

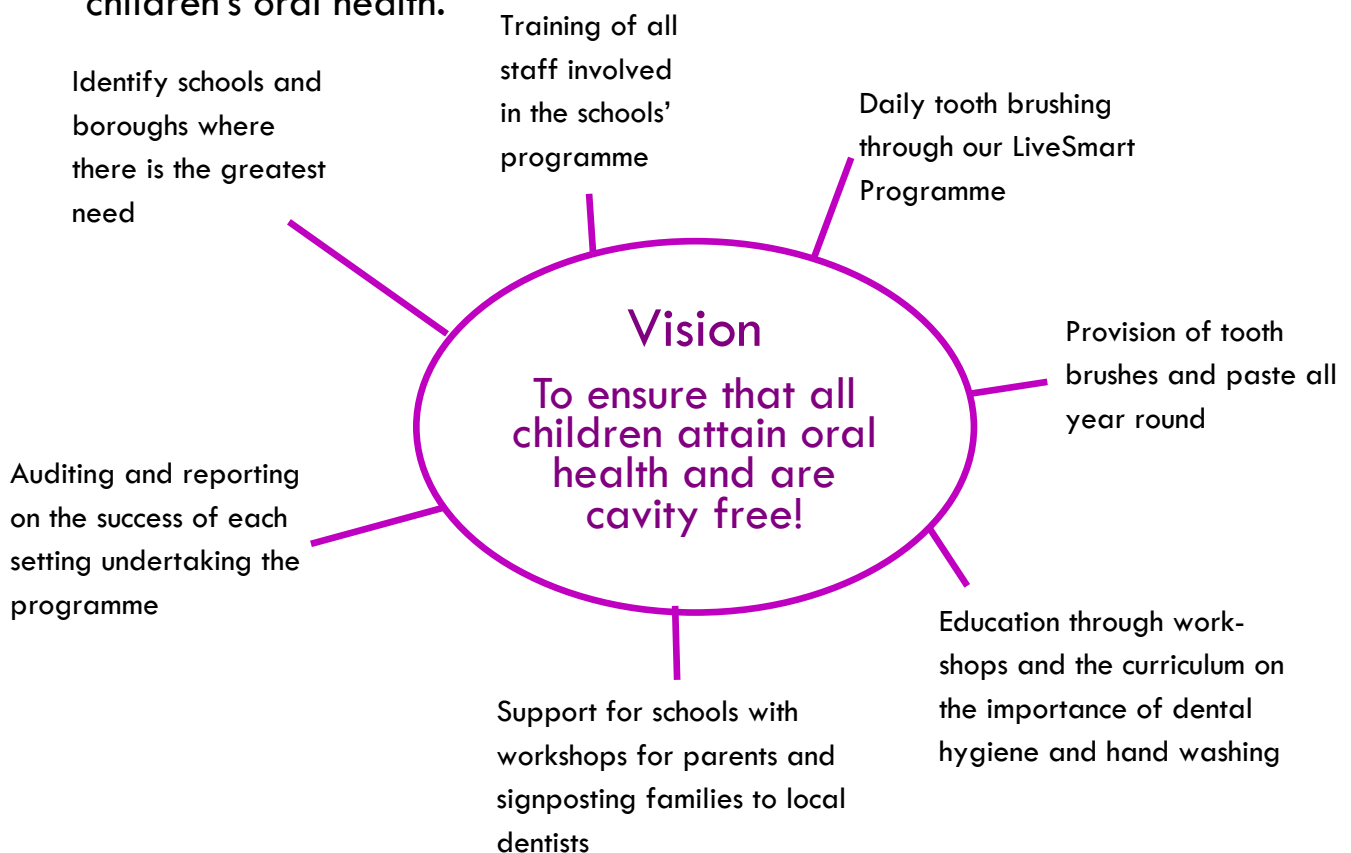
Dental Wellness Trust



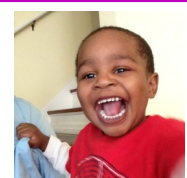
Impact Report UK 2021

Oral Health is a Basic Human Right

- ◆ The Dental Wellness Trust was established in May 2011 by dentist Dr Linda Greenwall, to help combat the growing number of children in need of tooth extractions due to severe decay.
- ◆ The Dental Wellness Trust has established the LiveSmart Tooth brushing programme to train and educate teachers and carers how to help children look after their oral health. This programme operates in South Africa and England.
- ◆ It is the human right of every child to have access to Oral health and be able to brush their teeth. The Dental Wellness Trust mission is to improve children's oral health through dental wellness delivered by our preventive care programmes which take place daily in nurseries and primary 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 Tooth brushing programmes have been shown to make a huge impact in improving children's oral health.



