



BASSETLAW
DISTRICT COUNCIL
NORTH NOTTINGHAMSHIRE

December 2010

Scrutiny is an Independent, Councillor-led Function, Working with Local People to Improve Services.

Foreword

I have had the pleasure of chairing this Health Panel reviewing skin cancer. This review has been a most interesting topic and all the Members on the Panel have learnt a great deal about skin cancer and more importantly how to prevent it and the early signs of detection.

Although skin cancer is the fastest growing cancer with the number of cases quadrupling in the last 30 years, skin cancer is the most preventable and curable cancer around today and yet people still die from it. It is my hope that this review will once again raise awareness, and further the efforts of those involved the SunSmart campaign

The review looked at a number of areas including exposure to the sun, the use of UV Tanning equipment and the SunSmart Campaign. Bassetlaw is one of a few local authorities that licenses premises with UV Tanning equipment and has recently implemented some new conditions to ensure that users are over 18 and that staff are properly trained.

I would like to take this opportunity to thank all the Members and Officers involved in this review and to all the witnesses that have provided evidence it has been a rewarding experience.

Councillor Mrs M. W. Quigley
Chair of Health Panel



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1. Executive Summary

1.1 Summary of Findings

Bassetlaw District Council's Health Panel was tasked to review skin cancer as part of the Annual Programme of Work for 2010/11. The topic was approved by Overview and Scrutiny in July 2010.

The review identified the different types of skin cancer; the two main types are Basal cell skin cancer and Squamous cell skin cancer. The less common type is Malignant Melanoma and the number of people diagnosed with Malignant Melanoma rose by 650 in one year, taking the total to 10,410 in 2006, the most recent available figure.

Skin Cancer cases have quadrupled in the last thirty years and is now predicted that it will be the fourth most common cancer by 2024. However it is the most preventable and curable if detected in the early stages.

Bassetlaw has a lower incidence of skin cancer, than the national average (2004-2006), however the mortality rate in Bassetlaw is slightly higher than the national average (South West Public Health Observatory).

Young people are more at risk of getting a Malignant Melanoma that if untreated can kill. It is important to get the message out that children burn more easily and can cause more damage because the skin has not fully developed. With the current trends of sun kissed skin young people are more likely to want a tan. However, using a sunbed before the age of 35 increases the chances of cancer by 75%.

The review identified the Bassetlaw licensing of UV Tanning Equipment is good practice and that owners are well placed for the implementation of the Sunbed Regulation Bill that is to be implemented in April 2011.

The Panel identified possible ways to raise awareness of the risks associated with skin cancer by using SunSmart resources in a range of ways, including using information screens, working with schools through the Extended Services Coordinators and incorporating skin cancer into the Bassetlaw Workplace Health Award Scheme.

1.2 Equality Issues

This review examined the causes of skin cancer including the impact of artificial tanning on the health of all Bassetlaw residents. Recent research, undertaken by Cancer Research UK, has shown that people from more deprived backgrounds are more likely to use artificial tanning equipment. The Indices of Multiple Deprivation 2007 revealed that Bassetlaw was the 101st most deprived local authority area in the country, from a total of 354. Bassetlaw residents may be at greater risk of the potential negative effects of the misuse of sunbeds, especially those used in their own homes. However, the licensing of sunbeds comes under the licensing of premises for massage or special treatments, covered by the Nottinghamshire County Council Act 1985. This has reduced the misuse of artificial tanning salons, and their negative effects and has contributed to reducing health inequalities.

It also reviewed the education campaign and how it included all Bassetlaw residents. There were target groups that are more at risk these were young people and outdoor workers.

An Equality Impact Assessment has been carried out for this review. This can be viewed at www.bassetlaw.gov.uk under the Equality Section or by contacting the Policy and Scrutiny Unit on 01909 533189.

1.3 Scope of the Review

The panel undertook a scoping exercise at the first meeting and the following Scope was agreed:

- How does Bassetlaw District Council protect and inform its own staff about the risks of prolonged exposure to sunlight (e.g. outdoor workers)?
- How does the Bassetlaw District Council license sunbeds/tanning salons and how is the policy enforced?
- Investigate best practice in education and prevention about skin cancer within the North Trent Cancer Network.
- Target two specific groups – young people and older people – regarding how information may be disseminated to them.

