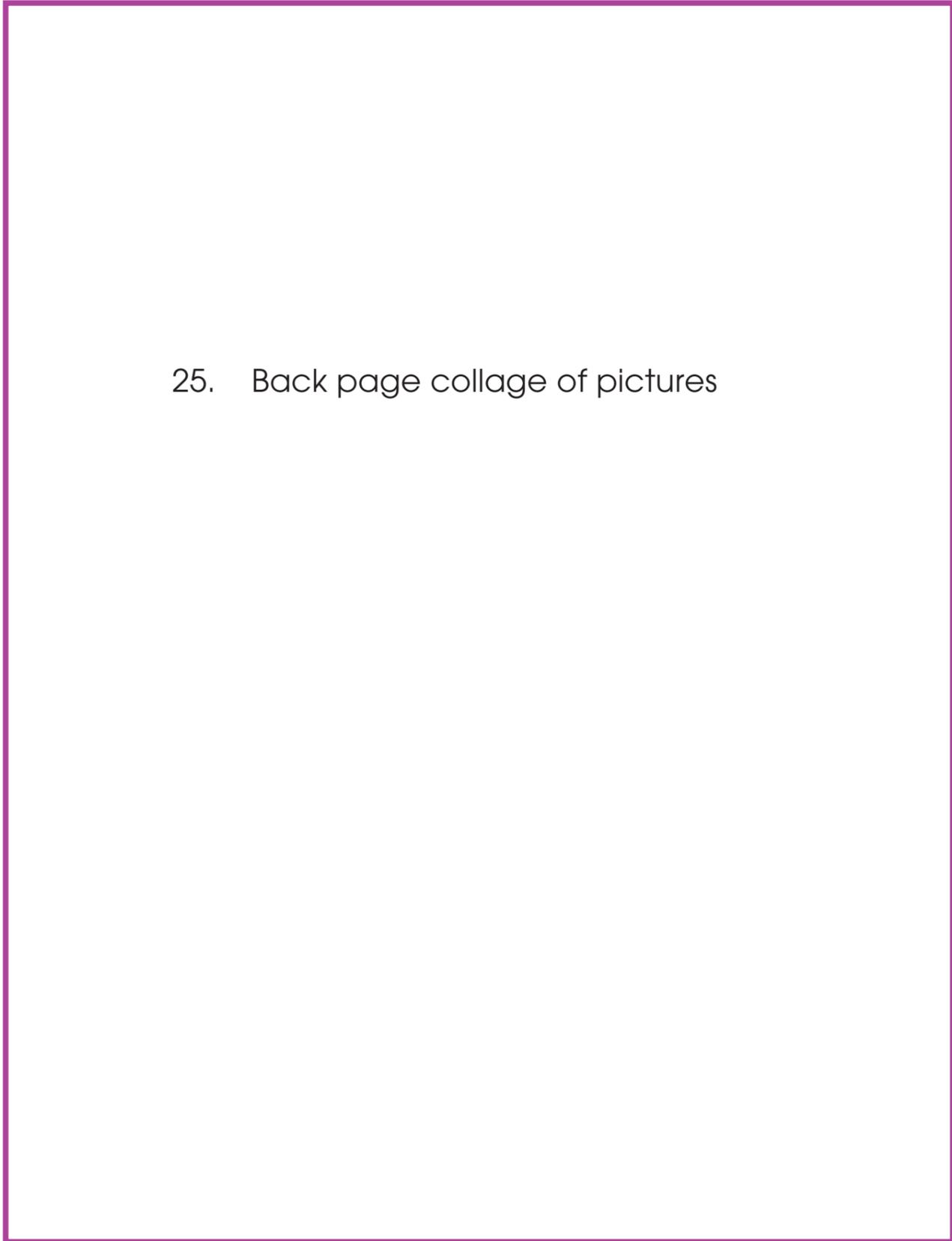


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24. Also to thanks  
 Disney and Lipsy for  
 the donation of items  
 for the auction



25. Back page collage of pictures



Dinner adverts

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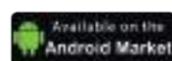


The new **Philips Sonicare For Kids connected power toothbrush** and interactive coaching app work together to help motivate children to brush independently

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\* In a 2015 survey of 53 US parents.  
App is compatible with iPad 4\* or newer. Versions of the app for iPhone and Android platforms are currently in development.  
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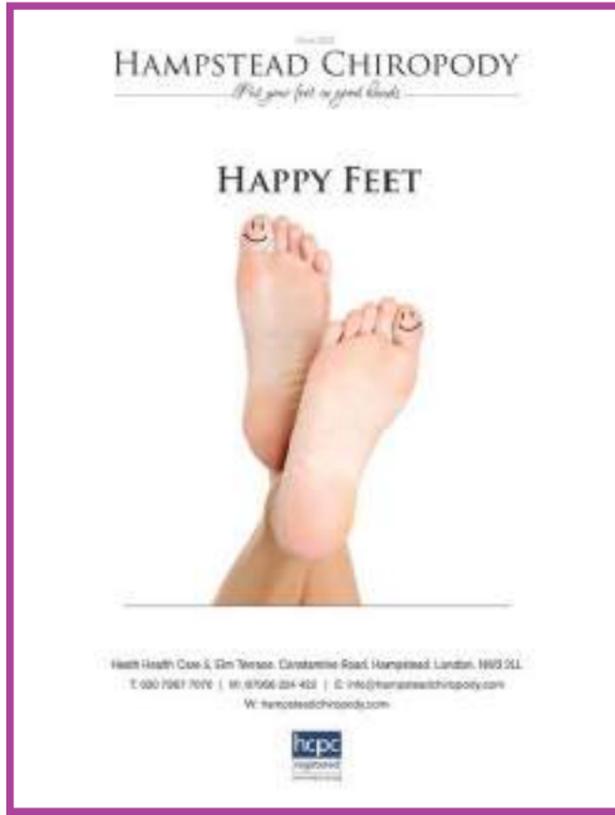
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