

QUARTERLY
NEWSLETTER

APRIL 2021



Welcome to Faye!

Hello, my name is Faye and I am a new face to Leicester City Council!

I have taken on the role as the city's Oral Health Promoter and will hopefully be working with everybody previously in contact with Robin.

I have worked in both NHS and private dental practices and qualified as an Oral Health Promoter last year.

My greatest passion has always been making members of the public feel relaxed with dental treatment.

I look forward to meeting you all and can't wait to catch up! :D

A year later...

Last month the UK marked one year since the first coronavirus lockdown.

I know in Leicester we have especially felt the pressures as constant restrictions have kept us away from loved ones and social interactions. As one of the worse affected local authorities, we take a step back and take this time to look on the last year in reflection.

As Britain's roadmap for easing begins, we want to use this time as a reminder for keeping our mind and body healthy.

Always remember to:

- Keep Hydrated -Get enough sleep
- Stay in regular contact with family and friends -Deep Breathing
- Get a routine each day to help achieve goals -Getting outside

You can also keep up to date with the latest information on COVID-19 through [Leicester City Council's Your Leicester newsletter](#).

Follow us on [Twitter](#) and [Facebook](#) for updates and information on the situation in the city



Wash hands regularly
and for 20 seconds



Up to 6 people or 2
households can meet
outside



Only leave the house
to go to the test centre
if you, or those you live
with have symptoms



Avoid touching your face
and wear a mask or face
covering in public spaces



Work from home if you
can and only travel
when necessary



Get information from
trusted sources and
check before you
share something



Only socialise indoors with
people you live with or
who are in your support
bubble



If you have symptoms
get a test and stay
home

NHS Healthy Start Update!

FREE FRUIT, VEG, MILK, PULSES AND VITAMINS

On 1st April 2021, the value of the Healthy Start food vouchers increased from **£3.10** to **£4.25**. If you have a £3.10 voucher(s) you can still use both of the vouchers together if they are within the expiry date.

To apply for the scheme, you can find the eligibility criteria and application [here](#). If you would like to have a look at the new and improved Healthy Start website, please click [here](#).

You can receive extra value for spending your vouchers at the following supermarkets:

Iceland	A bag of frozen vegetables with your purchase. Offer ends 31st August
Co-op	Food An extra £1 off your total shop.
Tesco	A £1 coupon to spend on fresh and frozen fruit and vegetables on your next shop.



Healthy Start

Free fruit, veg, milk, pulses and vitamins





From April 2021, if you're pregnant or have a child under 4, you could get **£4.25** per week to help buy healthy foods.

www.healthystart.nhs.uk





Healthy Start

Get help to buy healthy food



**Healthy Teeth,
Happy Smiles!**



Supervised toothbrushing

Does your setting usually do supervised toothbrushing and you are thinking about re-starting?

If you are, please get in contact with us and we can support you to understand the updated guidance and get started again. Several settings have re-started and feel comfortable about the updated guidance which is just a small change from what you were already experts at. If you have re-started or are in need of resources, please let us know so we can keep our records up to date and make sure everyone is aware of the updated guidance and has enough supplies!

Contact can be made:

Faye.Russell@leicester.gov.uk

healthyteethhappysmiles@leicester.gov.uk

In the coming months we'll be contacting some settings to see if they are happy to re-start supervised toothbrushing. We know how important it is and that it works for improving children's health and wellbeing in Leicester so want to re-start where it is possible to do so.

A Big THANK YOU

It's been an exciting time in the Healthy Teeth Happy Smiles (virtual) office as there were some statistics published recently which show that the work everyone is doing on oral health in Leicester is having an impact. In 2013, a survey was done on the teeth of 3 year olds in Leicester. This was repeated last year in 2020 just before COVID hit. Thank you to all the settings who took part in this, parents/guardians and children who had their teeth looked at. Because of this survey, we know that there has been an improvement in the number of children with decayed teeth (teeth with damage). In 2013, 34% of children in Leicester had some decay. In 2020, 16.1% of children had some decay.

Many people across Leicester have helped to make this happen. We don't know the impact that COVID and all the disruption to our lives will have had on children's oral health, so please keep on doing everything that you have been to keep the success going.

The Healthy Teeth Happy Smiles team would like to say thank you and a massive congratulations for all the people supporting children's oral health across the city – what you do makes a difference.

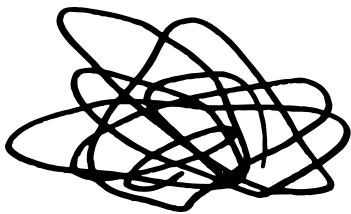
One Step at a time



Lockdown has been a challenge for all of us, especially with having to adapt to new ways of life in such a short space of time. As restrictions begin to lift, It is important that we manage our feeling as easing things may feel less clear which can promote new barriers.



What might I be feeling?



- Anxious or Panicked
- Low, hopeless or tired
- Lonely or isolated
- Angry or frustrated
- Conflicted or confused
- Stressed or unprepared
- Distrustful
- Powerless
- A sense of injustice
- Unsupported or disregarded
- Under pressure
- A sense of grief or loss



Your feelings may even change, you may feel different one day to the next and thats also fine!

Always remember there is no 'normal' way to manage these feelings, everyone will work differently

Where Can I get help?



If you feel your mental health is suffering and you are struggling to deal with restrictions easing, it may be worth talking to your GP, family or friends.

Life Links provides a mental health wellbeing and recovery support service within local communities. Through the provision of information, advice, navigation and community recovery services, working in partnership with other providers and mainstream resources. They are commissioned by Leicester City Council.



Let's Talk Wellbeing provides psychological assessment and treatment for what are known as mild to moderate common mental health problems.

