

# NHS Ayrshire & Arran Oral Health Improvement Resources

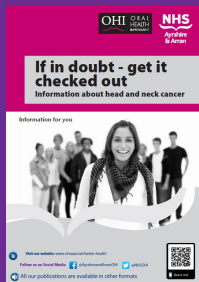
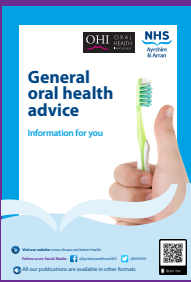
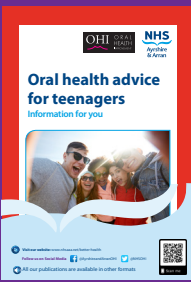
The Health Information and Resources service holds a variety of games, PDF leaflets (available for downloading or hard copies on request) and resource packs for people to have on loan or free of charge. The resources can be ordered by telephone on **01292 885927** or online at **[www.healthinfoSHOP.scot.nhs.uk](http://www.healthinfoSHOP.scot.nhs.uk)**. For more information on how to order resources see the back page of this leaflet. **Deliveries and collections need to be arranged by phone when ordering.** These resources may be suitable for children with additional support needs, however, teaching or support staff should decide on the suitability of the resources based on each individual child's learning capacity and abilities.

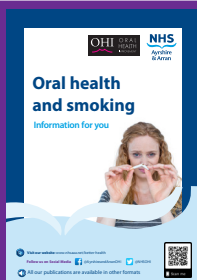
Follow the OHI Team on  @AyrshireandArranOHI  @NHSHOI

Email – **[oralhealthimprovementteam@aapct.scot.nhs.uk](mailto:oralhealthimprovementteam@aapct.scot.nhs.uk)**

Or visit the Oral Health Improvement page on NHS Ayrshire & Arran's public website - **[www.nhsaaa.net/better-health/topics/oral-health](http://www.nhsaaa.net/better-health/topics/oral-health)**

Item / Picture	Description
<b>Games (3)</b>	
 Toothafied Board Game (G00017)	<p>The board game was developed as a result of an informal survey with children to find out which types of resources they would be most likely to use to learn about good oral health. Designed by children from Glenburn Primary School, Toothafied is a board game with a difference! Roll the dice to move your counter round the board, landing on red and blue squares with dental health facts as you go. The first player round the board wins - but watch out for the black slides or you'll miss a turn.</p>
 Tooth Adventure Board Game (G00018)	<p>The board game was developed as a result of an informal survey with children to find out which type of resources they would be most likely to use to learn about good oral health. Designed by children from Brodick Primary School, players must make their way round the board collecting jigsaw pieces by landing on squares such as 'Floss Forest' and 'Toothbrush Tower'. Be careful though, as you will lose jigsaw pieces if you land on 'bad tooth' squares like 'Lemonade Lounge' and 'Marshmallow Mountain'. The first player to collect all of their jigsaw pieces and make their way round the board wins.</p>
 Molar Mania Board Game (G00019)	<p>The board game was developed as a result of an informal survey with children to find out which types of resources they would be most likely to use to learn about good oral health. Designed by Greenmill Primary School, each player takes a turn to throw the dice, moving their counter around the large tooth on the game board. Follow the instructions on each square that your counter lands on... the first player to make their way round the board wins.</p>

