

leaflets/flyers

Lingual Orthodontics
Invisible Orthodontic Treatment

Consultation
On your first visit your orthodontic problems will be discussed. The orthodontist will carry out an examination of your teeth. Some x-rays may be taken as well as clinical photographs and impressions of your teeth.

The impressions are sent to the laboratory with a detailed prescription of your treatment. The laboratory technician, especially trained in lingual orthodontics, will do a set-up resulting a tray to be made that will allow the brace to be fitted to your teeth.

Second Visit
The appliance may be fitted as early as the second visit, if you wish. Extraction of teeth is sometimes required but does not need to be done until the appliance is in place.

Dr Robert Slater is a Specialist in Orthodontics and part-time Clinical Lecturer at Birmingham Dental Hospital. He has an interest in Lingual Orthodontics and is a member of the American and European Lingual Orthodontic Societies. He is a board member of the British Lingual Orthodontics Society. He qualified in Birmingham, and having gained his Dental Fellowship with the Royal College of Surgeons of Edinburgh, embarked upon his orthodontic training at Guy's Hospital in London, which culminated in a Master of Science Degree and Membership in Orthodontics.

South Birmingham Orthodontics
481 Pheasant Road
Selly Oak,
Birmingham
B29 7 5XJ
Tel: 0121 472 6881
Fax: 0121 472 6884

Putting the smile back

Client South Birmingham Orthodontics

Business Orthodontics

Brief Design and production of a leaflet explaining the role and benefits of orthodontics as opposed to main line dentistry.

History
Lingual orthodontics is largely attributed to the work of Crown Katz in the early 1970s. There were some difficulties in the first years, but having developed numerous appliances with different designs, the 1990s saw an increase in the use of this type of appliance. The public had become more conscious of the appearance of fixed braces.

Today the appliance can be as efficient as appliances used on the outside of the teeth, but has the added advantage of being unseen.

Further training is necessary for both Orthodontist and staff, as the techniques used in lingual orthodontics are very different to those used in standard appliances.

Lingual Orthodontics
This is what is possible with invisible orthodontic treatment:

Frequently asked questions
Does it take longer?
The treatment time is about the same as with normal braces.

Can anyone have lingual orthodontics?
Nearly anyone can, but there are limits when tooth height is low, e.g. children.

Does it hurt?
The brace can be as comfy as with normal braces, but pain relief can be used at those times, as well as wax, which can be placed over the appliance to keep it smooth.

Will it affect my speech?
Most people notice a change in speech, particularly over the first few weeks. This generally improves, after an initial period of adaptation.

Will I be able to clean my teeth as normal?
You will need to spend more time brushing and will need to maintain a good standard of cleaning throughout treatment.

Will it work for me?
If you book a consultation, a detailed assessment can be carried out to see what treatment is appropriate.

Embrace
Engaging members by raising awareness of careers & education

What is Equal?
Equal is an initiative which is funded through the European Social Fund (ESF). University Hospital Birmingham will be delivering the programme in line with objective number 5.

What does EMBRACE stand for?
Engaging Members By Raising Awareness of Careers and Education

Are you looking to take your first steps back into training or employment?
Feeling nervous about doing so?
Not sure which path to take?
Need friendly advice and guidance to help you on your way?

If the answer is yes then Embrace can help you!

For further information just call us on **0121 627 7841**

Vocational Development
Oak Tree Lane Offices
University Hospital of Birmingham
Selly Oak, Birmingham B29 6JD
0121 627 7841

Client University Hospital Birmingham

Brief Design and production of a 6 page exhibition leaflet working to a four day deadline.

What's Embrace all about?

Week 1

- Identifying your strengths and weaknesses
- Developing your existing skills
- Steps to plan your career.

Week 2

- Health awareness (will include smoking cessation awareness)
- Food and Nutrition
- How to have a healthy lifestyle (exercise on prescription and passport to leisure).

Week 3

- Confidence building and improving self-esteem
- Managing your money
- Planning your next steps.

How many hours a week is the course for?
The course is 15 hours a week over three days - 9.30am - 2.30pm.

Where will the training take place?
It will be delivered at West Lodge Training centre Selly Oak Hospital and local community venues.

How much does it cost?
It is FREE and you will receive a day saver bus ticket for each day you are with us.

Will it affect my benefits?
The course is 15 hours a week and will not affect your benefits.

leaflets/flyers

Someone who cares

Confidentiality
Everything you talk about to your counsellor will be respected, and in most cases kept private.