Our Mission



Oral Health Through Dental Wellness



A Message from our Founder

2020 has had a major impact on the whole world. With dentists shut during the first lock down and reopening under new infection control guidelines and with increased PPE, the crisis in children's oral health in the UK is set to get worse.

British Dental Association Chair Mick Armstrong said: "It's inevitable these figures will go from bad to worse, as lock-down diets, the suspension of public health programmes and the collapse in access take their toll.

During the lockdown months, it was The Dental Wellness Trust's intention to continue to help, not only the children in our programme but other areas of society too. In order to prevent the oral health crisis continuing to spiral downwards, we have spent time gathering donations of toothbrushes and paste from dentists and dental companies to distribute through our Covid –19 campaign.

Up until the beginning of January 2021, we were able to donate almost 25,000 units of toothbrushes and toothpastes to charities. These included; The Salvation Army, Age UK, Crisis, food banks all over the London area, hospitals for patients and staff, hospices, care homes and families of our schools enrolled in the programme. These donations were made in two stages; one in the first lockdown months and the other in the weeks before Christmas.

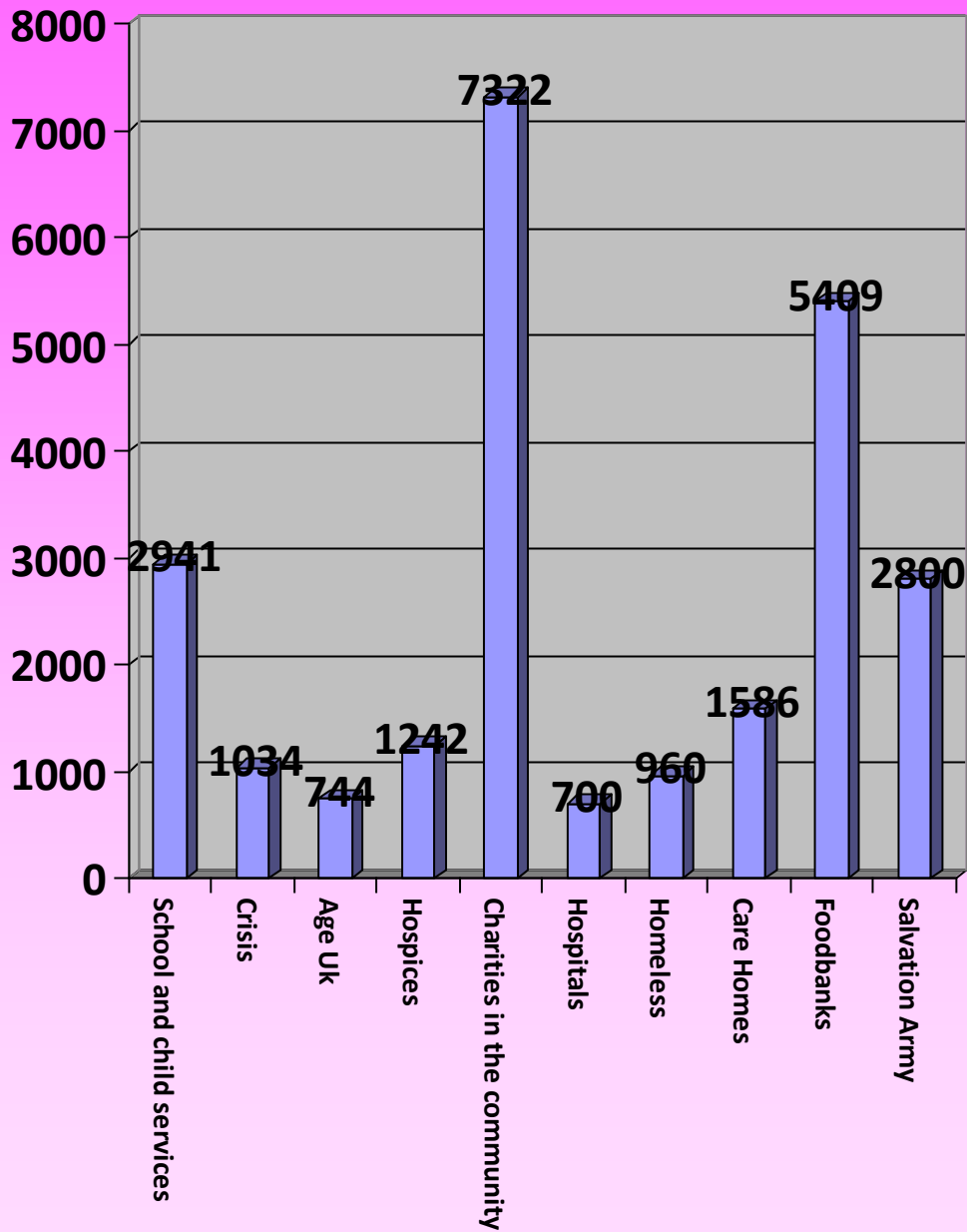
As well as this, we were able to provide all our schools with take home packs of a toothbrush, tooth paste and brushing chart so that brushing could continue at home. It was vital for the children's well being and overall wellness, that there was minimal interruption to the programme as possible.

