

As if going to the dentist wasn't scary enough...



Ghouls out for half-term: Those devils at Portmore Practice say no tricks – treat your teeth with care.

HALLOWEEN can be a scary time for your teeth but one surgery in Weybridge is trying to take the dental danger out of trick or treating.

Portmore Practice, in Monument Hill has run a themed week to encourage children to enjoy the seasonal glut of sugary treats responsibly.

Staff decorated the practice on Monday, donning Halloween T-shirts and giving away goodie bags filled with sugar-free sweets to the children who came in to see them. They also handed out tips on how to minimise danger to your teeth including eating sweets after meals and

all in one go, sticking to chocolate where possible, using a mouthwash and of course enjoying sugary snacks in moderation.

Alongside the Halloween theme, the practice has also collected close to £1,000 for Shooting Star CHASE children's hospice by running *Name The Pumpkin* and *Pumpkin Carving* competitions.

Practice partner Evan Van Der Walt said: "It's half-term and we wanted it to make it fun for the kids. It's a really festive atmosphere. The message we want to give is that we're not as scary as people think."