

SAFE FOR SUMMER

July 2025



Protecting your skin

Spending too much time in the sun can damage your skin and getting sunburnt significantly increases your risk of skin cancer:

[Sun Safety: Just the facts](#)

Festivals

The ultimate guide to staying safe at festivals this summer:

[How to stay safe at festivals](#)

[Ultimate festival kit](#)

[Clinic Finder: Sexual Health](#)

Drink your water

Staying hydrated is important for a healthy body and mind and even more so, to keep topped up in the summer when you're more likely to sweat more.

[Seven reasons to stay hydrated](#)

Respect the Water

Spending time in the pool or sea is great way to cool off and keep fit during the summer but remember to respect the water, know your limits, and how to keep safe.

[Water Safety | Health For Teens](#)

[Float To Live – What To Do In An Emergency – RNLI](#)

NEW

School Nurse Podcast

Made for young people, by young people



[Listen now!](#)

School's nearly out and the summer fun begins! But how do you enjoy your well earned break safely? Join our group and school nurses who run down topics like alcohol awareness, water safety, and protecting your skin from the sun. Chathealth is open all summer too so drop our school nurses a text if you have a question on 07507 332160. Open Monday - Friday (except bank holidays) 8.30am-4.30pm.