- To specifically examine methods of educating people about recognising the symptoms and the benefits of early detection.

1.4 Membership

The following Councillors were appointed to be members of the Health Panel:

- Councillor B. Barker
- Councillor D. Challinor
- Councillor B. Hopkinson,
- Councillor Mrs. M. W. Quigley (Chair)
- Councillor J. B. Rickells
- Councillor J. Smith
- Councillor Miss M. Stokes
- Councillor S. Toms (Vice-Chair)
- Councillor Mrs. E. M. Yates

1.5 Summary of Recommendations

	Recommendation	Responsible Officer	Financial Implications	Delivery Timescale	Risks to delivery/ Officer Comment
1.	That seasonal advertising campaigns are promoted through the use of screens in schools, community information points and at the Council Offices.	J Brassington (Communications Unit, BDC)	Officer Time	May – August 2011 and ongoing in subsequent years.	Information required, list of participating schools and community information points to be provided to Communications Unit prior to commencement.
		Extended Services Co-ordinators or named Person	Officer Time	May – August 2011 and ongoing in subsequent years.	The seasonal advertising campaigns being promoted through the use of screens in schools is a good idea and one which I am sure schools will support. (Portland Family of Schools)
2.	That Bassetlaw News is used for a seasonal SunSmart campaign.	Lisa Bromley NHS Bassetlaw	Advertisements cost would be dependant on size. Minimum cost £250 per advert.	April – August 2011 and ongoing in subsequent years.	Excellent – NHS Bassetlaw can provide the info/evidence for the article for Bassetlaw. Timing of article is important and needs to be planned for May – July 2011.

	Recommendation	Responsible Officer	Financial Implications	Delivery Timescale	Risks to delivery/ Officer Comment
		J Brassington (Communications Unit, BDC)	Free Editorial will only be supplied if supported by an advertisement.	August 2011	Bassetlaw District Council actively engages with partners to use Bassetlaw News as a key method of communicating with all Bassetlaw residents.
3.	That Orchard Health produces an internal Health Calendar for staff profiling relevant health messages and national campaigns.	J, Howe-Shilton (Orchard Health)	Officer Time	June 2011	An interim advert will be placed on the intranet with forthcoming health information.
		M. Parker (Human Resources, BDC)			This will be budgeted for from May 2011 with regular monthly features.
4.	That the Corporate Diary sited on the intranet is modified to incorporate the Health Calendar.	C. Robinson (Communications Unit, BDC)	Officer Time	June 2011	The Financial Implications are as stated, officer time only and this would be minimal. The information can also be signposted via the Health and Well-Being pages on the intranet. As soon as we have the information, the upload can take place.

	Recommendation	Responsible Officer	Financial Implications	Delivery Timescale	Risks to delivery/ Officer Comment
5.	That BDC/HR continue with the Health Fairs designated for staff as required through the work programme and that they should be modified to include skin cancer awareness.	M. Parker (Human Resources, BDC) J, Howe-Shilton (Orchard Health)	Existing Budgets	March 2012	The mini health fairs will continue and will include skin cancer awareness. It will also be included in the Health & Well-being page.
6.	That NHS Bassetlaw should continue to work with schools through the Extended Services Co-ordinators and secure additional contacts through the schools to deliver the SunSmart Campaign.	Lisa Bromley (NHS Bassetlaw)	Officer Time	April 2011	NHS Bassetlaw needs to consider whether it will undertake a specific skin cancer awareness campaign next summer like the one we have run since 2009/10. (due to PCT reorganisations and resetting of priorities by our clinical commissioning consortia Bassetlaw Commissioning Organisation and financial pressures).
7.	That NHS Bassetlaw explore other ways to support school staff delivering the SunSmart message and develop further resources like a DVD to go into the delivery pack for both Primary and Secondary schools for the SunSmart Campaign.	Lisa Bromley (NHS Bassetlaw)	Cost of running the event.	April 2011	See above comment. Also the aim of this years skin campaign working with Irene Kakoulis from Notts County Council was always to support schools to embed the awareness raising of skin cancer with pupils by

