



# Keeping well this summer

An information leaflet from your Children's Public Health 0-19 Nursing Service, July 2025

## Summer fun and holiday activities

To find out about activities in your area over the summer holidays go to Ask Lion

 Ask Lion



## Summer healthy living!

The summer is a great time to think about changes you can make as to eat and move for good health.

Check out the **Thriving Nottingham** website for more information:

 Website

You may also be able to access their **Gloji teens** programme.



**thriving**  
NOTTINGHAM

### Gloji teens Healthy lifestyle & weight management programme

The perfect opportunity for you to build healthy habits and have fun, whilst making sustainable, positive changes to your lifestyle

#### Workshops

Over 12-weeks, we'll explore practical strategies for making positive, healthy lifestyle changes. Through discussions and activities, we aim to equip you with the tools, self belief and confidence to take control of your health and well-being!

#### Topics include:

- Goal setting and habits
- Finding the balance; keeping full & energised
- Anxiety, body image and self confidence
- Discovering what works for you (portion sizes, environment & exercise)
- Inside our food (sugars, sweeteners & ultra processed foods)
- Diet culture & myth busting
- Hunger, fullness & emotional eating
- Sleep & screentime
- Healthy hydration
- Eating out, socialising & takeaways
- Self management, boundaries & managing setbacks

#### Group activities

Whether it's boxing, gym sessions, dance, yoga, or cooking, you'll discover new ways to stay active and energised whilst having a great time in a supportive environment.

0115 6485724  
[hello@thrivingnottingham.org.uk](mailto:hello@thrivingnottingham.org.uk)  
[www.thrivingnottingham.org.uk](http://www.thrivingnottingham.org.uk)

Want to find out more? Get in touch...

# Sun safety

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

Don't forget though, from March to October in the UK, children 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)

The British Association of Dermatologists has more information:

 Website



## Sunlight and Vitamin D

Exposure to sunlight is most people's main source of Vitamin D. It is recommended that everyone takes Vitamin D supplements (10 micrograms) per day during the winter months October to March, but some people require 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 - Vitamin D

### The messages can seem confusing!

For lighter skin types, daily sunlight exposure for 10-15 minutes between April and September provides sufficient year-round vitamin D while also minimising the risks of sunburn and skin cancer. For darker skin types, 25-40 minutes is recommended.

# Need some advice or support?

**Remember your Children's Public Health 0-19 Nursing Service is there for you during term-time and the school holidays!**

We offer young people in secondary schools a weekly confidential drop-in. We provide advice and support around a range of health needs including emotional health, sleep, sexual health and relationships, self-harm, bullying, alcohol and drugs, healthy eating, smoking and vaping.

To access the drop in within school you can pop along to the school nurses' room on your lunch break, request an appointment through a teacher or send a text to our TextHealth service and we will ask your school nurse to send you an appointment.

**If you would like more information about our service or when our nurse drop-in is in your school, please go to our website:**

 Website

**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 TextHealth service can help with all kinds of things like:**

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

**Send a text to 07480 635024**

 Or start a TEXT CHAT here



If you feel that you need some support, there are lots of websites and services that can help. **You are Not Alone!**

## NottAlone

Are you worried about your own, or someone else's mental health?

is here!



Want to find trusted information, advice and local services that can help?

This website has local mental health advice and help for young people in Nottingham and Nottinghamshire, all in one place.

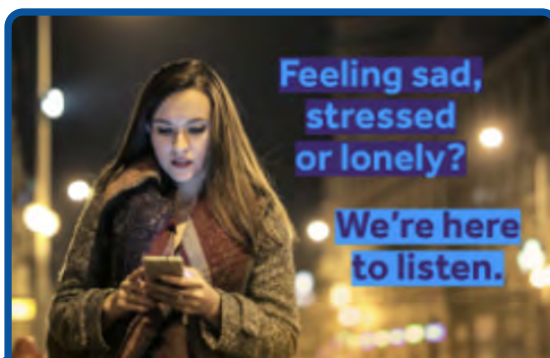
[Website](#)

# Be U Notts

Support when you need it!

Be U Notts offers free mental health and emotional wellbeing support and is available to anyone **aged 25 or under**, living in Nottingham and Nottinghamshire (excluding Bassetlaw) who is registered with a local GP.

[Website](#)



Shout is a free, confidential and 24/7 text messaging service for anyone in the UK who needs support. If you are struggling to cope and need to talk, our trained Shout Volunteers are here for you.

**Text SHOUT to 85258**

[Website](#)

For great tips and positive messages follow **Young Minds** on Instagram:

[Instagram page](#)

## Mental health advice for young Muslims

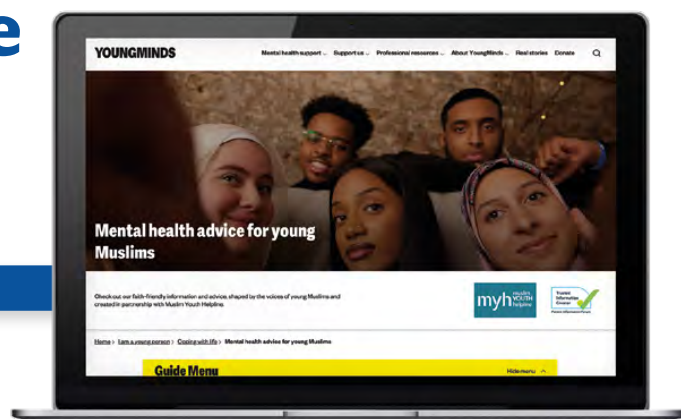
Check out faith-friendly information, shaped by the voices of young Muslims and created in partnership with Muslim Youth Helpline:

[Website](#)

**Muslim Youth Helpline**

**0808 808 2008 (4pm-10pm 7 days a week)**

[Website](#)





# Are you a Young Carer?

A young carer is someone aged 25 and under who cares for a friend or family member who, due to illness, disability, a mental health problem or an addiction, cannot cope without their support. Find out more about what support is available in Nottingham:

 [Young Carers Notts](#)

## Where to go for sexual health services in Nottingham

### SH:24

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

 [Website](#)

### Sexual Health Services Nottingham and Nottinghamshire -Under 25s



 [Website](#)

### Free Condoms - an update

Recently the C Card scheme in Nottingham has ended. To ensure young people can continue to access free condoms in Nottingham City, the Children's Public Health 0-19 Nursing Service will be restarting the MyCard scheme. This works in a similar way to C Card where young people aged 13 - 19 years can sign up via their school nurse. You will go through a registration process and following that, you can pick up condoms during your school drop-in or request to pick up using the Texthealth service (see page 1).



If you would like more information about our service or when our nurse drop-in is in your school, please go to our website 