

# Shine Bright

Oral Health for Minority Ethnic (ME) Communities



**NEWSLETTER**  
**11<sup>TH</sup> JUNE 2020**

Hello members,

Hope you are all well and enjoying the nice weather. We are now in the first phase of the Scottish Governments exit plan which means we are now able to go out for exercise more than twice a day and can meet up with one household in an outdoors environment as long as there are no more than 8 people in total. This has been a relief for so many people as they are now able to meet relatives and friends whom they have been isolated from for more than 2 months. However, bearing in mind that it is still recommended to stay at home as much as possible and to keep safe and to isolate for 2 weeks if you or any household member is showing symptoms. However, rules are different for people from vulnerable households and if you have received correspondence with different guidelines please follow those.

During our weekly meeting, we had discussed what the content of this upcoming Newsletter can be, and our Project Coordinator Manal came up with brilliant suggestion of using this platform to update our lovely members of the work we have carried out since lockdown. Therefore, this Newsletter will discuss the various methods Shine Bright project has used to stay in touch and keep connected with our members.

Following Government guidelines WSREC had closed its doors to the public on Tuesday 17<sup>th</sup> March 2020 just days before the national lockdown. The decision was one which was very sudden and a result of the global Pandemic which was claiming many lives and infecting many people worldwide.

The team had had many virtual meetings to come up with ideas on how to support our communities during this lockdown and keep connected thus supporting individuals who were already socially isolated.

During this very difficult time globally, the world has turned to Social Media to stay connected and share information and views. WSREC has also stayed connected to communities through various social media platforms.

Shine Bright team itself has used social media to highlight support and offer advice. Before lockdown Shine Bright was delivering fortnightly workshops based on various topics related to oral health and hygiene. We were also supporting individuals and families on a one to one basis to encourage good oral hygiene practice.

Post lockdown we were unable to deliver workshops and meet members face to face therefore, we are now delivering the work through other methods:



we are using Zoom platform to deliver the fortnightly workshops and have successfully delivered 3 workshops so far. The next Zoom workshop will be on 17<sup>th</sup> June 2020 at 11:30am. Please join us for a chat on good oral hygiene practice. Please email Rabeea on [rqureshi@wsrec.co.uk](mailto:rqureshi@wsrec.co.uk) to ask for a link or you can send an SMS to Manal on 07497188236.



We have successfully created a Youtube channel which features fun videos on how to practice good oral hygiene and also features healthy sugar free recipes. Please like and subscribe to our channel. The link to our channel is <https://www.youtube.com/channel/UChXfoHLw6qdSt0u1EzWn91A>



We have stayed in touch through posting various posts on Facebook. Please like and follow our page on <https://www.facebook.com/shinebright.wsrec/>



We have created WhatsApp and Viber groups to stay in touch and connect with members. We discuss oral and general health topics. Please SMS Manal on 07497188236.

We would like to take this opportunity to thank you all for your support. Please use these platforms to connect with us.

We would also like to take this opportunity to encourage everyone to practice good oral hygiene and remember the key messages:

- Brush your teeth twice a day with fluoride toothpaste
- Floss teeth at least once a day.
- Visit the dentist regularly, as often as they recommend
- Cut down on the frequency of sugary foods and drinks

We would sign off by wishing everyone good health. Stay Happy and stay safe!!!