



**ORAL HEALTH IS A
BASIC HUMAN RIGHT**
WORLD HEALTH ORGANISATION



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TRUSTEES, ADVISORY BOARD MEMBERS AND PATRONS

WHY DO WE VOLUNTEER OUR TIME?

South Africa is facing an oral health crisis, with millions of people suffering from tooth decay, severe gum disease and tooth loss, according to a report from the World Health Organisation (WHO).

We know that some 41% of children aged 1-9 years and close to 28% of people aged 5 years and over experience untreated tooth decay in deciduous and permanent teeth respectively. Children in low socioeconomic communities are even more seriously affected.

Good oral health is central to breathing, eating, and speaking, and a child's overall physical and mental wellbeing. When children have access to basic oral health education it can naturally save their teeth, and unlock health and educational performance benefits.

“We deliver our toothbrushing programmes to children living in some of the most deprived communities in South Africa. Already helping many thousands of children, we want to help many, many thousands more. Let our vision be your vision.”

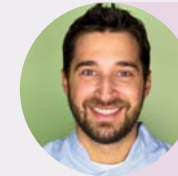
Dr Linda Greenwall
Founder and Chair of Trustees – Dental Wellness Trust.



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PATRON

VISION AND MISSION IN SOUTH AFRICA

Whilst we want to achieve much, much more, we at Dental Wellness Trust are resolute that our fundamental Mission, Vision and Aim in South Africa remains the same.

OUR MISSION

To provide oral health programmes in some of the most difficult to reach communities in South Africa through our sister charity, the Dental Wellness Foundation.

OUR VISION

To improve oral health in children and young people in South Africa, especially those who are living in townships or rural areas, where access to dental health can be restricted by distance and/or economic circumstance. By providing oral health education and interventions we help prevent unnecessary tooth decay and try to give children and young people healthier smiles, healthier lives, and healthier futures.

OUR AIM

To build a sustainable network and structure of oral health education and training in culturally sensitive ways to enable children and young people in some of the poorest parts of South Africa to take responsibility for their own dental health. By expanding our successful supervised toothbrushing programmes, we can help eliminate unnecessary tooth decay and build healthy smiles and healthy futures.



LIVSMART TOOTHBRUSHING PROGRAMME

Dental Wellness Foundation continues to implement supervised toothbrushing programmes, run by our wonderful Toothbrushing Mamas, who innovate with songs, rhymes, and dances. Their cultural awareness brings our programmes to life. In 2024, we are looking to extend our work into more communities.

Our song 'We brighten the corner where we are' is popular with all. Today, our Mamas teach children how to brush their teeth, wash their hands and basic life skills. Mamas visit schools with a regular supply of soap, toothpaste and toothbrushes.

Toothbrushes are kept on a toothbrush board that the Mamas make themselves and which is kept at school with a protective cover. Each toothbrush is named and is separated to ensure that none of the toothbrushes touch each other.

Our Mamas attend annual training to keep up to date with personal protective equipment training and with innovations in the programme. Schools are provided with:

- **TOOTHPASTE PLATE** -We have worked on different ways to administer the toothpaste in a safe and effective way. The best method we found was to dot the toothpaste on the edge of a plate and allow the children to pick up the toothpaste without cross contamination.
- **SUPPLIES** - With the help of donations, the charity has been able to supply schools with soap, toothbrushes and toothpaste.



LOOKING AHEAD

FUNDING

‘We rely on donations to fund our work, it is that simple’

- Dr Linda Greenwall

There are organisations, businesses and schools who can help us to reach out to even more children and young people in South Africa. They are in desperate need of our support through the delivery of oral health education, and intervention programmes. We are confident that 2024 will be an important year in strengthening previous collaborations, whilst beginning new relationships.

EXPANDING OUR REACH

‘There is more work to be done’ - Dr Linda Greenwall

South Africa is an important part of our history because it is where we started our first dental wellness programmes. It will always hold a special place in our founder Dr Linda Greenwall’s heart, as she grew up in South Africa and trained in dentistry at the Witwatersrand University in Johannesburg.

Today, we are proud to say that some 20,000 children are participating in our programmes from townships around Cape Town in Khayelitsha and Mfuleni, but we need to achieve more. By the end of 2024, we hope to reach an additional 20,000 children to include those in the Northern Cape and the province of Gauteng.