We have achieved all of this despite our fundraising events being cancelled and slimmed down to an online conference. Where as in 2019 we raised £50,000, during 2020, we were able to raise £13000. A huge short fall in funds.

Please read on to see the work we have achieved.

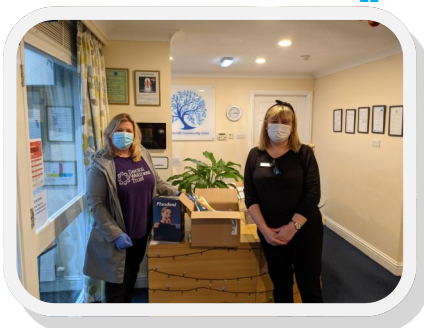
Linda Greenwall

Our UK achievements



Totals donated so far 24,738

Graph showing the division of donations to each charitable area



Dental Wellness Trust LiveSmart Supervised Tooth Brushing Schools Programme

The LiveSmart tooth brushing programme currently reaches 3,500 children in London and the South East.



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Working in areas where there is the greatest need due to high percentages of dental decay recorded amongst children under 5 or in areas of deprivation, we have endeavoured to give every child the right to brush their teeth daily. We do this by providing the children with their own tooth brush, using fluoride toothpaste and the correct brushing technique.

As the programme gathered pace and interest, it was apparent that a role needed to be created to monitor and support the schools. This role would ensure that all settings had a personal point of contact. They could request more paste and brushes, invite the supervisor to come in to help with running the programme and to give advice. We would also be able to audit and record the impact that the programme was making in the schools and nurseries, showing the value added to the children's health and well being.

Schools and nurseries had enrolled and it was imperative that we could measure the outcomes of the programme. A LiveSmart tooth brushing supervisor was the way forward.

Where we operate

Area we work	% of decay in	Number of children we look
Luton	37.6%	1378
Newham	36.3%	722
Brent	40%	270
Westminster	32.4%	110
Crawley	18%	855
Barnet	24.5%	180 / Programme halted

%
Data

taken from PHE Oral Health Survey of 5 year olds 2019

The role of the LiveSmart tooth brushing supervisor and quality control

In August 2019, The Dental Wellness Trust employed a Schools Programme supervisor. Exciting times were ahead. We were able to visit all our schools during the school day; watch children brush their teeth; support schools; audit the programme and train new nurseries and primary schools. A single point of contact was established for the schools. This meant schools could order more supplies, easily, ask for advice and resources as well as arrange visits and training for new staff.

The charity was well on the way to ensuring quality control of the programme by consistently monitoring the schools. The ongoing dialogue between supervisor and schools meant that any new members of staff were identified and attended training before carrying out daily tooth brushing. This also ensured that where there was a break in the programme, the situation could be assessed and quickly put back on track.

During the 6 months from August to February, the programme rolled out to new settings in Luton, Newham and Crawley. Schools in Hertfordshire, more Brent school and Harrow were engaging with the programme, then Covid struck.

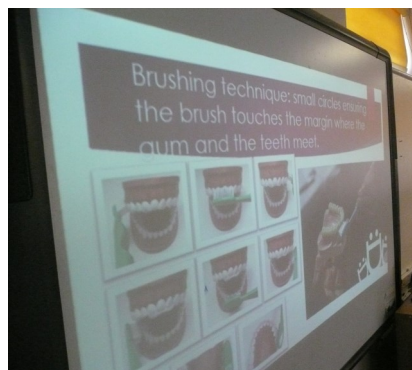
Schools closed and the programme was halted (temporarily) but we continued working on improvements, additions and adding value and quality control to the programme.