Item / Picture	Description
<b>PDF's (12)</b>	
 <p>Oral Health and Methadone – Know the Facts PDF (N00191)</p>	<p>This leaflet describes the facts about methadone and your oral health. This leaflet is a <b>PDF only for downloading</b>.</p> <p>Hard copies are available on request by email <a href="mailto:oralhealthimprovementteam@aapct.scot.nhs.uk">oralhealthimprovementteam@aapct.scot.nhs.uk</a>.</p> <p>Leaflets are also available in other languages or formats please call 01563 825856 or email <a href="mailto:PIL@aapct.scot.nhs.uk">PIL@aapct.scot.nhs.uk</a>.</p>
 <p>Oral Health Powerpoint Quiz Full Version – 22 slides – Short Version 14 slides – PDF - (N00172)</p>	<p>This quiz uses Powerpoint slides to cover a variety of information about tooth brushing, healthy eating, oral diseases and so on. The format is multiple choice and can be used in a larger group or class setting. Can also break children into groups, boys against girls, and so on.</p> <p>The quiz is also available for educational staff on the GLOW Oral Health Improvement tile and the Better Health Section (look for the tooth) of the NHS Ayrshire &amp; Arran public website for the general public - <a href="http://www.nhsaaa.net/better-health">www.nhsaaa.net/better-health</a>.</p>
 <p>If in Doubt Get it Checked Out PDF (N00185)</p>	<p>It is estimated that one in three people in Scotland will develop some form of cancer during their lifetime, and that around one in nine males and one in seven females will develop some form of cancer before the age of 65.</p> <p>The fourth most common cancer affecting Scottish men is head and neck cancer with 5.8 per cent suffering from it.</p> <p>This leaflet is a PDF only for downloading. Hard copies are available on request by email <a href="mailto:oralhealthimprovementteam@aapct.scot.nhs.uk">oralhealthimprovementteam@aapct.scot.nhs.uk</a>.</p> <p>Leaflets are available in other languages or formats please call 01563 825856 or email <a href="mailto:PIL@aapct.scot.nhs.uk">PIL@aapct.scot.nhs.uk</a>.</p>
 <p>General Oral Health Advice – PDE (N00192)</p>	<p>Developed by NHS Ayrshire &amp; Arran Oral Health Improvement team, this leaflet provides general oral health advice for adults and relates lifestyle factors such as diet and smoking to oral health.</p> <p>This leaflet is a PDF only for downloading. Hard copies are available on request by email <a href="mailto:oralhealthimprovementteam@aapct.scot.nhs.uk">oralhealthimprovementteam@aapct.scot.nhs.uk</a>.</p> <p>Leaflets are available in other languages or formats please call 01563 825856 or email <a href="mailto:PIL@aapct.scot.nhs.uk">PIL@aapct.scot.nhs.uk</a>.</p>
 <p>Oral Health Advice for Teenagers – PDF (N00193)</p>	<p>Developed by NHS Ayrshire &amp; Arran's Oral Health Improvement team this leaflet provides information for teenagers on a range of topics relating to oral health risk factors of poor oral health, braces, mouth piercings and the effect of alcohol and smoking.</p> <p>This leaflet is a PDF only for downloading. Hard copies are available on request by email <a href="mailto:oralhealthimprovementteam@aapct.scot.nhs.uk">oralhealthimprovementteam@aapct.scot.nhs.uk</a>.</p> <p>Leaflets are available in other languages or formats please call 01563 825856 or email <a href="mailto:PIL@aapct.scot.nhs.uk">PIL@aapct.scot.nhs.uk</a>.</p>



Oral Health and Smoking – PDF (N00194)

Developed by NHS Ayrshire & Arran's Oral Health Improvement team this leaflet provides information on the damaging effect smoking can have on oral health and the likelihood of increased visits to the dentist.

This leaflet is a PDF only for downloading. Hard copies are available on request by email [oralhealthimprovementteam@aapct.scot.nhs.uk](mailto:oralhealthimprovementteam@aapct.scot.nhs.uk).

Leaflets are available in other languages or formats please call 01563 825856 or email [PIL@aapct.scot.nhs.uk](mailto:PIL@aapct.scot.nhs.uk).

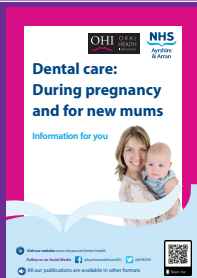


Dental Health Information Card – PDF (N00177)

Information on the key messages for good oral health and out-of-hours contact information.

This leaflet is a PDF only for downloading. Hard copies are available on request by email [oralhealthimprovementteam@aapct.scot.nhs.uk](mailto:oralhealthimprovementteam@aapct.scot.nhs.uk).

