**Reducing Oral Health Inequalities**

**Oral Health Community Challenge Fund**

**1 July 2019 - 31 March 2022**

**End of Fund Findings**

**And**

**Project Directory**

**September 2022**



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**Foreword: Chief Dental Officer for Scotland**

The Scottish Government remains committed to reducing inequalities across Scotland, including health inequalities. A healthy mouth is key to everyone’s overall health and wellbeing. The oral health Community Challenge Fund (CCF), working within communities, was designed to strengthen opportunities for, and understanding about, positive oral health. The projects, which all focus on supporting better early years’ oral health, were delivered by communities, for communities. All were unique in their breadth and approach, yet all support the establishment of life long positive health behaviours to maintain good oral hygiene.

Twenty projects were delivered during the full two years and nine months of the Fund. All have successfully impacted on the lifestyles of children, their families, and their community. More details of the projects and their impact are shared in this report.

Although the Fund has now finished, the impact of the interventions remains across each community. The methodologies and findings can be used for further adaptation and spread, as part of the legacy of this work. I therefore commend to you, the learning from these projects, and this style of co-production across vulnerable communities. The project directory at the end of this report gives information about each community’s work and other details to facilitate your continuing contact, dialogue and spread.

A particularly important aspect of the Fund’s legacy is the inception of an ambitious new programme, delivered by Edinburgh Community Food and LINKnet in partnership with NHS Lothian. *Eat Well for Oral Health* is a community-based food skills and nutrition project to drive oral health improvements for all living in vulnerable circumstances and affected by socio-economic and race inequalities. Building on the successes of their oral health Community Challenge Fund projects, the two community organisations will combine and further develop their approach for lasting impact across Edinburgh and the Lothians, with an intention to scale and spread across other parts of Scotland. Your close involvement with, and adaptation of the approaches remains essential to the creation of large scale change with people and communities’ overall health and wellbeing at its core.

Please do take the time to peruse this report and to consider how best to connect, for lasting impact.

Tom Ferris

Chief Dental Officer for Scotland

**Executive Summary**

The Scottish Government is committed to addressing oral health inequalities, as set out in Scotland’s Oral Health Improvement Plan published January 2018 [Oral health improvement plan - gov.scot (www.gov.scot)](https://www.gov.scot/publications/oral-health-improvement-plan/pages/4/), and emphasised with a Programme for Government (PfG) 2018 commitment.

The oral health Community Challenge Fund (CCF) launched in 2019. The aim was to enable third sector organisations in areas of multiple deprivation to build relationships within their communities that would reduce oral health inequalities and support better early years oral health. In turn, this would support existing measures to reduce the number of young children undergoing tooth extraction under general anaesthetic.

The Programme saw the investment of £2.5 million over two years and nine months, with 20 different projects working in local partnerships to support children, their families and their communities in improving oral health behaviours. Despite the Coronavirus pandemic, all projects worked closely with some of the most vulnerable and disadvantaged communities, to share oral health messaging, to co-produce solutions, to provide advocacy and support to accessing services. In addition, projects remained proactive and pivoted their delivery methodologies to accommodate continually changing circumstances.

The achievements of the Community Challenge Fund have been gauged against the three programme fund outcomes: to improve Infant Oral Health; to reduce oral health inequalities amongst people most at risk; and, to increase opportunities for people to improve oral health and well-being. The impact reports from each community group, together with individual stories and a project directory are included in this report.

The key learning from these projects, and this style of co-production across vulnerable communities provides an insight to approaches that can be replicated to reduce inequalities. These can be captured as:

* Ways of Communicating:
  + Engaging with people and communities;
  + Building dialogue through community access points and trusted anchors;
  + Adoping varied approaches that work for communities.
* Boosting Practical Knowledge and Myth-Busting:
* Sharing knowledge around diet and tooth brushing;
* Helping people to feel empowered and to value their oral health and their teeth;
* Influencing lifelong positive oral health behaviours.
* Understanding issues affecting communities and addressing Barriers:
* Demystifying and reducing anxiety about going to the dentist;
* Removing barriers that prevent participation;
* Co-producing ideas and approaches.
* Offering Advocacy and Support:
* Supporting generational influences within families and communities to embed messaging;
* Listening and supporting people’s overall wellbeing recognising the raft of challenges they are facing;
* Facilitating access to dentists for assessment and care.

The Community Challenge Fund learning has only been achievable with partnership and collaboration, using approaches centred on principles of inclusion, participation and fairness. Influencing postive health behaviours is a long-term process, and continuing partnerships and community engagement remains critical for ongoing spread.

Beyond April 2022, a new legacy project has been established, focusing on sustaining change, with Edinburgh Community Food and LINKnet now working in partnership. *Eat Well for Oral Health* is a community-based food skills and nutrition project to drive oral health improvements for all living in vulnerable circumstances and affected by socio-economic and race inequalities across Edinburgh and the Lothians, with an intention to scale and spread across other parts of Scotland for lasting impact.

The wide ranging learning from all the projects individually and collectively is commended to partners across Health and Social Care, Third Sector and community groups for ongoing development and maximum long-term effect.

1. **Background**

Scotland’s Oral Health Improvement Plan published in January 2018, provided an ambitious strategic framework for improving oral health. Reducing oral health inequalities formed a key policy action of the plan, with the investment of £2.5 million in community-led initiatives providing oral health Community Challenge Funding to third sector organisations for work with communities living in areas of multiple deprivation.

The Scottish Government emphasised its commitment to addressing oral health inequalities, with the inclusion of the oral health Community Challenge Fund in the Programme for Government 2018.

The overall aim of the oral health Community Challenge Fund was to reduce oral health inequalities and support better early years’ oral health, thus reducing the number of young children having a general anaesthetic for tooth extraction. Whilst the national public health Childsmile Programme has continued to make a significant contribution to the improvement of children’s oral health, there remained clear evidence that infants living in the most deprived areas have poorer oral health than those in the least deprived areas.

1. **Oral Health Community Challenge Fund Programme**

The oral health Community Challenge Fund provided grants between £7,000 to £30,000 to 21 third sector organisations working in areas of multiple deprivation in Scotland (categorised by the Scottish Index of Multiple Deprivation (SMID) data zones), contributing to one or more of the following fund outcomes:

1. Improve infant oral health;
2. Reduce oral health inequalities amongst people most at risk; and
3. Increase opportunities for people to improve oral health and wellbeing.

Applicants were required to develop initiatives that would:

* Deliver infant oral health projects to meet the needs of the disadvantaged community and promote wider family involvement;
* Bring the community in and deliver oral and wider health improvement messages in an accessible manner that was inclusive to all; and
* Promote infant oral health and measures that could be taken by families to ensure that they had the necessary information to maintain good oral hygiene.

The funding programme supported 21 different types of interventions across Scotland over the period July 2019 to March 2022, to tackle oral health inequalities and improve oral health and wellbeing, with a focus on infants, their families/carers, expectant mothers and their wider community. This included interventions that, for example, introduced positive lifestyle choices which can affect oral health and wellbeing, cooking skills’ development, breast and infant feeding support, family nutrition and oral health messaging.

The target groups included children with special needs, parents with infants, minority ethnic families, young children, childminders and the wider community. There was a particular focus on supporting vulnerable families from deprived communities.

Unfortunately, one project ceased in 2020 due to the specific circumstances within the organisation during the Pandemic with the remaining 20 continuing for the full duration of the funding period.

1. **Capacity Building Support for projects**

Given that the oral health Community Challenge Fund was first intervention of its kind, Scottish Government’s Dentistry Division undertook to organise a series of ‘inception’ and capacity building events. These were key in contributing to the successful sharing of learning and experience, and building funded projects’ understanding and reach. The events were particularly important in the early stages of the programme to strengthen and build projects’ capacity. As many funded organisations had no previous experience of working directly on oral health issues, the opportunity to hear from dental professionals and to better understand the wider context of their work was particularly important.

The following events were delivered across Scotland with high level of interest and attendance:

* Inception events in Glasgow and Dundee to explain the wider public health improvement context and how the Community Challenge Fund links to national health priorities;
* Measuring Impact training (Glasgow and Edinburgh) focusing on outcomes and evaluation through the ‘Lasting Difference’ lens of sustaining projects and impact with relevance to oral health;
* Oral Health Foundations/Early intervention and working with families on oral health – Glasgow and Edinburgh; and
* Two online Peer Learning Workshops to promote and develop learning amongst oral health funded organisations.

Capacity Building Training sessions in Edinburgh and Glasgow

 

1. **Assessment and Monitoring**

Each orgnisations project contributing to the Community Challenge Fund portfolio were required to have clear aims and objectives, supported by milestones and output measures that would be used to gauge the success or otherwise of each project.

Each of the projects incorporated evaluation of their activities and impact as part of their project methodology. The Community Challenge Fund process also required six monthly reporting of activities delivered and progress made towards project and fund outcomes, along with detailed quarterly expenditure submissions.

Towards the end of the project period each organisation provided an overarching Impact Report describing the broad or longer term effects of the project, and the effects on people and communities of the organisations’ work.

These Impact Reports are included in Section 5. The Impact Reports each cover the period July 2019 - November 2021. Further analysis of outputs provided at the end of the funding programme in March 2022 provided further evidence of the impact towards fund outcomes.

For example, the impact of supplying ‘oral health packs’ and emergency meals specifically targetting parents and young children during the pandemic, supporting families to become more knowledgeable and confident in developing positive parenting practices in oral health and family nutrition, whilst cascading important key oral health messages to families, has left a lasting impact.

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| *500* ***toothbrush packs*** *given out over the 2 years, particularly to all food parcel beneficiaries during Covid 19****. Community Food Initiative NE*** |

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| *Provided over 40,000* ***emergency meals*** *low in sugar, salt, fat, and allergens, to the community;*  *Developed 70* ***healthy recipe videos*** *on You Tube reaching 15 families /week and a much wider unquantifiable audience****. Cross Roads Community Hub*** |