Children enjoying a workshop with the DWT Schools supervisor



Training early years practitioners in tooth brushing technique



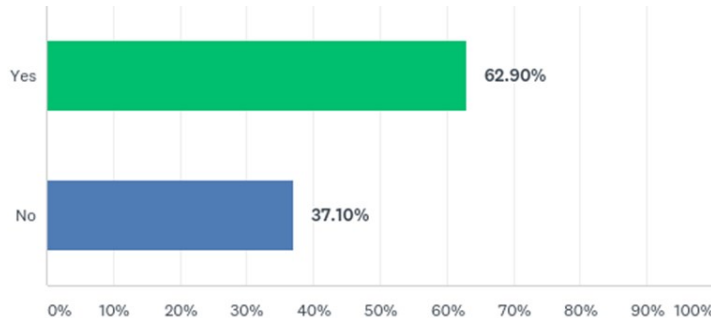
Face to face training session



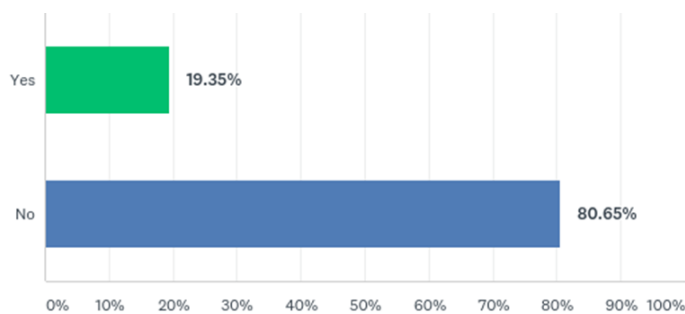
Visiting a school to watch tooth brushing in action

DWT SURVEY 2019

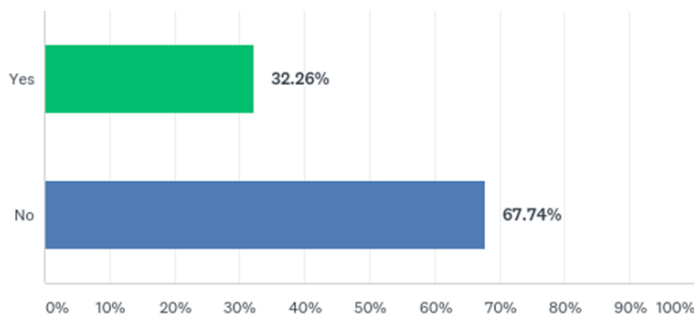
In 2019 the DWT sent out a survey to parents and teachers. The results from the 66 teachers who returned their questionnaires was very informative.



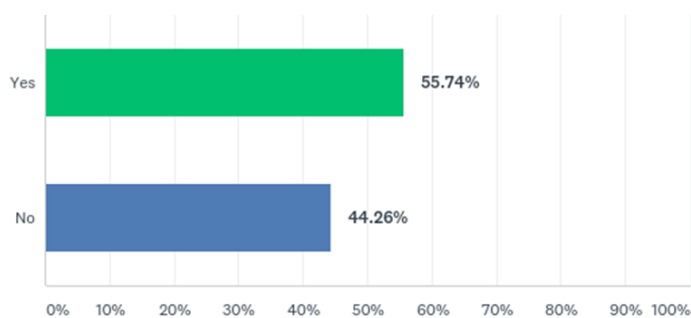
1) Two thirds of teachers were concerned about dental health in their schools



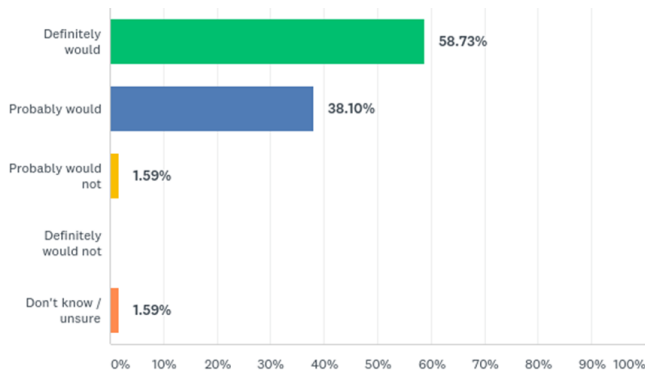
2) The majority of teachers believe parents don't appreciate the importance of dental health.



