



Capel Parish Nurses: *Serving the Community of Capel St Mary*

Stay Well This Summer

I am writing this article on a wet and windy day in June with the anticipation that by the time it is published in July it will be relevant! Let's talk about heat waves and why, although most of us welcome them, some are vulnerable to them. The main concern with heat waves is dehydration and / or heatstroke. People are more at risk if they are:

- elderly or very young
- people with breathing or heart problems
- people with reduced mobility
- those with serious mental health issues
- physically active people for example labourers

There are a number of things you can do to reduce the chance of heatstroke or dehydration including keeping the house cooler by closing the blinds or curtains during the heat of the day and then opening them and the windows when it is cooler in the evening. The sun is at its hottest between 11am and 3 pm so try and find some shade during that time. Drink plenty of cold water or diluted fruit juice. Reduce your alcohol and caffeine intake as they can add to the dehydration. One of my favourite ways of cooling down is to wet a flannel or a hand towel in cold water and then drape it over me. One of my daughter's favourite ways of cooling down is a water fight! Keep an eye on your neighbours, especially the more vulnerable ones.

Reduce your chance of skin cancer by regularly applying sunscreen. The NHS recommends that you should use at least SPF15 and it should protect against UVB and it should have at least four-star rating for UVA. They also have useful videos on their website about how to correctly apply sunscreen.

Stay safe and enjoy the sunshine (and if you are having a water fight then feel free to invite my daughter around!).

Great East Swim training: By the time this goes to press, I will have hopefully have completed the mile circuit at the Great East Swim on Saturday 17th June. I had an open water practice session at Fritton Lake and at Alton Water – it was definitely a challenge to overcome my fears and get in the water. The maximum I have swum open water so far is ½ a mile so I need to accomplish double that on the day. By the time I get the wetsuit on, I am pretty tired already! I am very glad to have Sophie, my 6 year old daughter, to help me get back out of it afterwards!

Blessings,

Caroline, your Parish Nurse

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