1. **Funded Projects and Impact Reports**

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| **Organisation Name** | **Category** | **Project Summary** | **Achievements (Embedded Links to Impact Reports)** |
| Ayrshire Children’s Services CIC - **Ayrshire** | Additional Support Needs | **Brighter Smiles** project aims to help reduce oral health inequalities amongst ASD/ASN children who are at most risk. The project will work with preschool infants and their families to proactively break down barriers that preschool age autistic children face due to their special needs, using expertise to meet the 'Oral Health' needs of these disadvantaged community members and promote wider family involvement. |  |
| Community Food Initiative North East - **Aberdeen** | Food and Nutrition | **Health Start & Smile Project (HSSP)** aims to partner with Aberdeen City Council, NHS Grampian, Health and Social Care Partnership and Torry (a regeneration area) community organisations and residents, to improve infant oral health and residents' health and wellbeing, delivering through a coordinated programme of activities initially focusing on the Torry neighbourhood. |  |
| Crossroads Community Hub - **Galston** | Parenting/food and nutrition | **Eat for Teeth** project aims to support parents to make informed choices on their children’s diets, providing opportunities to increase their cooking skills using healthy nutritious locally sourced foods. The project will undertake a range of activities that support families to be better informed of oral health risks, whilst providing access to oral health promotion materials and support. |  |
| Early Years Scotland - **Glasgow** | Parenting skills/ Early years | **Off to a Good Start** project aims to improve infant oral health by offering opportunities through the delivery of "Together We Can " sessions that use play-based activities to support the enhancement of parents’ abilities, knowledge and confidence to achieve improvement in family diet, oral health and increased physical activity. This will be facilitated through the creation of opportunities for wider family involvement supporting children from birth to 5 years old. |  |
| Edinburgh Community Food Initiative - **Edinburgh** | Food and Nutrition | **Family Smiles** project aims to deliver a healthy lifestyles programme through early years’ centres, HMP Edinburgh Visitor Centre and the organisations’ own early years’ groups in Edinburgh. The project will build oral health into Edinburgh Community Food’s cooking and nutrition programmes. |  |
| Fuse Youth Cafe Glasgow - **Glasgow** | Young people/ community wide | **Dramatic Effect - Oral Health** project aims to involve young people (aged approximately 11-16) developing and producing a series of scripted drama productions, which will articulate key messages about oral health in an innovative and engaging way, reaching audiences that have proven resistant to mainstream oral health strategies. |  |
| Getting Better Together -  **Shotts** | Parenting skills/Early years | **Happy Children, Happy Smiles** projectaims to develop oral health interventions, linking them to healthy eating programmes, breastfeeding initiatives and early years’ activities. The interventions will introduce positive lifestyle choices that can affect oral health and wellbeing. |  |
| Healthy n Happy Community Development Trust - **Rutherglen** | Community wide/ families with young children/Childsmile/ Food | **Smiling Communities** project aims to implement a community led grassroots engagement and information oral health campaign in five local SIMD (Scottish Index of Multiple Deprivation) neighbourhoods in CamGlen for children and families, exploring local residents’ issues that may be behind lower oral health outcomes. The campaign will feature and be shaped by local views, voices and faces and will be delivered through activities and spaces where communities come together. |  |
| Home-Start Dundee - **Dundee** | Parenting skills/Early years | **Healthy Choices** aims to provide a targeted support service for mums with infants and toddlers, particularly in areas of high deprivation, through home-visiting support and group sessions to reduce oral health inequalities. |  |
| Home- Start Glasgow - **North Glasgow** | Parenting Skills/Early years | **Smile A While project** aims to improve the oral health of pre-school children and infants by providing: 1) support and encouragement for parents and children aged 0-5 years old in promotion of oral and general health; 2) necessary resources to group workers, volunteers and parents to implement and maintain a daily oral health routine at home; 3) information to parents/caregivers in practical formats, to inform them of the benefits of healthy lifestyle choices on oral health and general wellbeing and to establish routines at home. |  |
| Kidz-Eco CIC - **Livingston** | Parenting skills/ Early years | **Kidz Knashers** project aims to educate families participating in ‘Kidz n Kin’ community space in The Centre, Livingston. The project will promote good oral health practices amongst participants of ‘Kidz n Kin’ with a focus on pre-birth and early years. |  |
| Lanarkshire Chinese Association - **Lanarkshire** | Minority ethnic lifestyle changes | **Healthy Smiles** project aims to improve oral health amongst infants and families of Chinese community in Lanarkshire with a focus on families living in deprived areas. |  |
| Lanarkshire Community Food & Health – **North Lanarkshire** | Food and Nutrition | **Happy Smile Project** aims to improve the oral health of children from birth to three years of age, using a family approach to oral health and lifestyle in North Lanarkshire. Oral health messages will also be integrated into all existing and new projects, for example High Five for Fruit; Healthy Mummy, Happy Baby; Health and Social Care Integration, and Holiday Hunger projects such as Club 365. |  |
| LINKnet Mentoring - **Edinburgh** | Minority ethnic lifestyle changes | **Edinburgh and Lothian’s Smile Project** – Education, Advocacy and Practice in Oral Health. Edinburgh Smile’s Project has been designed to reduce oral health inequalities amongst people most at risk by bringing the community in and delivering oral and wider health improvement messages in an accessible manner that is inclusive to all. |  |
| Lochside Community Association SCIO - **Dumfries** | Parenting/Early Years | **Smiles Better** project aims to improve outcomes for the whole family using principles of Promotion; Participation; Prevention; and, Positives. |  |
| Networking Key Services (NKS) - **Edinburgh** | Minority ethnic lifestyle changes | **Preventative & Early Intervention Oral Health initiative for South Asian Families & their Children** projectaims to take a preventative and early intervention approach to improve oral health amongst South Asian families and young children facing challenges to improve their general and oral health. The families experiencing disadvantage at different levels living in deprived areas will be specially targeted. |  |
| Rosemount Lifelong Learning – **Royston Glasgow** | Parenting skills/ Early years | **Rosemount Family Health and Wellbeing** project aims to deliver new health and wellbeing work to reach members of the community that will most benefit from the project’s activities and make a significant impact on their health and wellbeing. |  |
| Scottish Childminding Association - **Stirling** | Early years/ Childsmile | **Childminding Happy Teeth** project aims to provide training and support to childminders in Scotland to implement supervised tooth-brushing within their childcare settings. The project will work with parents to support them to develop a healthy oral regime with their children from an early age. This will include checking if parents are registered with a dentist and if not, help them with registration and engage with community dental services. |  |
| The Church of Scotland Social Care Council (CrossReach) – **Glasgow** | Parenting/ Early years | **Smiling Together** project aims to use play as a tool for learning and reinforcing key oral health messages, supporting some of Glasgow’s youngest, yet most disadvantaged and marginalised children, to improve their oral health and hygiene. Working with parents and children together, and drawing on the demand for community based play sessions, to provide 6 week blocks of weekly play sessions focused on oral health. |  |
| West of Scotland Regional Equality Council (WSREC) - **Glasgow** | Minority Ethnic lifestyle changes | **Shine Bright - Oral Health of Minority** **Communities** project aims to engage specifically with minority ethnic communities residing in Greater Glasgow, targeting vulnerable and at risk groups in areas of multi-deprivation. The project will raise awareness of services available, providing direct intervention activities and one-to-one support. |  |

1. **Community Challenge Fund Outcomes**

The oral health Community Challenge Fund allowed third sector organisations to work alongside families in deprived communities to improve their oral health, whilst linking to other local health initiatives. Given the complexities of the social determinants of health, and the cumulative impact of interventions and policy interactions, the achievements of the Community Challenge Fund have been gauged against the three programme fund outcomes:

**6.1 Outcome 1 - Improve Infant Oral Health**

The work carried out by the projects to create a range of opportunities to engage with and raise awareness of oral health amongst parents and carers of infants may be regarded as a key success of this programme. The evidence from reports and learning from projects suggests that improvements have been made in the lives of infants as a result of the different interventions.

The interventions have supported parents and carers to achieve improvement in their family diet, oral health, and tooth brushing routines for children within the home environment, with an intended outcome to reduce tooth decay in the early years. Children and families have had the opportunity to make healthier choices to their diet by recognising the impact that sugar can have on their teeth, gaining a better understanding of good oral health and dental care services. This has led to more families registering their children with a dentist, adults taking up check-up appointments and overall making healthier choices in their daily eating routines within the home.

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| **Early Years Scotland’s Link to Conrad’s story** <https://www.youtube.com/watch?v=usGhjjxSuLk> |

Some key changes reported are highlighted below:

* Parents better able to deal with challenges during tooth brushing routines with their children;
* Children better engaged in tooth brushing routines;
* Staff equipped to better support children to brush their teeth;
* Children choosing healthier snacks and brushing teeth after lunch and dinner;
* Parents and carers making informed choices for the children in their care and
* Childminders better equipped to supervise tooth brushing routine for children in their care.

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| “*Every time Kenzie see the Big Tooth (display for Toothbrush exchange and Weekly Challenges) he asks to brush his teeth. He loved going to the class with Lauren. It used to be horrendous to get him to brush his teeth but now he reminds me that he has to do it*.” **Scottish Childminding Association** |

**6.2 Outcome 2 – Reduce oral health inequalities amongst people most at risk**

There is good evidence that progress towards this outcome has been made. Projects particularly targeted communities living in areas of multiple deprivation and people most at risk from lack of engagement, poor eating habits, challenging lifestyles and lack of awareness of the impacts of poor oral health.

The evidence from reports and learning from projects suggests that improvements have been made for vulnerable groups as a result of the different interventions, with a range of approaches used to reach disengaged communities from deprived areas.

Interventions supported minority ethnic families, who may lack awareness of services, have language barriers and poor diet with high sugar and fat content, taking ownership to prioritise their oral health care. Evidence suggests that many families from areas of deprivation experiencing challenges to prioritising oral health, have improved their understanding of the need to take good care of their oral health, with increased understanding of the impact of poor oral health on general health and wellbeing.

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| *“I really enjoyed the course and got some useful ideas about how eating healthy can be quick and easy. Also great all the info about nutrition, reading labels for sugar content, dental health! Would highly recommend it.”*  ***Edinburgh Community Food and Health participant.*** |

Some key changes are highlighted below:

* Families better aware of different techniques and support available to them;
* Parents and carers more aware of services and resources available to them;
* Families better skilled in preparing meals at home which are low in fat, sugar and salt, using low cost healthy foods;
* Minority ethnic families are less reliant on advocacy support to make dental appointments;
* By providing a bi-lingual worker Chinese families have a better understanding of poor diet and the changes they need to make to improve their own diet and that of their children;
* Through cultural and linguistic support, disadvantaged minority ethnic communities were better supported to access mainstream services around oral and general health;
* Minority ethnic communities have taken steps to increase their learning to instil long term behavioural changes in areas of oral health and wellbeing; and
* Families from vulnerable backgrounds having access to hot meals that are low in sugar and salt.

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| *“…I have introduced new foods. I am cooking with ingredients that I wouldn’t have used before the course… I am cooking new recipes for the whole family now. I find myself buying healthier ingredients and more fruit/veg than I did before I took part.”* **Lanarkshire Community Food and Health Partnership** |

**6.3 Outcome 3 – Increase opportunities for people to improve oral health and wellbeing**

A number of projects worked not only with families but also the wider communities, agencies, organisations and practitioners, such as staff of other organisations, volunteers, health improvement teams and so on. There is strong evidence to suggest that raising awareness amongst the communities and working with a range of stakeholders is critical to changing the long term understanding of poor oral health and its impacts. It also supports the effectiveness of the work of the projects in achieving the programme fund outcomes.

The evidence from reports and learning from projects suggests that improvements have been made amongst the community, wider society and the various stakeholders engaging with the projects, demonstrating greater understanding and increase in opportunities provided to people to improve oral health and wellbeing.

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| *“The Child’s smile was quite helpful as well as I hadn’t thought about registering my baby with a dentist. So, I find that quite helpful and that they [dental support workers] follow them through nursery and school.”*  *“…I still need to register with the dentist as well. I need to call the dentist. The thing about honey and sugar I thought that’s a natural thing, that surely is better than sugar, but I learned that it’s not that much better. All these processed foods and artificial foods - it’s really interesting to see what’s in them.”* **Home Start Glasgow North** |

Some key changes are highlighted below:

* Families having a better understanding of the link between food, drink and good oral health and adopting practices recommended at home and sharing with the wider family connections;
* Improved health and wellbeing through learning and how to better take care of oral health for their themselves and the people around them;
* Increased confidence in addressing oral health concerns due to knowledge and skills gained;
* Staff feeling empowered to respond to oral health concerns and directing individuals for support;
* Organisations having the skills and knowledge to work with families, making referrals to relevant agencies; and
* Communities championing oral health in local campaigns to raise awareness.

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| “*Thank you for the information regarding the best start food, guide to healthy teeth, drinks for babies and young children and child smile community and practice. I found this information very helpful and especially Torry tasters cooking book where I can try different healthy recipes for my kids. My food and drinks diary and tooth brushing diary was useful to keep an track of our daily activities” Sav –* ***Community Food and Health NE participant.*** |

1. **Partnerships**

The third sector organisations which have delivered the Community Challenge Fund projects are integral to the communities in which they work. By adopting partnership approach, the reach and depth of each of the project has been strengthened through direct access and dialogue. Connections between the funded organisations, and partnerships with professionals such as NHS Oral Health Improvement Teams, Childsmile, Public Dental Service Social Work, Schools, Early Years Centres, Dietetic Health Promotion Team, Local Councils, Dental Practices and Third Sector organisations formed key aspects of spread and reach, supporting continuity, sustainability and legacy of the funded programme.