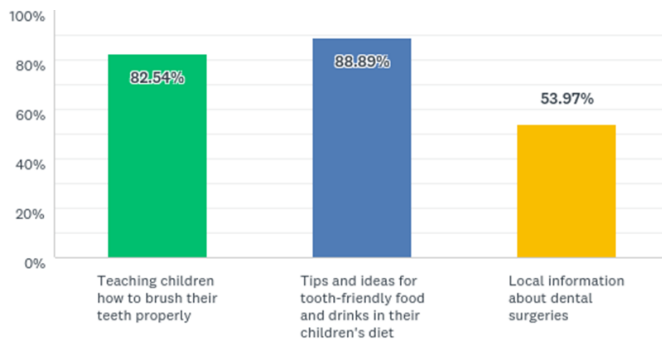
3) Most teachers note substantial absenteeism as a result of dental health – much higher than parent's perceptions i.e. 86.7% of parents reported no school days missed at all.



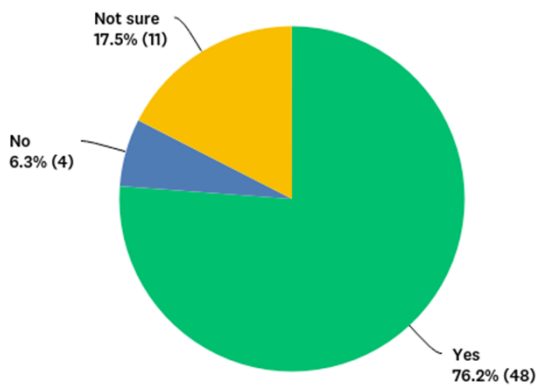
4) Toothache is clearly prevalent in the classroom.



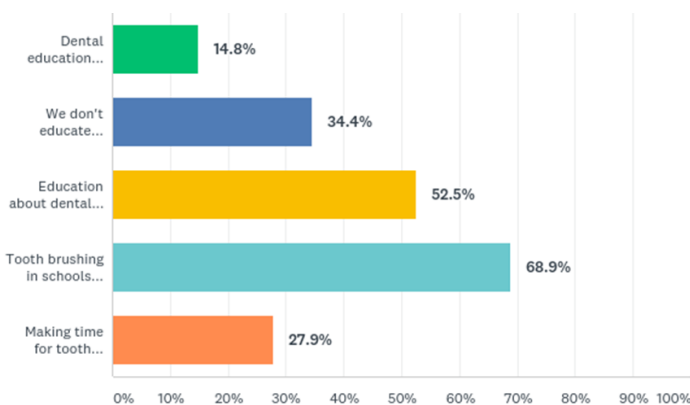
5) The majority of teachers agree that information about dental health in schools would benefit both parents & children.



6) There is strong support for educating parents on a number of relevant areas.



7) Over three-quarters of teachers support tooth brushing as part of school education.



ANSWER CHOICES	RESPONSES
Dental education programmes outside school are enough right now	14.8% 9
We don't educate children about dental health at this school / in my class	34.4% 21
Education about dental health does take place at this school	52.5% 32
Tooth brushing in schools would be time well spent for children's long term health and wellbeing	68.9% 42
Making time for tooth brushing would be a problem at my school / in my class	27.9% 17
Total Respondents: 61	

8) 72% of teachers are happy to make time for tooth brushing as part of dental health education

Perhaps the programme design will persuade the remainder to follow suit?

The parental views differed from the teachers in some part. Whatever the reasons for that may be, the teachers' responses clearly show that poor dental hygiene was definitely having an impact on children's health. To ensure the programme showed impact, once in place, the Schools' Accreditation scheme was devised.

LiveSmart Schools' accreditation scheme



Currently working with approximately 50 schools, in order to formalise the agreements and to assess the impact, we are setting up the accreditation scheme to formalise the relationships with schools as we continue year on year.

We are planning to have 4 levels to the programme. The first Purple plaques have been manufactured and sent out to almost 30 of our nurseries and schools

The accreditation would be a 3-4 year process. Our intention is to look for a sponsor to cover the cost of the plaques.

Purple - When the school joins they receive the plaque; show that they are part of the programme.

Bronze is received after a year. The school would have the programme running daily in one year group successfully, educated the children and implemented healthy eating and sign posted families to local dentists.

Silver - after year 2. The programme will have rolled out across another year group and the staff would be involved in continued training and education. Parents will have been invited in to take part in workshops, cookery advice and oral hygiene education. If they have a partner school they would have met up for a joint activity at least once.

Gold- After year 3. Outlook and outreach. How has the health of the children's teeth improved? Monitoring of pupil attendance and whether less days are missed because of dental issues or hospital admissions. Partnership well established with at least one school. Pairing with another local school, training them in the programme. They must also have reached Healthy school London status if in London.