	Recommendation	Responsible Officer	Financial Implications	Delivery Timescale	Risks to delivery/ Officer Comment
					<p>them routinely discussing it during may – July. The SUNSMART message is simple NHS Bassetlaw does not have the resources /capacity going forward to do schools sessions, there are 55 schools in Bassetlaw. NHS Bassetlaw has provided posters/ leaflets/ letters/ information and website links (South West Public Health Observatory has some good material for schools to do their own sessions).</p>
7.	That NHS Bassetlaw explore other ways to support school staff delivering the SunSmart message and develop further resources like a DVD to go into the delivery pack for both Primary and Secondary schools for the SunSmart Campaign.	Extended Services Co-ordinators (Bassetlaw Schools)	Staff time (release to attend briefing and Internal messages)	April 2011	<p>Each Head would have to make a decision about whether to take up this. (Portland Family of Schools)</p> <p>The proposed recommendations look viable, but you will need to cover costs of teachers cover to attend the information sessions.</p>

	Recommendation	Responsible Officer	Financial Implications	Delivery Timescale	Risks to delivery/ Officer Comment
					<p>(Serlby Park Family of Schools)</p> <p>The idea that NHS Bassetlaw developing a briefing session for teaching staff, providing a supported delivery pack including possible lesson plans for both primary and secondary schools for the SunSmart Campaign and other Public Health initiatives is always a difficult one with regard to staff time and releasing teachers due to the cost implications.</p> <p>One of the best ways of getting the message across to schools and staff is by taking the campaign into school and delivering at a school assembly, rather than delivery packs. Better to invest in having a professional delivering the message or perhaps Extended Services helping</p>

	Recommendation	Responsible Officer	Financial Implications	Delivery Timescale	Risks to delivery/ Officer Comment
					to deliver the message and taking the campaign into schools or putting on a community event to promote it. (Retford Oaks Family of Schools).
8.	That NHS Bassetlaw adapt the Workplace Health Award Scheme to incorporate targeted delivery of the SunSmart Campaign.	Sonya Clark (NHS Bassetlaw)		April 2011	<p>The scheme asks that work places to link to campaigns as highlighted in a calendar and promote them as appropriate within the work place.</p> <p>So long as we can provide workplaces taking part with resources/leaflets/posters etc in advance then this shouldn't be a problem I can add it as a mention - I am revising the paperwork now so will let you have copies of the revision once they are complete.</p>

	Recommendation	Responsible Officer	Financial Implications	Delivery Timescale	Risks to delivery/ Officer Comment
9.	That BDC Human Resources continue to support the SunSmart Campaign by printing the tagline message on BDC and A1 Housing wage slips.	M. Parker (Human Resources, BDC)	HR Budgets. The cost was £23.48 last year	June 2011	Agreed.
10.	That Health & Safety prepare an article on sun protection at work for the Staff Weekly Newsletter. This article should feature as a minimum at the beginning of/during the Summer.	Jim Moran (Principal Safety Officer, BDC)	Officer Time	June 2011	This will be implemented by the Service once Cabinet approve the recommendation.
11	That Bassetlaw District Council provide guidance on the necessary training qualifications required to provide special treatments with the application for Licensing of Premises for Massage and/or Special Treatments.	Stephen Wormald	Officer Time	May 2011	This will be implemented by the Service once Cabinet approve the recommendation.

2. Background

2.1 Types of Skin Cancer

Skin cancer is the second most common cancer in the 15-34 age group, it kills more men nationally, however in Bassetlaw more women die from it. The number of cases is increasing and has quadrupled since 1970. The culture of package holidays, sunbathing and tanning salons have contributed to the rise. This type of cancer is preventable and has the highest survival rate if diagnosed at Stage 1. It is predicted to be the fourth most common cancer in adults by 2024.

There are two main types of non-melanoma skin cancer; these are Basal cell skin cancer and Squamous cell skin cancer. Basal cell skin cancer counts for three quarters of all incidence skin cancer. It develops mostly in areas exposed to sun, but can develop on the back or lower legs. It is most often diagnosed in middle or old age. It very rarely spreads to another part of the body. Squamous cell skin cancer counts for a fifth of all incidence of skin cancer, and is similar to Basal cell skin cancer in that it develops in areas exposed to the sun. If it spreads it most often spreads to the deeper layers of skin, occasionally it can spread to nearby lymph nodes or other organs, causing secondary cancers. The less common types of non-melanoma skin cancer are Merkel cell carcinoma, T cell lymphoma of the skin and sarcoma. Malignant Melanoma is less common but the most deadly type of skin cancer. The number of people diagnosed with malignant melanoma rose by 650 in one year, taking the total to 10,410 in 2006, the most recent available figure.

