

Confident Hope



CDF Annual Conference 2015

Friday 16th October saw around 83 adults and 17 children and young people converge on Hothorpe Hall for the annual Christian Dental Fellowship Conference.

We came with different expectations. I asked some people what they were hoping to gain from the weekend. *"It is on my heart to do something for my profession now my children have grown up."* was one of the replies I got. We were trusting God to minister to us during the weekend. For fellowship, renewal of friendships, to hear God speak and network with colleagues exploring new ways to serve.

During Conference there is time for worship, prayer and thanksgiving, relaxation and learning. Time for joy and thoughtfulness, seeking God's will, encouraging, being encouraged and having fun.

Christian teaching was given by Helen Azer with four talks based on Colossians. Helen works for the international organisation "Heart Cry for Change" that seeks to facilitate a desire to make a difference by encouraging the church to

connect to their community and bring a practical message of hope. Her theme through the weekend was Confident Hope.

The scientific session, of verifiable CPD, came from Dr Sam Appiah-Anane, an oral surgeon and barrister, who explained to us why we should plan our dental extractions carefully.

There was time for food and relaxation in and around the beautiful Hothorpe Hall in Leicester, and a big thank you to the staff who looked after our needs with great care and attention, providing us with delicious food and the most comfortable accommodation. Conference is a great time for families too, with structured children's and youth sessions running during the main teaching sessions.

The meetings began with worship led by Desmond Tham ably assisted by a three piece volunteer band with Frances on keyboard, Nick on bass and Ed on drums. Throughout the weekend were short updates from our mission partners serving Christ around the world in often difficult and dangerous circumstances and an opportunity to pray for them. Naomi and Andy spoke to us about their

language learning in East Asia. We watched video updates from Neil and Jane McDonald in SE Asia and Lynne and Keith Smith in Burkino Faso. Chris Evans showed us photographs of his recent trip to Fiji.

Helen's first talk, "Confident Hope" on Friday evening set the scene. In Colossians 1 the Colossian church faced a continual struggle to keep faith despite the influences of the world around it. Helen reminded us that as Christians we put our hope in God through a life in Christ, walking with the Spirit. We are qualified (Col1:12) and have knowledge and understanding by seeking His will. Christ is the rock on which we stand, Christ in you, the hope of glory!

Karen Paterson, CDF Pastoral Coordinator, led prayer time in the chapel before breakfast on Saturday. Later, Helen's second talk, based on Colossians 2 "All you Need is Christ - The Born Supremacy" began by considering Europe where it could seem hope is lost. Helen, who herself is part Egyptian, spent the first sixteen years of her life in Egypt, and developed this theme with the example of the revival of the Coptic Church in the Middle East. Once sleeping



Helen Azer

continued over...

and powerless, it has transformed into a church of believers filled with passionate faith. We watched a short clip showing thousands of young Egyptian Christians meeting for a week of worship and prayer in the desert. Why be a nominal Christian and lose your head? All we need is Jesus who will keep us strong to say; “I **cannot** turn from Christ.”

After encouraging the Colossians Paul warns, seeing dangers ahead and cautioning against deception by fine arguments, (Col2:4). We too should not be deceived for we have the confident hope of who we are in Christ. The believers are affirmed, (Col2:6-7), and encouraged to build up the church reminding them to be rooted and built up in Him, strengthened by faith.

Paul warns again, this time against false teaching or deceptive philosophy (Col 2:2-8). We should not settle for less than the truth, instead “walk about in Christ,” living our lives rooted in Christ, built up by Christ and strengthened that we may overflow with Christ. Jesus came, was made flesh and lived among us, fully God and fully human. Helen ended by showing a short clip, “That’s my King.” Be captivated by this King again!
www.youtube.com/watch?v=yzqTFNfeDnE

Over a delicious Hothorpe lunch we chatted with regional colleagues leaving Saturday afternoon free with an optional meditation time in the chapel led by Karen. Our Annual General Meeting came before Helen’s third talk and was an opportunity to hear what has been happening, and to contribute to the running and decision making of the Fellowship.

Before dinner on Saturday evening, Helen gave her third talk, “Clothed in your right mind” based on Colossians 3:1-14. Paul writes to remind the Colossians how things started; (Col 3:1-4), you have been raised with Christ, your life is now hidden (safe) with God and you will appear with Christ. Our responsibility is to set our hearts on things above, by actively seeking, pursuing and desiring the things of heaven. Our citizenship is in heaven and heaven should be our vantage point for life.