Going Forward

Oral health doesn't seem to appear in the general healthy schools document. However it is now going to be part of the Early Years Framework.

Each year the school will nominate a member of staff who has contributed the most to the programme.

When they reach **GOLD** they would receive their plaque at the teachers' conference. The school would be able to add the logo/ stamp to their paperwork and the school logos would appear on our website along with quotes from the school about the impact made.

Our Aim will be to have a supervised toothbrushing programme in every early years setting or primary school, in London and the South East., then the rest of UK, when the charity have grown.

DWT response to Covid-19 Pandemic

School Closures and the return to school in September: Between March and September the DWT continued to monitor the schools and the guidance from Public Health England (PHE). All schools were closed but we reached out to ask if we could help with tooth brushes and paste. Not just for the children but for the parents as well. We knew schools would be open to provide take home, free school meals to those who received them so an addition of tooth brushes was offered.

As the Summer approached PHE released guidance stating supervised tooth brushing programmes should be halted when schools returned in September. We advised our schools of this and asked them to throw away any brushes left over from before schools closed. Then PHE changed the guidance to say that the programmes could run with safer social distancing, dry brushing and increased measures to avoid cross contamination. Many of our schools were reluctant to start brushing as they already had so many new changes to the daily routine to manage. We were determined not to stop reaching those children who relied on our supplies to brush their teeth. We delivered over 2000 tooth brushes, pastes, leaflets and brushing charts for the children to take home. This way we knew we were doing everything we could to encourage good oral hygiene. We knew that some children did not have a tooth brush at home or shared. The British Dental Association Scientific Adviser, Professor Damien Walmsley stressed the importance of not sharing tooth brushes. This is something we have always advocated.

With over 48000 children in 2019 being admitted into hospital for tooth extractions, we knew we could not stop. Dentists were shut for almost 4 months, dental check ups (for those who had a dentist) were cancelled and a back log was inevitable for dentists to address.

One dentist (Dr Day) was reported saying just this. “Without regular appointments, we are just storing up problems for the future”.

Dental practices were struggling with cancellations, staff sickness and self-isolation. Dental treatment in children halved in a year! It went from 9.9 million to 4.2 million between November 2019 –2020.

The British Dental Association reported that vital early signs of decay or disease would be missed. The most common reason for tooth extraction in 6-10 year olds is tooth decay. The sugar-rich lockdown diets, poor access to care plus the suspension of public health programmes was going to have a huge impact on children’s dental health, especially in deprived areas.

Eddie Crouch (BDA Board Chair) said “Covid means deep oral health inequalities are set to widen, as millions of children have missed out on care”.

We were determined to continue to engage and reach the children in our programme. We kept in constant contact and encouraged schools to restart the programme, some of whom did. With Early Years Settings remaining open in lock down, we also had nurseries continuing to brush and new nurseries asking to train. Training which once was delivered in person, moved on line and we were still able to sign new settings up to the LiveSmart programme.

Covid- 19 photo gallery



Delivering tooth brushes and pastes to our schools during the first lock down



Contents of the take home packs sent out to our school in Autumn 2020. Thank you to Colgate UK for supplying the tooth paste and brushing charts



Delivering tooth brush packs for all our children in Crawley



Children receiving their take home tooth brush packs

We also took the opportunity to deliver our accreditation plaques to over 20 of our schools and nurseries



Online training, zoom events and conference

Teacher training: The pandemic has changed the way we all interact with one another. Schools were unable to let us in to train their staff. They were concerned about infection control, having a large enough space and maintaining the protective bubbles they had created.

With the training manuals available in PDF form, the teachers could receive the necessary paper work to complete training on line. We could get schools signed up and the Power Point presentation used to train teachers, could be shared on Zoom. The training continued online and nurseries could be trained with ease. We were able to train more than one setting at a time within a borough or nursery group, at a time convenient to all.

