



## WPA Health & Wellbeing Update

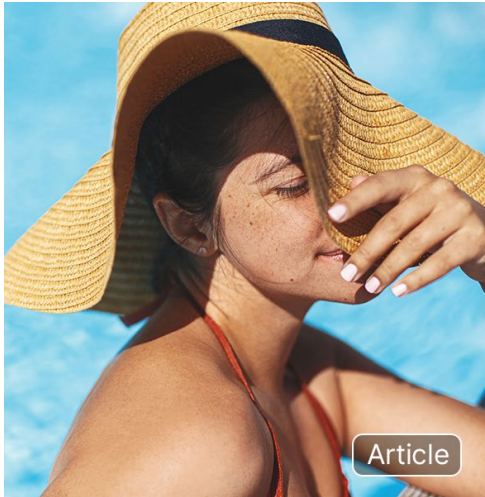
July 2024

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### **Hints and tips for you and your clients.**

Please see below for examples of articles recently added to our Health & Wellbeing Hub.

- Tips for staying safe in the Sun
- The importance of LGBTQ+ sports teams & creating inclusive environments for everyone
- Eczema – a very common condition that affects people of all ages; but the good news is it can be managed and there are plenty of options available to minimise its impact.



## Staying safe in the Sun

It's easy to forget about the importance of protecting your skin from sun exposure when you live in the UK. Luckily, Jess Bown is here with some top tips on how to safely catch those rare summer rays.



## Joining an LGBTQ+ sports club

For years, studies have shown that exercise and fitness are linked to improving the physical and mental health of all of us. Still, the playing field has not always been equal...



## Eczema

In this new research piece Jess Bown examines the treatment options for those suffering from eczema, a common skin condition affecting people of all ages.

## Additional Support Services

If you or someone you know is struggling with any of the issues raised above, there are a wide variety of organisations, across the UK, that can offer support. See a selection of these below:

- [Melanoma Fund UK – Skin cancer FAQs](#)
- [Find an LGBTQ+ sports club for you – Pride Sports](#)
- [National Eczema Society](#)

At WPA, we're firm believers in supporting the health and wellbeing of all our members and staff, and want to take this opportunity to remind you about the [Health & Wellbeing Hub](#) on our website that is full of valuable insights, engaging articles, short videos, expert-led webinars and signposting to other key resources.

Click the button below to access our full range of support materials.

[Health & Wellbeing Hub](#)

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## Future training dates

SAVE THE DATE:

There will be a WPA Broker Experience Day on Wednesday 23rd October 2024 at WPA Head Office. More info to follow nearer the time.

### Tailored healthcare

A range of award-winning health insurance with a choice of cover levels and lifestyle options.

### Freedom to choose

Enjoy the freedom to choose where, when and who provides your treatment.

### Expert service

With expertise built up over 120 years, we are passionate about helping our members.