2.2 Links to Skin Cancer

The Sun

Life on earth depends on the radiant energy from the sun. Approximately 5% of that radiation is ultraviolet radiation (UVR), and solar radiation is the major source of human exposure to UVR. Before the invention of UV tanning equipment in the twentieth century the sun was the only source of UVR.

UVR spans the wavelengths from 100 to 400 nm¹. The ultraviolet spectrum has been further subdivided into three regions: UVC (100-280 nm), UVB (280-315 nm) and UVA (315-400 nm).

Solar UVR that reaches the Earth's surface comprises approximately 95% UVA and 5% UVB: UVC is completely filtered out by the Earth's atmosphere. The amount of solar UVR measured at the Earth's surface depends upon a number of factors, which include time of day, season and geographical latitude, stratospheric ozone, atmospheric pollutants, weather, ground reflectance and altitude. Exposed skin surface is irradiated differently depending on cultural and social behaviour, clothing, the position of the sun in the sky and the relative position of the body.

Although humans have clearly evolved to tolerate some absorption of UV radiation, and are able to use this to create vitamin D in the skin, UV radiation is a known cause of damage to body tissues after prolonged or intense exposure. UV radiation can result in skin burns, accelerated skin ageing, eye damage and immune effects. UV radiation is also capable of producing mutations of DNA that are thought to be an important part of the development of cancer.² The risk of Squamous cell carcinoma (SCC) is linked to overall sun exposure through your life. This means that outdoor workers have an increased risk - for example, farm workers, gardeners and building site workers. Sunburn in childhood is also linked to SCC in some studies.

Radiant exposure is frequently expressed as 'exposure dose' in units of J/cm²³ or the Minimal Erythral Dose (MED) this is defined as the threshold dose that may produce sunburn. The total yearly exposure dose of solar UVR varies widely among individuals in a given population, dependant on the occupation and extent of outdoor activities. For example indoor workers in the USA would receive an annual dose to the face of between 40-160 times the MED, compared with outdoor workers who would receive 250 times the MED. The total solar UVR dose can be increased by the use of UV tanning equipment on average by 20 –30 times the MED.

¹ Nanometre

² The Scottish Government, The Public Health etc (Scotland) Act 2008 (Sunbed) Regulations 2009: Regulatory Impact Assessment (RIA), 18 November 2009. See also COMARE, *The health effects and risks arising from exposure to ultraviolet radiation from artificial tanning devices*, 19 June 2009, p 41

³ Joules per centimetre squared

Ultra Violet Tanning Equipment

There has been some improvement in the equipment used today as they mainly emit UVA radiation; compared to the old beds (pre 1980) that were a higher risk because the tanning lamps emitted higher proportions of UVB and UVC. Individuals exposed to lighting from fluorescent lamps may typically receive annual exposure doses of UVR ranging from 0 to 30 times the MED, depending on illuminance levels and whether or not the lamps are housed behind plastic diffusers. There is increasing use of tungsten-halogen lamps, which also emit UVR, for general lighting.⁴ It has always been thought that UVB is the main risk for skin cancer. Sunbeds produce mostly UVA (but all produce some UVB too). UVA damages the skin and there is increasing evidence that UVA may also cause skin cancer. So sunbeds may increase your risk of non-melanoma skin cancer. The evidence is strongest for a link between sunbeds and Squamous cell skin cancer.

Sunbeds are a source of powerful ultraviolet (UV) light and can deliver an intensity of UV radiation equivalent to that experienced in midday Mediterranean sun. UV light is known to cause significant skin burns, accelerated skin ageing, eye damage and allergic skin reactions. Via its ability to damage DNA, UV light is also a widely accepted risk factor for skin cancers, including melanoma. However, while sunlight contains a mix of UVA and UVB radiation, sunbeds produce mainly UVA radiation, which penetrates deeper into your skin. Some evidence suggests that exposure to UV in childhood is more strongly linked to development of melanoma than exposure as an adult. In 2007 there were 8,809-recorded new cases of melanoma in the UK, with 1,847 deaths attributed to melanoma in 2008.

