



Surrey Heath's Parks & Countryside Walks & Events

July to September 2007

Wednesday 18th July Really Wild Quiz Night - Stonechat Challenge

Go along to the Visitor Centre at Lightwater Country Park and pit your wits against other teams for the Stonechat Trophy. There will be various rounds of trivia and some more serious questions, all with a wildlife theme. Teams of up to four members are invited to enter.

Starts at 7pm. Advance booking is essential, please ring 01276 479582.

Cost £5 per team.

Please take along your own refreshments.

Sunday 22nd July Busy Bees at Blackwater

Children and their parents are invited to join Surrey Heath Ranger Gordon Voller in

search of mini beasts amongst the meadows at Blackwater Park. Sweep nets are provided but limited, so first come, first served.

Meet at 2.30 pm by the bridge over the river in Admiralty Way, Blackwater, Camberley.

This is a one hour event. Sorry no dogs.

Sunday 19th August Blooming Heathland

Enjoy the Heathland in full bloom at Lightwater Country Park. Join Surrey Heath Ranger Gordon Voller to discover the heath's history, how it is managed today, and hopefully see some of its wildlife.

People are advised to take along binoculars if they have them.

Meet outside the Visitor Centre at

11am for this one-and-a-half-hour event. Sorry no dogs.

Sunday 9th September Beyond Bagshot

Join Surrey Heath Ranger Peter Russell for a stroll through the heath and woods of Bagshot.

Meet at 10am at the Bagshot Playing Field, College Rise, Bagshot.

The walk will last around two hours and cover four miles.

Stout footwear required.

Dogs on leads welcome.

For further information about these events please phone 01276 707338 or visit www.surreyheath.gov.uk/leisure.



Using sunbeds safely

Come rain or shine this summer some Surrey Heath residents will ensure they have a radiant glow by tanning on an artificial sunbed. However people should be aware of the risks involved by tanning in this way.

Surrey Heath Borough Council Environmental Health Officers have recently inspected the seven outlets in the Borough where sunbeds are provided to ensure customers were receiving the right advice and were aware of the issues involved.

Officers found all the outlets were manned by staff who understood the risks and gave comprehensive advice to customers. The main cause for concern was that several premises were not following the Health and Safety Executive Guidelines which suggest people should have no more than 20 sessions a year.

Council Environmental Health Officers endorse the limit of 20 sessions a year

and offer the following tips for tanning safely on sunbeds.

- Tan gently – do not exceed the recommended time for each session, this varies depending on the intensity of the sunbed
- Always wear eye protectors
- Do not use cosmetics or deodorants 12 hours before and after using a sunbed as this can increase the risk of an allergic reaction
- Be aware that home sunbeds pose a greater risk as it is impossible to regulate the time people spend on them

Do not use sunbeds if you:

- Are under 16
- Have fair sensitive skin and burn easily
- Have a large number of freckles or moles
- Are taking certain medicines or use prescribed creams – check with your doctor

- Are medically affected by sunlight
- Have a history of skin cancer in your family

All sunbed centres should tell you about:

- Short term risks – sunburn, rash, skin dryness, eye irritation
- Long term risks – premature ageing, skin cancer, cataracts

Research has shown that people who use sunbeds have an increased risk of melanoma which is a cancer of the pigment producing cells in the skin. If detected early it is curable but can be fatal if allowed to progress and spread.

The British Medical Association, Cancer Research UK, the British Association of Dermatology and the World Health Organisation all warn against using sunbeds.

