BRITISH ASSOCIATION OF DERMATOLOGISTS
HEALTHY SKIN FOR ALL

Sun Awareness Week 11-17 May 2026

Sun Awareness Week is a national campaign designed to raise awareness about skin cancer. The British Association of Dermatologists (BAD) aims to inform the public about the risks of skin cancer and the importance of regularly checking your skin, as well as the effects of excessive tanning. Overexposure to the sun and UV rays can cause serious damage, which may eventually lead to skin damage or even skin cancer.

Sun Safety Tips – Shade, Clothing & Sunscreen

Although sun exposure is a major cause of skin cancer, sun safety doesn't have to mean total sun avoidance. Instead, it is recommended to follow three simple steps to keep safe in the sun at home or abroad. These will keep you safe from sunburn and reduce your risk of skin cancer in the future

Useful links:

Sun Advice for Skin of Colour - BAD Patient Hub *Why should I use sun protection? Just because your skin may have some natural protection from the sun's UV rays, it doesn't mean you are completely resistant to sun damage. When we talk about sun damage we are talking about four types of damage: sunburn, skin ageing, hyperpigmentation and skin cancer.*

Sun Protection Advice for Children and Babies - BAD Patient Hub

WHAT IS MELANOMA? | Melanoma UK

11-19 years old? Young people in Hounslow can text a School Nurse on **07507 333 176** for confidential advice and support.

ChatHealth

Receive an answer within one working day from a qualified School Nurse
(Monday to Friday 9.00am-4.30pm)

Parents and carers in Hounslow can text a School Nurse on **07312 263 080** for confidential advice and support for their child or teenager.

ChatHealth

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