Helen challenged us not to be overwhelmed by what we see roundabout but to seek first God’s kingdom and put on “Godly clothes”: compassion, kindness, humility, gentleness and patience. We finished by listening to a Tim Hughes song, “When silence falls.”
www.youtube.com/watch?v=XkdKJqQkYeo

On Sunday morning, Helen’s final talk, “Opportunity Knocks” drew from the last two chapters of Colossians. Paul had both pastoral and mission purposes to his letter. Writing from prison, he reminded the Colossians to stand firm, to be confident in hope and remember that they are qualified by the Father to do His work. Society at that time was unequal. However Paul addresses the groups equally with profound instructions for living; husbands **and** wives, children **and** fathers, slaves **and** masters. As God extends His grace to us we are commanded to extend grace to others that they may know His grace. Helen finished by showing a fascinating clip that visually depicts the spread of Christianity over the last 2000 years, “The Spread of the Gospel.”
vimeo.com/113801439. We have confident hope in You, the Living God.

Our children spent a fun weekend in their groups creating, singing and enjoying themselves whilst learning through the

story Joseph and looking at Psalms. They joined us for the family Communion, presenting with us a beautiful tableau of their activities and ending with a psalm

We came to conference with expectations and we left, after a delicious lunch, renewed with confident hope. The responses from people about what they had gained were varied but all encouraging:

- *courage to face the future...encouraged to be practical*
- *stirred up for mission*
- *called, equipped and refreshed, reminded that God is the reason why I’m working*
- *knowing it is fine to be a Christian **and** a dentist!*

Conference has given us the opportunity to leave behind the stresses and strains of the everyday and to spend time with God, with old friends and new. I can’t recommend it highly enough. If you have never been, give it a go and sign up for next year!

For a link to the audio recordings of the conference talks please contact the CDF administrator, Sarah Felton.
cdf.sarahfelton@gmail.com

Susie Barstow
 President Elect

Conference and the Non Dental Spouse

I am a “non-dental spouse”, one of those strange creatures you see wandering around CDF conference wondering why they want to spend the whole weekend in the company of dentists!

I find it quite amusing sometimes when delegates don't know I'm not a dentist and start talking about dentistry as if I know what they're talking about, or they see I'm not a dentist and there's a moment of silence when they're not sure what to talk about. Anyway, I was asked to give my perspective on this year's CDF Conference at Holthorpe Hall – so here goes.

I have been coming to CDF with my now retired dentist wife, Maureen, for the last 25 or so years, on and off, since our children were young and (surprise, surprise!) I have always enjoyed the weekends, which I guess speaks volumes. Regardless of not being a member of the dental profession, I enjoy the time of fellowship, catching up with old friends and meeting new ones; I'm always uplifted by the worship and challenged by the teaching, and am able to relax and unwind, and even join in with the “non-dental spouse event” if I feel so inclined. Also, I always find the input from the mission partners very interesting and inspiring. This year's conference was no exception.

For me, the most important aspect of the conference this year was the teaching given by Helen Azer on Paul's letter to the Colossians. Helen explained that the message Paul related to the Colossian

church was one of Confident Hope in Christ Jesus – encouraging his readers and us to recall the essentials of our faith and the truth of the gospel; to live in Christ as Christ lives in us, and to put the passion for Christ back into our lives. If we set our hearts and minds on things above, then opportunities to proclaim the gospel will follow. Paul taught his readers how to bring the gospel to the situation as it was; he had instructions for all members of society, whether husbands, wives, fathers, masters or slaves. This was very radical for Paul's time, yet profound and very relevant to our situation today. We are to live as ambassadors of Christ and a life that is honourable to Christ. Thank you to Helen for this excellent, inspiring and challenging teaching.

By the way, if you are wondering, I did not join in the non-dental trip to Foxton Locks. Maureen & I visited the Locks together in our free time in the afternoon, and it was well worth the visit. I took the opportunity to relax and catch up on the news. I think the weekend schedule is fairly packed even for non-dentists, although it's difficult to see what part of the weekend could be left out or reduced.

The CDF conference was a really enjoyable and challenging experience, although perhaps tiring. It was truly a family conference, with the children and adults, whether dental or otherwise, well catered for. Well done CDF.

Dave Richards



Foxton Locks

Thank You!

