

Health & Wellbeing Team

The Health & Wellbeing Team at your GP Practice

Jenny Friend and Gemma Finan are the Social Prescribing Link Workers at South Leicestershire Medical Group and Billesdon Surgery.

They can help support with your non-medical needs, or can get you to the right places to get the support that you need.

Ask at the practice for a referral or email the team directly:

cchpcn.healthandwellbeing@nhs.net

Sun safety

It feels like a long time coming but the sun seems to have finally made an appearance and summer is underway, (we won't shout it too loudly though or we might scare it away!)

Although the sun puts a smile on most peoples's faces, it is important to take a bit of extra care when the sun is shining.

Sun Safety Tips:

- ◆ Spend time in the shade between 11am and 3pm
- ◆ Stay hydrated
- ◆ Take precautions to ensure you don't burn
- ◆ Cover up with suitable clothing and sunglasses
- ◆ Take extra care with children
- ◆ Use at least factor 30 sunscreen

Take care in the sun

A tan or sunburn are signs of skin damage and can increase your risk of skin cancer.

Be UV aware and protect your skin.

Sunscreen

Sunscreen alone cannot protect you from the sun—it is important to wear suitable clothing and spend time in the shade when the sun's at it's hottest.

When buying sunscreen, ensure it has:

- ◇ A sun protection factor (SPF) of at least 30 to protect against UVB
- ◇ At least 4-star UVA protection (this can be indicated by the letters "UVA" in a circle which shows that it meets the EU standard.)
- ◇ Not gone past it's expiry date

Applying Sunscreen

Sunscreen should be applied liberally—as a guide, adults should aim to apply around 6-8 teaspoons of sunscreen if you're covering the entire body. Applying sunscreen too thinly can reduce it's protection. If you're worried you might not be applying enough, use a higher SPF.

If you plan to be out in the sun long enough to risk burning, sunscreen needs to be applied twice:

- 30 mins before going out
- Just before going out.

Sunscreen should be applied to all exposed areas, including the face, neck, ears and head if you have thinning or no hair (although a wide brimmed hat is better.)

Reapply every 2 hours or straight after being in water.



WE'VE GOT YOU MAMA

Breastfeeding is easier when moms know they're not alone.

World Health Organization

World Breastfeeding Week—1st—7th August 2024 Closing the Gap: Breastfeeding support for all

World Breastfeeding Week is held in the first week of August every year, supported by WHO, UNICEF and many Ministries of Health and civil society partners. The theme for this year focuses on Closing the Gap: Breastfeeding Support for all. This World Breastfeeding

Week, lets appreciate breastfeeding mum's and ensure they get the support they need. Breastfeeding support comes in many forms—from staff welcoming breastfeeding in your local café to helpful advice from a health professional or maternity protection from the government. Women every-

where have the right to respectful breastfeeding counselling from trained health care providers, as well as laws and policies like maternity leave and provisions like paid time off when you go back to work. We can all help to ensure women feel able to breast-