The International Agency for Research on Cancer (IARC), part of the World Health Organisation, has decided to place sunbeds in the highest cancer risk category. Sunbeds were previously in the lower 'group 2A' category, which contains threats that are 'probably carcinogenic to humans', but their new status as 'group 1' carcinogens, the highest category, removes any element of doubt. This follows a study, which showed that UVA-treated mice developed the same characteristic genetic mutation that had previously only been attributed to solar UVB radiation. The decision was made by the IARC Monograph Working Group, which noted that the use of sunbeds is "widespread" in many developed countries, particularly among young women.

The South West Public Health Observatory published a report in November 2009 "Sunbeds outlets and area deprivation in the UK, this research would suggest that women especially in these areas are more likely to use a sunbed.

⁴ IARC Monographs on the Evaluation of Carcinogenic Risks to Humans, Volume 55, Solar and Ultraviolet Radiation

In November 2009, Cancer Research UK (CRUK) carried out two face to face surveys of sunbed use with over 9000 children aged 11-17 in England². They established that: -

- (i) 6% of 11-17 year olds had used a sunbed (more than 250,000 children) and the average age of first use of sunbed was 14;
- (ii) 26.5% of 11-17 year olds said that they used a sunbed at least once a month;
- (iii) Supervision of sunbed use was poor. Nationally, of those children who used sunbeds, 23.2% did so at home. The remaining three quarters had used tanning/ beauty salons or gym/ leisure centres, where 21.8% had been unsupervised; only 11.4% of children who were supervised were warned of possible harms.

Chemicals

Contact with a number of different chemicals can increase your risk of non-melanoma skin cancer. Protective clothing should be worn when handling these substances frequently. These include the following:

- Coal tar
- Soot
- Pitch
- Asphalt
- Creosote
- Paraffin wax
- Petroleum products, such as mineral oil or motor oil
- Arsenic

One of the causes being linked to Squamous skin cancer are chemicals such as polycyclic aromatic hydrocarbons. This is the name of a group of approximately 10,000 compounds which result from wood, coal, gas, and other materials that are burnt incompletely. They can be very small particles which can travel great distances through the air. They also take the form of ash and can filter into water as well as settling on the surface of objects. They are also released in higher amounts in

objects that have been burned in low temperatures, such as in cigarettes. Contamination can take place by inhaling the particles or absorption into the skin, through touching the chemicals or liquids where the particles may be.

Family History

Most skin cancers are not caused by an inherited faulty gene that can be passed on to other family members, so family members are not likely to have an increased risk of developing it. However, families are likely to have the same skin type, which may increase their risk of developing a skin cancer.

People with certain rare hereditary conditions, such as Gorlin's syndrome or xeroderma pigmentosum (XP), have a higher risk of developing skin cancer.⁵

Skin Type

Those people with fair skin are more at risk because they are more likely to burn more easily in the sun if they should go out without protection. Also those people with freckles and moles are also more at risk of having skin cancer. Other attributes that could be considered as more risk are fair or red hair and light coloured eyes.

People with naturally brown or black skin are less likely to get skin cancer as darker skin has some protection against UV rays. However, skin cancer can still occur. Black people are most likely to develop skin cancers on the palms of their hands or the soles of their feet.

Previous Skin Cancer

Research has shown that for those people who have had a non-melanoma skin cancer; there is a greater risk of getting another of the same type. According to research, the risk is up to 15 times the average risk of skin cancer. However those that have had a melanoma are 3 to 5 times higher than average risk of getting a non-melanoma skin cancer.

⁵ Macmillan Cancer Support

Incidences in Bassetlaw

The table below shows that Bassetlaw has a lower incidence of skin cancer than the national average, but that those resulting in death are slightly higher than the national average. This information is based on the figures for 2004 – 2006 for malignant melanoma.