However, there are some things that Amazon can not keep confidential. These include if you or someone you know is being hurt, harmed or at risk, or if there is an emergency. Your counsellor will explain this to you.

Services include:

- Individual counselling, group work and support services for children and young people who have been sexually abused.
- Individual counselling for parents/careers, brothers and sisters of those who have been sexually abused.
- Work with senior carers who have special needs.
- Training and awareness raising events for agencies, community groups, schools and other settings to promote understanding about sexual abuse and facilitate access to services.
- Consultation and training for professionals working with sexually abused children and young people.

Amazon accepts both self referrals and agency referrals.

How to contact us
Telephone: 0121 236 9222
email: amazon@barnardos.org.uk
3rd Floor, King Edward Building
205 Corporation Street, Birmingham B4 6SE

Please call to make an appointment
0121 236 9222

Amazon
Young People's Counselling Service

Counselling at Amazon will give you the time and the place to talk to someone in a safe and caring way...

Amazon
Young People's Counselling Service

Someone to help you through your problems

Amazon Young People's Counselling Service works with:

- Children and young people under 21 years who have been sexually abused.
- The parents/careers and brothers and sisters of these young people.

The first visit:

- After you or someone on your behalf have got in touch with us, you will be invited to come along and see us.
- You can bring someone with you for the first visit, if you want to.
- A counsellor at Amazon will spend time with you to explore about how we work and some of the things that we do.

If you decide to have counselling...

- You will see a counsellor once a week for about an hour.
- You and your counsellor will agree about the number of times you will meet.
- Counselling at Amazon will give you the time and space to explore the issues that are important to you.

What is counselling?
Counselling is one way of talking through some of the things that have happened to you, with someone who will listen to you and help you sort out your feelings.

What if I find it hard to talk?
Amazon offers different ways to help you express yourself:

- Using set materials.
- Writing stories, poems or letters.
- Activities, support, sand, clay and music.

Client Barnado's

Business National Charity

Brief Creation of a new logo for this branch of Barnado's and designing leaflets and posters aimed at troubled children.

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Young People's Counselling Service

Counselling at Amazon will give you the time and the place to talk to someone in a safe and caring way...

Amazon is a counselling service for children and young people who have been sexually abused

How to contact us
Telephone: 0121 236 9222
email: amazon@barnardos.org.uk
3rd Floor, King Edward Building 205 Corporation Street, Birmingham B4 6SE

real places
real children

... work with us to make a real difference to a child's life here in Birmingham.

Believe in children
Barnardo's Midlands

and support to families in Birmingham

... we know even the most vulnerable children can realise their full potential

The age of children that we work in Birmingham is as varied as our people

Amazon - counselling and support for children and young people who have been sexually abused, and for their families. **Tel: 0121 236 9222**

The ARCH Project - for children and young people with behavioural difficulties and their parents/careers. Uses Art, Music and Drama. **Tel: 0121 359 5333**

Birmingham Space - work with children and young people through social exploration. **Tel: 0121 212 2855**

Fox Hollies and South Yardley Children's Centres - provide support for children under 5 yrs and the South Yardley. **Tel: 0121 675 5472**

Harris House - provides individual family support for carers, structured parenting programme around autism and co-ordination of Family Group Conferencing. **Tel: 0121 212 2855**

SOFALLI - support for children and families affected by sexual abuse. **Tel: 0121 212 2855**

South West Birmingham Family Project - provides support for children under 5 yrs and their families. **Tel: 0121 675 1349**

Specialist and Short break Fostering - for children who are the most difficult to place due to youth offending or substance misuse. **Tel: 01284 212 2855**

Training, Learning and Consultancy (TLC) - open courses delivered on a structured basis across the Midlands. **Tel: 0121 550 5271**

Can you help Birmingham children?

For more information about how Barnardo's Children's Services work in Birmingham, call Marian Webb, Assistant Director Children's Services on **0121 550 5271**

Believe in children
Barnardo's Midlands

Barnardo's (Midlands), Brooklands, Great Cornbow, Halesowen, West Midlands B63 3AB
Tel: 0121 550 5271
www.barnardos.org.uk

Barnardo's Registered Charity Nos. 214250 and SC037605



There are over 50 Barnardo's community based projects in the Midlands and over 380 nationwide.

- Participation is key to all our work with children and families. They play an active role in the planning, development and evaluation of services, including recruitment of staff.
- Safeguarding children is at the heart of everything we do. Well established child protection policy and procedures are in place, together with rigorous health and safety procedures and risk assessments.