

Eye Health and Safety Month - 1st -31st August 2023

Eye Health and Safety Month focuses on ensuring that children look after their eyes properly. The NEI has a child-friendly website that allows children to watch informative videos, find out fun facts and learn how their eyes work. There are many tips that can help you to keep your eyes healthy, such as eating the right foods, getting regular exercise and telling someone if your eyesight changes.

<https://www.nei.nih.gov/learn-about-eye-health/nei-for-kids/healthy-vision-tips>

World Breastfeeding Week - 1st-7th August

Breastfeeding can sometimes feel scary and lonely, and you might be struggling with confidence. It's important to remember that if you have any worries about breastfeeding then you should speak to your midwife or health visitor. To find breastfeeding helplines and support groups, you can use the link below.

World Breastfeeding Week 2023 is focusing on breastfeeding whilst at work. It will show the importance of support in the workplace and parenting norms. The campaign aims to reach politicians, policy makers, employers and families.

<https://www.nhs.uk/start-for-life/b...breastfeeding/breastfeeding-help-and-support/>

<https://worldbreastfeedingweek.org/>

Cycle to Work Day - 3rd August

Cycle to Work Day is a day that encourages everyone to get on a bike, whether you ride a bike all the time or haven't ridden one in years. You don't have to cycle to work, you can cycle to the shops, do the school run on bicycles, or just go out for a 20-minute bike ride. By taking part, you have the possibility to win prizes such as a gym membership or Fitbit. You just need to join the Cyclescheme "Love to Ride" app and log a ride on 3rd August to be entered into the prize draw.

<https://www.cyclescheme.co.uk/cycletoworkday>

National Allotments Week - 7th-13th August

National Allotments Week is used to show the importance of allotments in terms of the

environment and for people's health. Gardening and being outside can help with both physical and mental health, and can actually benefit the planet and global warming. The NAS hopes to help people understand the importance of good soil health, as our produce is grown in the soil and allotments that we look after and therefore has an impact on our health. It's also important to look after the creatures that inhabit the soil. To find out more about National Allotments Week, you can see the link below.

<https://www.nsalg.org.uk/news-events-campaigns/national-allotments-week/>

Hot weather advice for elderly people

Staying cool in the heat is very important to protect your health. If you're outside, it's important to stay out of direct sunlight and have plenty of water with you. Wearing lightweight clothing can also help you to stay cool, and regularly applying sunscreen is important, even if it doesn't seem sunny. Staying cool inside is also important. You can do this by closing the blinds or curtains and having a cool bath or shower. Also, you may possibly want to move any medication to the fridge when it's really hot.

It's important to make sure you're staying hydrated during the summer. Keeping a full water bottle with you and drinking even if you aren't thirsty are the best ways to stay hydrated. It's important to know the signs of dehydration and what to do if you start to notice them. <https://www.ageuk.org.uk/informatio...down and windows,fridge when it's really hot.>

https://www.ageuk.org.uk/globalasse...s/ageukil1_staying_cool_in_a_heatwave_inf.pdf

BBQ safety

During the summer months, it's important to make sure you're staying safe whilst using BBQs. Never leave a BBQ unattended, keep sand and water nearby in case of an emergency, keep children and pets away from the BBQ, and always make sure it has cooled down before you attempt to move it. It isn't just burns that you need to be aware of, it's also important to be aware of the risks of carbon monoxide poisoning and to make sure you never bring a BBQ inside or into a tent when it has just been used.

<https://humbersidfire.gov.uk/your-...re the BBQ is on,before attempting to move it>

Brain aneurysm

A brain aneurysm is caused by a bulge in a blood vessel, which is caused by a weakness in the blood vessel wall. Blood passing through this weak area then causes a bulge, and these can cause some serious problems if they rupture. Symptoms of a brain aneurysm include a sudden headache, vomiting, a stiff neck and pain caused by light sensitivity. If you think someone has a brain aneurysm, it's important to call 999 immediately.

Preventing brain aneurysms is crucial, and knowing what causes them could help to save your life. It's important to avoid habits such as smoking, eating a high-fat diet, not controlling your blood pressure, or being overweight. Try to manage these risk factors as much as possible to reduce your likelihood of suffering a brain aneurysm.

<https://www.nhs.uk/conditions/brain-aneurysm/>

<https://www.nhs.uk/conditions/brain-aneurysm/prevention/>

Vitamin D supplements

Vitamin D is very important as it helps to regulate calcium and phosphate in the body, which are used for bones, teeth and muscles. You can get vitamin D from oily fish, red meat, liver, egg yolks and fortified foods such as breakfast cereals. You can also take a vitamin D supplement, particularly in the winter months to ensure you're getting enough vitamin D. You can get these from most health stores.

