

Take a break

PENSIONERS eager to escape the noise and mayhem of carnival are being invited to take a seaside break.

For the fifth year running, 40 elderly residents will enjoy respite from the Notting Hill Carnival by taking a trip to Folkestone from August 23 to August 26 this year.

Council leader Cllr Merrick Cockell said: "Carnival is a wonderfully colourful and exciting event but it does draw enormous crowds to the north of the borough. We recognise that for some people, particularly the most vulnerable in the community, this can make it a very difficult and stressful weekend."

Residents will be assessed for the weekend break by adult social care services. First-timers will be given priority over those who went on the previous breaks.

North Kensington residents aged 65 plus can contact the council for more details by phoning 020 7598 4509. The closing date is May 30.

Misadventure death

AN ELDERLY woman died of hypothermia in a house at the heart of Belgravia two days before Christmas.

Westminster Coroner's Court heard on March 18, that Rosemary Busta-Benson, 71, of Eaton Mews North, was found dead by her family at home. They returned from a trip to the Czech Republic to find her dead on a sofa in the freezing cold flat. The court heard Mrs Busta-Benson, who lived with her husband and son, had a history of alcohol problems and depression but would not accept help.

Coroner Dr Paul Knapman said: "She had friendly neighbours who dropped in to see her often. Clearly, in the run up to Christmas, such systems did not work properly."

"It is all very well after the event for the people to look back. It is unfortunate a person should die from hypothermia in a mews cottage."

Verdict: death by misadventure.

Win confidence-boosting dental treatment!

White wonders

BY SAFFRON PINEGER

I HATE to admit it, but until last month, my teeth weren't as white as they used to be.

Tea, coffee and red wine had all taken their toll – I had given up on whitening toothpaste and I was self-conscious of wearing white.

Being unhappy with my teeth had started to affect the way I felt about myself. And teeth are a very important part of the way we look.

So I visited Chelsea Dermal and Dental Clinic, set up in July last year. Unlike any dentist I had been to before, this one featured, as part of its state-of-the-art surroundings, a flat screen television which was used to show me teeth.

I asked the dentist if he could do anything about my teeth, and he said he offers a whitening programme. I was sceptical. I had heard that tooth whitening was a scam.

The dentist used a set of model teeth of different shades to show me the current colour of my teeth (I winced).

He then showed me a snow-white tooth – the kind I could only dream of. "Your teeth can go from this – to this," he explained. "You'll be able to compare them when you come back in for your last treatment."

I had also heard that it damages the enamel of the teeth. Would it make them more sensitive, I asked? Not if it's done properly, he assured me.

The treatment was more reasonably priced than I had imagined – between £500 and £750.

It meant I would wear special 'trays' in my mouth with whitening gel every night for two



PERFECT: Have your own pearly whites

weeks. This would be followed by a one-off dental treatment. The whole process was pain-free, with the only side-effect being slightly sensitive teeth for two weeks afterwards.

I was a cynic. Would they really turn that white? But I was delighted to find that every-

thing I had been told came true.

After using the gel for just three days, I started to notice a difference – and so did everybody else. People I don't even know have started commenting on my teeth. And I find myself beaming again – I've even had a couple of dates, too.

I also want to mention the silver fillings which were replaced with white and are now invisible, done under sedation as I get nervous with drills and injections.

Now, whether I'm smiling or singing at the top of my voice, I'm proud of my teeth.

Visiting Chelsea Dental and Dermal Clinic has been the best way of treating myself.

Chelsea Dental and Dermal Clinic, 57 Markham Street, Chelsea. Call 020 7795 1536 or visit www.chelseadental.co.uk

Win! Win! Win!

TO win a choice of either the tooth whitening programme or general dental treatment (up to the value of £500) at the clinic simply answer the following:

When was Chelsea Dermal and Dental Clinic set up?

● **Answers on a postcard with your name, address and telephone number to Dental Competition, London Newspaper Group, 93 Staines Road, Hounslow, TW3 3JB. Entries by Thursday, April 17.**