

# APRIL/MAY NEWSLETTER 2018



## SAFEGUARDING: STAYING SAFE IN THE SUN

### Welcome

Welcome to the newsletter, we'll be updating the newsletter every other month with regular hints, tips and advice. As its getting warmer this month we are focussing on staying safe in the sun.

Everyone loves spending time in the sun during the summer months, however too much time in the sun with no or little protection can result in health issues.

The main health issue is sunburn, sunburn increases your risk of skin cancer. Sunburn doesn't just happen on holiday either, you can burn in the UK and even when it's cloudy.

Aim to strike a balance between protecting yourself from the sun and getting enough vitamin D from sunlight.

### Shocking statistics

- An estimated 90 percent of skin aging is caused by the sun.
- People who use sunscreen with an SPF of 15 or higher daily show 24 percent less skin aging than those who do not use sunscreen daily.

- One person dies of melanoma every hour.
- Getting a sunburn just once every two years can triple the risk of melanoma
- About 90 percent of non melanoma skin cancers are associated with exposure to ultraviolet (UV) radiation from the sun .

### Signs and Symptoms

Both basal cell and squamous cell cancers can appear in a variety of forms. They are usually painless and grow slowly. They can show up anywhere on your body but are most likely to appear on exposed skin, especially on your face or neck.

Basal cell cancers may:

- be smooth and pearly
- look waxy
- appear as a firm, red lump
- bleed sometimes
- develop a crust or scab
- begin to heal but never completely heal
- be itchy
- look like a flat, red spot which

is scaly and crusty

- develop into a painless ulcer.

Squamous cell cancers usually develop in areas that have been damaged by sun exposure. They are mainly found on the face, neck, bald scalps, arms, backs of hands and lower legs. Squamous cell cancers may:

- look scaly
- have a hard, horny cap
- make the skin raised in the area of the cancer
- feel tender to touch
- bleed sometimes.

**However if you notice any changes to your skin it is best to consult a doctor.**



# Newsletter



## Macmillan Support

Visit [www.macmillan.org.uk](http://www.macmillan.org.uk) for information and support. You can also ring 0808 808 00 00 .

## Cancer Research

You can visit [www.cancerresearchuk.org](http://www.cancerresearchuk.org) or contact them on 0808 800 4040 for any questions.

## NHS

Visit [www.nhs.uk](http://www.nhs.uk) for information and any help you may require about skin cancer.

For any Safeguarding issues please contact Steadfast’s **Safeguarding Team**

0845 223 2401 or email [sonia.roberts@steadfasttraining.co.uk](mailto:sonia.roberts@steadfasttraining.co.uk) or [ian.gow@steadfasttraining.co.uk](mailto:ian.gow@steadfasttraining.co.uk)

## 9 Protected Characteristics;

- ☑ Age
- ☑ Disability
- ☑ Gender Reassignment
- ☑ Marriage & Civil Partnership
- ☑ Pregnancy & Maternity
- ☑ Race
- ☑ Religion or Belief (including lack of belief)
- ☑ Sex
- ☑ Sexual Orientation

## The Prevent Duty

The Prevent Duty is part of the government strategy to reduce the risk of Extremism, Terrorism and Radicalisation. Extremism is the holding of extreme political or religious views. How can we prevent it? Whilst the signs are different in each case, we can see some of or a mixture of these changes in dress, clothing or social groups, secretive behaviour,

showing sympathy for extremist causes, advocating extremist messages, glorifying violence, accessing extremist literature and imagery , showing a mistrust of mainstream media reports and belief in conspiracy theories and appearing angry about governmental policies, especially foreign policy

Report possible terrorist activity online If you are concerned about someone or see anything suspicious call the local police or the police anti-terrorist hotline on 0800 789 321.

You can also report it online on the Met police website.

## British Values

British Values are defined as;

- Democracy
- The Rule of Law
- Individual Liberty
- Mutual respect for and tolerance of those with different faiths and beliefs and for those without faith.

**If you wish to raise an issue of safeguarding for a learner or individual related to Steadfast Training Ltd in any way, please contact the centre immediately on: 0845 223 2401.**

For more information on anything covered in the newsletter, feedback or ideas for the next issue, please contact us on [info@steadfasttraining.co.uk](mailto:info@steadfasttraining.co.uk).