Not having enough vitamin D can cause rickets, which affects bone development in children. This isn't a common condition anymore, but cases are rising. The only way to prevent rickets is by making sure you have enough vitamin D, and the only way to treat this condition is to have a diet rich in vitamin D. Some families are entitled to free vitamin supplements through the Healthy Start scheme, so it's important to find out if this applies to you:

<https://www.nhs.uk/conditions/vitamins-and-minerals/vitamin-d/>

<https://www.nhs.uk/conditions/rickets-and-osteomalacia/>

Back-to-work blues

Back-to-work blues are a real thing! Returning to work after time off or a holiday can be

hard, and it can be difficult to get back into the swing of a regular routine again. It's important to take steps to try not to overwhelm yourself while getting back to work, and there are tips and tricks that you can follow to make it easier for you:

<https://healthify.nz/hauora-wellbeing/m/mental-health-how-to-beat-the-back-to-work-blues/>

Organ donation

Organ donation saves people's lives on a daily basis. It's easy to register your decision on the NHS page, and there's a lot of information on the process of organ donation and whether it's right for you. On the NHS website, there are stories about people who have given organs, and about those who have received them. To find out more about organ donation, you can read the NHS website here:

<https://www.organdonation.nhs.uk/he...onation/aari-saved-the-lives-of-two-children/>

Mindfulness

Mindfulness is a technique that's used to help with stress and self-awareness.

Mindfulness can help you feel more aware of what's happening in the present moment, and it can help you to feel calmer. It also aims to help you to become more self-aware, to feel more able to choose how you respond to your thoughts and feelings, to cope with difficult or unhelpful thoughts, to be kinder to yourself and to manage day-to-day stress. Mindfulness is a skill that you have to practise, but if you work on it regularly, it can be a useful tool.

Mental wellbeing is important both for yourself and for others. The best ways to improve mental wellbeing are by connecting with people, being physically active, learning new skills, being kind to others and practising mindfulness.

<https://www.mind.org.uk/information...echnique you,your mind, body or surroundings.>

<https://www.nhs.uk/mental-health/se...nd-activities/five-steps-to-mental-wellbeing/>

Suncream

Wearing suncream in the sun is very important for your skin's health. If used properly, suncream will decrease your risk of skin cancer and help to prevent premature skin

aging. Everyone over the age of six months should use suncream, to give your skin the highest chance of protection. The type of sunscreen you use doesn't really matter, as long as it's above SPF15, and you apply it correctly. It's important to apply sunscreen even if it doesn't look very sunny, as the UV can still be high and damaging to your skin. It's also important to regularly apply sunscreen if you're going in and out of water or sitting in the sun. To find out more about the benefits of suncream and which one might be right for you, please look on the Skin Cancer Foundation's website.

[https://www.skincancer.org/skin-can...xt=Every day!,UV radiation reaches the earth.](https://www.skincancer.org/skin-can...xt=Every+day%2C+UV+radiation+reaches+the+earth)

Travel

Making sure you have a GHIC (Global Healthcare Cover Abroad) is very important if you're going to be travelling this summer. Applying for a GHIC is free of charge and fairly easy, as long as you make sure you're using the correct websites. Having a GHIC will allow you to access medically necessary healthcare abroad, such as A&E or other emergency care. To find out whether you can apply for a GHIC, and how to do it, please explore the NHS website.

Ensuring you have travel insurance that covers you whilst you're abroad is very important. It's a good idea to check whether your travel insurance includes medical cover or not, as needing healthcare in a different country can be expensive if you have no medical cover. Make sure you use a trusted travel insurance company, and look at the details of the policy before purchasing it, to make sure it's exactly what you're expecting.

Making sure that babies and children stay hydrated and protected from the sun, to prevent heat stroke and sunburn, is vital for their health. If you have a baby, it's important to make sure they're kept out of direct sunlight and that a suncream of at least 30 SPF is used. If you have a very young baby, you may want to feed them more often than usual as they don't need water, but it's important to make sure they stay hydrated.

<https://www.nhs.uk/using-the-nhs/he...-a-free-uk-global-health-insurance-card-ghic/>

<https://www.gov.uk/guidance/foreign-travel-insurance>

<https://www.nhs.uk/conditions/baby/first-aid-and-safety/safety/safety-in-the-sun/>