

Useful Websites

Information on the Leeds Community Dental Service can be found on :

www.leedscommunityhealthcare.nhs.uk/our_services_az/dental_service

Leeds City Council Interactive website on tooth brushing: www.leedssmiles.co.uk

Key Oral Health Messages

- Using a pea sized amount of family fluoride toothpaste, brush your teeth for two minutes twice a day, before bed and on one other occasion.
- Limit your intake of sugar and keep sugary food and drinks to meal times only.
- It is recommended to eat no more than three meals a day with one snack.
- Water is the safest drink for teeth.
- Visit a dentist regularly, every six months unless advised otherwise.
- Fluoride varnish treatment for those under 18 is free and available at your local dentist (if registered).
- Use a toothpaste with a fluoride content between 1350ppm—1500ppm (parts per million)



Accessing an NHS Dentist

To access an NHS dentist, you can visit the NHS Choices website at www.nhs.uk and search your postcode for local dental practices in the 'find local services section' or you can dial the **111** service for information or for dental emergencies.

Please note: NHS charges apply for dental treatment for people aged above 18 years who do not have exemption of payment.

Our Videos



All about that paste

<https://youtu.be/SdP7mGhFmg0>



Jack's going to the dentist

<https://youtu.be/37ZQaKI9Qss>

NHS

**Leeds Community
Healthcare**
NHS Trust

The Oral Health Improvement Team



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About us

As part of the Leeds Community Dental Service, the Oral Health Improvement Team promotes oral health messages across Leeds. We aim to improve the oral health among individuals with health inequalities. This is achieved by working closely with public health and professionals across the public and private sectors such as schools and care home staff.

To improve the oral health of the Leeds Community, we run a number of projects to ensure that the public can access oral health messages:

- Tooth brushing scheme in schools and children's centres.
- Resource boxes are available to loan to schools, children's centres and children and young people's workforce.
- Training for health care professionals and champions training.
- Annual projects – National Smile Month & Mouth Cancer Awareness Month



Tooth Brushing Scheme

One of our aims is to improve dental health in children. Targeted Schools across Leeds and Children's Centres are encouraged to sign up to our tooth brushing scheme. Each school or children's centre that take part in the scheme would be provided with training.

Resource Boxes

Resource boxes are available to loan for schools, children's centres and private day nurseries and children's centres. They are also available for children and young people's workforce to loan out and use for families or children they work with. We have different resource boxes to loan dependant on the age group that the resources are intended for (from preschool to primary school ages).

If you would like to loan a resource box, please contact us.



Training

To ensure that up-to date oral health key messages are shared with the community, we provide a range of **FREE** oral health training sessions for professionals who work closely with people who have health inequalities. If you are interested in coming to a training session, please contact us to book a place.

Projects

We are also involved with two major projects each year. The oral health improvement team are dedicated in raising awareness for Smile Month and Mouth Cancer Awareness Month.

National Smile Month

Every year, we raise awareness for the national smile month during May and June by providing useful information to the public and by working with organisations across Leeds. To get involved, please visit the official national smile month website

<http://www.nationalsmilemonth.org>



Mouth Cancer Awareness Month

November is Mouth Cancer Awareness Month. We provide free mouth cancer screening sessions for members of the public across Leeds. If we find anything suspicious, we would refer patients for more extensive investigations.

Visit the official mouth cancer website for more information on mouth cancer

<http://www.mouthcancer.org/>