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| The following quote provided by Pollokshields Development Agency to West of Scotland Regional Equality Council provides one example of partnership working:    *“We have worked in in partnership with Shine Bright project, where Shine Bright project has delivered oral health and hygiene Workshops to our clients. Pollok Shields Development Agency is based in the Southside of Glasgow, we work with disadvantaged diverse minority ethnic communities.*  *The workshops were very beneficial to our service users; through these workshops we have recognised the lack of awareness of oral health. Through these sessions the communities learned so much. Many of our service users reported they completely changed their lifestyle and are very conscious of the food they consume. Overall, the workshop with Shine Bright immensely benefited our service users and helped improve their health and wellbeing”*  ***Pollokshields Development Agency work******with West of Scotland Regional Equality Council*** |

1. **Key Challenges**

The Community Challenge Fund projects commenced in July 2019. The first six months’ Progress Reports, along with site visits and ongoing dialogue indicate that initial contacts were successfully made and significant early progress was made towards the stated aims and objectives of each project.

The advent of the Coronavirus pandemic from March 2020, and the consequent effect on social contact, provided a major challenge for every organisation and for every community. Projects had to rethink their delivery model, adopting and continually adapting new ways to engage with their service users.

Much of the original planned work focused on community dialogue, discussion, familiarity, sharing and awareness raising. Each project had to switch to remote contacts or to re-engage via new routes e.g. working closely with food banks, delivering oral health packs to service users’ homes, providing cooking skills sessions online, supporting tooth brushing routines online, providing healthy hot meals to family homes and delivering socially distanced outdoor activities.

Further challenges causing concern at that time, related to food availability – food distribution across Scotland was significantly affected by haulage driver shortages – the Coronavirus pandemic, the withdrawal of the United Kingdom from the European Union, and decrease in available food surplus due to cost of ingredients, which particularly affected community food organisations.

Furthermore, prior to the pandemic many dentists were proactively engaged and supportive of work undertaken by the projects, however during the pandemic, closure of dental practices, practices not taking new patients and prioritising emergencies led to difficulties for many projects in effectively delivering their planned activities. Some projects also experienced staffing issues and funding challenges, coupled with increased demand for their services.

Nevertheless, despite these various challenges, projects remained resiliant, constantly finding innovative and thinking-outside-the-box approaches to engage service users, strengthening relationships and finding creative ways to build new external partnerships. One example provided below highlights the new approach to delivery adopted by Lanarkshire Community Food and Health during the pandemic period.

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| *“One of the major challenges of the year so far has been adapting to virtual sessions and keeping them engaging for participants. One way we have dealt with this is to develop interactive games and quizzes which work over video calls. We also developed colourful, simple fact sheets for oral health and other nutrition topics which could be delivered to participants with their food parcels. For instance, sessions focussed on oral health and sugar sessions include quizzes on guessing the “secret sugar” content of foods and drinks, quizzes about oral health facts, and giving participants piles of sugar cubes to guess how much sugar various drinks have”.* ***Lanarkshire Community Food and Health*** |

1. **Key Learning**

As this was a new approach to testing and embedding oral health improvement, there has been significant learning generated as a result of the programme. This has included learning about the types of approaches which are most successful when working with communities and effective methods of engagement and influencing. In particular, given the vulnerable communities in which many of the projects operate, properly understanding barriers and issues affecting individual’s and whole-communities’ lives and their ability to focus on oral health and wellbeing was essential.

**9.1 Ways of Communicating**

**ENGAGING with people and communities**

* People engage better in activities that are interactive, engaging, easy to understand and participate in;
* Children engage better when in a group setting, either playing or role playing.
* Online virtual methods increase the range of people who engage, making participation more accessible, although may prevent some with limited resources; and
* Using the right approach and language is crucial when engaging children and young people.

**BUILDING DIALOGUE through community access points and trusted anchors**

* Working closely with other third sector organisations and community partners already working with families created access points and trusted anchors to reach a wider audience of people;
* Positive trusted relationships established with local partners helped cascade and reinforce messages whilst saving resources; and
* Organisations working in communities understood the challenge of oral health inequalities and were equipped to support communities they work with or refer to organisations for support.

**ADOPTING VARIED APPROACHES that work for communities**

* Face to face classes fare better in regard to attendance and returns compared to that carried out online;
* Some online teaching can result in a broader range of people being reached, including those who would not normally travel to participate, particularly parents with young children;
* Running a variety of classes helps reach children of all ages and stages;
* Weekly Facebook posts continuing to promote toothbrush exchange and give fun facts about oral health are beneficial for engaging parents who may not engage physically.
* Adult education is best run through pre-existing classes such as Weaning groups, weekly messy play, or baby sensory classes, as this is where parents are most likely to engage;
* Supporting families that are struggling and building relationships based on trust is important in providing the best guidance. Families are willing to listen and actively make changes based on the information provided around food and oral hygiene;
* Use of The Henry Approach training to build confidence in asking those difficult questions around health improvement as well as getting on board with supporting parents to make sustained changes in health improvement;
* Incorporating oral health messages into existing health and wellbeing initiatives, even one session focussed on oral health, can substantially increase knowledge and understanding of good oral hygiene practices;
* Distributing promotional printed materials after workshops and one to one sessions was effective in reinforcing the oral health information discussed ;and
* Using different formats for the key messages, audio, video, and printed as well as several delivery channels, Facebook, website, whatsapp and zoom was found to meet a range of preferences.

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| **Edinburgh Community Food and Health**  ‘J’ lives with her 2 year old son and before joining Family Smiles admitted that their diet had not been very good. Since joining the group ‘J’ has been cooking more healthy foods with the recipes provided in the sessions and this has encouraged her to cook more healthy options throughout the week. As a result of attending Family Smiles, ‘J’ has started to read food labels to see if the food item is good for her and her son. She realises that cooking from scratch is actually cheaper and much more healthy than the meals she was cooking before. ‘J’ very rarely missed a session and when her son wasn’t at nursery he was keen to get involved in cooking too. Even if that meant spreading his savoury scone dough all over the window! ‘J’ and her son were really keen to try new foods, even mackerel fishcakes!  ‘J’s favourite recipe was the Moroccan butternut squash and chickpea stew which she said was really nice and easy to make. Her son loved it too!  ‘J’s son also gave his dummy back to Santa at Christmas time as he said he was “getting too old for it”. This was a relief to his mum as she was concerned that he would never want to part with it. Both ‘J’ and her son are registered with a dentist, however they haven’t managed to get an appoinment recently.  A plate of food  Description automatically generated with medium confidence |

**9.2 Boosting Practical Knowledge and Myth-Busting**

**SHARING knowledge around diet and tooth brushing**

* Removing misconceptions about a healthy diet not being recognised as a factor in tooth decay, as many families thought they were making healthy choices when using pre-packed processed foods which have been targeted by manufacturers as a child product, resulting in families thinking these were healthy and good for teeth;
* Providing all the food, ingredients and equipment to hand encouraged families to cook more at home with their children, leading to increased family bonding and children’s intake of fruit and vegetable increased, along with the trying of new foods; and
* Using a variety of methods and approaches with families to increase their knowledge and understanding of healthy eating and tooth brushing was key to changing behaviours.

**HELPING people to feel empowered and to value their oral health and their teeth**

* Helping people to develop a better understanding of how culture and myths can affect oral health and wellbeing, taking a holistic approach to ensuring long term behaviour change;
* Parents are eager to learn and welcome information, guidance and advice and support;
* Importance of consistency in delivering oral health messages and repeating the messages in different ways, ie cookery demo, storytelling, songs and resources, using games and play to make it fun; and
* Sharing the message around the impact on mental health and personal confidence affected by poor oral health choices. It is not just physical health, it is the overall long-term impact of not taking care of yout teeth in the early years.

**INFLUENCING lifelong positive oral health behaviours**

* Children engaged more when brushing their teeth at community venue when other children took part;
* Parents engaged more with a softer aproach, they appreciated learning through play with peer support available where they could ask questions;
* Using opportunities to include oral health messages in everyday conversation with parents helped to influence their behaviour; and
* Using humour in sharing the key messages helped to keep it interesting and engaging for the families.

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| **Early Years Scotland**  This case study highlights the learning experiences and difference made across all 3 outcomes of the project. By attending our sessions this family have developed lifelong skills around the importance of oral health.  Child A has been attending our Stay, Play and Learn at Elder Park Library, Glasgow, since Jan 2019 where we initially introduced our Oral Health through indoor activities. From March 2020 the family received healthy food bags every month which included healthy soup recipes. Child A attended our online sessions where they took part in physical exercise once a week, healthy food cooking sessions and Oral Health story time.  Moving throughout 2020 Oral Health bags were distributed to this family and many others which included home activities promoting tooth brushing, the role of the dentist, toothbrush packs and healthy food choices which we followed up online.  Information and oral health advice continued to Child A paying particular attention to the fact that she was unable to attend the dentist throughout the pandemic. Outdoor sessions commenced and Child A attended with her mum and took part in dental role play, healthy food hide and seek and lots more. As mum received more support and guidance from staff she felt that she was more interested in making positive changes. Particularly with tooth brushing as she says “I really only brush her teeth once a day” so at this point mum was listening and taking on board the key messages. Once the dentists started check-ups, mum made an appointment for Feb 2022.  Mum attended our group the following week and stated that after the dental check- up, she felt that if she had not received the information from the previous 2 years her daughter’s teeth would have been worse. The dentist had noted decay in her back tooth and mum says “honestly, I was gutted but because I brush twice a day now I’m sure that’s helped”. At the dental visit Child A said “Oh Louise said I would get bad teeth mummy if I ate too many sweets”. She felt her daughter was telling her off!  We will continue to promote and support families in making positive changes to their child’s oral health and healthy eating that will benefit all of the family in lifelong good habits. |

**9.3 Understanding issues affecting communities and addressing Barriers**

**DEMYSTIFYING and REDUCING ANXIETY about going to the dentist**

* Adding role play about teeth brushing to activities as well as adding 'dress up' clothes and dentist play equipment, reduced some of the anxieties surrounding attending the dentist;
* Engaging with parents who may have bad childhood memories of the dentist, using empowering approaches to address adult anxieties that impact on children; and
* Approaching the dental practice on behalf of the children experiencing anxiety to alleviate their fears prior to attending an appointment.

**REMOVING Barriers that prevent participation**

* Recognising that individuals from minority ethnic communities have cultural and linguistic barriers and perhaps low awareness of the health services available;
* Providing translations or a staff member who is able to translate helps to engage diverse groups, empowering them to take ownership of their oral health and wellbeing; and
* Discussing issues within groups is important for people with limited English or literacy issues. This is as an effective way of communicating positive messages around oral health.

**CO-PRODUCING ideas and approaches**

* Working closely with families by incorporating their ideas in planning activities that work for them;
* Engaging parents and families from the outset to develop services that address their need; and
* Recognising service users as equal partners and removing barriers to facilitate involvement and participation.

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| **LINKnet**  S (Service User):  I am a mum for 4 children and my oldest daughter is suffering from a tooth decay and one of her front teeth fell off which is affecting her pronunciation and self-confidence. I used to give her a milk bottle during the day and night without cleaning her teeth as well as milkshake for nutrition. After participating in Edinburgh Smile, I have learnt a lot about the misconceptions of children’s healthy food and how to look after their teeth.    Kristy (Volunteer):  Working as a volunteer dentist on one to one with families, as part of LINKnet’s Oral Health Project, has allowed me to offer dental prevention advice that considers the families’ current knowledge and culture when educating and trying to create positive changes. The project saw me increasing my ability to understand and be culturally sensitive, in particular after undertaking a course on inter-cultural communication in Greece after being nominated by LINKnet in collaboration with Erasmus+ Programme of the European Union.  M (Service User):  M is unable to eat food properly due to her dental problems and this has caused her depression. We organized a meeting with M and one of our volunteer dentists. We discussed the possibility to register here with a new dentist. We worked with her support worker and booked her an appointment and one of our overseas Arabic dentists attended with her. The new dentist referred her to a dental laboratory to do direct relining and adjusting of her denture (upper and lower) for more stability and retention. M was very grateful to the support and help she received from us. |

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| ***Exploring dentist kits and brushing with Tiny Tiger – CrossReach***  **stIMG_1027 (1)** |

**9.4 Offering Advocacy and Support**

**SUPPORTING generational influences within families and communities to embed messaging.**

* Parents are more likely to reach out for support when they are anonymous. Some prefered to contact organisations through social media, asking to receive information to help them deal with issues surrounding teeth brushing routines at home;
* Supporting parents to understand the importance of toothbrushing twice daily in the home was key;and
* Staff found that having a space to talk about varying emotions and attitudes in sessions helped to bridge the gap about reservations in a more relational way.
* Supporting families to understand the importance of ensuring the oral health of a baby/child is central from the beginning to prevent poor oral health/decay.