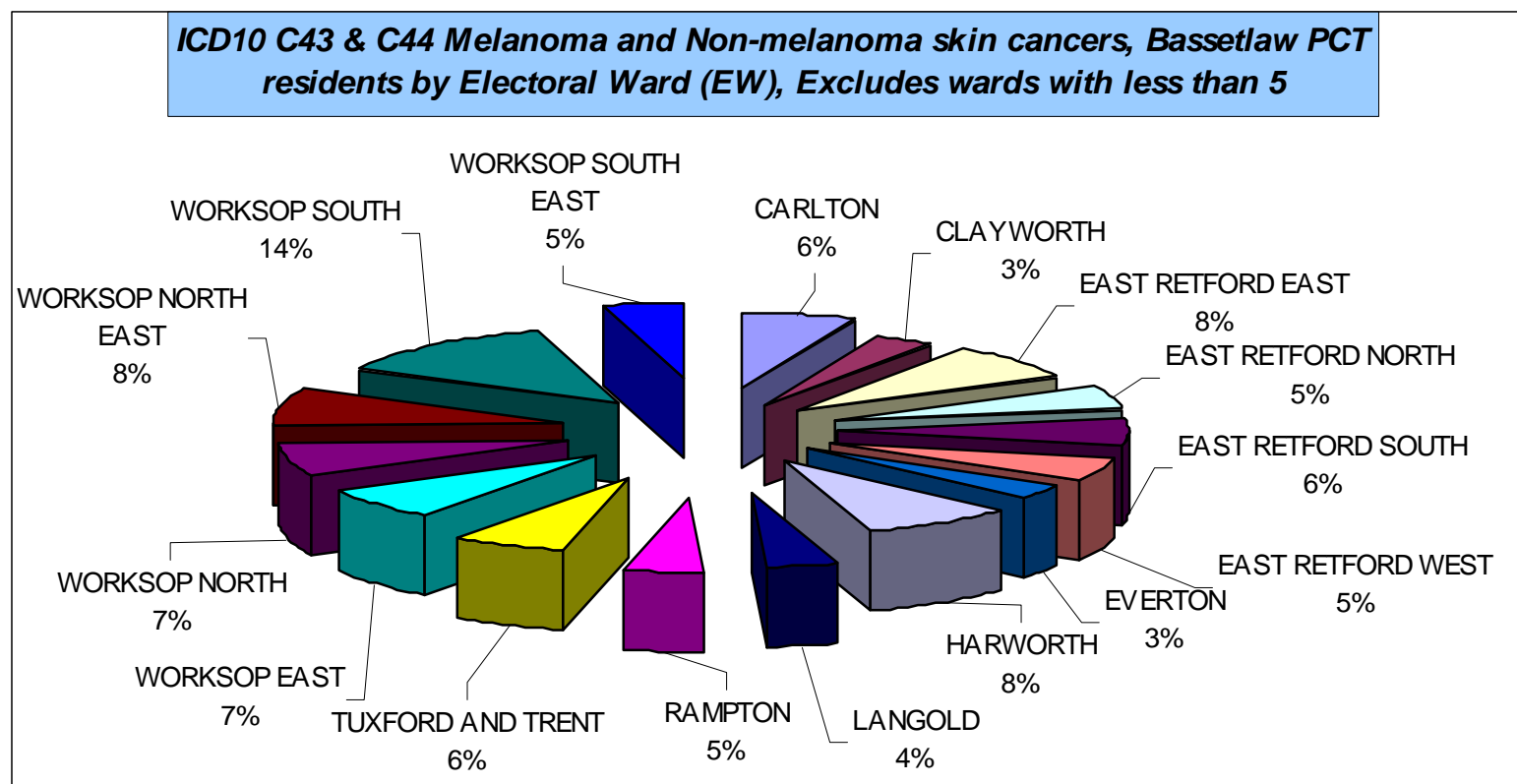


(South West Public Health Observatory 2010)

The chart below shows a breakdown by electoral ward. Melanoma incidence is rising rapidly, and is becoming one of the fastest growing cancers, reflecting the patterns of behaviour in recent years. When looking at this diagram it is important to understand that numbers are small so if there was a couple of extra cases in one ward that could make a significant

difference to the percentages, However it is interesting to note that Worksop South is a more affluent area with an older population. One possible reason for this could be that many of the older generation that are affected by skin cancer have had regular holidays overseas particularly in the late 1970s and 80s and did not protect their skin.