Neil and Jane are currently working in Asia. They asked CDF members for help with providing some equipment to make life easier for them. They have sent this message:



“We've been in touch with Dentaid and they've offered to put together a couple of sets of forceps at minimal cost as we're CDF members and CDF regularly contribute to Dentaid. This is good news and, of course, we'd encourage CDF to continue donating! We'll probably be in touch with Dentaid again when we're back to see if there's more we can carry Eastwards.

Thank you also for the ongoing support we receive from CDF. Our sending organisation has agreed to ring-fence the CDF funding for us to use for dental equipment and consumables which we need. We are about to take delivery of new loupes and illumination which will enable us to do our job especially when the mains power fails – usually every day! Our sending organisation has agreed to fund the loupes and they very much appreciate our partnership with CDF to help replenish funds over time.”

Keep in touch with the Christian Dental Fellowship

Don't forget that you can now follow CDF on Facebook. Keep up-to-date with our mission partners and connect with other CDF members. It would be great to have you join us. Like our page and have a chat with us!



Planning Your Exodontia



Sam Appiah- Anane

The clinical lecture at the conference this year was given by Sam Appiah-Anane. Sam is an Oral Surgeon and also a barrister so gives an interesting perspective when considering the risks and pitfalls which surround extracting teeth in practice.

Prior to starting the lecture, Sam outlined his aims and objectives: to give delegates a better knowledge in adequately assessing, anticipating and avoiding latent complications, and in cases where this is not achieved to improve awareness of their consequences (both legal and ethical). He also hoped to give advice on which cases to tackle, avoid or refer.

The talk's main theme was why it is so important to plan and what can happen if you don't. He explained that planning procedures does not automatically make them easy; however it does often make them less difficult. It also allows you to anticipate problems which are reasonably foreseeable.

Sam gave five key concepts which can be used as part of a checklist to consider prior to carrying out any exodontia. These concepts are:

- Where is the tooth/part of the tooth? (**Position**)
- How should it come out? (**Path of withdrawal**)
- What is preventing it coming out/ Are there any obstructions? (**Obstacles**)
- How do I deliver it? (**Delivery**)
- How do I get to it? (**Access**)

Anticipating problems was a heavily stressed point throughout the lecture; in practice, this is chiefly achieved through informed consent (ensuring the patient is aware of the possible risks and their likelihood, but also the intended outcome/benefit) and then through good practice avoiding the avoidable. After mentioning good practice several times throughout the lecture, Sam was asked to provide a definition for the term and how it differs to defensive practice; he replied "Do things, and do them well." Good practice is positive and mostly showed ends well; however in adopting defensive practice, you are essentially covering your own back as opposed to thinking first and foremost about the patient.

Sam's clinical practice has been heavily influenced by his previous training as a barrister. His opinion is that knowledge of the law and accepted clinical practice is crucial and essential to protect yourself and others in an environment where 'someone is always to blame'.

When considering whether something is acceptable or not, the Bolam test (from the Bolam versus Friern Hospital case) has been used for years and shows the practitioner had met the required standard of care. It states that as a professional body it is acceptable for you to adopt a practice that is recognised as a body of opinion, as long as each school of thought is supported by a legitimate body of similar professionals. The body of opinion should be current, reasonable and responsible. If the technique is outdated or not supported then it should not be used.

The famous Sidaway v Board of Governors of the Bethlem Royal Hospital Case was considered, where the less than 1% risk of paraplegia was omitted by the surgeon as this was common practice by many surgeons at the time. In this case, while a common practice was followed by the defendant which was backed up by a group of experts, the risks that were omitted to the patient were significant and had grave adverse consequences. Despite the fact that there was only a small chance of the adverse event occurring, the patient should have been warned.

A shift in the interpretation of the traditional Bolam test occurred after the Bolitho case. The standard of care has to have a logical basis and must be rational. The court now looks closely at the logical analysis of a defendant medical professional's practice. The body of experts give their opinions and the judge makes the final decision as to whether this is rational and acceptable treatment.

A more recent case, Montgomery v Lanarkshire (2015) involved a diabetic woman giving birth to her first child, who sustained severe disabilities as a consequence of shoulder dystocia during his birth. This case highlights the duty of

My CDF Weekend

care of medical professionals to give full and frank disclosure of all risks. This applies in all but the most exceptional circumstances which are rare.

Lord Care remarked: '[Since Sidaway] ...patients are now widely regarded as persons holding rights, rather than as the passive recipients of the care of the medical profession. They are also widely treated as consumers exercising choices... The idea that patients were medically uninformed and incapable of understanding medical matters was always a questionable generalisation...'

