

## Useful Links

This is the OHImp Team Email [ohp.norfolk@cds-cic.co.uk](mailto:ohp.norfolk@cds-cic.co.uk)  
CDS Website – Oral Health Page [Oral Health – Community Dental Services](#)

The web page for Healthwatch Norfolk - <https://healthwatchnorfolk.co.uk/>  
and contact details:-  
Phone on 0808 1689669  
Email at [enquiries@healthwatchnorfolk.co.uk](mailto:enquiries@healthwatchnorfolk.co.uk)

Healthwatch Suffolk - <https://healthwatchesuffolk.co.uk>  
Office telephone: [01449 703949](tel:01449703949)  
Information and Signposting Service: [0800 44 88 234](tel:08004488234)  
Email: [info@healthwatchesuffolk.co.uk](mailto:info@healthwatchesuffolk.co.uk)

**Basic small headed toothbrush** [Search Toothbrushes 3.5 by Sensodyne: Amazon.co.uk: Health & Personal Care](#)

### **Three sided toothbrushes**

Dr Barman's [Amazon.co.uk : three sided toothbrush](#)  
Collis Curve [Collis Curve Toothbrush \(Youth 2 Pack\): Amazon.co.uk: Beauty](#)

### **Apps**

Brushing App - [Brush DJ](#)  
My Dental Care App - [Dental Care \(dentalcareapp.co.uk\)](#)  
Food Scanner app details - [Food Scanner app | PHE School Zone](#)

### **Lunch box ideas**

Link - <https://healthyfamilyproject.com/20-lunchbox-tips-hacks-parents-power-your-lunchbox/>

### **Flavourless toothpaste**

[3 Pack Oranurse 50ml Unflavoured Toothpaste by Oranurse: Amazon.co.uk: Health & Personal Care](#)

### **Social Media Sites**

Facebook page - @CommunityDentalServices  
Twitter - @CDS\_CIC  
Instagram - communitydentalservices