

**Dentaid is a small charity making a huge difference throughout the world. And we need your help.**

Dentaid is one of the leading oral health charities in the world, having supported 210 oral health programmes in 58 countries. In recent years, the charity has expanded its work from just supplying refurbished dental surgeries for charitable projects, to playing vital roles in oral health promotion.

The WHO estimates that 5 billion of the world's 6 1/2 billion population suffer from dental decay, making dental caries the most common non-communicable disease in the world. Dental decay, particularly among children, has recently been described by a leading expert as having reached "pandemic" proportions.

On October 1<sup>st</sup> this year, a group will be travelling to India with Oral Health Charity Dentaid, for the trip of a lifetime. We will challenge ourselves with a 4 day trek over the beautiful West Bengal mountains and volunteer our time in a dental surgery recently provided by Dentaid.

While most in high-income countries have access to oral health professionals, the vast majority of people living in poorer countries either have to live with the resultant pain of tooth decay or seek relief through DIY or "street" dentistry performed by untrained practitioners without anaesthetic. Both options can be life threatening as severe decay can lead to serious infections, which without antibiotics can result in death, while "street" dentistry is rarely if ever administered with suitable cross-infection control, risking contraction of serious diseases like HIV and Hepatitis.

With every pound raised for this trip, we are able to treat 7 people in one of our overseas projects

Recently a group undertook a similar trip to Vietnam and our volunteers achieved so much. As well as much needed dental treatment, the team had set up an area offering Oral Health Education and Nutrition advice. This was one of the biggest successes of the trip, as on day 1 of the clinic, one of our volunteers did a sterling job of teaching, with the help of a translator. Today that same translator took over the sessions and would not let anyone leave without showing them how to brush and giving advice on diet before handing out the toothpaste and toothbrushes. This really is what Dentaid is all about. Not simply turning up and helping for a few days, but to help give the skills needed for the local community to help themselves.

We saw 211 patients in one day

The event will be a life changing experience as not only will you have the chance to experience the wonders of India, challenge yourself to a 4 day mountain trek, and soak up the history of this amazing country, you will also be able to volunteer in a Dentaaid supported project.

We will be able to work as part of the local team and help hundreds of children to be pain free. I have attached some information about the project and I'm sure you will agree what a worthwhile project it is.

The equipment is being shipped to India in May so should be all set up for our arrival.

You don't need to be a dentist, dental nurse or hygienist to take part however. Last year we had 3 dentists, 3 dental nurses, a beautician, roofer and a charter surveyor!! And everyone had a role and task to do and were a vital part of the team.