Sam reminded the group of the important fact that to the patient there is no such thing as minor surgery. To the patient everything is serious and medical professionals should not negate their feelings about the procedure and the impact that it will have. Informed consent is essential and it is important that dentists should not be tempted to make the decisions for their patient by concealing information about the potential risks and adverse effects.

As a group we looked at several example cases which had been referred into Sam's clinic in Liverpool, but may have been suitable for treatment in general practice. The checklist discussed previously was used to predict problems that may occur in each scenario, such as large areas of decay and heavily restored teeth which may fracture when using forceps for extractions.

Sam finished off an interesting and entertaining talk with the simple equation: Knowledge + competence = confidence.

In summary, it is essential to plan and anticipate any problems which may occur. If you don't feel confident carrying out the treatment and handling any issues that may arise, refer the patient on. Know what is acceptable practice legally, follow the advice given by your defence union and it is never a bad idea to brighten up a lecture with a picture of a flower or two!

Anna Kendrew-Jones

Dental Student - Sheffield

On the 16th of October I arrived at Hothorpe Hall in Leicestershire. Although I was tired, I was treated to one of the best meals I have had at a conference. I met up with my friend Daniel Gollings and we spent the next half hour playing table tennis. At that point, Mr Gollings told us to go and meet with our children's workers because there was no separate youth work this year.

David Mellen and Becky Hardingham from Nottingham gave us a great weekend and started it off by giving us clay to mould our own candle holders. We then sat down and David shared his magical gift of storytelling by telling the first part of the story of Joseph.



After that, the adults and children occupied the lounge and socialised before heading off to sleep in the best bedrooms I have ever seen in a conference centre.

I woke up, went down to the dining area and enjoyed a full English breakfast.

Then there were two sessions with a half hour break, where we continued to learn about Joseph and practised a small play to show to the parents. After a filling lunch I had a difficult question posed to me; What was I going to do for the next four and a half hours free time? Daniel and some others went out to play football in the grounds for some time while I watched some TV. Then, I headed upstairs to the conference room and heard some amazing drum and bass playing by the older youth. I watched some more TV and then spent the rest of the time playing table tennis with my dad and then with Daniel. I attended two more sessions with David and Becky, having fun and more



learning about Joseph. After dinner and more table tennis I was invited to join a team for the quiz which was the highlight of my weekend. CDF member, Dr Neil Harris dressed up in a jelly bean suit and presented the most quirky and memorable quiz ever. Absolutely everything was themed around jelly beans, with questions about Jelly Belly, pictures made from jellybeans and a music video made from jellybeans - everything except for the Dingbats round. My team won after entering the double or nothing round and correctly answering the question of how many official flavours of jellybeans do Jelly Belly make? (the answer's 50.) Guess what the prize was... A tub full of jellybeans at a DENTAL CONFERENCE!

On the final day I woke up and ate breakfast and then attended the final two sessions with David and Becky when we decorated some cow biscuits like the cows in Phaoroh's dream and then perfected the play. We then sneaked into the final session with the adults and performed the play, sang some songs and then it was time to have lunch and go home.



This year was really fun and I can't wait for next year!

Jeremy Prince (aged 12)

Seasons and Change



Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight. Proverbs 3:5-6

This is one of those familiar verses we dig out when trying to make important decisions. I may be wrong, but I see this verse as a see-saw; the key is to keep trust and understanding in balance. As intelligent beings, we often get the balance wrong and lean, that is put all our weight on our own understanding or ideas. Sometimes we make the opposite mistake and look for supernatural guidance, forgetting that God has given us a brain to help us weigh up the options and prayerfully discern the way ahead. As a rule, waiting to hear an audible voice or see the writing on the wall can be just as wrong as determinedly going our own way. It's a case of wanting to do God's will, that is submitting to him, then getting the trust and understanding in balance. I believe that as a Fellowship, between us we achieved that balance when seeking God's direction in choosing my successor. I'm pleased to announce that Susie Barstow has prayerfully agreed to rise to the challenge of being the next CDF president in October 2016. She had already kindly agreed to write up the conference Bible talks for this edition (p 1-2) and so we will hear more from her in the next edition of Three-in-One by way of

an introduction. Please keep her in your prayers as she prepares for this role.

