

24/7 Samaritans Awareness Day THE BIG LISTEN 24th July



Every year in July, Samaritans branches in the UK & Republic of Ireland hold local events to raise awareness that Samaritans are here to listen to anyone who's struggling to cope, at any time of the day or night. Whether it's a virtual chitchat, or a picnic in the park, Talk to Us is one of the ways we raise awareness that we're here – for anyone who needs someone to listen, 24/7, without judgement or pressure.

- ✓ Free
- ✓ One-to-one
- ✓ Open 24 hours a day

Whatever you're going through, call us free any time, from any phone, on 116 123.



Sun Safety

Melanoma is the 5th most common cancer in the UK.

The incidence of malignant melanoma in Britain has risen faster than any other common cancer.

51% of melanoma skin cancer cases in the UK are in males and 49% are in females.

How to enjoy the sun safely



Find shade

Take a break under trees, umbrellas or head indoors



Cover up

Wear a loose, long-sleeved top with a hat and sunglasses



Use sunscreen

On bits that aren't covered up. Use plenty with at least SPF 15 and a 4 or 5 star rating



Together we will beat cancer



<https://www.cancerresearchuk.org/about-cancer/causes-of-cancer/sun-uv-and-cancer#:~:text=When%20the%20sun%20is%20strong,cells%20and%20cause%20skin%20cancer>

<https://www.royalmarsden.nhs.uk/information-gps/gp-resources/skin-cancer/skin-cancer-incidence-and-risk>

Worried About Someone?

If you have a concern about a member of staff, then remember you can fill out a slip and place it in the box on the shelf next to the main health champion display in the staff room or email

hc@wadebridge.cornwall.sch.uk

1 Minute Health Boosters

Be Still

If only for a few minutes a day, can help to relieve stress, improve sleep and boost your mood. And when you practice stillness for an even longer period of time, it can benefit back pain, arthritis symptoms and blood sugar levels, too.

STARS@wadebridge...

Send a message to Helen and Gemma to nominate a colleague to receive a small treat in recognition of something they have done.

What's the best day to go to the beach? SUN day!!!