**LISTENING and supporting people’s overall wellbeing recognising a raft of challenges they are facing**

* Understanding and recognising that many communities may have suffered from trauma and immigration issues. These issues are so prominent in their lives that they pay very little attention to their health and wellbeing;
* Recognising that some families on low-income and living below poverty line struggle to make a day to day living. Being aware of their health and making healthy choices is not something they think about as a priority;
* Due to cultural differences and traditions, some minority ethnic communities’ cooking and eating habits involve a lot of sugar. It can be challenging to change their mind-set and they can be very rigid in their thinking. This is reflected in their perception of oral health, requiring supportive methods to advocate change in eating habits; and
* Families already struggling with daily life due to severe language barriers and difficulties in accessing services for their health is a factor in prioriting oral health.
* It is evident that some minority ethnic communities need oral health education, support and resources. There can be a large gap in understanding the implications of poor oral health in these particular communities.

**FACILITATING ACCESS to dentists for assessment and care**

* Providing parents with knowledge on entitlement of dental care for children and when to register them;
* Advocating for marginalised communities who lack understanding of systems and services available;
* Supporting registration and uptake of routine appointments by being open to support, guide and advocate; and
* Challenging services on behalf of service users who are unaware of their rights and lack the knowledge to access services.

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| **Homestart Dundee**  Young Mum and Baby P:  “I have had a tough time with P from her breastfeeding journey and introducing her to solid foods. Sarah and the Healthy Choices Project has massively helped me give P healthy options, from snacks to meals. Sarah also advised on the importance of healthy choices snacks/meals for P’s teeth and the importance of teeth brushing and visits to the dentist. P loves feeding herself and really enjoys it. Without Sarah’s help from the Healthy Choices project I wouldn’t have managed”.  Mum is now a Home-Start Dundee Peer Supporter for our Breast-buddies Project where she is able to drip feed the key messages she has learned during the virtual nutrition/ weaning/ oral health sessions and offer support to new mums and families who are being supported from birth. This is fantastic, as it shows the impact these sessions have had on this mum and how passionate she is about supporting other mums with key messages, her increased knowledge and understanding of the impact nutrition, oral health and well-being has in reducing oral health inequalities for families. |

1. **Legacy and sustainability**

The oral health Community Challenge Fund has invested in communities and the people who live in them over the last three years, in order to positively impact on the oral health of individuals, families and wider-community, particularly those who live in vulnerable circumstances. By developing understanding and good practice approaches to factors which influence oral health outcomes, and by co-producing realistic support and interventions, it is anticipated that the legacy of each project will endure, as evidenced by the projects. Influencing postive health behaviours is a long-term process, and continuing partnerships and community engagement remains critical for ongoing sustainabilty and spread.

**Eat Well for Oral Health Legacy Project**

Beyond April 2022, an ambitious new CCF legacy project has been established with NHS Lothian, funding Edinburgh Community Food and LINKnet to work in partnership, over the period April 2022 to March 2025 to deliver the Eat Well for Oral Health project.

Building on the successes of their Oral Health Community Challenge Fund projects, the two community organisations will combine and further develop their approach for lasting impact. The initiative will offer a sustainable oral health improvement model that uses food as a medium to remove barriers, promote cultural understanding and access amongst families affected by socio-economic and race inequalities to tackle oral health inequalities.

Initially tested and evaluated within NHS Lothian, and combined with learning from existing similar initiatives, the model will be shared, adapted and adopted across Scotland, for scale and spread, at pace. The project intent is outlined below.

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| A picture containing text, sign  Description automatically generated  cid:image001.jpg@01D5949C.BBEA4840http://saltire/Documents/Communicating%20Well%20documents/SG_logo_email_signature.jpg  **Eat Well for Oral Health Project**    Eat Well for Oral Health is a community-based food skills and nutrition project to drive oral health improvements for all living in vulnerable circumstances and affected by socio-economic and race inequalities across Edinburgh and the Lothians, with an intention to scale and spread across other parts of Scotland.  It is designed to improve child, family- and targeted communities- oral health by sharing diet and nutrition knowledge and enhancing cooking skills and confidence using a community-based approach.  The project will link with participants through existing community groups, to focus relevant messaging, to provide support and to strengthen mutuality within each group. Key delivery components are: Healthy Eating, Information & Awareness, Practice, Advocacy, Connections, and Capacity Building, each with a firm emphasis on empowering people to get well and stay well.  Now working as partnership, this project draws together learning and experience from Edinburgh Community Food and LINKnet Mentoring’s successful Community Challenge Fund Projects (2019-2022). Eat Well for Oral Health extends its reach as a further test of change within NHS Lothian, with involvement of health improvement stakeholders across other parts of Scotland, potentially leading to subsequent adaptation and spread across both public and third-sector settings. |

**11. Embedding CCF Impact**

The remaining projects have indicated their continued effort to embed oral health messages in their existing programme of activities, with some continuing to use the resources developed and others acquiring further funding from other funders to continue their respective projects. Legacy plans of each project are outlined in the Project Directory provided as Appendix 1.

Further measures implemented or in development for continuing the legacy of the Community Challenge Fund are detailed below:

* Scottish Government have provided a package of additional Childsmile funding for 22/23 and 23/24 to support additional Childsmile interventions at the national and local level, focused on addressing oral health inequalities. In particular, this sees the expansion of the Dental Health Support Workers cohort who engage with children and families living in areas of disadvantage, especially those from minority ethnic backgrounds, providing advocacy and support across the 14 NHS Scotland Health Boards.
* NHS Education for Scotland (NES) have developed suite of oral health eLearning ‘Open Badges’ modules accredited by SSSC (Scottish Social Services Council) targeted at encouraging staff, volunteers, communities to access oral health education. The badges are designed in very small bite sized pieces to promote learner engagement. Topics covered include ‘Eating to improve oral health’; ‘Tooth brushing for Oral Health’ and ‘Working with the community to improve oral health’ each section containing 5 modules.
* National Childsmile programme staff have invited CCF projects to contribute to the Dental Health Support Workers’ development, giving projects an opportunity to share their learning and good practice, to better equip Dental Health Support Workers in working with diverse communities.
* Health Boards and other anchor institutions continue in partnership with many of the CCF community groups to embed learning to date and to further cascade the considerable successes achieved across their communities. In particular, the Board Oral Health Improvement Teams and Childsmile Co-ordinators retain their strong links with the CCF project organisations to optimise opportunities for further development and sustainability.

**12. Conclusions**

Inevitably, tackling oral health inequalities requires a mulit-layered response, which involves communities, organisations and professional agencies working together. The issue affects individuals and communties in different ways; however stakeholders working collaboratively using approaches that best engage communities can help to reduce oral health inequalities whilst supporting communties to take ownership of their own health and wellbeing.

The Community Challenge Fund Programme has enabled a range of organisations to engage with communties in discussions about improving oral health across Scotland, on a scale which has never happened before. This has resulted in an increased level of understanding about oral health, contributing to improved health and wellbeing.

Despite the additional challenges of the pandemic, a host of key learning has emerged as opportunties for future development for projects going forward and the wider public sector.

The community development and partnership approaches adopted in working with communities has been a key success of the programme including the ability of grass root community organisations effectivley responding to meet the emerging needs of their communities during the pandemic, whilst remaining resilliant. The new *Eat Well for Oral Health* initiative has also been one of the significant outcomes.

The wide ranging learning from the projects individually and collectively is commended to partners across Health and Social Care, Third Secotor, community groups and early years setttingsfor ongoing adaption and spread.

**13. Some Legacy Resources**

**Lanarkshire Chinese Association project:** ‘Healthy Smiles’ Animation video

<https://www.youtube.com/watch?v=S9PeJEMc1mE&feature=youtu.be>

<https://www.nclanarkshire.ac.uk/news/ncl-graduate-s-oral-health-animation-premieres-ahead-of-chinese-new-year>

**Fuse Youth Café Glasgow project:** ‘Dramatic Effect Oral Health’ short film created by young people for the community

<https://youtu.be/8BhTwpBjfQw>

**Crossroads Community Hub Online Recipe project:** During lockdown Ayrshire Food Hub formed a collaborative project with DART (Darvel Area Regeneration Team) to provide healthy eating videos with accompanying ingredient packs. Fifteen packs per week are advertised on Facebook for collection from the Darvel Hub, following all government guidelines. To date we have filmed over 70 videos which are available on You Tube meaning that families can collect the ingredients safely from our Darvel Hub and prepare the soup/meal in the safety of their home and then repeat the recipe when they choose to do so. The link below features our recipe for baked potato with chilli.

<https://www.youtube.com/watch?v=tLzgZGPfhmo>

**Scottish Childminding Association:** Please see accompanying SWAY report: <https://sway.office.com/vCpXQse8Xk99VQj0?ref=Link>

**Early Years Scotland:** Communications on the key oral health messages to reach Early Years Scotland members nationally and feature articles in EYS magazines for professionals and parents on key oral health messages:

- Supporting Oral Health across Glasgow

- Top Tips to support good Oral Health hygiene

 

Follow this link to hear Conrads story <https://www.youtube.com/watch?v=usGhjjxSuLk>

**Edinburgh Community Food and Health:** Family Smiles resources

Engineering drawing

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Edinburgh Community Food and Health provided an interview with Sustain who wrote an online article about the Fizz Free February campaign and how we build it into our Family Smiles project. **Fizz Free February off to a great start in Edinburgh** <http://artl.co/geij>

**Happy and Healthy**

https://www.facebook.com/ClydesmillGrowingTogether/videos/2756417437980289/

https://www.facebook.com/ClydesmillGrowingTogether/videos/2966281193640582/

https://www.facebook.com/watch/?v=388467262355781

Pizza Making

https://www.facebook.com/ClydesmillGrowingTogether/videos/302868040947172/

Radish, Garlic & Dill Dish

https://www.facebook.com/ClydesmillGrowingTogether/videos/318151192638972/

How to Grow a Potato video:

<https://app.upshot.org.uk/m/93344bed/d07cf09c11>

**Kidsz Echo:** Typically, we have conversations with expectant mums, parents who have just had babies and families when they access food from the pantry, offering healthy food options, promoting eating well and discussing good oral health practices. We also provide them with healthy recipes which can be access via

[www.facebook.com/kidzecointhecommunity](http://www.facebook.com/kidzecointhecommunity)

A further source of information can also be accessed via our **Wean The Weanz app** which encourages caregivers to cook for their wee ones as they start their weaning journey. The app also includes healthy family recipes as well as information on introducing good oral health practices with children.

