



# Keeping well this summer

An information leaflet from your Children's Public Health 0-19 Nursing Service, July 2021

## Here comes summer!

### Don't get bored!

**Ask Lion** to see what holiday activities are planned in Nottingham this summer:

 [Ask Lion](#)

### Try to spend as little time as possible sitting for long periods of time and just 'move more'!

Ideally, up to the age of 18, all young people should be aiming for at least an hour of activity a day.

It is important to include activities that strengthen muscles and bones at least 3 days a week.

As well as being good for your physical health and keeping a healthy weight, it is great for your mental wellbeing and a good way to meet people too.

Sometimes it's just about finding the right thing that you enjoy and want to keep doing so see what is available near you and maybe try something new!

### To find out about activities in Nottingham

 [Ask Lion](#)

 [Active Nottingham](#)

 [This Girl Can](#)



# Having fun and staying safe

## Sun Safety

We all hope that this year will bring us some nice weather!

Don't forget though that from March to October in the UK, everyone should:

- Cover up with suitable clothing
- Spend time in the shade, particularly from 11am to 3pm
- Wear at least SPF30 sunscreen on areas not protected by clothing, such as the face, ears, feet and backs of hands



It is recommended that everyone takes Vitamin D supplements during the winter months October to March, but some people need it throughout the year including those with dark skin and those who cover up in the Spring/summer. Vitamin D aids healthy bones and muscles. More advice on vitamin D can be found here:

[NHS website](#)



**Summer WATER SAFETY**

When Summer hits it can be tempting to look for the nearest place to cool off. Here are our top tips if you plan on going for a paddle:

- LOOK OUT FOR LIFEGUARDS
- IT'S COLDER THAN IT LOOKS
- DON'T GO TOO FAR
- IT'S STRONGER THAN IT LOOKS
- BRING A FRIEND

[www.rlss.org.uk](http://www.rlss.org.uk)

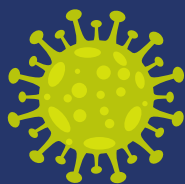
ROYAL LIFE SAVING SOCIETY UK

## Water Safety

Being by, and in, the water can be great fun on a hot day but please stay safe, see here for some safety advice:

[Royal Life Saving Society website](#)

## Covid-19



Most Covid guidance and restrictions will be lifted in England on July 19th.

However, lifting restrictions does not mean that the risks from COVID-19 have disappeared and there is Government advice on how people can continue to manage the risks to themselves and to others.

See here for more information:

[Website](#)

# Be your own biggest fan!

Self-esteem is how you think and feel about yourself. It isn't just about how you look, but also how confident you feel in who you are. If you are struggling with your self-esteem, here are some tips from Young Minds that can help you feel better:



[Website](#)

## Where to go for sexual health services

### SH:24

Sexual health 24 hours a day – free, discrete, confidential

[Website](#)

### Integrated Sexual Health Service

Tel: 0115 962 7627

[Website](#)

### C Card

Provides free condoms for 13-24year olds in Nottingham:

[Website](#)



## Need some advice or support?

Remember your Children's Public Health 0-19 Nursing Service is there for you during the summer holidays

I am worried about my health, can I talk to a Public Health Nurse?

I'm here to help. Whatever is worrying you, let's talk it through.

The service can help with all kinds of things like:

- Emotional health
- Relationships
- Self-harm
- Bullying
- Alcohol
- Healthy eating
- Drugs
- Smoking
- And more

Send a text to:

**07480 635024**

[OR START A TEXT CHAT HERE](#)