



e-Newsletter

Winter 2019



As 2019 draws to a close, we would like to say a big thank you for sharing our journey with us; it's been a fantastic year. We want to begin the new year and decade strongly. That's why next year, with your help and support, we will continue to reach some of the most vulnerable members in our community. For now, though, sit back, relax and enjoy our e-newsletter.

Meet a Team Member



We would like to introduce our wonderful team member, **Abby**, our **Community Engagement Programme Officer (Dental)**. We may have put her on the spot with some quick fire questions, however she shone like a star – as we knew she would!

~What are you most passionate about?

Family, it's where everything starts and ends.

~What is your all-time favourite film and why?

Jaws, can't say why, I just love it and will always watch it, whenever it's on.

~What's the coolest thing you are currently working on?

In work, it's working on developing a hidden disabilities toolkit with a great group of people to help improve patient experience when accessing dentistry. Personally, working on a set of ceramic bowls using sea-glass from our local beaches.

What are some of your pet peeves?

I don't have any. Always try to see the positives and have a glass more than half full.

~Tell us your secret talent!

Holiday planning to within an inch of its life! The key to a successful trip is always in the planning. I do like to schedule in time for spontaneity and always carry toasted sandwiches!!



It's Christmas!



At Christmas time, we're often surrounded by masses of delicious food and drink; so often treat ourselves more than we normally would. Over the festive period, an extra 500 calories per day equates to a possible weight gain of around 5lb (2.5kg) in just a month!

The good news is it's possible to enjoy yourself and make healthier choices to ensure you don't have a nasty surprise by the time January comes around, so here are our 5 top tips for a healthy festive season.

1. *Plan ahead:*

- When festive grocery shopping, avoid shopping on an empty stomach as this can lead to unhealthier choices of higher sugar and fat foods.
- Make a shopping list and stick to it. Avoid those aisles of temptation, or at least, don't go completely OTT. If you want some healthier festive snacks, try plain popcorn, pretzels, and veggie crudité's with a low-fat dip.
- Start the day well: Routines often go out the window at this time of year and skipping breakfast means you're more likely to snack throughout the day, often on unhealthy foods. Ensuring that you eat a good breakfast prevents overeating later.

2. *Eating smart at festive celebrations:*

- If eating out, stick to sensible portions (you don't need to finish everything on your plate!) and perhaps cut out a course.
- Don't hover by the buffet table and visit only once using a smaller dessert sized plate, avoiding the high fat offerings like sausage rolls and quiche, in favour of fruit, skinless chicken and veggie crudité's.

3. *Hack the main meal:*

- **Starters:** Try smoked salmon, a good source of omega-3 fatty acids needed to keep your heart healthy, melon or vegetable soup to contribute to your 5-a-day.
- **Christmas meal:** Turkey is a great source of protein and a low-fat meat option, remove the skin to get rid of extra fat. A roasted vegetable medley with added nuts, seeds, beans or pulses for protein is a good vegetarian option.
- **Pile on the veggies:** Around a third of your plate should be covered with a variety of veggies (potatoes are not counted here!). As long as they are not covered in butter or other fatty spreads, all vegetables are low in calories and fat and contribute to your 5-a-day.
- **Perfect potatoes:** For healthier roasties, try dry roasting potatoes on a non-stick baking sheet or spray/brush with an unsaturated vegetable oil like rapeseed or sunflower oil rather than goose fat or lard. Cut potatoes into large chunks to absorb less fat than smaller ones.
- **Pigs in blankets:** Grill or roast alongside these instead of frying so you can throw away the extra fat.





- **Glorious gravy:** For a lower fat option, use the water from your cooked vegetables, or if using meat juices, let the fat rise to the surface, then skim it off and use what's left behind.
- **Dessert:** Christmas pudding is packed with fruit and quite low in fat, so to keep it this way, serve with low-fat custard or crème fraiche. Fresh fruit salad served with natural yoghurt or low-fat ice-cream is also a healthy choice. Homemade mince-tarts with filo pastry are just as tasty as mince pies with less pastry, so less fat!
- **Luscious leftovers:** Turkey or salmon sandwiches on wholemeal bread with a low-fat spread or spicy chutney and plenty of salad are a delicious, filling and healthy lunch or supper. Leftover vegetables can be made into soup or mixed together and turned into a traditional bubble and squeak.

