

Dental Wellness Trust Newsletter

VOLUME 2 . 2013

SPRING 2013



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CBE, BDS, LDS, RCS

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UWC)

Elna van der Ham

Dear Friend,

On 20th March, the FDI's World Oral Health Day was held. The theme this year was 'healthy teeth for a healthy life', which directly relates to the DWT message of promoting wellness through oral health. This year we are continuing to develop educational programmes which will empower individuals and create sustainable dental health solutions.

2013 has kicked off to a busy start. We have made enormous progress on our projects in South Africa and the UK. However, none of this would have been possible without the support of our volunteers, fundraisers and donors. I'd particularly like to thank The Cheruby Trust for their generous donation and the family of Emeritus Professor Eric Bradford from University of Bristol Dental School, for kindly giving donations in his memory.

We are also delighted to announce that Dr Peter Galgut, DWT Trustee, has won the prestigious Dentist of the Year (South) Award. Peter has been instrumental in developing our Dental Ambassador Programme, and we are now looking for participants to take part in the pilot programme.

Best wishes,
Dr Linda Greenwall, Founder — Dental Wellness Trust



The SA Pilot Study Team: Dr Dirk Smit UWC (Dental School, the University of the Western Cape), Dr Linda Greenwall (Dental Wellness Trust), Professor Neil Myburgh (University of the Western Cape), Dr Alon Livni (Hadassah, Hebrew University), Health Coordinator Lulama Sigasana (Ikamva Labantu), and volunteers from the Occupational Therapy Department at University of Cape Town.

Calling all dental students!

Are you passionate about promoting oral health?
Do you want to help disadvantaged people improve their wellbeing?

Then become a Dental Wellness Trust Student Representative!

As a Student Representative you will be joining a network of DWT Student Representatives from dental schools across the country. The main aim of the role is to fundraise and promote the work of the Dental Wellness Trust at your university. You will have the opportunity to learn and develop skills in fundraising, event management, communications, campaigning and oral health promotion.

Contact emma@dentalwellnesstrust.org for more details.



Children get their first toothbrushes!

In April the Dental Wellness Action Group initiated the first stage of the pilot oral health education programme in Khayelitsha, Cape Town.

The pilot programme will be carried out over 6 months in selected schools. Children will be provided with a toothbrush at school, and will participate in daily supervised tooth brushing sessions. On 4th April, 19 teachers and health-care workers were trained as tooth-brushing supervisors. The initial screening of 250 children began on 8th April.

The objective is to assess how the programme makes a measurable difference to the oral health of children in the township. Once the pilot programme has been completed, the plan is to deliver the programme across schools in the region. The project has kindly been sponsored by Colgate SA, who provided 600 toothbrushes and educational resources.

The Khayelitsha initiative developed from an

Oral Health Conference held in August 2012. The conference was co-hosted by Dr Linda Greenwall, Founder of the Dental Wellness Trust and Prof. Neil Myburgh from the University of the Western Cape. The conference indicated a clear need for an oral health education programme in Khayelitsha. Following the conference, the Dental Wellness Trust formed partnerships with Ikamva Labantu, Medical Knowledge Institute and the University of the Western Cape – and the Dental Wellness Action Group was established.

Khayelitsha is one of the largest Townships in Cape Town, where the oral health is low, and many people have little knowledge of basic oral hygiene. Both the children and adults suffer from severe tooth decay. As a result there is a strong need for education about oral health and preventative measures as well as extensive treatment required.



DWT brings smiles to Cape Town's elderly

Central to the Dental Wellness Trust is prevention education. On Friday 5th April, Dr Linda Greenwall of the DWT and Dr Alon Livny from the Hebrew University, presented an oral health education seminar for 20 carers at Highlands House, home for the elderly in Cape Town. All 20 carers were also presented with toothbrushes courtesy of the Dental Wellness Trust.

Situated beside Table Mountain, Highlands House is a home for residents aged 60-100 plus. The 4 hour seminar covered all aspects of oral health care for the elderly.

The main objective was learning how to deal with common oral health problems faced by the residents. This included root decay, dry mouth (caused by some medication, diabetes and chemotherapy), gingivitis, heavily restored teeth, dentures, links to serious diseases including aspiration pneumonia and atherosclerotic vascular disease, bi-directional relationship

with diabetes, and how difficulty in chewing can lead to obesity. The seminar also illustrated the challenges of identifying oral health problems, and encouraged sensitivity to the needs of the residents.

Oral health care for the elderly is of particular importance because it can affect their overall health to a greater extent than in younger people. In 2003 the World Oral Health Organization's *World Oral Health Report* stated that,

'the interrelationship between oral health and general health is particularly pronounced among older people. Poor oral health can increase risks to general health and, with compromised chewing and eating abilities, affect nutritional intake' (WHO 2003)

The Dental Wellness Trust hopes to build on this relationship with Highlands House, by presenting further oral health seminars in the future.



Jade Lavallee, volunteer from Canada



Highlands House

YOU DID IT!!

