



Oral Health Care Training



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Oral Health Promoter (OHP)
Community Dental Services (CDS)
Whittington Health





Good oral health means:

- No pain and discomfort in the mouth
- Ability to speak and smile
- Can eat a range of foods
- Keep you hydrated
- Dignity and confidence
- Reduced risk of infection
- Improved healing
- Reduced risk to general health as poor oral health is associated with other health conditions such as diabetes and pneumonia





Prevention of poor oral health

Tooth brushing + Fluoride

Toothbrushes should be changed every 3 months or sooner if bristles are splayed



Flossing/Interdental Cleaning

Mouth wash

0.05% NaF Mouth wash(use at a different time to brushing)

Denture care



Healthy eating(Change 4life)

Regular dental visits





Preventing tooth and gum problems

- **Avoid or reduce fizzy soft drinks, which are highly acidic and can erode tooth enamel. Drink water instead.**
- Cut back on sweet or sticky foods such as biscuits or lollies.
- Chew sugar-free gum to encourage a steady flow of saliva.
- Pay careful attention to dental hygiene habits. Brush teeth thoroughly at least twice a day and floss once a day.
- **Visit your dentist at least once or twice a year where possible.**
- **Minimise intake of alcohol.**
- **Consider quitting smoking.**
- Ask your doctor and dentist for further self-care suggestions, and follow them carefully.



Accessing General Dental Practices (GDP)

➤ Islington Practices

➤ Camden Practices

NHS Dentists available in Islington

N1 Postcode areas	N4 Postcode area	N7 Postcode area
DentalMark 192 Caledonian Road N1 0SQ Tel: 0207 278 1628 AP Dental Practice 300 Caledonian Road N1 1BB 0207 607 1557 Pickering Dental Surgeries 103 Upper Street N1 1QN 0207 359 6103 DentalShine 372 Essex Road N1 3PF Tel: 0207 226 9797 Kindandental 2 93 Midmay Park N1 4NB 0207 226 6215 Kindandental 99 Newington Green Road N1 4QY 0207 226 3897 Charles Landau Dentistry 6 Prebend Street N1 8PT 0207 226 3424 London City Smiles 19/21 Islington High Street N1 9LQ 0207 837 2300	Blackstock Dental Care 60 Blackstock Road N4 2DW 0207 226 1372 Hornsey Dental Centre 2-3 Vincent Parade Hanley Road N4 3DS 0207 272 1262 Nice Smile Dental Surgery 105 Stroud Green Road N4 3PX 0207 272 1109 N5 Postcode area Highbury Dental Practice 3 Hamilton Park N5 1SH 0207 226 3848 EC1V Postcode area Old Street Dental Clinic 169 Old Street EC1V 9NJ 0207 253 5982 Dental treatment is FREE if you are; <ul style="list-style-type: none"> ○ Under 18 ○ Under 19 and in full time education ○ Pregnant or have given birth in the last 12 months. 	N7 Dental Care 355 Holloway Road N7 0RN 0207 609 1122 Holloway Dental Centre 405/407 Holloway Road N7 6HP 0207 700 7005 H S Dhamu 306 Holloway Road N7 6NJ 0207 607 5278 Torrance Dental Surgery 188 Seven Sisters Road N7 7PX 0207 263 7132 N19 Postcode area The Dental Surgery 376b Hornsey Road N19 4HT 0207 263 0353 Family Dental Care 51 Junction Road N19 5QU 0207 272 8663 Smilecare Dental Surgery 250 Junction Road N19 5QT 0207 272 3796

Access to practice or all surgeries is via a flight of stairs

There is also a Community Dental Service for people who find it difficult to use general dental services. You can call them on 020 3317 2353