QR code to access the Wean The Weanz App:



**Appendix 1: Project Directory**

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| |  | | --- | | **Oral Health Community Challenge Fund 2019 – 2022**  **The Projects** |   See the source image  See the source imagehttp://www.kodyskids.org/wp-content/uploads/Healthy-eating.jpg |

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| **Organisation Name** | **Ayrshire Children’s Services CIC** |
| **Organisation Summary** | |
| We provide care and support services to children aged 3 -18 years who have additional support needs (ASN), autism spectrum disorder (ASD) and disabilities. We support children who have Asperger syndrome, attention deficit disorder, downs syndrome, fragile x, prader-will syndrome, dyspraxia and learning difficulties. Also those with no specific diagnosis, who require different additional support to what is normally provided by family, education or society. We have recently joined forces with speech and language and health visitors to run a service for children aged 0-3 years. It is very rare for parents to receive any formal diagnosis for children per school age, therefore there is a large gap in support services for this age group. | |
| **Project Summary** | |
| **Brush Smart** project aims to help reduce oral health inequalities amongst ASD/ASN children who are at most risk. The project will work with preschool infants and their families to proactively break down barriers preschool age Autistic children face due to their special needs, using expertise to meet the 'Oral Health' needs of these disadvantaged community members and promote wider family involvement. | |
| **Target Beneficiaries** | |
| * Children with Autism Spectrum Disorder; Additional Support Needs. * Preschool infants and their families. | |
| **Activities** | |
| * Online ‘Brush Smart’ information sessions. * Signposting parents to link with other oral health support agencies. * Continuing staff training courses to help increase oral health awareness. * Parent empowerment group, with 'goody bags' to all new members. * Incorporated oral health themed games and role play into sessions. * Increased the number of oral health packs provided, through partnership with the local community connectors and food banks, who identified families with children with ASD. | |
| **Overview of Achievements (see Impact Report section 5)** | |
| * Supplied over 180 'oral health packs' to children and young people with ASN, * Supported better engagement in oral health routines in centres and at home. * Linking families to share and support each other. * Encourages all children to brush their teeth at least once per visit. * Built up staff knowledge of making snacks and helping children brush. * Supported many families to re-think how they encourage their children to brush their teeth as well as ways of changing their diet. | |
| **Legacy** | |
| We will not stop in our quest to support all the children who access our services to gain better and long term oral health routines. We have built strong partnerships with NHS teams and local dentists who we can continue to talk to and gain resources from. This fund allowed us to embed good oral health into our day to day practice and through our new staff inductions we will ensure all staff are able to support each child. | |
| **Project Location** | North Ayrshire |
| **Contact Number** | 01294 588123 |
| **Website** | [www.ayrshirechildrensservices.org](http://www.ayrshirechildrensservices.org) or [www.ko-nekt.org](http://www.ko-nekt.org) |
| **Twitter**  **Facebook** | @child\_services @ko\_nekt  @AKONEKTcentre @ACSchildservices |

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| **Organisation Name** | **Community Foods Initiative North East** |
| **Organisation Summary** | |
| Community Food Initiatives North East (CFINE) is a charity and social enterprise that undertakes a range of charitable support and services as well as trading to generate income, all of which is invested in our charitable work. CFINE improves health and wellbeing and the environment, increases employability and creates employment for and with disadvantaged, vulnerable, low income individuals, families and communities in Aberdeen, Aberdeenshire and Moray. | |
| **Project Summary** | |
| **Best Start and Smile Pantry Project** aims to partner with Aberdeen City Council, NHS Grampian, Health and Social Care Partnership and Torry (a regeneration area) community organisations and residents, to improve infant oral health and residents' health and well-being, delivering through a coordinated programme of activities initially focusing on the Torry neighbourhood. | |
| **Target Beneficiaries** | |
| * Residents of the Torry neighbourhood (a regeneration area). * Families with infants and young children and wider community. | |
| **Activities** | |
| * Programme of activities including cooking classes and talks by visiting experts. * Access to subsidised produce and free FareShare produce * Cooking on a budget advice and healthy nourishing food recipes * Promoting oral health * Community Growing Projects * Referral to advocacy support | |
| **Overview of Achievements (see Impact Report section 5)** | |
| * Increased access to oral health information and low cost nutritious food for pregnant women and parents of young children * Improved cooking skills using low cost, healthy foods * Families with young children are better aware of dental care services to increase uptake. * Increasing links with professionals to better support communities with oral health knowledge. | |
| **Legacy** | |
| CFINE continues to make connections and work collaboratively in partnership with organisations as the pandemic continues to limit operations, however, as communities open up, we will have opportunities to make new and old connections.  BSSP continues to work with Community engagement, Social Work, Childsmile, Homestart, Abernecessities, NHS Grampian to name but a few, to enable the expansion of the project and a successful delivery of the outcomes. | |
| **Project Location** | Aberdeen, Aberdeenshire and Moray |
| **Contact Number** | 01224 596156 |
| **Website** | www.cfine.org |
| **Twitter** | <https://twitter.com/cfineaberdeen?lang=en> |

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| **Organisation Name** | **Crossroads Community Hub** |
| **Organisation Summary** | |
| Crossroads Community Hub Ltd was set up as a Community Development Association and a company limited by guarantee in August 2011. The catchment area for Crossroads Community Hub includes small towns, villages and rural homes in the parishes of Galston, Riccarton, Sorn, Mauchline, Tarbolton and Craigie. Research shows that people who get involved in their local community feel more fulfilled and lead happier lives. The Hub provides the community a range of opportunities for getting involved in local initiatives. | |
| **Project Summary** | |
| **Eat for Teeth** project aims to support parents to make informed choices on their children’s diets, providing opportunities to increase their cooking skills using healthy nutritious locally sourced foods. The project will undertake a range of activities that support families to be better informed of oral health risks whilst providing access to oral health promotion materials and support. | |
| **Target Beneficiaries** | |
| Parents, carers and families in East Ayrshire. | |
| **Activities** | |
| * Making and distributing frozen healthy meals * Weekly cooking videos and free cooking packs * Alternative activities including workshops for rurally isolated children, cookery class for Mums and young people in recovery from addictions, breakfast stall, Fare Share stall. | |
| **Overview of Achievements (see Impact Report section 5)** | |
| * Frozen meals (250/week) for people in health and/or financial difficulty. * Four local schools also accessed the service for families that were struggling * Weekly cooking videos in Darvel, which allowed us to continue with our healthy eating plan online, with free ingredient packs and online recipes produced by our community workers. * The Patchwork group (Recovery Services ) , mainly young women, some with families, developed practical skills in cooking healthy meals rather than relying on takeaway meals and were upskilled to use these new skills in looking after their families in recovery. * The breakfast stall and Fareshare stall at Darvel is en route to the Primary School and nursery, offering practical demonstration of quick fruity breakfasts, backed up with literature reinforcing knowledge and practical tips on the health benefits of breakfast. * Through following the principles of Natasha’s law we can protect allergy sufferers attending food based activities, cookery classes etc. | |
| **Legacy** | |
| We will continue to work with Chidsmile and the NHS Dietetic Health Promotion team to ensure that we are giving the same health messages, using food as our vehicle to faciitate change in eating behaviour and build resilience to enable parents and children to make lifestyle changes which will benefit their oral health and general health in the long term. | |
| **Project Location** | East Ayrshire |
| **Contact Number** | 01560 324335 |
| **Website** | <https://www.crossroadshub.co.uk/> |
| **Twitter** | [**@**ayrshirefood](https://twitter.com/ayrshirefood) |

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| **Organisation Name** | **Early Years Scotland** |
| **Organisation Summary** | |
| Early Years Scotland (EYS) is Scotland’s leading national specialist organisation that supports our youngest children from birth to 5 years of age.   * Established for over 50 years * Fully qualified, and experienced early years’ staff * Multi-faceted, but focused on the one single goal of helping to give every child in Scotland a fair, equal and excellent start in life | |
| **Project Summary** | |
| **Off to a Good Start** project aims to improve infant oral health by offering opportunities through the delivery of "Together We Can” sessions that use play-based activities to support the enhancement of parents’ abilities, knowledge and confidence to achieve improvement in family diet, oral health and increased physical activity. This will be facilitated through the creation of opportunities for wider family involvement supporting children from birth to 5 years old. | |
| **Target Beneficiaries** | |
| * Parents and Carers across Glasgow local community neighbourhoods. * Scotland’s youngest children 0-5 Years. | |
| **Activities** | |
| * Promoting oral health knowledge and family nutrition * Play-based activities with children and families including dental role play, tooth brushing practice * Oral Health Stay, Play and Learn sessions in Govern * Oral Health messaging and signposting * Feature articles in Early Years Scotland magazine | |
| **Overview of Achievements (see Impact Report section 5)** | |
| * Sessions have supported parents and carers to achieve improvement in their family diet, oral health, tooth brushing routines and increased physical activity for children within the home environment, with an intended aim to reduce tooth decay in the early years. * Through participation in the programme children and families have had the opportunity to make healthier choices to their diet by recognising the impact that sugar can have on their teeth, and they have gained a better understanding of good oral health and dental care services resulting in more families registering their children with a dentist, making check-ups for own teeth and making overall healthier choices in their daily care and eating routines within the home. | |
| **Legacy** | |
| We aim to embed the outcomes of this project into some of our practice going forward when working with children and families.We want to ensure that the key oral health messages and learning through play activites continue long after the project ends as we truly recognise that this early intervention model of support works and has helped families to become more knowledgeable and confident in developing positive parenting practices in oral health and family nutrition. | |
| **Project Location** | Glasgow City |
| **Contact Number** | 0141 221 4148 |
| **Website** | www.earlyyearsscotland.org |
| **Twitter** | twitter.com/earlyyearsscot |

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| **Organisation Name** | **Edinburgh Community Food** |
| **Organisation Summary** | |
| Edinburgh Community Food work with vulnerable groups across the city addressing issues of health inequalities with a mission “to get people into healthy food and healthy food into people”. We believe in Healthier food – Healthier lives – Healthier futures. As a leader in Edinburgh’s community food and health sector we support people and families in low income and marginalised communities to eat more healthily through participation in our programmes and accessing our services. | |
| **Project Summary** | |
| **Family Smiles** project aims to deliver a healthy lifestyles programme through early year’s centres, HMP Edinburgh Visitor Centre and organisations’ own early years’ groups in Edinburgh. The project will build in oral health into Edinburgh Community Food’s cooking and nutrition programmes, providing cooking sessions with parents to learn how to cook from scratch, understand how to menu plan, learn about food budgeting and how to eat healthily; and also nutrition sessions for parents to support provision of a healthy balanced diet for children / family. | |
| **Target Beneficiaries** | |
| Parents and families with children under 5 who would benefit from support. | |
| **Activities** | |
| * Practical six-weekly cooking sessions including healthy eating and food budgeting. * Nutrition sessions for parents including The Eat Well Guide, fussy eating, weaning advice, to build healthy lifestyle habits. * Operation Strawberry Oral Health sessions * Training opportunities for different groups, including for example, on gum health, sugar/fat/salt, and lifestyle factors such as alcohol, drugs, stress. | |
| **Overview of Achievements (see Impact Report section 5)** | |
| * Parents/carers have really appreciated the online services, and it has helped people connect and support each other and share ideas. 97% of participants felt less isolated since joining Family Smiles. * Ability to cook healthy meals from scratch, understanding the link between food, drink and good oral health and practicing recommendations at home. * Eating more fruit and vegetables. * Delivering key oral health messages impacts our entire approach as an organisation: from our supply chain to our food boxes, from our Family Smiles Oral Health programme to our other community projects. | |
| **Legacy** | |
| Edinburgh Community Food is to partner with LINKnet to deliver the Community Challenge Fund Legacy Project, **Eat Well for Oral Health.** This is a community-based food skills and nutrition project to drive oral health improvements for people living in vulnerable circumstances and affected by socio-economic and race inequalities across Edinburgh, with an intention to scale and spread across other parts of Scotland. | |
| **Project Location** | City of Edinburgh |
| **Contact Number** | 0131 467 7326 |
| **Website** | www.edinburghcommunityfood.org.uk |
| **Twitter** | @edincomfood |
| **Organisation Name** | **Fuse Youth Café Glasgow** |
| **Organisation Summary** | |
| Fuse Youth Café is a youth service in the Shettleston area of Glasgow offering a mix of free drop-in activities, community and school-based activities, and developmental opportunities for children and young people aged between 8-25 years. We deliver activities that are all about raising young people's aspirations and fulfilling their potential. As well as daily drop-in services, these priorities are delivered through engagement programmes that address themes such as healthy lifestyles, personal skills, mental health, social isolation, enterprise and community participation. In recent years, we have developed significantly our programmes within local primary and secondary schools, targeting groups of pupils that schools have identified as suffering the greatest levels of disadvantage, which impacts on their ability to fulfil their potential. | |
| **Project Summary** | |
| **Dramatic Effect - Oral Health** project aims to involve young people (aged approximately 11-16) developing and producing a series of scripted drama productions, which will articulate key messages about oral health in an innovative and engaging way, reaching audiences that have proven resistant to mainstream oral health strategies. Originally about delivering oral health messages to young people through Drama, the project has adapted to deliver key oral health messages using a Peer Education project. | |
| **Target Beneficiaries** | |
| Young people aged 11 - 16 years and the wider community. | |
| **Activities** | |
| * A programme of workshops to learn about the promotion of good oral health, including cooking and food education. * Peer Education training and Oral Health activities led by the Peer Educators such as science experiments and physical games. * Junior and Senior clubs’ interactive sessions including cooking, food education and quizzes. * Outdoor Supper Sessions and summer Children's Holiday Food Programme to promote and deliver oral health themed workshops and activities to other children and young people. | |
| **Overview of Achievements (see Impact Report section 5 )** | |
| * Children, young people and their families have improved their oral health knowledge through the promotion of the film, participation in the Game and access to the Oral Health learning resources featured on our website and promoted in Eastbank Primary school. * Reduced oral health inequalities amongst people most at risk through participation in the oral health activities/programme at Fuse. | |
| **Legacy** | |
| The activities are embedded within our programming at Fuse and will continue. We will use and build on the learning resources developed from this project and continue to disseminate to schools and members. | |
| **Project Location** | Shettleston area of Glasgow |
| **Contact Number** | 0141 778 4477 |
| **Website** | www.fuseonline.org.uk |
| **Twitter** | @GlasgowFuse / @Fuse.cafe |