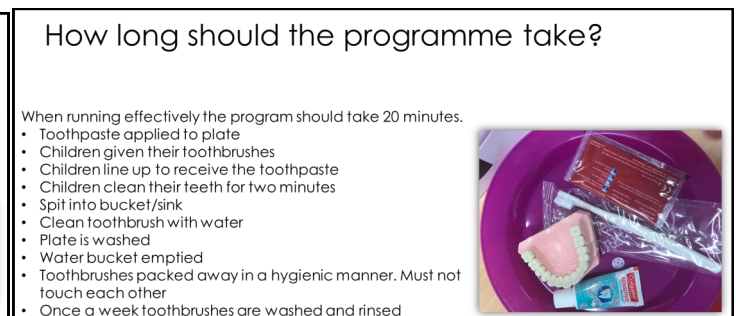
Zoom events: As a charity we also provide work shops and information for parents. This has also continued during lock down. There have been coffee mornings arranged by nurseries where we have provided the focus, giving advice on tooth brushing. We have also delivered evening sessions via Zoom to parents we have reached out to via social media, through our schools and nurseries and by word of mouth.

One parent's feed back regarding what they had taken away from the session was:

1. More confidence in kiddy tooth-brushing
2. Use the "markup" tablets to see where they are missing whilst brushing
3. Chocolate milk is worse than Coca Cola! ;-)



Slide from Parents' Zoom Event



Slide from Teachers' training presentation



Handwashing and tooth brushing



Hand washing has always been at the start of our programme, even before the Covid-19 pandemic. Every child must wash their hands before tooth brushing and the importance of taking responsibility for their general wellbeing and health is established early on.

Dental Wellness Trust

How to Wash Your Hands

Apply a small amount of soap to the hands and build up lather. You can use anti-bacterial gel.

RUB AND SCRUB:

1. Your palms
2. The back of your hands
3. In between your fingers
4. Beneath your nails
5. Don't forget to wash your thumbs
6. Wash your wrists.
7. Finally, rinse well and dry with a clean paper towel.

Registered Office: 5 Elm Terrace, Constantine Road, London, NW3 2LL
Tel 0207 267 7070 E: charity@dentalwellnesstrust.org W: www.dentalwellnesstrust.org
Registered Company: 7667384 Registered Charity: 1145361

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Dental Wellness Trust

How to Brush Your Teeth

Place a pea sized amount of toothpaste on your brush. Brush all of your teeth making small circles.

Top right to top left – inside and outside

Bottom right to left – inside and outside

All the biting surfaces, top and bottom.

Don't forget to brush your tongue!

BRUSH FOR 2 MINUTES THEN SPIT OUT AND DON'T RINSE

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Annual Dinner and Conference

For the last 4 years, the DWT has held its main fundraising event in November. It usually takes the form of a black tie dinner with speakers, reflecting on the current problems in Children's oral health and progress the charity has made. It is a fabulous event with auctions, silent bingo and a time to reflect on the wonderful work achieved.



Linda and her team at the Dental Wellness Trust Annual Dinner 2019 at Lord's Cricket Ground, London

The following day we welcome Foundation year dentists amongst others to a conference. Each year has a different theme.

As the dinner could not go ahead this year due to Covid-19, the conference went ahead on line. 120 dentists were treated to a full day's itinerary with lectures from eminent professionals. The conference was hosted from Dr Linda Greenwall's practice in Hampstead, North West London. This did thankfully bring in much needed funds for the charity but not the amount we are used to raising each year. In 2019 we were able to raise £50,000 where as this year we raised £13000 due to the pandemic.



Conference 2020 line up and Dr Linda Greenwall hosting from her dental practice



Media Impact

2019– 2020 proved to be a successful year for the Dental Wellness Trust to spread the word through the press, television and social media platforms. We have been quoted in numerous dental press publications stating the importance of supervised brushing, cutting sugar in children’s diets and the necessity of sterilising tooth brushes during the pandemic. Our trustees have been approached and asked for quotes and been in news reports about our programme.

↓ dentalwellnesstrust



Dr Saul Konviser of the Dental Wellness Trust added: “Consumers need to be aware of the excessive amounts of sugar in these drinks.

“Coffee shops must be more responsible and stop putting profits before the health of our nation.”

War on obesity

Dr Saul Konviser from the charity Dental Wellness Trust is also pushing for the government to take obesity prevention seriously.

He said: ‘As part of Boris Johnson’s ‘war on obesity’, we strongly urge him to factor in oral health as an essential part of his strategy planning.

‘Those living with poor oral health are at an increased risk of many health complications and susceptible to the effects of any virus, including COVID-19.

‘Strategies such as oral health prevention and toothbrushing programmes in nurseries and schools is one way of supporting this long overdue ‘prevention better than cure’ ethos.

‘However, it’s imperative that we get the full backing by ministers to make these educational initiatives more readily and widely available.’



