



‘Rather than simply punishing troubled teens for their anti-social behaviour, I wanted us to address the underlying causes. More often than not it’s as basic as encouraging them to come away from their 24/7 screens’

– they are also great icebreakers. Supporters of EGAR already include the NSPCC, The Children’s Society, Barnardo’s, and countless youth services and family centres.

The impact of EGAR has been unprecedented. “EGAR cards are a great resource to have on site as they can then be pulled out as and when needed to encourage and promote conversation on a variety of topics, as well as form part of a pre-designed program,” comments Dettie Quirke, Area Youth Officer at the London Borough of Hillingdon. When the Chair of the London Assembly, Darren Johnson, visited EGAR recently he was impressed with what he saw. “EGAR produce interactive educational games for young people, which are designed to stimulate structured discussion on vital topics for young people, such as knives, climate change and drugs,” he said. “This excellent project deserves much wider

recognition and I would love to see it made available to all London-based youth services and schools.”

Awards have followed and Sue was even given the Freedom of the City for her work. However, for Sue it’s simply about making a difference. “Adolescence is a massive transition,” she says, “there is so much that happens at that time for young people in terms of personal development. The cards aren’t simply a discussion tool, but can actually help change young people’s minds, ensuring they make better decisions. This in turn will raise young people’s self-esteem and confidence and wellbeing, making them valuable citizens of society.” }

*If you would like to know more, please visit [egar.co.uk](http://egar.co.uk) or email Sue at [egar@egar.co.uk](mailto:egar@egar.co.uk)*

## Smile please!

Once again Hopes and Dreams Montessori Nursery School in Islington has had their National Smile week event. It was packed with lots of fun and informative activities for the children to enjoy. This year the children were encouraged to get familiar with their teeth by taking part in dentist role play, counting teeth and learning why ‘Milk Matters’.

They were also introduced to the ‘sad tooth’, which involved children learning about what happens when you neglect your dental health. To further involve the children, the staff also took the children for outdoor play, which entailed various flossing and brushing routines.

Dr Maxine O’Grady and Karen Suarez from Charles Landau Dental Surgery head to Hopes & Dreams every year to talk to the children about healthy eating habits and to

introduce them to what happens at the dentist. They also carry out basic dental check-ups that helps to ease their natural fears.

The Nursery School organises these visits for the children regularly in an effort to play an active role in educating them about good dental habits and healthy lifestyle in general.

*For further information about the Nursery School, please visit [hopesanddreams.co.uk](http://hopesanddreams.co.uk), and for more information about the Charles Landau Surgery, please go to [charleslandau.co.uk](http://charleslandau.co.uk)*