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| **Organisation Name** | **Getting Better Together Ltd** |
| **Organisation Summary** | |
| Getting Better Together Ltd is a community centered health initiative established in 2000 that promotes the health & wellbeing of local residents living in North Lanarkshire including Shotts, Springhill, Dykehead, Stane, Torbothie, Harthill, Eastfield, Salsburgh, Allanton, and Hartwood. The organisation has become a leader in the arena of community led health improvement with a record of success delivering high quality, effective community-led health improvement services and is a successful, respected and responsible organisation widely recognized by statutory, voluntary sector partners and individuals we work with. | |
| **Project Summary** | |
| **Happy Children, Happy Smiles** projectaims to develop oral health interventions, linking them to healthy eating programmes, breastfeeding initiatives and early years activities. The interventions will introduce positive lifestyle choices that can affect oral health and well-being.  Getting Better Together will provide health education to teach individuals how to make good health decisions; provide oral health information in easy formats and educate families in good oral health; incorporate oral health education to all early year activities; provide enhanced social support and create a bridge between hard-to-reach communities and providers of health and social services; introduce a Nutrition and Oral Health Project specifically focusing on a Blend for Baby and Tots to Table programme; provide support for one parent families. | |
| **Target Beneficiaries** | |
| Children and their parents living in the local community, supporting the most vulnerable families in the local area. | |
| **Activities** | |
| * A whole range of games and activities to engage children and raise oral health knowledge, such as: what makes your teeth happy and sad; design your ideal toothbrush; toothpaste mud potion * Using play to overcome fear of the dentist, with talking activity about feelings around the dentist and oral health corner game * gift bag gave out * Working with health improvement team at Shotts prison * Working with Childsmile to address families’ questions and worries. | |
| **Overview of Achievements (See Impact Report section 5)** | |
| The children participate extremely well in the games and activities and over the last few months I have noticed the p1-p4 children has shown raised knowledge on oral health. They are eager to answer quiz questions and get so excited to shout out the answers as they are so confident with the answers. They share their feelings around the dentist and are keen to participate with any game related as before they would look and walk away. | |
| **Legacy** | |
| We will continue embed oral health good practice through our services and continue to support children and familes, raising their knowledge on good oral health practice. | |
| **Project Location** | North Lanarkshire |
| **Contact Number** | 01501 825800 |
| **Website** | [www.shottshealthyliving.com](http://www.shottshealthyliving.com/) |
| **Twitter** | @shottsGBT |

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| **Organisation Name** | **Healthy n Happy Community Development Trust** |
| **Organisation Summary** | |
| Our key purpose is to tackle disadvantage and improve lives and communities so they are thriving, resilient and healthy.  We help make the difference by providing purposeful and engaging opportunities such as volunteering, skill building courses, mental health and stress management support, play based activities for babies, children and young people through to healthy living, social and community activities for all. All of what we offer supports and enables people to make positive changes in their lives and their community, from building confidence and self-esteem, to boosting skills and relationships, to getting more involved in the local neighbourhood and becoming more responsible for their own health and wellbeing. | |
| **Project Summary** | |
| **Smiling Communities** project aims to implement a community led grassroots engagement and information oral health campaign in five local SIMD neighbourhoods in CamGlen for children and families, exploring local residents’ issues that may be behind lower oral health outcomes. The campaign will feature and be shaped by local views, voices and faces and will be delivered through activities and spaces where communities come together. | |
| **Target Beneficiaries** | |
| Local young people (aged 0-12) and their families in 5 lower SIMD neighbourhoods. | |
| **Activities Include** | |
| * Local consultation to help shape the project * Create radio ads featuring parents and carers plus a featurette radio show using the voices of local people and dental practice staff * Create a range of promotional materials in each neighbourhood * Recruit community champions/ambassadors * Deliver 50 community oral health workshops and healthy eating workshops | |
| **Overview of Achievements (see Impact Report section 5)** | |
| * Community Engagement, radio and social media Campaign for awareness raising * Oral Health Workshops for improved oral health, diet, and regular tooth brushing * Healthy eating workshops, home growing kits and cookalong sessions * Community garden * Healthy eating sessions in schools | |
| **Legacy** | |
| As an organisation we intend to embed oral health into our regular delivery providing events/activities/workshops to organisations, schools, families and young people. The social media campaign and radio campaign will continue. Our healthy eating workshops will carry on,ensuring local people will increase their skills, knowledge and practice. Our resources will be available for any organisation to access and we will work with all local partners, deliverering oral health related workshops/activities for Cambuslang/Rutherglen. | |
| **Project Location** | Cambuslang and Rutherglen |
| **Contact Number** | 0141 646 0123 |
| **Website** | [www.healthynhappy.org.uk](http://www.healthynhappy.org.uk) |
| **Twitter** | [www.twitter.com/hnh\_thetrust](http://www.twitter.com/hnh_thetrust) |
| **Organisation Name** | **Home-Start Dundee** |
| **Organisation Summary** | |
| Home-Start Dundee, established in 1985, supports vulnerable families with children under 5 offering practical and emotional support through home-visiting and groups. Parents are referred by health and statutory services, other voluntary organisations or families refer themselves; there may be issues such as poor parenting skills, poverty, isolation, low self-esteem, bereavement, illness, disabilities, domestic abuse, depression, post-natal depression and other mental health issues. | |
| **Project Summary** | |
| The **Healthy Choices** project aims to provide a targeted support service for mums with infants and toddlers, particularly in areas of high deprivation, through home-visiting support and group sessions to reduce oral health inequalities. Although we will target families in areas of high deprivation this service will be open to any families in Dundee who require infant feeding/nutritional guidance. | |
| **Target Beneficiaries** | |
| Vulnerable families with children 0- 5 years old, living in high levels of deprivation. | |
| **Activities Include** | |
| * Healthy Choices Weaning Workshops to support of families with breastfeeding, bottle-feeding, weaning and family meals. * Virtual workshops include key oral health messages around healthy eating   choices, diet and making sure that the families are accessing dentist, registering with their dentist and also teeth brushing.   * Healthy Choices Project facilitated an interactive online healthy choices fat/sugar game with Home-Start Dundee’s family group to highlight how snack choices have an impact on a child’s oral health. * LIVE cook-along sessions (cooking on a budget and with simple ingredients. | |
| **Overview of Achievements (see Impact Report section 5)** | |
| * Considerable engagement in community workshops (virtual or in person) * Sharing key oral health messages, information and guidance * Contributed to profile raising around child smiles and protecting baby teeth, including tooth brushing, reducing tooth decay, unnecessary tooth extraction of baby teeth. * Supported increased families’ registration with a dentist. * Provided nutrition advice around healthier dietary choices | |
| **Legacy** | |
| We are continuing to look for alternative funding to keep the project running. The project has been a huge success with the number of mums, babies and families that we have been able to support. | |
| **Project Location** | Based in 30 Whitehall Street, Dundee and delivered through various locations in Dundee |
| **Contact Number** | 01382 202040 |
| **Website** | www.homestart-dundee.org.uk |
| **Twitter** | @HomeStartDundee |

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| **Organisation Name** | **Home-Start Glasgow North** |
| **Organisation Summary** | |
| Home Start Glasgow North has been working in North Glasgow since 2002 and North Lanarkshire since 2017 and are established as one of the leading family support charities working in the community. Our Core Services are delivered by carefully recruited and well trained peer volunteers, which include home-visiting service, group work, family therapy and perinatal peer support. | |
| **Project Summary** | |
| **Smile-A-While project** aims to improve the oral health of pre-school children and infants and embedded into home-visiting. This will be done by:   1. Support and encouragement for parents and children aged 0-5 years old in promotion of oral and general health of children in their day-to-day routines at home or within our group settings through fun learning via workshops, play, nutritional activities and outings whilst being supported in a peer to peer setting. 2. Providing the necessary resources to our group workers, volunteers and parents to implement and maintain a daily oral health routine at home. 3. Providing parents/caregivers information in practical formats to inform them of the benefits of healthy lifestyle choices on oral health and general | |
| **Target Beneficiaries** | |
| Pre-school children and infants, their parents and families. | |
| **Activities Include** | |
| * Smile-A-While Tooth Brushing Programme * Smile-A-While Healthy Snacks * Smile-A-While Information Sharing Programme | |
| **Overview of Achievements (see Impact Report section 5)** | |
| * Families have been supported through volunteer home support and through group work to enhance and improve their oral health and general wellbeing. * Children have benefitted from nutritional information to parents linking the implications of types of food on oral health at age appropriate stages. * Families became aware of the importance of oral health within the overall wellbeing of their child, and how not being aware of the importance of daily tooth brushing can affect the health of their child's teeth and often lead to attendance at hospital for extractions. * Using play resources and giving clear information about food labelling and sugar content in foods raised awareness of the impact of sugar in a family's diet. | |
| **Legacy** | |
| We are now moving forward with face to face support in groups and with visiting families in their homes. Staff and volunteers are fully trained to support famiies with information about the importance of regular toothbrushing for the health of their familiy’s teeth and overall health and wellbeing of their children. Groups are expanding across North of Glasgow with outreach groups planned in several areas in the future to keep the Oral Health message alive for our families going forward. | |
| **Project Location** | North Glasgow and North Lanarkshire |
| **Contact Number** | 0141 948 0441 |
| **Website** | www.homestartglasgownorth.org.uk |
| **Twitter** | @HomeStartGN @HomeStartNL |