Help and advice can also be found at LAMP ; MIND; Health for Teens and Time to Change website. There are also a range of NHS-endorsed digital applications that can help treat depression and anxiety and improve access to psychological therapies.



Samaritans are available 24 hours a day to provide confidential emotional support for people who are experiencing feelings of distress or despair, including those which may lead to suicide. Find your nearest branch on the Samaritans website.



Start a Conversation: suicide is preventable provides information about where to find support in Leicester, Leicestershire and Rutland for people experiencing feelings of suicide ideation, and those worried about them.



LIFES A PICNIC...

Picnic season is here in full force. With lockdown restrictions easing and the weather warming, its now more important than ever to get outside. There is nothing better than embracing the spirit of picnicking by reconnecting with the outdoors and embracing nature.

And nothing shows a greater love and appreciation for nature than having an environmentally friendly picnic. So the next time you're planning on having a picnic, here are some things you should keep in mind....



Walk to your picnic

Even though some of the best picnic spots might be a short drive away, jumping into your car to get there is not always the most environmentally friendly way! Instead, try to stay local. There are often many hidden gems within walking or biking distance of your home, so head over to the local park with your picnic basket and enjoy whats on offer.

Bring reusable plates and napkins

It's undeniably convenient to bring along plastic utensils and paper plates, but it's one of the least environmentally friendly ways to eat because all the trash just goes and sits in a landfill. There are biodegradable alternatives, but the best way to have a green picnic is to bring things that are reusable. This means you should always try to bring a blanket and picnic staples from your home instead of buying non reusable utensils.

Pack local, healthy foods

Food is usually the most important element of a picnic, but it can also be the least environmentally friendly. According to Professor Tim Lang of City University of London, it takes 2400 litres of hidden water to make a hamburger. You can significantly reduce your environmental impact by buying locally and packing more fruits and vegetables than meat.

Clean your picnic site when you are done

Just because it's common courtesy to clean your picnic sites doesn't mean it always gets done. Whether something is forgotten or people deliberately leave things behind, trash in nature is the antithesis of green. You can easily prevent this from happening by walking around your picnic spot to make sure every item is packed away or placed in the nearest recycling or refuse bin.



NATIONAL SMILE MONTH



National Smile Month key Messages

- Brush your teeth last thing at night and on at least one other occasion with fluoride toothpaste.
- Cut down on how often you have sugary foods and drinks.
- Visit your dentist regularly and as often as they recommend.

National Smile Month is Coming!

This year National Smile Month runs from 17th May to 17th June

National Smile Month (NSM) is a great way to spread useful information about looking after children's oral health. We will be distributing a special NSM pack with activities, games, and fun facts in the run up to NSM 2021 so be sure to keep an eye on your emails for more information coming soon. Do you have any plans for NSM? Let us know by emailing us at: healthyteethhappysmiles@leicester.gov.uk



REMEMBERING THE BASICS

Lets get back to business as usual.
Toothbrushing tips for children!



CHILDREN AGED UP TO 3 YEARS

- Start brushing your baby's teeth as soon as the first milk tooth breaks through (usually at around 6 months, but it can be earlier or later).
- Parents or carers should brush or supervise toothbrushing.
- Brush teeth twice daily for about 2 minutes with fluoride toothpaste.
- Brush last thing at night before bed and on 1 other occasion.
- Use children's fluoride toothpaste containing no less than 1,000ppm of fluoride (check label) or family toothpaste containing between 1,350ppm and 1,500ppm fluoride.
- Use only a smear of toothpaste.
- Make sure children don't eat or lick toothpaste from the tube.

CHILDREN AGED 3 TO 6 YEARS

- Brush at least twice daily for about 2 minutes with fluoride toothpaste.
- Brush last thing at night before bed and at least on 1 other occasion.
- Brushing should be supervised by a parent or carer.
- Use children's fluoride toothpaste containing no less than 1,000ppm of fluoride (check label) or family toothpaste containing between 1,350ppm and 1,500ppm fluoride.
- Use only a pea-sized amount of toothpaste.
- Spit out after brushing and don't rinse – if you rinse, the fluoride won't work as well.

CHILDREN AGED 7 AND OVER

- Brush at least twice daily for about 2 minutes with fluoride toothpaste.
- Brush last thing at night before bed and at least on 1 other occasion.
- Use fluoride toothpaste containing between 1,350ppm and 1,500ppm of fluoride (check label).
- Spit out after brushing and don't rinse – if you rinse, the fluoride won't work as well.

Children aged 7 and over should be able to brush their own teeth, but it's still a good idea to watch them to make sure they brush properly and for about 2 minutes



Did you know?

Rapid testing is now available for anyone without coronavirus symptoms at 6 sites in Leicester

Get a Rapid test at:

- *Adult Education College**
- *Coleman Neighbourhood Centre**
- *Eyres Monsell Community Centre**
- *Fosse Neighbourhood Centre**
- *Hamilton Library**
- *Tutor Community Centre**

Remember: you could be spreading the virus without having symptoms, so it's important to get regular tests and self-isolate if you test positive to stop the virus in its tracks.

Can I get tests to do at home?

Yes, you can collect tests from any of the city's six rapid test centres (listed above) anytime during opening hours. You can also collect tests from the following test sites between 1pm and 8pm daily:

Belgrave Neighbourhood centre, Highfields Centre, Jubilee Square, Overton Road Ballpark and Victoria Park. You are always advised to check to check that these are open

You can also order tests online. For all home testing you will need to create an NHS account to upload your results.

Note that if you test positive using a rapid test at home, you'll need have a full PCR test to confirm the result.