Leaflets are available in other languages or formats please call 01292 616990 or email [PIL@aapct.scot.nhs.uk](mailto:PIL@aapct.scot.nhs.uk).

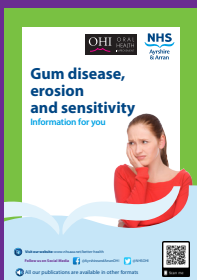


Dental Care – During Pregnancy and for New Mums – PDF (N00178)

Good oral hygiene during pregnancy is very important. You may notice that your gums will bleed and become inflamed during pregnancy, which may be due to changing hormone levels, but you should still continue to brush as normal.

This leaflet is a PDF only for downloading. Hard copies are available on request by email [oralhealthimprovementteam@aapct.scot.nhs.uk](mailto:oralhealthimprovementteam@aapct.scot.nhs.uk).

Leaflets are available in other languages or formats please call 01563 825856 or email [PIL@aapct.scot.nhs.uk](mailto:PIL@aapct.scot.nhs.uk).



Gum Disease, Erosion and Sensitivity – PDF (N00179)

Gum disease is the swelling, soreness or infection of the gum tissue. Gum disease can affect anyone of any age though some groups are more at risk, such as pregnant women, due to hormonal changes. (See leaflet, Dental care: During pregnancy and for new mums).

This leaflet is a PDF only for downloading. Hard copies are available on request by email [oralhealthimprovementteam@aapct.scot.nhs.uk](mailto:oralhealthimprovementteam@aapct.scot.nhs.uk).

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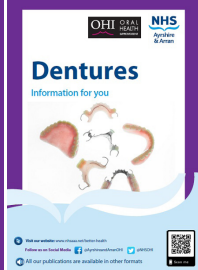


Oral Health Advice for Parents and Carers of Children – PDF – (N00180)

It is important to start brushing as soon as a child's first tooth appears to help prevent tooth decay and gum disease. Also to register your baby at the dentist when their first tooth erupts.

This leaflet is a PDF only for downloading. Hard copies are available on request by email [oralhealthimprovementteam@aapct.scot.nhs.uk](mailto:oralhealthimprovementteam@aapct.scot.nhs.uk).

Leaflets are available in other languages or formats please call 01563 825856 or email [PIL@aapct.scot.nhs.uk](mailto:PIL@aapct.scot.nhs.uk).



Dentures Information For You – PDF (N00010)

The main reason for wearing dentures is to replace missing or lost teeth so you can enjoy a healthy diet and smile with confidence. Remember people who wear dentures still need to visit the dentist at least once a year to check their mouths.

This leaflet is a PDF only for downloading. Hard copies are available on request by email [oralhealthimprovementteam@aapct.scot.nhs.uk](mailto:oralhealthimprovementteam@aapct.scot.nhs.uk).

Leaflets are available in other languages or formats please call 01563 825856 or email [PIL@aapct.scot.nhs.uk](mailto:PIL@aapct.scot.nhs.uk).



Top Ten Tips for Teeth Flyer PDF (N00176)

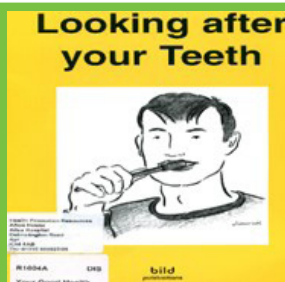
View the top ten tips for your teeth.

This leaflet is a PDF only for downloading. Hard copies are available on request by email [oralhealthimprovementteam@aapct.scot.nhs.uk](mailto:oralhealthimprovementteam@aapct.scot.nhs.uk).

Leaflets are available in other languages or formats please call 01563 825856 or email [PIL@aapct.scot.nhs.uk](mailto:PIL@aapct.scot.nhs.uk).

