Pedal power
A team of dental professionals combine cycling, rugby and adventure to raise much-needed funds for children’s charity Wooden Spoon

Last year, Ian Mills, a partner at Torrington Accident and Emergency Clinical Fellow at Peninsular Dental School, along with Simon Hill, the owner of Wyndham House Dental Practice in Llanwit Major, Cardiff, organised a dental implant conference in Cardiff to coincide with the Wales vs. England game at the Millennium Stadium.

It was the second year a conference had been organised with all profits donated to the Wooden Spoon Charity, which helps disadvantaged children. This year however, they decided to have a break from conference organising and do something completely different.

A new plan
Ian came up with an idea that we could go and watch Scotland play England at Murrayfield and then cycle from Edinburgh to Cardiff in time to watch Wales play Italy,” explained Simon. As an ex-international rugby player, he was fairly undaunted by such a sporting challenge, but was mightily impressed with Ian’s enthusiasm for such an idea. “I was amazed that Ian had suggested this, as the last bike he’d been on was a Chopper,” said Simon rather ungraciously.

By the time Ian realised what he had let himself in for, it was too late to back out. He obviously wasn’t prepared to suffer alone, so quickly recruited Martin Docking a dental technician from Cornwall, Adrian Watts a consultant in Restorative Dentistry in Cardiff and a couple of other unsuspecting friends. So on the 14 March 2010, a group of nine cyclists, three support vehicles and an orthopaedic surgeon, set off from Murrayfield to pedal the 450 miles to Cardiff.

An idyllic adventure
The trip took them over snow-covered mountains in the Borders, up hills and dales in the Lake District and through the beautiful Brecon Beacons.

‘The first few days were fairly hard, but day four was certainly the most difficult. We cycled 94 miles from Warrington to Church Stretton in Shropshire which included an unplanned detour with some hideous hills,’ explained Adrian.

As if that wasn’t challenging enough, Adrian cycled the whole way on a single-speed bike, earning him the coveted yellow jersey, which was presented at the end of the tour. “I’m still not sure whether the award was for recognition of my courage or my stupidity,” said Dr Watts, “but I have a suspicion it may have been the latter.”

The group covered the distance in six days and arrived at the Millennium Stadium in time for kick off. “To arrive in Cardiff on match day and be greeted by family, friends and rugby fans was fantastic. To then cycle into the Millennium Stadium before the game was incredible, and really quite emotional,” said Martin.

The group managed to raise over £10,000 for Wooden Spoon, which will be spent on local groups in Wales and Devon. ‘It was a marvellous experience, although I’ve had to do all my dentistry standing up since I got back,’ quipped Ian who is based in Devon.

With hindsight, organising a conference might not seem such hard work after all, and Ian and Simon are already planning the 2011 Conference to coincide with the Wales vs. England game. We have it on good authority that Ian will not be arriving by bike.

About the charity
Wooden Spoon is a children’s charity that improves the quality and prospect of life for children and young people who are disadvantaged physically, mentally or socially. Strongly supported by the rugby community, it was formed in 1985, when the England rugby team received the ‘Wooden Spoon’.

Since then, Spoon has spent £1.5 million helping over 500,000 children and young people across the UK and Ireland. Spoon delivers rugby projects to help children and young people with all sorts of problems, from bullying, violence, crime, obesity and discrimination. It also makes grants to special projects that meet its aims, which have included hydrotherapy pools, young people’s life skills centres and sensory rooms. Wooden Spoon now raises over £1.5 million a year through national events such as the Spoon Challenges and through regional volunteer fundraising.

The charity’s patrons are HRH The Princess Royal, the governing bodies of Rugby Union and League, Wooden Spoon now raises over £1.5 million a year through national events such as the Spoon Challenges and through regional volunteer fundraising.

Our focus is sustainability – empowering local people to improve their own lives over the long-term. We have Trustees and administration in the United Kingdom and we are a UK registered charity no. 1092481. Bridge2Aid is a registered Non-Governmental Organisation (NGO) in Tanzania with additional Tanzania-based Advisors.

