

The Post

3rd June 2021

The latest news and announcements from the University of Bolton Social Work Centre

INSIDE

National Smile Month

Stresses the importance of good oral hygiene to improve confidence.

British Tomato Fortnight

A focus on the British tomato world, and the benefits of eating home grown tomato products.

Your Views

We want your views on what groups and activities you would like to see or be part of at the centre



National Smile Month 2021 May 17 - June 17



National Smile Month is a long running and high-profile campaign that is held throughout the United Kingdom to raise awareness of the importance of good oral hygiene, and to spread the message of the need to pay attention to oral hygiene to maintain a bright and white smile.

<http://www.nationalsmilemonth.org/>



Due to our somewhat temperamental British weather, British tomato crops have to be grown in glasshouses, which provides a protective and warm environment in which the fruit can grow. These controlled conditions mean fewer pests, fewer pesticides, and less uncertainty as to what you are actually eating.

Four out of five tomatoes now eaten in the UK are imported, which is not good news for the British tomato farmer. Crops grown in the UK are ever increasing in quality, reducing the need for importing fruits and vegetables which we would otherwise have to go without.

Most of the time food which is healthy doesn't actually taste that great, meaning a high prevalence of fast food and other foods high in sugar and fat. Tomatoes however contain vitamins, minerals, flavonoids, and natural pigments, making a tasty and natural snack which not only tastes great, but is also good for you! British Tomato Fortnight runs from the 24th May - 6th June 2021, so look out for British tomatoes everywhere you go. Don't forget about other tomato products either, ketchup, soup, and puree are all important parts of the British tomato world.

Excerpt from:

<https://www.britishtomatoes.co.uk/>



Your Views

Your views matter to us. We would like to know what groups or activities and workshops you would like to see run and be part of at the University of Bolton Social Work Centre.

Please email us on socialworkcentre@bolton.ac.uk or Telephone us on 01204 903334

You can also contact us and follow us on -



@UoBSWCentre



@boltonSWcentre



UOB Social Work Centre

Word Search

SUMMER

M	L	F	U	N	R	I	D	E	S	U	E	C	O
N	H	E	B	E	A	C	H	E	S	M	T	S	W
E	A	N	M	S	N	N	S	I	E	B	S	U	A
E	R	R	A	O	S	S	C	A	S	R	I	N	T
R	C	S	S	I	N	E	S	L	T	E	N	S	E
C	A	A	N	S	C	A	T	A	R	L	I	H	R
S	D	N	R	R	P	D	D	B	O	L	K	A	F
N	E	D	E	C	H	L	A	E	H	A	I	D	R
U	S	A	U	U	A	L	A	S	S	E	B	E	O
S	M	L	A	S	T	I	U	S	M	I	W	S	N
S	R	S	S	U	N	H	A	T	H	F	S	R	T
U	L	N	N	B	E	A	C	H	B	A	L	L	S
L	O	P	O	C	C	A	M	E	R	A	M	N	L
S	M	E	D	A	N	E	M	O	R	P	U	S	E

UMBRELLA
SPLASH
LEMONADE
ICECREAM
PROMENADE
ARCADES
CAMERA
SUNSCREEN
BEACHBALLS
WATERFRONT
SHORTS
SWIMSUITS
SUNHAT
BEACHES
SUNSHADES
BIKINIS
FUNRIDES
SANDALS

Play this puzzle online at : <https://thewordsearch.com/puzzle/2479114/>

The Social Work Centre is now open for face-to-face contact. As we ease out of lock down restrictions, we are now able to meet at the Centre on a one-to one basis by appointment only. Do feel free to contact us if you need any help or advice, and we will do our very best to support you. If there is any issue, and you are not sure who you should be contacting, or what services are available for help, we may be able to guide you.

Tel: 01204 903334

Email:

socialworkcentre@bolton.ac.uk

"We aim to provide a high standard of support to bring positive change for communities, families and individuals."