## Item / Picture Description

### Oral Health Resources Packs (12)



Your Good Health – Resource Pack (R01004)

This set of 13 booklets has appealing, colourful and easy to read text. The illustrated booklets aim to inform people with a learning disability about a variety of health issues and explain how to get help. Includes: getting older, breathe easy, epilepsy, exercise, eating and drinking, coping with stress, looking after your teeth, sex, pregnancy and so on.



Search for a Smile – Resource Pack – Top Ten Tips for Teeth (R01105)

This educational resource aims to provide innovative activities that will support and help children at Nursery and Primary School to learn about the importance of good oral health in a fun and engaging way. This resource is based on the 'top ten tips for teeth' and comes with a pull up display banner.

The Search for a Smile Guidance Pack should be ordered with this resource as it provides more detail on the use of this resource – see pages 23 to 29.

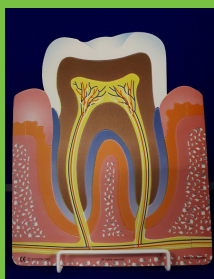
- This activity is ideally suited to perform at assembly, during health week or as an opening to parents' evenings.
- It involves 20 pupil performers from different classes; ten older pupils are responsible to read the script cards and ten younger pupils have the opportunity to dress up and use relevant props.





Search for a Smile – Dental Role Play Box (R01109)

This educational resource aims to provide innovative activities that will support and help children to learn about the importance of good oral health in a fun and engaging way. This includes an inflatable dental chair, dental uniforms for children, disposable hygiene masks and mirror and guidance on how to run your own dental role play session.



Science Model Oral Health Pack – Resource Pack (R01175)

This resource pack is suggested for use with children aged 12 to 13 years in small groups. This pack includes the Book Plus Science Tooth Model, inflatable cigarette with smoking quiz, teenagers quiz and a Guess the Sugars Game and pack guidance notes for group leaders/teachers to use in groups/classes.



Tooth Model Oral Health Pack – Resource Pack (R01176)

This resource pack is suggested for use with children aged 12 to 13 years. The pack contains a cross section tooth model, inflatable cigarette with smoking quiz, teenagers quiz and a Guess the Sugars Game and pack guidance notes for group leaders/teachers to use in groups/classes.

This pack covers make up and types of teeth, the importance of our teeth and mouth, sugar content of food and drinks, oral health and smoking. The children can research quiz answers online or using the relevant leaflets in the pack.



Leo Lion Oral Health Pack (R01169) Oral health stickers for children and a leaflet to take home are included.

This pack is suggested for use with children aged three to five years in small groups. Each group uses one item for a few minutes and items are swapped until all items are used. This pack includes a Lunch Box and Shopping List – Fruit and Veg Game, Leo Lion small plush toy with toothbrush, Keeping Well – My Teeth Book, a Search for a Smile DVD and includes the 'Snackchat' video and pack guidance notes for group leaders/ teachers to use in groups/classes. Oral health stickers for children and a leaflet to take home.



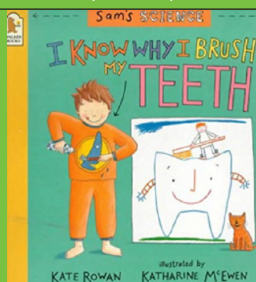
Alligator Oral Health Pack (R01170) Oral health stickers for children and a leaflet to take home are included.

This pack is suggested for use with children ages three to five years in small groups. Each group uses one item for a few minutes and items are swapped until all items are used. This pack includes a Lunch Box and Shopping List – Fruit and Veg Game, Lil Alligator small plush toy with toothbrush, Topsy and Tim Goes to the Dentist Book, a Search for a Smile DVD and includes the 'Snackchat' video and pack guidance notes for group leaders/teachers to use in groups/classes. Oral health stickers for children and a leaflet to take home.



