



Quarterly Newsletter

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Welcome to the second CBCHS Quarterly Newsletter! This edition features an article about sun and skin care, as we are in the middle of summer, I hope you find this newsletter timely and informative. If you have any suggestions regarding content of future articles, please let me know. I would like to acknowledge

The Cancer Council of Victoria for the following information.

Warmest regards and look after your own health.

Chris Fox CEO

SUN AND SKIN CARE. Why sun protection is so important!

Australia has the highest rate of skin cancer in the world. People of all skin types and all ages need to protect their skin from the sun to reduce the risk of skin cancer.

SUN PROTECTION TECHNIQUES

For best protection from the sun, a combination of sun protection measures is recommended, including:

Shade

Shade is one of the most effective ways to protect against the sun's UV rays.

Clothing

Clothing provides a barrier between UV rays and the skin.

Hats

The correct type of hat shades the face, eyes and neck.

Sunglasses

UV rays can also damage eyes. Some styles of sunglasses provide more protection than others.

Sunscreen

Sunscreen should be the last method of sun protection. Find out how it works, and how it should be used.

Windows

Find out about the amount of sun protection offered by car and building windows.

The Cancer Council Victoria shop

Protect yourself and your family from the sun, and support cancer education, research and patient support programs in Victoria by shopping at The Cancer Council Victoria shop.

To protect yourself from the sun, use a combination of sun protection measures from the start of September until the end of April.

The SunSmart UV Alert is issued when the UV Index forecast for the day is 3 or above.



For further information regarding details on this page, please go to:
www.sunsmart.com.au



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All donations of \$2 or more to CBCHS are tax deductible. Donations will be acknowledged and a receipt provided for taxation purposes.

Further information

If you require any other information, please tick the appropriate boxes below and send this form to us.

Please send me information on how to include CBCHS in my Will

I would like to talk to someone, in strict confidence, about including CBCHS in my Will

Return your completed form to:

CEO
Central Bayside Community Health Services Inc.
335 Nepean Highway
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What does UV mean?

Ultra-violet (UV) radiation is radiation that is emitted by the sun. It is divided into three sub-sections:

- UVA
- UVB
- UVC

The earth's atmosphere blocks all UVC radiation and all but a small amount of UVB, so the ultra-violet radiation at the earth's surface is mostly UVA and UVB. UVB is the most harmful for humans.

What is the SunSmart UV Alert?

The SunSmart UV Alert is reported daily in newspaper weather forecasts across Australia. The alert is used to raise public awareness of the risk of exposure to UV radiation and to encourage people to adopt appropriate sun protection measures. For best protection from the sun, a combination of sun protection measures is recommended, including;

- Seeking shade
- Wearing protective clothing that cover the arms and legs as well as the body
- Wearing a hat that shades the face and neck
- Wearing wrap around sunglasses
- Using SPF30+ broad spectrum sunscreen which is reapplied every 2 hours

Is the SunSmart UV Alert issued every day?

The SunSmart UV Alert is issued when the UV Index forecast for the day is 3 or above, which can apply to most days. When the UV Index reaches 3 or above, skin damage and particularly sunburn can occur and the risk of skin cancer increases, so sun protection is required.

The alert identifies the times during the day that the UV index will reach 3 or above, so people know when to adopt sun protection measures.

How is the UV forecast developed?

The UV Index forecast which provides the information for the SunSmart UV Alert for capital cities and major towns across Australia is issued by the Bureau of Meteorology. The UV rating system used by the Bureau has been adapted from the World Health Organisation Global Solar UV Index.

Why are there different forecasts for different parts of Australia?

UV levels are largely determined by latitude, cloud cover, time of year and time of day. For this reason it is important for Australians to understand that the UV index can change each day, and is different for each month and each season.

Also, because the northern states of Australia are closer to the equator they have higher UV Index than the southern states. It is important for Australians to understand that the UV index can change each day due to cloud cover, and is different each month and each season.

Australians should get into the habit of checking the UV Index regularly to see when they need to adopt effective sun protection behaviours.

Where can I find more information about the UV Index?

For further information on the UV Index, please refer to these websites;

Bureau of Meteorology
http://www.bom.gov.au/info/about_uv.sh
tml

World Health Organisation
<http://www.who.int/mediacentre/factsheets/fs271/en/>

Australia Radiation Protection And Nuclear Safety Agency (ARPANSA)
http://www.arpansa.gov.au/uvrg/rinfo_p2.html

CBCHS WEBSITE

For further information about CBCHS, including services offered, events, publications, health promotion, please have a look at our website:

www.cbchs.org.au