COLLABORATION

‘Together we make things happen’ - Dr Linda Greenwall

Working with other organisations means that we can help even more communities and sometimes in different ways. Collaboration plays an essential role in everything that we do. Previously we have helped fundraise and worked alongside Rotary International, Cardiff Rotary, Waterfront Rotary in Cape Town and Seapoint Rotary Club to fund and build a new mobile dental van to help provide screening and emergency care.

During COVID we helped to distribute 350,000 meals, which our Mamas helped serve up through 12 Soup Kitchens. The Ellerton Primary School Garden project, (where Dental Wellness Foundation already promoted oral health and wellbeing), is a successful and sustainable project that has now been running for a few years with minimal intervention, providing a blueprint for other such Garden projects.

OPPORTUNITIES

‘Touching more lives in 2024, bringing more smiles to more children’ - Dr Linda Greenwall

During 2024 we wish to expand our important oral health education to reach more school children located in communities where there is greatest need. To do this, we will be reaching out to those who can not only help support this aspect of our work, but also to schools who can also benefit from it too. Delivered in different ways, oral health education is important for all.



PREVENTION IS BETTER THAN CURE

The purpose of a socially responsible oral health programme is to make it possible for oral disease processes to be halted before they have an opportunity to begin. The oral health problem in South Africa affects very many millions of the population in some way, and children and young people are a very large part of this.

‘Oral diseases are among the biggest challenges in global health today and mainly impact the most disadvantaged people in society.’ says Dr Khanyi Makwakwa, in her capacity as the South African Dental Association’s FDI National Liaison Officer. *‘When people have access to prevention and treatment for oral diseases, it can unlock enormous health and economic benefits for their lives and society more broadly.’*

THE MOBILE DENTAL CLINIC

The mobile dental vehicle (made available by funds from International Rotary and many individual Rotary Clubs), acts as a clinic on wheels and enables us to tackle oral health issues in hard to reach communities. We can undertake work on dental caries and apply fluoride varnish and fissure sealant programmes, as well as promote the importance of good oral hygiene. The vehicle is put to good use also by the UWC who we collaborate with on our outreach and studies.

OUR TOOTHBRUSHING PROGRAMMES - LEAVING NOBODY BEHIND

Practical interventions and promoting best practices at an early age have proven effective in increasing positive oral health outcomes. How we integrate them into communities depends both on the needs and cultural sensitivities of the people involved.

Our Toothbrushing Mamas and schoolteachers implement our programmes in the townships, where they are helping to promote both oral health and general wellbeing, in almost 300 schools. Our wonderful Mamas are trained by us and paid a small stipend for their volunteering. We empower our Mamas to be the strong, confident women that they deserve to be.

Mamas are respected members of their community and they bring our programmes to life in a culturally sensitive and engaging way through dance, rhyme and song. By helping to instil positive values and good habits early on, children in some of the poorest communities will be more likely to achieve and maintain oral health and overall wellbeing.

These disciplines help to put the children in an improved position to concentrate on academic attainment. Oral health education will also be something that they will carry with them into the future which, in time, their own children will benefit from.





MOVING FORWARD

The 2022 Census reports that the population of South Africa is estimated to be 62 million people, with some 18 million people living in extreme poverty. This is a country where some 27% of the population is also under 15 years old. Oral health is something that escapes many households and with it millions of children.

Currently much of our work in South Africa has centred around the Western Cape and Cape Town, where we have trained many Toothbrushing Mamas. In 2024, not only will our Mamas continue their work but we hope to expand into both the Northern Cape and also in Guatang province.

Whilst Guatang province is purported to be the richest of South Africa's nine provinces, on economic performance, about 35% of the population is food insecure - they are at the very least skipping meals because there is insufficient money for food.

Our oral health programmes have a positive impact on both oral health and general wellbeing of the children in the communities they serve, and sometimes deliver more. One example is the Garden project which addresses community needs by teaching children the value of growing vegetables and providing nutritious meals for the feeding scheme at the school. It has also yielded high-quality produce in reasonable quantities enabling learners to take home produce for their families. Additionally, the project has sparked interest in the children, enabling them to teach others in their communities how to grow vegetables.