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| **Organisation Name** | **Kidz-Eco CIC** |
| **Organisation Summary** | |
| Kidz-Eco CIC is a well-established social enterprise based in West Lothian with stores in Bathgate and Livingston providing affordable, high quality pre-loved children’s goods to families in our communities. Profits are reinvested to:  - relieve financial hardship by assisting families with young children.  - advance the protection of the environment though recycling and reducing landfill.  - assist the work of voluntary organisations and statutory authorities engaged in poverty relief, education and health improvement. | |
| **Project Summary** | |
| **Kidz Knashers** project aims to educate families participating in ‘Kidz n Kin’ community space in The Centre, Livingston. The project will promote good oral health practices amongst participants, with a focus on pre-birth and early years. We will run workshops, classes and drop in sessions to engage with isolated, hard to reach families (e.g. single parents, low income families) who are facing significant challenges and are disengaged from traditional channels of support. | |
| **Target Beneficiaries** | |
| Children 0-5 years and their families including expectant parents and carers. | |
| **Activities Include** | |
| * Tommy Knasherz weekly classes. * Wean the Weanz monthly discussion groups, practical cooking workshops and practical weaning packs. * Fivez classes * Kidz Knasherz Craft packs | |
| **Overview of Achievements (see Impact Report section 5)** | |
| * Engaging with the community and families from disadvantaged backgrounds. * Family Food Pantries, giving families to access healthy food including fresh fruit and vegetables, ambient essentials, and personal care items including oral care items. This increases opportunities for families from disadvantaged communities, often part of the cycle of deprivation, giving them access to social and support networks and a better understanding of food and drinks harmful to babies and children's oral health. * Open days and events have allowed us to engage with many more families in the wider community. * Engagement through classes and our Toothbrush Exchanges to ensure consistent positive oral hygiene information. * Links with Health Professionals and regular contact is made with a dental practice in Bathgate. | |
| **Legacy** | |
| Our Oral Health Coordinator created stories surrounding oral health, along with finger puppets to accompany the books, to be printed and used within our community space as well as sold in our shops. This would increase access to information about oral health in a fun informal manner and generate a small income for consumable resources as well as brushes and toothpaste. | |
| **Project Location** | West Lothian |
| **Contact Number** | 01506 238283 |
| **Website** | www.kidzeco.net |
| **Twitter** | @Kidzeco |

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| **Organisation Name** | **Lanarkshire Chinese Association** |
| **Organisation Summary** | |
| Lanarkshire Chinese Association (LCA) is a registered charity which aims to provide a voice for the Chinese community living in and around the Lanarkshire area, helping them to overcome barriers in accessing services, improving their lives and reducing isolation. LCA also supports the physical, mental and emotional wellbeing of the Chinese community with activities such as a lunch club, health talks, language classes and exercise classes. | |
| **Project Summary** | |
| “**Healthy Smiles**” is the oral health improvement project organised by LCA to improve the oral health among infants and families of the Chinese community in and around Lanarkshire, in order to reduce oral health inequalities among people most at risk and to increase opportunities for people to improve oral health and wellbeing. | |
| **Target Beneficiaries** | |
| Chinese families with young children; Grandparents. | |
| **Activities Include** | |
| * a monthly newsletter, and social media (such as WhatsApp and WeChat groups), monthly Zoom meetings, and personal contacts (via phone calls, text messages and home visits). * Monthly online oral health and healthy eating seminars via the Zoom platform. All from Chinese families either with young children, or grandparents with young grandchildren. * One to one contacts via WeChat group, in Mandarin Chinese language. The conversation would be to convey the oral health messages and healthy eating tips, and sometimes making use of the seminar slides which has   bi-lingual contents.   * Animation film and cookery booklet | |
| **Overview of Achievements (See Impact Report section 5)** | |
| As a result of these activities, many Chinese families living in Lanarkshire and nearby Glasgow were taught to value the oral health of the infants and young children in their families and learnt about essential oral health messages and information and good advice on healthy eating and healthy cooking. We have achieved change to attitudes and behaviours by using a biligual delivery approach. We have also developed the ‘Healthy Smiles’ Animantion video, a resource which is the first of its kind, which we will continue to use and promote. | |
| **Legacy** | |
| After the ending of this project, LCA plans to apply further grants from the National Lottery Fund and North Lanarkshire & South Lanarkshire local authorities community fund to sustain the provision of knowledge and guidance to local Chinese communities on infant oral health and general health, family healthy eating guidelines through various online and face to face activities.We also plan to continue to use our animation video as a resource to promote good oral health. | |
| **Project Location** | North & South Lanarkshire areas and Glasgow |
| **Contact Number** | 01698 426656 |
| **Website** | <https://lanarkshirechinese.org.uk> |
| **Twitter** | nil |

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| **Organisation Name** | **Lanarkshire Community Food & Health Partnership** |
| **Organisation Summary** | |
| LCFHP is a long established registered Scottish charity working throughout North Lanarkshire supporting local communities improve their health through better diet. The organisation is supported by North Lanarkshire Partnership, North Lanarkshire Council, NHS Lanarkshire and the Scottish Government’s Enterprise Growth Fund to tackle health inequalities related to food access and healthy eating. LCFHP sell high quality, fresh produce at low cost to individuals, families and community groups, to promote access to a healthy diet through the establishment of community food interventions and to ensure development and on-going support through training and education. | |
| **Project Summary** | |
| ‘**Happy Smiles’** project aims to improve the oral health of children from birth to three years of age using a family approach to oral health and lifestyle change. Oral health messages are integrated into all existing and new projects eg High Five for Fruit; Healthy Mummy, Happy Baby; and, Holiday Hunger projects such as Club 365. | |
| **Target Beneficiaries** | |
| Children from birth to 3 years of age. | |
| **Activities Include** | |
| * Introducing solids courses - Cumbernauld young parents group, oral health and weaning workshops. * Early Years Health and Wellbeing Partnership programme, Families Programme and Family Support project * Lockdown support - Social media, telephones, weaning support, zoom sessions, oral health and sugar awareness workshop, emergency food parcels. | |
| **Overview of Achievements (See Impact Report section 5)** | |
| * The Introducing Solids courses improved gave participants’ confidence and knowledge around introducing solids, and increased awareness of sugar content of commercial baby foods and proper oral care for infants. * Through the playtime snacks in schools’ project, children learned how to make healthy snacks and about the effect that good and bad foods have on the body. * The Big Chef Little Chef courses increased knowledge in adults and their young children about nutrition, sugar, and oral health. * The Barnardo’s Healthy Cooking course improved participants’ confidence and cooking skills, nutrition knowledge, feelings of connectedness with others. * The Kitchen Learning Hub and the Cooking Hub course for young people course improved cooking confidence, and nutrition and oral health knowledge. A major outcome for participants was learning recipes and cooking skills to support independent living. | |
| **Legacy** | |
| |  | | --- | | After the Happy Smiles project oral health messages will continue to be included in all courses as a core topic in health and nutrition. Some virtual lesson options will be kept in rotation after the pandemic. We have further broadened our knowledge by inviting Oral Health Support Workers into our courses with mums and their infants, learning from their experiences and listening to their tips and tricks. | | |
| **Project Location** | North Lanarkshire |
| **Contact Number** | 0141 771 6095 |
| **Website** | www.lcfhp.co.uk |
| **Twitter** | @lcfhp |

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| **Organisation Name** | **LINKnet Mentoring** |
| **Organisation Summary** | |
| LINKnet has been established to eliminate/reduce inequality and disadvantage of minority ethnic people, particularly in the fields of employment, education and civic engagements, to foster integration and understanding between communities, to tackle disadvantages and to promote equality. LINKnet was awarded the prestigious Queen’s Award for volunteering in 2018: the first and the only minority ethnic organisation to receive this award in Edinburgh and the Lothians. | |
| **Project Summary** | |
| **Edinburgh and the Lothians Smile (Education, Advocacy and Practice in Oral Health**) project aims to reduce oral health inequalities amongst people most at risk by bringing the community in to deliver oral and wider health improvement messages in an accessible manner that is inclusive to all. We will particularly aim to increase awareness among minority ethnic communities, including new arrivals, refugees and asylum seekers, especially in deprived areas of Edinburgh. | |
| **Target Beneficiaries** | |
| Minority Ethnic Communities including refugees and asylum seekers. | |
| **Activities Include** | |
| a) Holding periodic oral health awareness raising workshops (In-person & Virtual).  b) Providing one to one support sessions to individuals and families with children.  c) Acting for and with the service users to help in registering, booking and attending appointments, as well as acting as advocates and interpreters.  d) Examining current promotional materials, editing and designing new materials. | |
| **Overview of Achievements (See Impact Report section 5)** | |
| The project contributed in spreading the word about good oral health and its many benefits, not only for the mouth but for the overall wellbeing too by:   * Providing workshops, advocacy and one to one support to over 500 minority ethnic individuals and families in the most disadvantaged areas in the city. * Liaising with a growing number of partners to refer new service users. * Producing and distributing over 20 promotional materials in 6 ethnic languages. The project has also secured oral health products including tooth brushes, toothpaste and dental floss sticks for families in need. * Bringing the community in through recruiting more volunteers to promote good oral health practices which are an investment in your overall health. This includes 10 UK and overseas qualified dentists. * Reaching more disadvantaged areas in the city such as Craigmiller, Niddrie, Leith, Sighthill, and Broomhouse. | |
| **Legacy** | |
| LINKnet is to partner with Edinburgh Community Food to deliver the Community Challenge Fund Legacy Project, **Eat Well for Oral Health.** This is a community-based food skills and nutrition project to drive oral health improvements for people living in vulnerable circumstances and affected by socio-economic and race inequalities across Edinburgh, with an intention to scale and spread across other parts of Scotland. | |
| **Project Location** | Edinburgh |
| **Contact Number** | 0131 261 4463 |
| **Website** | <http://www.linknetmentoring.com/> |
| **Twitter**  **Facebook** | <https://twitter.com/LINKnetMentor>  <https://en-gb.facebook.com/LINKnetScotland> |

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| **Organisation Name** | |  | | --- | | **Lochside Community Association** | |
| **Organisation Summary** | |
| |  | | --- | | Lochside Community Association is a Scottish charity based in NW Dumfries. We set up in early 2018 to provide activities and services for residents of all ages at Lochside Community Centre. One of our key successes to date is setting up and running a Grub Club to “feed poor weans” and tackle holiday hunger. | | |
| **Project Summary** | |
| **Smiles Better** project aims to improve outcomes for the whole family using the principles of Promotion; Participation; Prevention and Positives. We will set up and run a weekly Parent & Child Together Toddler Group for families with pre-school aged children during term-time. We will identify, recruit, train and support a group of Oral Health Community Champions to promote and highlight the importance of oral health to other families within the communities across NW Dumfries. | |
| **Target Beneficiaries** | |
| Parents with toddlers and young children under school age. | |
| **Activities Include** | |
| * Training sessions by D&G NHS Oral Health team and Building Healthy Communities. * A minimum of one weekly Smiles Better Parent child & toddler group session for parents/carers and children under school age held at Community Centre. * Financial Checks & Citizens Advice sessions to advise on cheaper energy. * Book Bug sessions. * Free packed lunch deliveries through Grub club. * Nutritious activity sessions using fareshare foods * Recruiting ‘Smiles Better oral health Champions. | |
| **Overview of Achievements (See Impact Report Section 5)** | |
| * Sessions around sugars in food/daily sugar allowances * Parents/carers gaining confidence, experiences, feeling included and having access to other support and advice. * Sharing new recipes or even trying new things which parents wouldn’t normally buy or have the opportunity to taste when having to budget. * Book Bug sessions allowed parents to be able to join in and interact more with their child/children with confidence, * Grub Club Sessions and social media, keeping in contact with families and assisting them with help with entitlements or advice by referring or giving contact details of other organisations and professionals. * Providing takeaways to ensure all children have access to homemade nutritional food, fruit and yoghurts during school holidys. | |
| **Legacy** | |
| Re-establish to the numbers involved that we first had and work towards making healthier choices and achieving better oral health, work alongside other agencies for the benefit of our youngsters, making sure all of them have access to a dentist, toothbrushes and toothpaste and try our best to minimise food insecurity in our area as this will have a huge impact in our community. | |
| **Project Location** | |  | | --- | | Lochside Community Centre, North West Dumfries | |
| **Contact Number** | |  | | --- | | 07922 924163 | |
| **Website** | www.lochsideca.org |
| **Facebook** | https://www.facebook.com/LochsideCC/ |

