

Wellbeing Focus

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The importance of safety with the sun and hot weather

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Sun Safety is the practice of taking simple steps to reduce exposure to UV rays while still enjoying the outdoors. We all can practice **sun safety**.

Sunburn increases the risk of skin cancer. It is important to know that Sunburn does not just happen on holidays as anyone can burn, even in the UK and also when its cloudy!

It is important to understand that there is no safe way to achieve a tan. Additionally a tan does not protect your skin from the negative effects of UV.

So, what is the best way to approach this? Some might say everything in moderation. We could aim to have a balance between protecting ourselves and getting enough Vitamin D from the sun.

Sun safety tips

Avoid the peak times during a sunny day. These are between 11am and 3pm.

Furthermore, you can:

- make sure you dont burn
- wear light clothing that can keep you cool and protect you
- take extra care with children by making sure they are not being overly exposed to the sun
- use at least factor 30 sunscreen

What SPF should you use?

- Your sun cream needs to have an SPF of at least 30 to protect against UVB
- UVA protection (look for 4 stars)

UVA protection can also be identified by the words UVA in a circle. This is instead of a rating system using stars. You may see this more in Europe.

Very important! Please check your sunscreen is not past its sell buy date. It will not be effective if is past the date.

Now please be aware that you still have time out of the sun even when wearing sun screen.



How to apply sunscreen

- 2 teaspoons of sunscreen if you're just covering your head, arms and neck
- 2 tablespoons if you're covering your entire body while wearing a swimming costume
- If sunscreen is applied too thinly, the amount of protection it gives is reduced.
- If you're worried you might not be applying enough SPF30, you could use a sunscreen with a higher SPF.
- Sunscreen needs to be reapplied liberally and frequently, and according to the manufacturer's instructions.

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

This includes applying it straight after you have been in water, even if it's "water resistant", and after towel drying, sweating or when it may have rubbed off.

It's also recommended to reapply sunscreen every 2 hours, as the sun can dry it off your skin.

Its not just your skin that is at risk in the sun. Your eyes can also be damaged. A day at the beach without proper eye protection can cause a painful temporary burn to the surface of the eye! So please in vest in some good sunglasses. It goes without saying to not look directly at the sun, as this can cause permanent eye damage.

Additionally, if you wish to find out more about how to take better care of yourself in times of hot weather.

Please visit : <https://www.nhs.uk/live-well/healthy-body/sunscreen-and-sun-safety/>



Watermelon Lollies

Cool down on hot summer days with these refreshing watermelon and kiwi lollies. Great for the family to enjoy, they're low-calorie and full of vitamin C

Ingredients

For the hoisin

- 1 small watermelon
- 3 kiwis



Method

1. Halve 1 small watermelon and scoop the flesh out of one half into a bowl (you need about 375–400g). Pick out any black seeds. Purée the flesh using a hand blender or in a liquidiser. Fill ice lolly moulds three-quarters full with the purée, push the sticks in if you are using them, and freeze for at least 3 hrs, or overnight. Tip any remaining purée into an ice cube tray and freeze it.
2. Peel 3 kiwis and cut the green flesh away from the white core, discarding the core. Purée the flesh. Add a layer of about 4–5mm to the top of each lolly and refreeze for 1 hr. Add some green food colouring to the rest of the purée to darken it to the same colour as the watermelon rind. Pour a very thin layer onto the top of each lolly and freeze until you want to eat them.

 Preparation: 15 minutes

 Serves 6–8

 Easy

 VE Vegan

Recipe from Good Food magazine, July 2017

| Nutrition: per serving | | | |
|------------------------|----|-----------|----|
| Calories | 38 | Saturates | 0g |
| Protein | 1g | Fibre | 1g |
| Carbs | 8g | Sugars | 8g |
| Fat | 0g | Salt | 0g |