Trust is not always easy. We sometimes like to think we can manage quite well on our own thank you and go our own way. My daily Bible readings are based on Luke this month, today's being Luke 13:31-35- Jesus' sorrow for Jerusalem. I hadn't previously thought about this as a lesson in trust, but Jesus is comparing himself with a mother hen gathering her chicks under her wings for protection. It made me think that sometimes we can act like the chicks running around busy doing our own thing rather than coming under Jesus' wings. Interestingly Herod is referred to as the Fox, from whom those in Jerusalem need to be protected. Let's choose to trust in Jesus' care and not fear the Foxes!

It's at times of change especially that we need to trust that God is in control of our future. Change can induce fear, be unsettling and be something which I feel most of us, initially at least, resist. Change can be good and sometimes can be just what we need. Hopefully you will like the change in colours and our new logo. 'Change' is the topic of this year's annual review from Dental Protection Limited (other indemnity companies are available!) and I found it, as usual, to be full of general wisdom as well as good dental advice. It is often quoted that 'The

only thing that is constant in life is change'. In our professional life, we are aware of the need to adapt to change, to evaluate new technologies and to keep up to date. Apparently, this quote is from an ancient Greek philosopher, Heraclitus, so confirming that there is nothing new about the need to adapt to change. However, it is acknowledged that we are living through times of extraordinary change due to the digital revolution. The internet is the fastest growing communication of all time and is a great tool. The speed of communication and speed of change in technology can be both challenging and exciting.

In leading CDF, the council have been working to adapt to these changes. We have reduced the number of face to face meetings, are using email communication more effectively and over the coming year aim to update and redesign our website. In this busy world of change, we need to be aware, especially in health care, of the stress which change can cause and try to keep ourselves in balance and keep trusting in our Lord. In this season of change, reflected in the autumn colours, let's look forward to the seasons ahead and what God has in store for us. I'd like to leave you with a quote from the current Chairman of Medical Protection Society, our very own John Gibson. 'In these tough and challenging times, I sincerely hope that you are finding fulfilment in practising the art and science of Dentistry and most importantly of all: finding delight in serving the patients in your care. May that never change!'

May we also remember our God never changes:

I am the Alpha and the Omega, says the Lord God, who is, and who was, and who is to come, the Almighty' Rev 1:8

We are fortunate to work in a caring profession and are able to show the compassion of Christ to those we treat and those we work alongside. God bless



you as you work as for him.
(Col 3:23)

Victoria Rushton
CDF president

Philippine Elective



Hi, my name is Lucy Bird and I graduated this summer from Cardiff Dental School.

During the month of July 2015 I travelled to the city of Iloilo in the Philippines to volunteer at the Western Visayas Medical Centre (WVMC). This was my first visit to Asia and I was overwhelmed by the generosity and friendliness of the locals as well as the beauty of the country. The WVMC is the local main hospital of Iloilo city. Monday morning commenced with prayers outside the hospital and the raising of the national flag. The dental department is staffed by three dentists and runs on a drop-in basis. The majority of treatments performed are extractions of heavily decayed teeth. The facilities were very basic compared with my experiences at dental school over the last five years. Treatments were carried out in one of three chairs in one room, Patient confidentiality isn't what it is in the UK! The occasional filling that is performed is routinely carried out without anaesthetic. The treatments required reflect the low levels of oral hygiene knowledge and habits of the local community. During the two hour lunch breaks I was often taken out for lunch to experience the local cuisine of baked oysters with cheese, garlic rice, chicken and the local milk fish - just another example of the incredible hospitality of the Filipino people.

I was also able to spend some time in a community clinic with a school visit one afternoon. I was placed in a classroom with five-year-olds, for which the average dmft was 15. During the visit, I charted the teeth, provided topical fluoride and gave oral hygiene instruction and diet advice; over the next few weeks fillings were to be placed where appropriate. The local diet tends to be very sweet. The children were

each given a toothbrush and toothpaste as part of the recent and ongoing oral hygiene drive within the community.

Whilst weekdays were spent in the hospital and community settings, the weekends were free for travelling. The first weekend, I travelled with a group of fifteen friends to Antiqué where we climbed waterfalls, experienced a one km zip line and a 0430 sunrise fishing trip. We then travelled to an island occupied by 100 adults and children and swam, played games with the children and snorkeled, before getting stuck on the island for three hours when a storm descended preventing our transit back to the mainland which had been obscured by the heavy rain – it wasn't the worst place to be stranded! The following weekend I flew to another island with two Canadian dental students. We flew to Cebu before travelling north to see the Whale Sharks - the largest fish in the world, they can grow to over twelve metres and 20 tonnes.