List of NHS dental practice in Camden

PRACTICE NAME	ADDRESS	ADDRESS 1	POSTCODE	TELEPHONE No
A G Dentistry	333 Kentish Town Road	London	NW5 2TJ	020 7267-7654
Albany Dental Practice	50 Haverstock Hill	London	NW3 2BH	020 7485 2565
Arrow Dental Surgery	85a Robert Street	London	NW1 3QT	020 7387-8143
Aspire Dental Practice	139 Fortress Road	London	NW5 2HR	020 7485-3833
IDH	122 Kentish Town Road	London	NW1 9PY	020 7267-2989
Bray Dental Practice	4 Bray Tower	Adelaide Road	NW3 3JX	020 7722-6000
Camden Dental Centre	77 Camden High Street	London	NW1 7JL	020 7380-0768
Camden High Street Dental Practice	22 Camden High Street	London	NW1 0JH	020 7388 6108
Centre-point	Shaldon Mansions	132 Charing Cross rd	WC2H 0LA	020 7836 6925
Conduit	41 Lambis Conduit Street	London	WC1N 3NG	020 7405-4030
Confi-Dent Dental Practice	66 Hampstead Rd	London	NW1 2NT	020 7388 8556
Esthetique Dental Care	74 Cleveland Street	London	W1T 6NA	020 7631 4444
Grays Inn Dental Surgery	231 Grays Inn Road	London	WC1X 8RH	0207 837 0903
Glow Dentistry	91 Heath streer	London	NW3 6SS	020 7433 3252
I S Dental Care	158 Kentish Town Road	London	NW5 2AG	020 7485-3711
Ivy House Dental Practice	51 Kentish Town Road	London	NW1 8NX	020 7284 1110
Kentish Town Dental Surgery	59 Malden Road	London	NW5 3HG	020 7284 2523
Kilburn Dental & Oral Surgery	98A Kilburn High Road	London	NW6 4HS	020 7328 4008/9
Maldent	34 Malden Road	London	NW5 3HH	020 7485-7558
Mill Lane Dental practice	64 Mill Lane	London	NW6 1NJ	020 7794 2788
Mornington Dental Surgery	11 Crowndale Road	London	NW1 1TU	020 7387-6590
North West Dental Care	196 Kilburn High Road	London	NW6 4JD	020 7604 5810
Parkway Dental Surgery	86 Parkway	London	NW1 7AN	020 7485-9875
Perfect Smile	269 West End Lane	London	NW6 1QS	020 7794 3633
Rawal Dental Surgery	86 Cromer Street	London	WC1H 8DG	020 7837-3478



New NHS dental band charge – 1st April 2024

➤ Band 1 - £26.80

Covers an examination, diagnosis and advice. If necessary, it also includes X-rays, a scale and polish (if clinically needed), and planning for further treatment.

➤ Band 2: £73.70

Covers all treatment included in Band 1, plus additional treatment, such as fillings, root canal treatment and removing teeth (extractions).

➤ Band 3: £319.10

Covers all treatment included in Bands 1 and 2, plus more complex procedures, such as crowns, dentures and bridges



NHS dental charges from 24 April 2023

The charge you pay depends on the treatment you need to keep your mouth, gums and teeth healthy. You will only ever be asked to pay one charge for each complete course of treatment, even if you need to visit your dentist more than once to finish it – either Band 1, Band 2 or Band 3.

If you are not exempt from charges, you should pay one of the following charges for each course of treatment you receive:

Band 1 course of treatment – £25.80

This covers an examination, diagnosis (eg X-rays), advice on how to prevent future problems, a scale and polish if needed, and application of fluoride varnish or fissure sealant. If you require urgent care, even if your urgent treatment needs more than one appointment to complete, you will only need to pay one Band 1 charge.

Band 2 course of treatment – £70.70

This covers everything listed in Band 1 above, plus any further treatment such as fillings, root canal work or if your dentist needs to take out one or more of your teeth.

Band 3 course of treatment – £306.80

This covers everything listed in Bands 1 and 2 above, plus crowns, dentures and bridges.

Free NHS dental treatment or help with health costs

You may be eligible for help with all or part of the costs of your NHS dental treatment. To see if this applies to you, see the leaflet *NHS dental services in England*, which is available from any NHS dental practice or visit the NHS website at www.nhs.uk/nhs-services/help-with-health-costs/ or call 0300 300 1343.

For further information on NHS dental services and dental charges, see the leaflet *NHS dental services in England* or the dental services section of the NHS website (www.nhs.uk), or ask your NHS England Local Team for help.

