

Dear Parents and Carers,

With summer upon us, it's the perfect time to spend quality time with your family outdoors. Whether you're planning a trip to the beach, a park or simply playing in the back garden, it's important to remember to take simple steps to keep everyone safe and healthy.

To help you make the most of your summer holiday, we've put together some tips for a safe and enjoyable time in the sun on the [Just one Norfolk](#) website.

These include; [staying safe in the sun](#), [water safety](#), [safety during play](#), suggestions for [FREE summer activities](#) and [support with food](#) for families facing financial challenges.

By taking simple steps to protect yourself and your loved ones, you'll have a memorable summer full of fun and adventure.

We also have two webinars in August covering everything you need to know to keep your little one safe in the sun and during the summer. Book here - [Summer Sun and Safety Webinars](#).

We hope you find these resources helpful and wish you a happy and safe summer holiday.