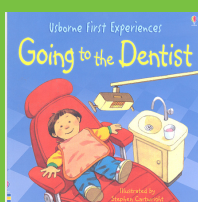
Timmy Tiger Oral Health Pack  
(R01171)

This pack is suggested for use with children ages three to five years in small groups. Each group uses one item for a few minutes and items are swapped until all items are used. This pack includes a Lunch Box and Shopping List – Fruit and Veg Game, Timmy Tiger small plush toy with toothbrush, Peppa Pig Goes to the Dentist Book, a Search for a Smile DVD and includes the ‘Snackchat’ video and pack guidance notes for group leaders/teachers to use in groups/classes. Oral health stickers for children and a leaflet to take home.



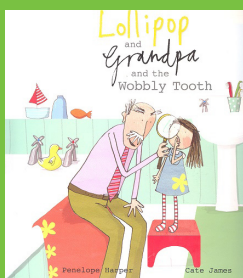
Sam's Science Oral Health Pack  
(R01172)

This pack is suggested for use with children aged 6 to 9 years in small groups. Each group uses 1 item for a few minutes and items are swapped until all items are used. This pack contains a Guess the Sugars game, Tongue and Teeth display game, White Tooth Rap DVD, Sam's Science Book and pack guidance notes for group leaders/teachers to use in groups/classes. Oral health stickers for children and a leaflet to take home are included.



Top Ten Tips Oral Health Pack  
Going to the Dentist (R01173)

This pack is suggested for use with children aged five to eight years in small groups. Each group uses one item for a few minutes and items are swapped until all items are used. The pack includes Going to the Dentist book, Top Ten Tips for Teeth resource with banner, White Tooth Rap DVD, Guess the Sugars game, and pack guidance notes for group leaders/teachers to use in groups/classes.



Lollipop and Grandpa Oral  
Health Pack (R01174)

This resource pack is suggested for use with children aged five to eight years in small groups. Each group uses one item for a few minutes and items are swapped until all items are used. The pack contains Guess the Sugar game, Lollipop and Grandpa and the Wobbly Tooth book, Pass the Bag and Dental Role Play Game and guidance notes for group leaders/teachers to use in groups/classes. This pack covers healthy eating, tooth brushing and visiting the dentist. The video/DVD is also available for educational staff on the GLOW Oral Health Improvement tile and the Better Health Section section (look for the tooth image) of the NHS Ayrshire & Arran public website for the general public [www.nhsaaa.net/better-health](http://www.nhsaaa.net/better-health).



Talking Mats is a Communication Tool using communication symbols designed by Speech & Language Therapists and can be used in a wide range of settings such as health, social work, residential and education for those with difficulty communicating including those with learning difficulties, dementia, etc. A variety of training can be provided – and Talking Mats should only be used by trained staff. For more information see the Talking Mats website – [www.talkingmats.com](http://www.talkingmats.com). Our Team can provide oral health communication symbols free of charge on loan to anyone trained and wishing to explore any issues relating specifically to oral health for individuals. This item needs to be ordered directly from the Oral Health Improvement Team - [oralhealthimprovementteam@aapct.scot.nhs.uk](mailto:oralhealthimprovementteam@aapct.scot.nhs.uk) and not the Resources Library.

Other health improvement materials are available free of charge through the Health Information Resources Service (HIRS) Library based at Afton House, Ailsa Hospital – see [www.healthinfoshop.scot.nhs.uk](http://www.healthinfoshop.scot.nhs.uk) for more details.

The Health Information and Resource Service can send resource orders through the NHS Ayrshire & Arran internal mail system.

Non NHS users can collect from the Health Information and Resource Service. We are located at Afton House, Ailsa Hospital, Dalmellington Road, Ayr.

Alternatively we can arrange for you to collect your resource order from the list of agreed collection points below. Collection times are Monday – Friday 9am until 5pm.



health information  
& resources service

Central Clinic  
16 Old Irvine Road  
Kilmarnock  
KA1 2BD

Cumnock Health Centre  
2 Tanyard  
Cumnock  
KA18 1BF

Ballot Road Clinic  
Ballot Road  
Irvine  
KA12 0HW

3 Towns Resource Centre  
Nelson Road  
Saltcoats  
KA21 5LX

Dalry Health Centre  
50 Vennel Street  
Dalry  
KA24 4AF

Brooksby Resource Centre  
Brisbane Road  
Largs  
KA30 8LH

Girvan Community Hospital  
Bridgemill  
Girvan  
KA26 9HQ

The date you have selected for your order to be processed is the date that your order will be made up and placed into the internal mail. Please note this is not the date that you will receive the order. Please allow up to one week for your resource order to reach the agreed collection point.