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| **Organisation Name** | **Networking Key Services (NKS)** |
| **Organisation Summary** | |
| Set up in June 1987, Nari Kallyan Shangho (NKS) is a health and welfare organisation for South Asian women and their families living in Edinburgh. Although the services are geared towards the needs of South Asians, many families from the local communities also use NKS services. The vision of the organisation is to combat isolation and deprivation experienced by South Asian families and to empower them through information and education to improve quality of life. The mission is to provide a common platform for women and their families to act together to raise health and welfare issues. | |
| **Project Summary** | |
| **Preventative & Early intervention Oral Health initiative for South Asian Families & their Children project** aims to take a preventative and early intervention approach to improve oral health amongst South Asian families facing challenges to improve their general and oral health. The families experiencing disadvantage at different levels living in deprived areas will be specially targeted. | |
| **Target Beneficiaries** | |
| South Asian Families with young children, and NKS Nursery children. | |
| **Activities Include** | |
| * Outreach for South Asian families with pre-school children in the deprived areas. * Nursery sessions, homework club, mothers and toddlers group. * Sessions re appropriate dental products and resources in South Asian languages. * Support and signposting for families to increase their access to dental services. * Education in different South Asian languages on key risk factors such as paan chewing, smoking and tobacco chewing harms on oral health. * Advocacy sessions bringing community and services providers on one platform to discuss barriers and cultural issues for South Asian families. * Regular outdoor activities to promote physical exercise for South Asian families. | |
| **Overview of Achievements (See Impact Report section 5)** | |
| It has been a complete eye opener in how oral health is managed in the South Asian Communities. The majority of families have firm mind-sets, very rigid in their thinking, and this is reflected in their perception of oral health. It is evident that vulnerable groups in the South Asian community need oral health education, support and resources. There is a large gap in understanding the implications of poor oral health in these particular communities. It has been a challenging but highly rewarding project that is changing individuals’ mind-sets as well as their physical behaviours in managing oral health, and impacts on many generations in the same household. | |
| **Legacy** | |
| We will seek new resources to continue to spread and raise awarness amongst new families attending NKS, as part looking after your health, which impacts on home life, to support for parents grand-parents and other family members in the same household. The changes in behaviour are life-long and will support better management of oral health for future generations in the South Asian communities. As the project comes to an end, the learning and teachings of oral health remain and NKS will continue to bring oral health education into group sessions. | |
| **Project Location** | Darroch Annexe, 7 Gillespie street, Edinburgh |
| **Contact Number** | 0131 221 1915 & 0131 659 7837 |
| **Website** | www.nkshealth.co.uk |
| **Twitter** | @nks\_nari |

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| **Organisation Name** | **Rosemount Lifelong Learning** |
| **Organisation Summary** | |
| Rosemount Lifelong Learning was established in 1998 to increase life chances through learning for children, young people and adults living in north east & the wider Glasgow area. We are passionate about supporting local people to reach their potential and offer a wide range of Family services, Child Care services, Community Learning & Employability services. | |
| **Project Summary** | |
| **Rosemount Family Health and Wellbeing** project aims to reach members of the community that will most benefit and to make a significant impact on their health and wellbeing. We will increase opportunities for young parents and people living in the deprived communities of Royston and the surrounding area, providing support around the issues that are negatively impacting on their oral health. | |
| **Target Beneficiaries** | |
| Young parents, expecting parents and families with children aged 0-2 years . | |
| **Activities Include** | |
| * Café Stork (Bookbug), providing knowledge and understanding of oral health and services available. * Young parents’ groups to increase oral health knowledge, provide tools and support to access services. * Buggy Walk/ Baby group where parents can have supportive conversations with other parents about health and wellbeing. * Develop links with GPs and other Health Professionals and provide Health & Wellbeing support for expectant Mums and Dads | |
| **Overview of Achievements** **(See Impact Report section 5)** | |
| * The project has increased life chances and opportunities for young parents, families and children aged 0-2 years, and been able to reach families experiencing poverty, families experiencing health inequalities and families that were isolated. The various activities allowed local families to be continuously supported, improve the oral health of their child and address the poverty and oral health inequality in north east Glasgow. * The activities developed and delivered all focused around early intervention and removing barriers for families in regards to oral health and wellbeing. | |
| **Legacy** | |
| From the learning of the project we intend to embed the key messages into our existing services and will continue to promote oral health messages to the families that engage with Rosemount and beyond. The project has highlighted the importance of ensuring the oral health of a baby/child is central from the beginning to prevent poor oral health/decay. We have invested in booklets that will serve as a learning resource for families and will continue to help families with their health/wellbeing, keeping oral health at the forefront through themed events, information at our nursery, information in our learning space and in our young parent’s programme ‘Aim High’ all to improve health and wellbeing outcomes for families. | |
| **Project Location** | Royston & surrounding areas in North East Glasgow |
| **Contact Number** | 0141 553 0808 / 0141 212 6503 |
| **Website** | www.rosemount.ac.uk |
| **Twitter** | @RosemountGLA |
| **Organisation Name** | **Scottish Childminding Association** |
| **Organisation Summary** | |
| The Scottish Childminding Association (SCMA) is a membership organisation dedicated to supporting childminders in Scotland, to promote childminding as a quality early learning and childcare service, supporting out vision of “… building confident children within a family childcare experience” | |
| **Project Summary** | |
| **Happy Teeth** aims to provide training and support to childminders in Scotland to implement supervised tooth brushing within their childcare settings. The project will work with parents to support them to develop a healthy oral regime with their children from an early age. Where parents are not registered with a dentist, this includes helping with registration / engagement with community dental services. | |
| **Target Beneficiaries** | |
| * Childminders in Scotland to implement supervised tooth-brushing within their childcare settings. * Parents to support them to develop a healthy oral regime with their children from an early age. | |
| **Activities Include** | |
| * Happy Teeth training video * Virtual Interactive Sessions for Childminders and their minded children * Magazine Activity Leaflet/Handout * Community Engagement and sharing resources | |
| **Overview of Achievements** **(See Impact Report section 5)** | |
| * We have provided chilminders the skills, knowledge and confidence to introduce oral health routines toothbrushing into their setting. * We have provided childminders tools and resources which have enabled them to support children in learning about good oral health and healthy habits. Children have then, in turn, taken these key messages home. * We have created home learning resources which have prompted and started conversations between children and their families about oral health and healthy habits at home. These have included visting a dentist as well as establishing good toothbrushing routines. | |
| **Legacy** | |
| SCMA have implemented a range of different ways to access the Happy Teeth Project beyond the project end to support the legacy of the project:   * **A dedicated webpage** to the Happy Teeth Project with a wealth of information, resources, training and details of the Happy Teeth project. * **Child Development Officer Resource Kit** to support with future network meetings and training and to promote the benefits of toothbrushing, including opportunities to borrow their kit to use in their own setting and within a group setting with their peers. * **Networking with local Childsmile co-ordinators** for liaison, training and keeping update with developments/changes, along with support as needed in registering with a dentist and dental packs to support childminders with toothbrushing in their setting. | |
| **Project Location** | Stirling |
| **Contact Number** | 01786 445377 |
| **Website** | www.childminding.org |
| **Twitter** | @ScotChildmind |

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| **Organisation Name** | **Church of Scotland Social Care Council (CrossReach)** |
| **Organisation Summary** | |
| CrossReach is a leading, long-standing and well-respected provider of social care for over 12,000 people in Scotland of all ages who find themselves facing challenging circumstances at any point in their life. Our community-based services work towards preventing crisis, as we believe that with the right support at the right time people can find the solutions they need to cope with the challenges they face and again play a valuable part in the communities in which they live. | |
| **Project Summary** | |
| **Smiling Together** project aims to use play as a tool for learning and reinforcing key oral health messages, supporting some of Glasgow’s youngest, yet most disadvantaged and marginalised children, to improve their oral health and hygiene. Working with parents and children together, to draw on the demand for community based play sessions to provide weekly play sessions focused on oral health. | |
| **Target Beneficiaries** | |
| Families living in the Govanhill area. | |
| **Activities Include** | |
| * Oral Health activities in indoor and outdoor sessions, including activity packs, oral health supplies and food, focusing on tooth brushing, healthy eating/drinking and dentist visits. * Oral Health focussed groups with snack reincorporated, sharing recipes and oral health supplies | |
| **Overview of Achievements (see Impact Report section 5)** | |
| Established authentic relationships with parents that resulted in conversations about barriers to good oral health practice and reservations about visiting the dentist. Families spoke openly about being shocked by the amount of sugar found in some food and expressed that they have started using the Food Scanner app, while choosing what snacks to buy.  In the feedback forms families identified  89% learned more about the impact of sugar on teeth  61% had increased knowledge of choosing healthy snacks, meals and drinks  61% had increased knowledge of tooth brushing techniques  55% know more about what to expect at the dentist  66% felt more confident about helping their child with tooth brushing  44% registered with the dentist after speaking with staff and felt more confident with what to expect. | |
| **Legacy** | |
| Staff have developed relationships with dentists in the area and will continue to utilise this relationship in order to continue oral health promotion within our groups. We also continue to maintain our relationships with local health visitors who have referred some families to the Smiling Together programme. | |
| **Project Location** | City of Edinburgh & Glasgow |
| **Contact Number** | 0131 657 2000 |
| **Website** | www.crossreach.org.uk |
| **Twitter** | [**@**CrossReach](https://twitter.com/CrossReach) |

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| **Organisation Name** | **West of Scotland Regional Equality Council (WSREC)** |
| **Organisation Summary** | |
| West of Scotland Regional Equality Council is working towards an ‘inclusive society that is free from discrimination’ where diversity is celebrated and equal opportunities are practiced as a central part of our society. Working primarily with minority ethnic communities across all ‘protected characteristics', our range of services alter due to continuous needs assessments of the communities we work with. | |
| **Project Summary** | |
| **Shine Bright Oral Health for Minority** **Ethnic Communities** project aims to engage specifically with minority ethnic communities residing in Greater Glasgow, targeting vulnerable and at risk groups in multi-deprivation areas. The project will raise awareness of services available, providing direct intervention activities and one to one support. | |
| **Target Beneficiaries** | |
| Minority Ethnic individuals, families and their infants. | |
| **Activities Include** | |
| * An oral health campaign, creation of leaflets and flyers, including translation of existing material available through mainstream services. * Building a social media presence and awareness events. * Regular engagement sessions, workshops and newsletter, with a particular focus on parents and carers of infants. * Dental registration signposting and health advocacy support, particularly where linguistic barriers exist. * Capacity building for community-led organisations to share awareness and best practices to their service users around implementing good oral hygiene. * Learning event inviting service users to provide feedback and evaluate impact in increasing awareness and daily habits / routines. | |
| **Overview of Achievements ( see Impact Report section 5)** | |
| * Minority Ethnic families/carers of infants in Greater Glasgow have increased awareness in recognising and improving oral health and general wellbeing. * Minority Ethnic families/carers’ of infants including vulnerable communities and those most at risk in Greater Glasgow have increased access to mainstream services around oral and general health including taking steps to instil long term behaviour changes. * Additionally, individuals were given one-to-one support to access dental appointments, resulting in increased access to mainstream services which reduces oral health inequality amongst people most at risk. | |
| **Legacy** | |
| We are attempting to secure funds to continue this particularly important piece of work. Although we have overachieved our targets, we are acutely aware that many more people need support and we believe changing behaviours requires long term intervention. | |
| **Project Location** | Glasgow City |
| **Contact Number** | 01413376626 |
| **Website** | www.wsrec.co.uk |
| **Twitter** | [**@**WSREC](https://twitter.com/WSREC) |