How 'healthy' fruit snacks for children can contain the equivalent of up to five teaspoons of sugar - the same as TWO iced doughnuts

By Vanessa Chalmers Health Reporter For Mailonline
00:01 16 Sep 2020, updated 14:47 16 Sep 2020



Tackling the tooth decay crisis among children

The current unhealthy state of children’s teeth in the UK is reaching epidemic proportions and to ignore the severity of the situation would be failing our children”, says Dr Linda Greenwall of the Dental Wellness Trust.

For over seven years, our team has been implementing a series of supervised tooth brushing programmes and oral health education initiatives in nurseries and schools which has helped thousands

20 March 2020

Dental Wellness Trust Urges UK Public to Sterilise their Toothbrushes to Prevent Spread of COVID-19 Infection

Charity, the Dental Wellness Trust is today urging the UK public to sterilise their toothbrushes daily with hot water and salt to prevent the spread of the COVID-19 (coronavirus) infection. There are several options to clean your toothbrush, but the simplest is to use hot water.

Future Plans

Covid –19 safe tooth brush storage holders

Along with supplying the tooth brushes and toothpaste to all our nurseries and schools, we have been designing our own holders for storing the brushes. Up until now, the schools have made their own solutions and towards the end of 2019 we began designing our own. When the Pandemic struck we had to start again as we felt that each brush should be individually covered to stop any chance at all of cross contamination.

We are looking forward to starting the manufacture of these holders soon and TePe have kindly donated the toothbrush caps for each tooth brush.



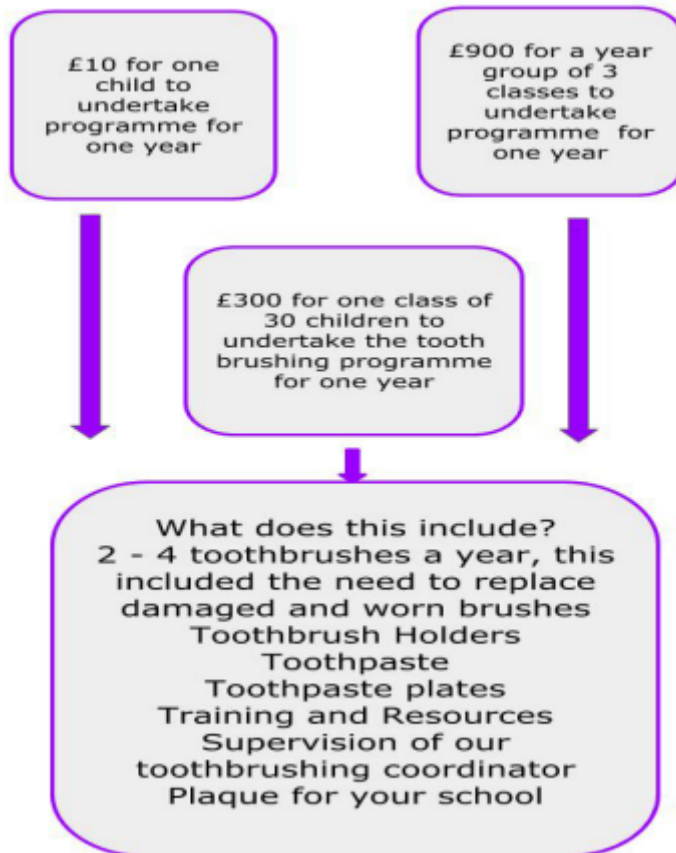
These holders will also have lids over the top of the tooth brushes for double protection from the surrounding environment



Ambassador Schools We began the concept of Ambassador Schools by teaming up with schools in more affluent areas who want to give back to the community. Schools will collect tooth paste for the charity, hold charity events and raise money. They will host schools from the programme and vice versa. We have established one Ambassador school so far, and look forward to welcoming more in the near future.

How you can help

Dental Wellness Trust - LiveSmart Programme



By donating on a regular basis, you can help to provide the toothbrushes and paste needed to keep the schools' programmes going.

Larger donations can be made to support on going production of plaques, tooth brush holders and the running of the charity itself.

Ways to Donate

Via Bank transfer to:
Account name: Dental Wellness Trust
Account Number: 17379291
Sort Code: 23-05-80

By cheque to:
Dental Wellness Trust
5Elm Terrace
Constantine Road
London
NW3 2LL

Or simply scan our unique qr code

Please visit our website

www.dentalwellnesstrust.org and click **DONATE**

Please visit our virgin money just giving page at:

<https://uk.virginmoneygiving.com/charity-web/charity/finalCharityHomepage.action?uniqueVmgCharityUrl=dentalwellnesstrust>





Contact us:

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