We provide free oral health information training packages from basic oral health awareness to more in-depth training and these can be tailored to suit the client group. These are available on request and can be provided at your place or work, in the community, etc as required for both staff and clients. For more information see our Training Brochure at our Oral Health Improvement page given below.

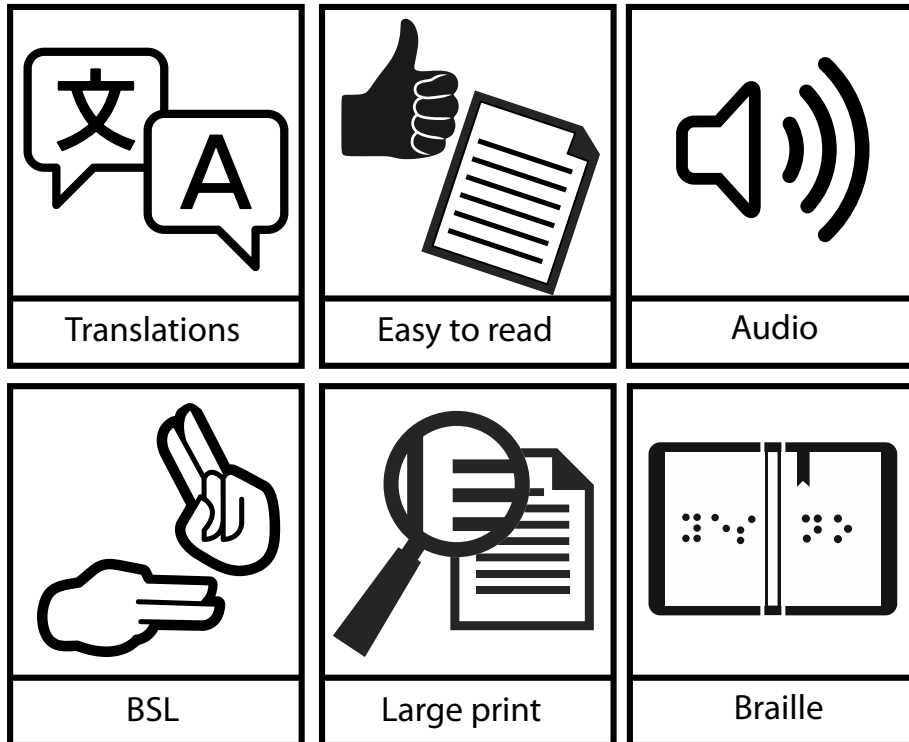
Follow the OHI Team on  @AyrshireandArranOHI

 @NHSSOHI

Email – [oralhealthimprovementteam@aapct.scot.nhs.uk](mailto:oralhealthimprovementteam@aapct.scot.nhs.uk)

Or visit the Oral Health Improvement page on NHS Ayrshire & Arran's public website - [www.nhs.uk/better-health/topics/oral-health](http://www.nhs.uk/better-health/topics/oral-health)

**We are happy to consider requests for this publication in other languages or formats such as large print.**



 **Call: 01563 825856**

 **Email: [pil@aapct.scot.nhs.uk](mailto:pil@aapct.scot.nhs.uk)**



### **Tell us what you think...**

If you would like to comment on any issued raised by this document, please complete this form and return it to our Feedback and Complaints team: PO Box 13, Eglinton House, Ailsa Hospital, Dalmellington Road, Ayr KA6 6AB.

Alternatively, you can call free on **0800 169 1441** or email **[complaintsteam@aapct.scot.nhs.uk](mailto:complaintsteam@aapct.scot.nhs.uk)**

Name

Address

Comment