For further information and advice for patients, please visit NHSBSA Dental Services Online: <https://www.nhsbsa.nhs.uk/information-patients>





Accessing the Community Dental Services (CDS)

Specialist dental service for:

- Adult with complex needs
- Elderly people with medical conditions
- Mental health
- Homeless people/substance misuse

Our Clinics

- There is an induction loop at the main reception
- There is full disabled access for this service

Camden

- Crowndale Health Centre
59 Crowndale Road
NW1 1TU
Phone: 020 3316 8334
- Belsize Priory Health Centre
208 Belsize Road
NW6 4DX
Phone: 020 3316 8343
- Kentish Town Health
2 Bartholomew Road
NW5 2BX
Phone: 020 3316 8340
- Gospel Oak Health Centre
5 Lismore Circus
NW5 4QF
Phone: 020 3316 8348

Islington

- Holloway Health Centre
11 Homsey Street
N7 8GG
Phone: 020 3316 8819/8820
- Homsey Rise Health Centre
Beaumont Rise
N19 3YU
Phone: 020 3316 8694
- Finsbury Health Centre
Pine Street, EC1R 0LP
Phone: 020 3316 1059/1061

To Make an Appointment:
If you are already a patient, please contact your clinic directly. Clinics are usually open Mon-Fri 8:45am - 5:00pm.
If you have been referred and want to check the progress of your referral, please call 020 3316 8353

Patient advice and liaison service (PALS)
If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.whithealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

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Whittington Health NHS Trust

Community Dental Service Camden and Islington

A patient's guide

Welcome to Whittington Health Community Dental Service, Camden and Islington
A dental service for adults and children with complex needs

This leaflet provides information on

- Who can use the service?
- How to make an appointment
- What to do in an emergency
- Your Rights & Responsibilities
- How to contact us



Access to dental services – CDS/GDP

Dental referral form completed and emailed

to: dentalreferral.whitthealth@nhs.net

- NHS Fees are charged for all dental treatment carried out by the CDS
- If Patient intends to claim FREE or REDUCED cost Dental Care they should bring proof of exemption criteria to appointment. (Please note treatment may be deferred until evidence is provided)

The image shows a screenshot of a 'DENTAL SERVICES REFERRAL FORM' from Whittington Health NHS Trust. The form is a structured document with various fields for patient information, referral details, and clinical notes. Key sections include:

- Personal Information:** Name, Date of Birth, NHS Number, Sex (Male/Female), and Emergency Contact details.
- Referral Details:** Referral type (New/Existing), Referral Source (GP/Other), and Referral Date.
- Clinical Information:** A large text area for 'Main reason for Referral' and 'Dental history (including previous dental treatment, orthodontics, etc.)'.
- Administrative Fields:** Name of Referrer, Referrer's Title, Date of Referral, Referral Status (New/Existing), and Referral Date.

At the bottom of the form, there is a footer that reads: 'PLEASE USE OVERLEAF FOR ADDITIONAL CRITERIA AND QUALIFYING LETTERS'.



Exemption criteria

- Under 18 or 18 and in full time education.
- Pregnant or had a baby in the last 12 months.
- In possession of an HC2 NHS Certificate.
- An NHS tax credit exemption certificate.
- Pension Credit Guarantee Credit.
- Income Support.
- Income based Job Seekers Allowance.
- Income-related Employment & Support Allowance
- HC3 certificate that limits the amount paid.
- Universal Credit and meet the criteria

The following on their own DO NOT entitle the patient to help with health costs:

- Incapacity Benefit
- Disability Living Allowance
- Pension Savings Credit
- Contribution Based Job Seekers Allowance
- NHS Prescription Charge Exemption
- Medical Exemption Certificate

Dentists are not responsible for advising patients on exemptions, and it's the patient's responsibility to know if they're exempt.



If you need emergency dental treatment

- call a dentist: some surgeries offer urgent appointments at short notice
- if you do not have a dentist, find one by calling NHS 111

Only go to A&E if you have:

- heavy bleeding
- injuries to your face, mouth, or teeth
- severe swelling, or increasing swelling of your mouth, lips, throat, neck or eye



NHS

Whittington Health
NHS Trust

Thank you

Any Questions?



I · C A R E



All questions and suggestions can be sent to:
jean.richmond@nhs.net