This is something which has evolved over time with the introduction of different types of planting, including using discarded tyres, recycled yoghurt pots and other containers to allow vegetables to grow in smaller spaces.

The Garden project is an excellent example of how small scale initiatives can have a significant impact on the well-being of local communities and how important messaging can be taken home from the school gates into the wider community. It brings together education, sustainability, and environmental issues through recycling and repurposing materials that would have otherwise been discarded. This has been a very successful project from which there is a blueprint for other schools to participate. The project was piloted in the Ellerton Primary School with the help of the Rotary Club of Seal Point.

OTHER PROGRAMMES

Virtual oral health programmes also have their place in certain situations. In 2024 we are reaching out to many independent schools in South Africa to provide a virtual offering which will ensure that these young people are not only brushing their teeth, but in the correct way. There will also be printed resources available to support the virtual learning.

We hope to engage many of these schools and use the opportunity to also explain our on-the-ground work within the townships. This is something that these more affluent schools could help support, with the donation of toothbrushes, paste or funds to assist with the cost of extending the work of our Toothbrushing Mamas to reach more township communities.



FUNDRAISING

The Dental Wellness Foundation (DWF) is an independent charity operating in South Africa. Whilst the Dental Wellness Trust provide funding towards the work of the foundation in South Africa, it is important that we also help the foundation to become independently financially sustainable. This is our goal for 2024.



As the Dental Wellness Foundation recruits and trains more Toothbrushing Mamas to work in additional locations, we need to find new ways of ensuring its future growth and sustainability.

There are so many ways that companies, organisations and charitable funders can get involved to support this work and, in 2024, we will be reaching out to very many who are based in South Africa or who are interested in supporting this work.

Together we can make a difference to the lives of very many children and young people in South Africa

VOLUNTEERING

Our work makes a difference, and our volunteers make a difference too. Each year we invite students to undertake an elective project during their studies. Successful applicants will become an ambassador for the DWT. Projects typically last two to four weeks and take place in the townships of Khayelitsha near Cape Town.

Projects can be varied and duties can involve: distribution of supplies and oral hygiene aids to the schools, training the Mamas and teachers and assessing the performance of the projects in situ. When Outreach projects are in progress, students will also be taking part in the health screenings and emergency dental work and helping to provide preventative fluoride varnish treatment. Volunteering will make a lasting, positive impact on the children.

We welcome enquiries from students who would be interested in taking part in these volunteer placements



‘Overall the Dental Wellness toothbrushing programme makes a massive, positive difference to the lives of over 20,000 children per day. We are absolutely delighted to have been involved in this and to have met so many wonderful people from many different walks of life.’

Emily Swift and Claudia Kirby

Emily Swift and Claudia Kirby, students from the Faculty of Dentistry, Oral & Craniofacial Sciences, King’s College, London in South Africa, June 2023

HOW YOU CAN HELP

By donating, you can help to ensure that Dental Wellness Trust reaches more children and young people. Together we can stop the rot. Your donation no matter whether large or small will make a difference.

DONATIONS VIA JUST GIVING

To make a one-off donation or rolling monthly donation, please visit our just giving page - www.justgiving.com/dentalwellnesstrust

DONATIONS VIA BANK TRANSFER

Donations can be made directly into our bank by using the following details:

Account name: **Dental Wellness Trust**

Account Number: **17379291**

Sort Code: **23-05-80**

DONATIONS FROM TRUSTS AND FUNDS

We have many projects where your help could make a big difference to what we can achieve. Funding can be given to support specific projects or indeed geographical areas. To find out how your Trust or Foundation could support our work please contact:

funding@dentalwellnesstrust.org

CORPORATE SUPPORT

We have many projects with branding opportunities, requirements for dental health products and a need for volunteering and funds to support our core costs. There are many ways that you could help to improve the dental health and wellbeing of very many children and young people. To discuss how your company could support our work please contact: funding@dentalwellnesstrust.org

VOLUNTEER

If you are a dental professional and wish to help with our screening and outreach, please email charity@dentalwellnesstrust.org for further information.

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www.dentalwellnesstrust.org
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