



BLEACHING COURSE

20 December at the Hilton Metropole Hotel, NEC, Birmingham

The first BSDHT accredited bleaching course will be held on Saturday 20 December 2008 at the Hilton Metropole Hotel, NEC Birmingham. We apologise if this email 'crosses' with your recent booking.

In recognition of the importance of 'appropriate training' to comply with GDC guidelines, BSDHT have secured the internationally renowned Martin Kelleher to deliver this course which includes, amongst others:

- The diagnosis and causes of discoloration
- The legal position on whitening
- The chemistry and safety of bleaching
- The importance of patient consent
- Understanding the procedures and problems of chair side bleaching

At £150 this fantastic value-for-money course provides 5 hours of verifiable CPD and includes a free copy of Martin Kelleher's book 'Dental Bleaching'. Please see BSDHT website to register - www.bsdht.org.uk

TRAVEL HELP (If booking a train please choose **Birmingham International station** for the NEC)

For those of you not wishing to travel by car, there are some reasonable train fares available at www.thetrainline.com.

London to Birmingham off-peak return leaving Euston at 08:03 arriving 09:12 and departing Birmingham International at 17:39 arriving London 18:54, all on Saturday 20 December costs £39.40. **However**, booking this same train as an **advance single** results in the trip to Birmingham costing just £14 and the return to London is only £5, a total for the return trip is £19. **Conversely**, if you wish to travel on the Friday night, you will find the off-peak return at £27 is the cheapest option.

Manchester to Birmingham off-peak return leaving at 07:27 arriving 09:13 and departing Birmingham International at 18:38 arriving

Manchester 20:40, all on Saturday 20 December costs £34 (singles are not significantly cheaper).

The above **examples** are for direct trains, and when booking, you will see this is the sixth line of information, immediately before the fare option radio buttons. Fares vary from day to day and the above ticket charges were valid on 2 December 2008.

The Hilton Birmingham Metropole has a **courtesy bus** that leaves the hotel on the hour and 1/2 hour taking guests to the station. The journey time is just 5 minutes or you can walk in 10-15 mins. Birmingham International station has a waiting room and refreshment facilities.

Low cost **flights** to Birmingham are very limited and, although there are low cost fares to and from Glasgow and Edinburgh, these would involve staying two nights which, for most people is not attractive. If you are considering staying for the weekend, please go to the **Flybe** or **bmibaby** websites.

We hope that these notes are helpful and look forward to welcoming you in Birmingham.

Please see BSDHT website to register - www.bsdht.org.uk

Kind regards

Marina Harris
President BSDHT