

Out in force

» Armed Forces Day

Armed Forces Day is an annual celebration to support and celebrate the contribution of our servicemen and women, past and present

Guildford will be the focus for the whole country on Saturday, 27th June, as we help local people and the wider community thank everyone working in the Royal Navy, the Army and the Royal Air Force.

Guildford Borough Council and partners are planning an exciting line-up of family-focussed activities for about 60,000 people, including:

- Hundreds of Armed Forces personnel joining veterans and cadets in the special military parade; starting at 11.30am from the bottom of Guildford High Street to Stoke Park
- A spectacular show in Stoke Park – stalls and static displays from 10.30am, with music and entertainment until 7.30pm when the event closes.

Entry is free and no tickets are required to watch the parade or to enter the Stoke Park event.

The live action in Stoke Park starts at 1pm. Military

highlights include: The Royal Signals White Helmets Motorcycle Display Team, The Royal Navy 'Raiders' Parachute Display Team, The Royal Air Force Queen's Colour Squadron, The Band of the Royal Marines, The Household Cavalry Regiment's Musical Ride, Wellington College Gun Run, Massed Bands, Apache and Merlin Helicopters and an Infantry Combat Battle Display.

Live entertainment comes from: West End Kidz, Rock Choir, Tenor Thomas Hobbs, Guildford College Performing Arts, Firefly live music and poetry, and Choir Magic. More acts and further information will be announced as the date gets closer.

- For travel information and event updates, visit guildfordarmedforcesday.co.uk or call the organisers on 0330 1230088.

Please join Guildford – and the event's very special guests – for a memorable day!

No smile looks good with a hand covering it

Teeth can be embarrassing when they're in a bad condition. National Smile Month begins on 18th May with an aim to improve dental health awareness in the UK.

Organised by the British Dental Health Foundation, many organisations across the country will be taking part in this campaign, promoting the 3 key messages that:

- **brushing your teeth twice a day with fluoride toothpaste**
 - **cutting down on how often you consume sugar-heavy food and drink**
 - **and visiting your dentist regularly...**
- ...will actually lower your chances of experiencing nasty oral problems.

To celebrate this campaign, Time Dental in Farnham, Surrey are happily providing every patient who books their dental check-up a FREE cosmetic smile assessment, on top of an oral cancer screening (plus free toothpaste!) by the friendly and highly trained team here.



time dental
private dental care at its best

Give us a call to book your dental health check. *Now that's something to smile about*

Time Dental, 87 West Street, Farnham, GU9 7EN

www.timedental.co.uk | tel: 01252 596 149