4. Beware of the extras:

With all the tasty snacks around at Christmas, especially at work, it's easy to over-indulge. Try to keep tempting treats out of sight and make sure you have healthy options to hand:

- satsumas are a great source of vitamin C and look festive, so keep a large bowl of these and other fruit handy
- chestnuts are the only low-fat nuts around, so roast a few and leave the salted peanuts to one side
- choose a handful of unsalted nuts, plain popcorn or pretzels or raw veg and low-fat dips

5. Be kind to yourself:

Don't beat yourself up about overindulging. Avoid fad diets in January which can be detrimental to your health and waistline. The best way to lose weight and keep it off, is to make healthier choices, eat a nutritionally balanced and varied diet with appropriately sized portions, and be physically active.



Dental Student activity

We've started making plans for the 1st year students who will get the opportunity in the new year, as part of the IPE1 module, to go and talk to the amazing community organisations in the city and find out how they support people living in Plymouth.

Our 2nd year students have started their IPE2 community outreach projects where they plan and deliver a meaningful project for their community group. The students have some exciting plans including interactive workshops, a Christmas 'walk and talk' with crafts and quizzes, health themed gameshow and 'lunch and learn' oral health themed sessions. A huge thank you to our host organisations who support the students, this module couldn't take place without them.

By the spring of 2020 the students will have delivered their projects and will be thinking about their assessments, writing their reflective logs and designing their academic posters. They will also be making plans for the showcase symposium, due to take place in April when we hear all about their projects and their experience





The Supervised Tooth Brushing programme

We have now well and truly started the Supervised Tooth Brushing programme covering 400 plus schools and nurseries across Devon. We have been busy delivering training to 58 settings from Plymouth to Axminster!!

The Supervised tooth brushing programme allows early years staff to gain confidence to discuss oral health with parent and children, it also enables them to set up a tooth brushing session in school.

To date we have delivered **1710** tooth brushes and **409** tooth trains!

We will be continuing to spread the word and engage more schools in the new year.

Message from the Chair

It's my pleasure to welcome you to the Well Connected eNewsletter. It's been a busy and productive year here, with the team working incredibly hard making a difference alongside a host of amazing partner organisations delivering Well Connected's busiest and most varied programme to date.



It's also been an equally exciting time for the development of Well Connected and I'm really pleased to share that our Board of Trustees has recently expanded to welcome three new members. I'd like to take this opportunity to thank each of them for their generosity in joining us. I know myself and the rest of the existing Board are excited to see how their wealth of expertise and experiences will make a difference to us and Well Connected as a whole.

I'm so excited for the future of Well Connected and I will look forward to speaking to you again next year, a new decade full of potential and positivity. Many thanks for all of your support and of course please do not hesitate to get in touch with the team if you want to find out more, create a new project or wish to raise us some money. Happy holidays and here's to a restful and positive start for all of us in 2020.

With very best wishes,

Karl Meyer

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Loud, proud and grateful

Since we sent our last newsletter, we have been very lucky to have received the following support:

- During October, our Strategic Lead for Community Engagement, Wendy Smith MBE, attended two study days. The first one was the **BSDHT South West** Autumn Study Day in St Austell, where colleagues fundraised on our behalf; and we are delighted to say that we received **£68** from the raffle held on the day. The second one was as part of the **Devon Independent Practitioners Group**, which was held in Torquay; who have continued to **support** us. We are very **thankful** to both groups and their support is very much **appreciated**. Thank you.
- In November, we were very excited to learn that as part of the **Asda Green Token Scheme**, our **local community** voted us as their **Charity of Choice**. We were delighted to receive a cheque from Brian, Asda's Community Champion for **£500**. We would like to say a **huge thank you** to **everyone** who took the time to vote for us, we are incredibly grateful.

Finally, we were successful in a recent tender through **NHS England** and **NHS Improvement South West**, in partnership with **PDSE**, to deliver a **Supervised Toothbrushing** Pilot across Plymouth, Exeter and their surrounding areas and North Devon. This is aimed at eligible schools and nurseries in some of the most deprived areas, for children in the last year of nursery and in reception classes.

We are also **very grateful** to **PDSE** who have agreed to **continue** their **sponsorship** of the Supervised Toothbrushing Clubs in some of Plymouth's schools who are based in the most deprived areas in the city. This has allowed us to **support children** in years One and Two to continue brushing alongside the children in reception classes.

Well Connected needs you!

Become a 'Friend of Well Connected' and receive regular updates;

Find out more about our award-winning charity;
Help us to raise funds to support our fun and creative
community-based projects.

From all the team at Well Connected, we wish you a
wonderful Christmas period; and here's to a fantastic
new year and new decade!

Raise **FREE funds** for us
every time you shop online!

