



Information for partners

Oral Health Promotion Team

Oral Health Promotion across Slough

Good oral health can help prevent toothache, tooth decay, gum disease and bad breath.

The role of the Oral Health Promotion Team is to promote good oral health. The team can offer a range of services across Slough.

✓ Information sessions for the public

The sessions aim to inform and educate children, families and vulnerable adults in the community about the key messages to help them improve their oral health.



Each session is tailored to meet the needs of the group. If you would like us to visit your setting, please contact us on the details provided to arrange this.

✓ Slough Healthy Smiles Scheme

'Slough Healthy Smiles Scheme' is available for Early Years and primary school settings. The team will work with the setting, providing free training, support and assistance, to create and maintain an oral health promoting environment for the children and families in their care (for example, by developing a healthy snack policy so that snacks served are kinder to teeth).

Early Years providers and primary schools who satisfy the 'Slough Healthy Smiles' criteria can apply to the Oral Health Promotion Team for formal accreditation (Bronze, Silver and Gold). If you would like to participate in the scheme, please contact us for more information.





✓ Free training for health and non-health professionals

A 2 hour workshop is available for staff working with children or vulnerable adults who are involved in the delivery or promotion of oral care.

Examples of staff who may benefit from the training include children's centre workers, school health nurses, health visitors, community nurses, allied health professionals, healthcare assistants, carers.

The workshop aims to equip staff with the knowledge, skills and competencies needed to promote good oral health. No prior knowledge of oral health is required. Topics covered include:

- * Oral hygiene (use of fluoride, denture hygiene)
- * Impacts of poor oral health
- * Healthy eating, sugar free medicines
- * Risk factors for common chronic diseases (tobacco, alcohol misuse)
- * Dental injury
- * Signposting to NHS dental services

If you would like to attend a training session or arrange a session specifically for your team members, please contact the team to discuss your requirements.



Key oral health messages

1. Brush with fluoride toothpaste twice a day, for two minutes
2. Have less sugary food and drinks, especially between meals
3. Smoking and drinking alcohol can damage your teeth, for free advice and help about smoking, alcohol or drugs please contact the team
4. Visit your dentist regularly. To find an NHS dentist, visit www.nhs.uk/dentists

Make brushing your teeth fun!

FREE Brush DJ App

* Play 2 minutes of music for brushing

* Set reminders for brushing and visiting your dentist

Get Sugar Smart!

FREE Change4Life App

Scan barcodes of food packaging using the App to find out how much sugar is in your food and drink



Contact us

Oral Health Promotion Team

St Martin's Place, 51 Bath Road, Slough, SL1 3UF

Tel: 07900 051619 / 01865 904076

Email: Sarbjit.Bhullar@slough.gov.uk

Oral.health@oxfordhealth.nhs.uk