Travelling to the Philippines was a fantastic experience and very memorable. I made many great friends and was able to learn from the dentists and share my experiences too. It is a beautiful country with beautiful people and I plan on returning to the Philippines in the future, but maybe not during the rainy season next time! I am very grateful to CDF for the generous help I received from them.



Lucy Bird

Member News

George Bowerman, a founder member of CDF went to be with his Lord on 20th October 2015. He was nearly 103 and a half.



An article about his life can be found in Three-in-One from Autumn 2014.

Margaret Barrault a longstanding member of CDF passed away on 14th October, 2015. She set up a dental clinic in Kagando Hospital, Uganda.

I have fought the good fight, I have finished the race, I have kept the faith. Now there is in store for me the crown of righteousness, which the Lord, the righteous Judge, will award to me on that day – and not only to me, but also to all who have longed for his appearing. 2 Timothy 4:7-8



Save The Date

The Regional Groups aim to meet up at least once a year. The proposed date for the coming year is 19th March, 2016.

More details to follow.

Calais refugees receive dental treatment thanks to Dentaid



A team of dentists and healthcare professionals have travelled to the refugee camps in Calais to provide emergency dentistry for migrants and refugees who have been living in terrible pain.

Five dentists were part of the team who spent a weekend in the Jungle Camp which has become home to 4,000 people who fled war, poverty or persecution.

In just two days they treated 150 people including some patients who required extractions or fillings. They also offered examinations, oral health advice and handed out leaflets, toothbrushes and toothpaste to the refugees.

International dental charity Dentaid provided a Dentaid box – a portable surgery that can be used without water or electricity and fits into a wheelie bin – along with other equipment. The charity, based in the New Forest, is now planning to send out more teams of French registered dentists who can help the desperate people in the Calais camps.



Kiran Ismail

“We saw many people who had been suffering dental pain for a really long time,” said Kiran Ismail, a pharmacist who led the first emergency dentistry trip to Calais after she formed the group Manchester Refugee Crisis. “They were very grateful that we went to help.

There were some challenges in setting up the dental clinic but once word got round we had lots of people who came to see us for treatment and advice.

The conditions in the camp are very basic. There are a couple of taps but they are shared by a lot of people so it’s hard to get water for toothbrushing. There is a medical centre but no dentistry and we saw lots of people who were frustrated after being in pain for so long. We had a caravan which we used as the surgery and a marquee was the waiting area. It was an intense experience but everyone was incredibly thankful.”

Dentaid became aware of the urgent need for dentistry in the Calais refugee camps after trustee Jonathan Gollings visited France in September. He hopes the charity can now find more French registered dentists and raise funds so additional teams of volunteers can continue the work.

Every day many more people arrive at the camps suffering from dental problems including abscesses. There has been no dental provision and Dentaid is determined to help. The charity’s strategic director Andy Evans said: “Dentaid is a charity that is committed to eradicating dental pain all over the world whatever people’s circumstances are.”

Dentists who have permission to practice in France and particularly the Calais region are asked to contact Dentaid on 01794 324249. To find out more about the charity visit www.dentaid.org.

A Message from Glory

Greetings in the name of Jesus Christ. This is to extend my heartfelt appreciation for the support you gave me to train as a Public Health Dental Officer. I completed the course successfully though the results are not yet out but hopefully by the end of this month they will be released and I strongly believe that I performed very well.

I am currently working at Rugarama Hospital Dental Clinic that was founded by Chris and Polly Barton where we offer various services that include: painless extractions, fillings, health education, scaling and polishing, taking impressions for dentures and much more.

We intend to extend our services to rural communities where people find difficulty in visiting hospitals but need desensitization, screening and treatment through outreaches.

My sincere thanks goes to Chris and Polly for their continued support, mentoring and for always inspiring me in this Dental career.

Many thanks and regards from my husband Ambrose and our daughter Winner Tabitha and the entire family. They are doing very well and they really appreciate your love and support.

May God bless you always. Best wishes and good luck in the conference.

Tumwebaze Glory

**Deadline for the next issue of Three-in-One is 1st January 2016
Please send contributions to Tracey Dalby: editor@cdf-uk.org**

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The opinions expressed in these articles are those of the authors and do not necessarily express those of the Christian Dental Fellowship council or their members

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