A big thank you to all our fundraisers and volunteers!

The Dental Wellness Trust would like to thank everyone who has recently given their time to support the charity.

In particular we would like to thank our amazing half-marathon runners!! Mary-Jane and Alex completed the Reading Half Marathon on 17th March, and Diane completed the Wilmslow Half Marathon the following week! The money raised from sponsorship will go directly to support our projects in the UK and abroad, providing dental care to those in need. Between them they have raised just over £1000 for the Dental Wellness Trust. Thank you to everyone who gave their support!

The DWT Student Representative Network has also continued to grow. Cakes sales have been held in Plymouth and a charity auction has been held in Dundee. We also have a football tournament planned for London. Thank you also to our dedicated volunteers **Sona Bavisha** and **Krina Patel** who have taken the lead on developing a new oral health education programme in Luton, which we hope to pilot later this year.

Mary-Jane Thompson and **Alex Gormley** completed the Reading Half Marathon in 01:58:27 on 17th March.

Diane Rochford completed the Wilmslow Half Marathon in 2hrs 11minutes on 24th March.



DWT donate 3000 toothbrushes to the homeless

The Dental Wellness Trust teamed up with Crisis at Christmas to help improve the lives of homeless people in the UK. Throughout the year, the charity Crisis prevents or reduces levels of homelessness through education, employment, housing and health and wellbeing services. The Dental Wellness Trust took part in the annual Crisis at Christmas event to help disadvantaged people to take ownership of their oral health. In partnership with the Dental Directory, the DWT donated 3,000 toothbrushes to Crisis at Christmas, ensuring that every visitor over the festive period received a toothbrush.

Leslie Morphy, Chief Executive of Crisis, said: "Without the generosity of our donors and volunteers, Crisis at Christmas would not be possible. We would like to thank the Dental Wellness Trust for their vital donation of 3,000 toothbrushes to our guests at Crisis at Christmas. It is often extremely difficult for homeless people to access decent health and dental care, so being able to offer toothbrushes directly to our guests is extremely important."

We Stand Side by Side

On Friday 25th January Dental Wellness Trust visited Side by Side in Stamford Hill, North London. Side by Side was originally established to enable children with special needs and those without to learn and play together in a nursery environment. It has now evolved into a co-ed three-year integrated nursery and a successful special school for around 60 pupils.

Dental Wellness Trust donated over 100 toothbrushes to the children, allowing all children to keep a toothbrush at school and take one away to use at home. Dental Wellness Trust plans to work with Side by Side in future oral health education projects. This includes running seminars for parents and carers.

Dental Ambassador Programme

The Dental Wellness Trust is excited to announce that three volunteers have now been trained as ASDAN supervisors. ASDAN (Award Scheme Development and Accreditation Network) is a charitable social enterprise with awarding body status. ASDAN qualifications specialise in building up personal effectiveness skills. The nationally approved ASDAN qualifications are available at different levels to suit the needs of the individual. Our volunteers are now qualified to register candidates for the Certificate of Personal Effectiveness (CoPE), which will give significant added value to their work in the Dental Ambassador Programme.

The Dental Ambassador Programme aims to support the personal development of young people and equip them with essential life skills. It is an excellent way of recognising achievements and skills outside of the formal academic environment. We are now looking for participants to take part in the pilot programme. We welcome interest from both individuals and youth groups.





The Dental Wellness Trust is a London-based registered charity promoting dental wellness to less fortunate communities in the UK and abroad. In the future we plan to do this through the provision of innovative oral health education programmes and treatment for those in need.

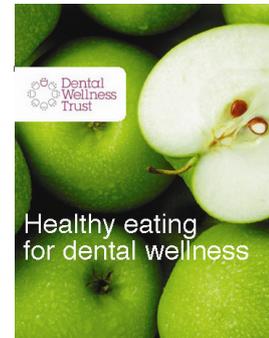
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At the forefront of our work is the promotion of oral health, which is integral to one's general health and quality of life.

We believe that every person has a right of access to oral health care, and a life of dignity, free from pain. This is why in the future the Dental Wellness Trust focuses on long term and sustainable preventative oral health strategies to help those in need.



Healthy Eating for Dental Wellness

We are collecting healthy vegetarian recipes from chefs, celebrities and budding amateur cooks!

Our latest fundraising initiative is the 'Healthy Eating for Dental Wellness' vegetarian cookbook. The cookbook aims to promote healthy eating and will feature advice and tips from a nutritionist. All proceeds from the cookbook will go towards our projects in the UK and abroad. We already have contributions from two previous MasterChef winners, Mat Follas and Peter Bayless, as well as Annabel Karmel, the UK's leading writer on children's nutrition. If you would like to get involved in this exciting project, send your recipes with a photo of the dish to emma@dentalwellnesstrust.org



In November, volunteer Rachel Kaye distributed DWT toothbrushes at an underprivileged school in Ukraine.



Dental Wellness Trust—promoting wellness through oral health