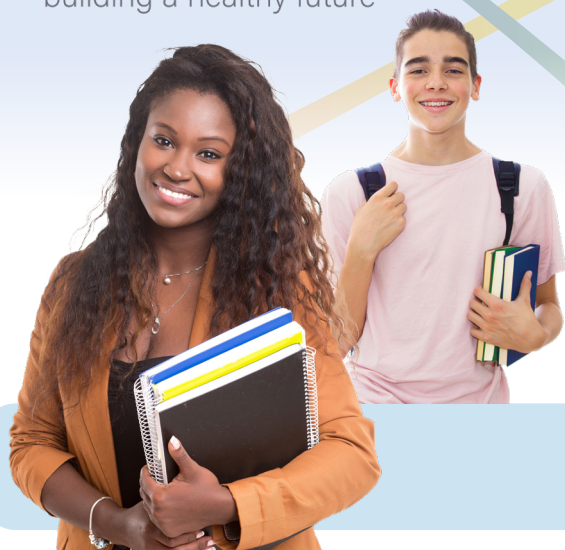




The Royal Wolverhampton
NHS Trust

Building a healthy future this Summer



An information leaflet from the
Wolverhampton 0-19 Service, May 2025

We're not pollen your leg

If you're one of the unlucky people to suffer from hay fever, you may have noticed that your symptoms seem more intense right now than in previous years.

And you'd be right. The pollen count is particularly high right now, making life very uncomfortable for hay fever sufferers.

Hay fever is a common allergy that causes sneezing, coughing and itchy eyes. You cannot cure it, but there are things you can do to help your symptoms, or medicines you can take to help.

[Hay fever NHS](#)

[Find pollen levels near me](#)

Food Allergy awareness week (11-17 May)



A food allergy is where your body reacts to certain foods. It's often mild but can be very serious for some people.

Check if it's a food allergy

Symptoms of a food allergy can affect any part of the body, including different parts of the body at the same time.

Common symptoms of a food allergy include:

- feeling dizzy or lightheaded
- itchy skin or a raised rash (hives)
- swelling of the lips, face and eyes (angioedema)
- coughing, wheezing, breathlessness, noisy breathing or a hoarse voice
- sneezing or an itchy, runny or blocked nose
- feeling sick or being sick
- tummy pain
- diarrhoea

You may get symptoms straight after eating the food you're allergic to, or days later.

Call 999 if

- your lips, mouth, throat or tongue suddenly become swollen
- you're breathing very fast or struggling to breathe (you may become very wheezy or feel like you're choking or gasping for air)
- your throat feels tight or you're struggling to swallow
- your skin, tongue or lips turn blue, grey or pale (if you have black or brown skin, this may be easier to see on the palms of your hands or soles of your feet)
- you suddenly become very confused, drowsy or dizzy
- someone faints and cannot be woken up
- a child is limp, floppy or not responding like they normally do (their head may fall to the side, backwards or forwards, or they may find it difficult to lift their head or focus on your face)

You or the person who's unwell may also have a rash that's swollen, raised or itchy.

These can be signs of a serious allergic reaction and may need immediate treatment in hospital.

Here comes the sun

Sun awareness week takes place between 12 – 18 May. Sunburn increases your risk of skin cancer. Sunburn does not just happen on holiday. You can burn in the UK, even when it's cloudy.

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

Sun safety tips

Spend time in the shade when the sun is strongest. In the UK, this is between 11am and 3pm from March to October.

Make sure you:

- never burn
- cover up with suitable clothing and sunglasses
- take extra care with children
- use at least factor 30 sunscreen

[Sunscreen and sun safety NHS](#) 

Mental Health is everything

Mental health is more than just a small part of our lives.

It's connected to every little thing we do, every place we go and every person around us. Mental health is important to our overall health and well-being. It's part of our defining moments and the day to day.

When we have good mental health, we feel resilient allowing us to be able to adapt to the ups and downs of life, navigate situations by using our strengths, and access support from the people around us. Our resilience changes depending on the situation and varies day to day. That's why it's important to take steps to look after our mental health.

We sometimes forget to check in with ourselves and we might not realise our wellbeing is suffering until we are struggling because of it.



[Your wellbeing and how to look after it](#) 🖱️

Body Image

Body image is how we see, think and feel about our own body. Lots of people get worried about how they look or what other people think.

What to do if you're struggling with body image

There's no single type of beauty – everyone sees it differently. And there's no right or wrong way to look. But accepting the way you look can be hard. Here are some things you can do if you're struggling:

Be kind to yourself

Try not to compare yourself to the many images you see online, in the media or on TV. These images are often digitally changed to make them look "perfect" and they don't reflect how people look in real life.

Notice how social media affects you

Social media can create a lot of pressure to have the "perfect" body. If there are accounts that make you feel bad, unfollow them. Try to follow accounts that make you feel good instead.

Talk to some you trust

Share your feelings with someone you trust, like your parents, a teacher, a School Nurse, a close family friend, or a faith leader.

If you're finding it tough to feel good about your body, YoungMinds have some advice that can help you.

[Young Minds advice](#) 🖱️



Aged 11 – 19?

Text a school nurse on
07507 332 631
for confidential help and advice.

Staying healthy

Anxiety, emotions and anger

Social media

Family issues and
friendships

Smoking, alcohol
and drugs

Body image
and identity

Bullying

Sexual health and
contraception

Sleep

#ChatHealthWolves

More information, including T&Cs and privacy, at:
www.royalwolverhampton.nhs.uk/chathealth

Water, drinks and hydration

Water is a healthy and cheap choice to keep you hydrated, but other drinks can also count towards your fluid intake. We also get some fluids from the foods we eat.

Not getting enough fluids can lead to dehydration.

Daily fluid intake

Most people should aim to drink enough during the day so their pee is a clear pale yellow colour.

The Eatwell Guide recommends that people should aim to drink 6 to 8 cups or glasses of fluid a day. Water, lower-fat milk and sugar-free drinks, including tea and coffee, all count.

You may need to drink more fluids if you're:

- in a hot environment
- physically active for long periods
- ill or recovering from illness

You should drink sugary fizzy drinks, squash and juice drinks in moderation. If you drink a lot of sugary drinks, you are more likely to become overweight. The added sugar in these drinks can also damage teeth.

Do

- drink regularly throughout the day
- swap sugary drinks for sugar-free or no added sugar drinks
- limit fruit juice and smoothies to a maximum of one small glass (150ml) a day and drink with a meal, as they're high in sugar
- check nutrition labels on drinks – look for drinks with green or amber colour-coded labels
- drink extra fluids if you've been sweating from physical activity, or if you're unwell – water is the best way to replace lost fluids
- dilute squash drinks or cordials well to reduce the sugar content
- drink caffeine in moderation – some people are more sensitive to caffeine than others, depending on how much they drink and how often. Check the label for drinks that are high in caffeine.
- if you don't like the taste of water, try sparkling water, no added sugar squash, or add a slice of lemon or lime

Don't

- have drinks that are high in sugar too often – they're higher in calories and the sugar can damage your teeth

If you wish to speak with a School Nurse, please contact our Single Point of Access (SPoA) Hub on 01902 441057, text 07507 332 631, or speak to your school receptionist.

