**May 2022**

**Positive Nutrition, Good Hygiene & Oral Health**

A healthy smile is part of a good start in life. Child tooth decay can be prevented if we work together and get the simple things right.

**Oral Health in Bury**

The most recent oral health survey reported that **35.2%** of 5-year-old children and **12.4%** of 3-year-old children had already experienced tooth decay in Bury (National Dental Epidemiology Programme 2020). The pandemic impacted on oral health as children spent much more time at home (snacking habits may have changed) and daily supervised toothbrushing in Early Years Foundation Settings (EYFS) paused. Many dental services are facing challenges. Reduced number of dental appointments are due to infection control guidelines, and waiting times for children requiring a general anaesthetic for tooth extraction are now more than 18 months.

**Promoting Oral Health**

As early years practitioners your role is invaluable in promoting positive oral health. The requirement to promote good oral health is now embedded within the [EYFS framework](https://www.gov.uk/government/publications/changes-to-the-early-years-foundation-stage-eyfs-framework/changes-to-the-early-years-foundation-stage-eyfs-framework).

In Bury, the gold standard for promoting good oral health embraces the following three elements:

* The [Golden Apple Award Scheme](https://theburydirectory.co.uk/golden-apple-award-scheme) is designed for early years settings who wish to improve nutrition, hygiene and dental health amongst children in their care.  Accreditation for this award is renewed every 12 months, following submission of supporting evidence and policies.
* The new oral health [evidence-based learning tool](https://www.gmthub.co.uk/dentistry/workforce/childrens-oral-health/training-for-early-years-practitioners) (on the GM training hub) enables early years practitioners to include key oral health messages within their everyday practice, and encourage families to practice good oral health behaviours at home.
* Implementing a daily supervised toothbrushing programme such as [The Brush Bus Scheme](https://theburydirectory.co.uk/services/the-brush-bus-scheme-in-bury-pre-school-and-nursery-settings) is one of the most effective ways to work towards the EYFS statutory requirement. [Supervised Toothbrushing Training for EYFS Practitioners](https://www.gmthub.co.uk/dentistry/workforce/starting-well-improving-childrens-oral-health/stb-early-years) gives confidence to those staff involved and ensures they have the information to deliver a safe effective programme. Parents often report back appreciation on support with tooth brushing. The training package also includes a video to share with parents/carers.

The oral health team are going to be very busy this term as the response from primary schools starting brushing has been immense.

There are a very small number of early years settings who have not yet taken the step to implement supervised toothbrushing. Please contact [alison.tabois@nhs.net](mailto:alison.tabois@nhs.net) should you wish to discuss this further as this additional fluoride will make a real difference to the oral health of the children in your care.

## Resources

## To enhance the learning experience when promoting oral health with your children you can access [oral health themed PowerPoint presentations](https://theburydirectory.co.uk/services/oral-health-promotion-for-eyfs-presentation) with supporting teaching notes.

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You can also borrow resources (dentist/dental nurse dressing up clothes, disposable face masks, gloves and dental mouth mirrors, a large mouth and toothbrush, jigsaw puzzles, story books, Judy Bear visits the dentist DVD, and a small furry animal with teeth).

Contact the following libraries directly should you wish to borrow

a resource box.

**Radcliffe Library**, Stand Lane, Radcliffe, Manchester M26 1JA

Telephone: 0161 253 7160

**Ramsbottom Library**, 53 Carr Street, Ramsbottom, Bury

BL0 9AE

Telephone: 0161 253 5352

Alternatively, you may like to build up your own educational dental resources, these are available to purchase from the [Oral Health Foundation](https://www.dentalhealthshop.org/).

**National Smile Month**

Between **16 May and 16 June 2022**, the [Oral Health Foundation](https://www.dentalhealth.org/national-smile-month) will be raising awareness of important health issues. This year their Dental Buddy programme which provides educational resources for Early Years' Education, has had a revamp with a fresh new look. This includes activity sheets, lesson plans and interactive presentations, all of which are freely downloadable. All this will help get children excited about looking after their teeth.

Remember there are also a wide range of [downloadable resources](https://theburydirectory.co.uk/services/oral-health-promotion-team) (posters and visual aids) developed by the Oral Health Improvement Team to help you to produce an interesting and informative display on the Bury Directory.

**How to find an NHS Dentist**

Practices providing NHS treatment are listed on [www.nhs.uk](http://www.nhs.uk). <https://www.nhs.uk/nhs-services/dentists/how-to-find-an-nhs-dentist/>. Here you will find a list of all NHS Dental Practices in your area and the service finder shows which practices are currently accepting NHS patients. It is the dental practices responsibility to maintain accurate information on the site. For any support and guidance regarding any the above please contact Alison Tabois (Oral Health Improvement Practitioner): [alison.tabois@nhs.net](mailto:alison.tabois@nhs.net).