The four key aspects of Bridge2Aid’s vision are:

• To provide primary dental care and oral health education to communities in Tanzania
• To equip and further train local health personnel to provide emergency dentistry to rural communities
• To care for and empower the poor and marginalised in Tanzanian society
• To provide opportunities for UK dental professionals and others to use their skills to serve Tanzania, as locums or participants in the Dental Volunteer Programme (DVP).

Further information, contact Lucy Jenkins by emailing lucy@bridge2aid.org or Mark Topley by emailing mark@bridge2aid.org.

Keep on running
Two willing dentists take part in London’s 50th Marathon to raise money for Tanzanian charity, Bridge2Aid

Two dentists managed to raise over their target sponsorship amount when they ran the Flora London Marathon in aid of dental charity, Bridge2Aid.

Dr Katherine Opie-Smith and Dr Chris Waith completed the 50th London Marathon on Sunday 25 April with over 55,000 other runners and together, raised over £4,000. Both have previously worked in Tanzania as part of Bridge2Aid’s Dental Volunteer Programme (DVP).

“It was definitely a good day,” said Katherine, who is also a Bridge2Aid Trustee and works at the Dulwich Village Dental Practice in London. “My time was 4:55:55. I was 64 seconds slower than when I did it in 2008 but a little less than I had last time so maybe some time to recover though – lots of blisters!”

Pre-race nerves
“At first I thought I was going into it a tad under-prepared,” reported Chris who works at Cahill Dental Care Practice in Bolton, Greater Manchester. “I had shin splints and a sprained ankle in the lead up to the Marathon and I was just praying that sheer willpower will get me through! The last six miles or so were my hardest but the crowds were amazing and kept me going with constant encouragement and cheering or the occasional crafty penny chew!”

‘All in all, it left me extremely tired and emotional but the thought of my gorgeous family and all my other unsuspecting friends. So on the 14 March 2010, a group of nine cyclists, three support vehicles and an orthopaedic surgeon, set off from Murrayfield to pedal the 450 miles to Cardiff.

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DISCUS DENTAL
Support for Dentaid
From providing instruments to make up vitally needed dental kits, to raising funds for a project in Cambodia, there are so many ways you can help Dentaid make a difference.

Dentaid is in the process of gathering together any unwanted dental instruments (both for conservation and for surgery) to make up kits that will equip health workers to provide dental care in remote rural communities worldwide. Following extensive feedback on this project, Dentaid has produced a Full Instrument Kit available for purchase or short-term hire, to trained dental professionals working in areas without access to clinic facilities or electricity to use to offer treatment.

Although principally an extensive extraction kit, it also includes instruments and materials for carrying out oral surgery. By May, Dentaid personnel have taken these kits on many a short-term visit to countries as diverse as Peru, Kenya, Nicaragua, Vietnam and Bosnia. Intended for use in remote rural areas, the kits are fully portable and supplied in a rucksack or a plastic toolbox.

To support hiring of the kits, the Dentaid workshop staff have created a new module system whereby each user can tailor an instrument kit to their specific needs. It consists of 11 modules, including those for examinations, ART, extractions, and oral health education, which can be bought or hired individually or in any combination. Further details of these kits may be found at www.dentaid.org, by clicking on the ‘What We do’ button, then the ‘Physical Resources’ button.

New Cambodia project
About 1,200 families actually live in or around a toxic landfill site in Phnom Penh, driven by desperation to survive by selling scraps of plastic and metal scavenged from this, the largest dumpsite in Southeast Asia.

The Cambodian Children’s Fund (CCF) serves this needy community with four residential care centres and a school providing education for 450 children, and has just opened a medical centre with two full-time doctors offering free treatment. Now they have recruited a dentist who is ready to supervise a dental surgery with the help of volunteer surgeons and therapists – but only once equipment is found for it.

This is where Dentaid comes in! A fully refurbished surgery, (designed to meet the detailed local requirements outlined in Dentaid’s end-user questionnaire which every project applicant has to complete) can be crated and shipped to Cambodia for £3,750 – but first the funding has to be found. If you are interested in helping this project, please call 01794 324249 or email info@dentaid.org.

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