**How to Access Urgent Dental Care**

The Urgent Dental Care Service is available 8 am to 10 pm every day to all residents of Greater Manchester by calling **0333 332 3800.** Please be aware that this service is very busy and may be subject to queues and cannot provide access for routine checks. You can access downloadable [posters](https://theburydirectory.co.uk/services/greater-manchester-urgent-dental-care) for display to raise the awareness to parents/carers.

**Get Help to Buy Food and Milk (Healthy Start)**

Where possible please promote the uptake of Healthy Start with families, see here [on how to apply](https://www.healthystart.nhs.uk/how-to-apply/).

Eligibility Criteria:

* You need to be at least 10 weeks pregnant.
* You need to have at least 1 child under 4 years old.

In addition, you must be receiving any of the following:

* Child Tax Credit (but only if your family’s annual income is £16,190 or less)
* Income-related Employment and Support Allowance
* Income Support
* Income-based Jobseeker’s Allowance
* Pension Credit
* Universal Credit (but only if your family earns £408 or less per month from employment)

If you qualify you get:

* £4.25 each week of your pregnancy from the 10th week
* £8.50 each week for children from birth to 1 year old
* £4.25 each week for children between 1 and 4 years old

You can use your card to buy:

* plain liquid cow’s milk
* fresh, frozen, and tinned fruit and vegetables
* fresh, dried, and tinned pulses
* infant formula milk based on cow’s milk

You can also use your card to collect:

* Healthy Start vitamins – these support you during pregnancy and breastfeeding
* vitamin drops for babies and young children – these are suitable from birth to 4 years old

**Pocket-Friendly Recipes**

[Full Time meals](https://www.sustainweb.org/news/mar22-healthy-start-regional-take-up-2021/) with Marcus Rashford and Tom Kerridge and [BBC Good Food](https://www.bbcgoodfood.com/recipes/collection/cheap-family-suppers-recipes) has some great affordable recipes.

For anyone experiencing food insecurity please share the list of [Bury Foodbanks/pantries](https://theburydirectory.co.uk/bury-food-banks) on the Bury Directory.

In addition, there is [help with financial hardship](https://www.bury.gov.uk/index.aspx?articleid=16755) (vouchers for food/fuel, emergency repairs, essential goods) on the council website.

**Family Learning Courses**

The Family Learning Team work in schools, children’s centres and community settings across the Borough to deliver courses that support parents and carers to help their children reach their full potential, both at home and at school, to build parents’ own confidence and skills.

In addition to supporting the children, there is an emphasis on empowering parents to enable them to be effective educators at home as a springboard from which to become sufficiently confident and skilled to explore opportunities that could lead them into further avenues of work or study themselves.

Classes can involve the children working alongside their parents with the class teacher and the support of the Family Learning tutor, or are parent-only, where parents work together with the adult tutor to improve their own skills and knowledge.

If you are a headteacher, a children’s centre manager or Early Years/Nursery leader or a community worker interested in us setting up a Family Learning course for your parents or service-users, or to find

out more, please contact **Pete Cookson**, Bury Adult Learning Service: [p.cookson@bury.gov.uk](mailto:p.cookson@bury.gov.uk), 0161 253 5079, 07901675907.

**Bury Adult Learning Wellbeing Programme**

The courses on the Wellbeing Programme are designed to build confidence and promote self-help whilst learning something new, meeting people and having fun. These courses are free for people who are experiencing mild to moderate stress, anxiety and low mood. Courses include: Art to Reduce Anxiety & Stress, Improve Your Mood through Food, Bake Yourself Happy, Mindfulness, Keep Calm & Budget, Self-Care Sanctuary and Creative Writing for Wellbeing. If you would like any more information on these courses, please contact **Sue Scott**, Bury Adult Learning Service, 0161 253 5772 or visit [www.bury.gov.uk/adultlearning](http://www.bury.gov.uk/adultlearning).

**The Golden Apple Team**

If you require further information on the Golden Apple scheme or would like to know when your next assessment is due, please contact:

**Golden Apple Officer**

Zoe Fogarty,

Bury Council, 1st Floor, 3 Knowsley Place, Duke Street, Bury, BL9 0EJ

Email: [foodsafety@bury.gov.uk](mailto:foodsafety@bury.gov.uk)

**Oral Health Promotion Officer**

Alison Tabois,

Bridgewater Community Healthcare NHS Foundation Trust  
Email: [alison.tabois@nhs.net](mailto:alison.tabois@nhs.net)

**Public Health Nutritionist**

Francesca Vale,

Public Health Team, Bury Council, 1st Floor, 3 Knowsley Place, Duke Street, Bury, BL9 0EJ

[f.vale@bury.gov.uk](mailto:f.vale@bury.gov.uk)

**Senior Environmental Health Officer – Food Lead**

Rob Hall,

Bury Council, 1st Floor, 3 Knowsley Place, Duke Street, Bury, BL9 0EJ

Email: Hall, [R.A.Hall@bury.gov.uk](mailto:R.A.Hall@bury.gov.uk)