Bassetlaw skin cancer incidence from 2006

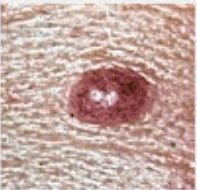
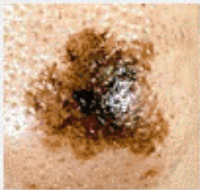








(NHS Bassetlaw 2009)

Bassetlaw has a lower incidence rate than the national average however the concern is that there is a higher mortality figure. In Bassetlaw there were 52 incidents of Melanoma (the less common but more aggressive type of skin cancer) between 2005-2007. 17 of these incidences resulted in death (32%) There were 6 deaths from non-melanoma, which are curable if detected early.

Clearly early detection is key to saving lives. The review highlighted the need to educate the public about how to check their skin on a regular basis and what to look for. An early sign of skin cancer can be the appearance of moles or dark patches on the skin. Medical advice should be sought if a spot changes in size, colour or shape,

The diagram below outlines the changes that should be checked by a GP this is known as the ABCDE rule.

Normal Mole	Melanoma	Sign	Characteristic
		Asymmetry	when half of the mole does not match the other half
		Border	when the border (edges) of the mole are ragged or irregular
		Color	when the color of the mole varies throughout
		Diameter	if the mole's diameter is larger than a pencil's eraser

Photographs Used By Permission: National Cancer Institute

2.3 National Policy

Legislation

The Sunbeds Regulation Act received Royal Ascent in April 2010. This was a Private Members' Bill brought by Julie Morgan - Baroness Findlay of Llandaff. The Act will place a duty on sunbed businesses to prevent use of sunbeds by under-18s and to provide for local authority enforcement of this duty. It gives Ministers powers to make regulations imposing further conditions on commercial sunbed use. These include requirements for supervision, provision of information on health risks, and eye protection.

Department of Health

The Government in 2004 implemented the Cancer Plan, which comprehensively changed cancer services. The Cancer Plan sets out the first comprehensive strategy to tackle the disease. It is the first time any government has drawn up a major programme of action linking prevention, diagnosis, treatment, care and research. In 2007 the Cancer Reform Strategy was launched which provided a framework around early detection, speedy treatment and prevention. Thanks to the progress made since the publication of the NHS Cancer Plan and the actions to be taken in the Cancer Reform Strategy, the following ten pledges were made to patients. (See Table overleaf.)

The National Awareness Early Diagnosis Initiative was implemented following the Cancer Reform Strategy to make public and healthcare professionals more aware of the signs and symptoms of cancer, and encourage those who may have symptoms to seek advice earlier.

Ten Pledges of the Cancer Reform Strategy	
1. More will be done to help you to reduce your risk of developing cancer;	6. Your care will be delivered in the most clinically appropriate and convenient setting for you.
2. An increased likelihood of your cancer being detected earlier;	7. You will be able to access information about the performance of your cancer services, enabling you to make informed choices, which reflect your priorities;
3. You will have access to high quality treatment at every stage of your cancer journey;	8. Your PCT will be supported in ensuring that the best possible cancer services are available for you;
4. Whether you are living with or beyond your cancer, high quality information and support, tailored to your personal needs will be available;	9. Your NHS cancer services will continue to be properly funded; and
5. Irrespective of who you are or what your background is, the NHS will work to give you access to the best possible cancer experience and outcomes;	10. We will keep striving to improve the quality of cancer services available.

Health & Safety Executive

The Health and Safety at Work Act makes it clear that there is a legal duty on every employer to ensure, as far as reasonably practical, the health of their employees. It also says that employers must provide “information, instruction, training and supervision” to ensure their safety. The Management of Health and Work Regulations also require the employer do conduct a suitable risk assessment of the risks to the health of their workforce. That includes the risks from UV radiation. The law also says that an employer has to remove any risk, or if that is not possible look at other ways of preventing or reducing exposure, including, as a last resort protective equipment. Where protective equipment is required this must be supplied free. ⁶

⁶ Skin Care and Outdoor Workers. Guidance for Safety Representatives TUC

The Health and Safety Executive (HSE) produced guidance for employers on sun protection in 2001. This has since been updated in 2009 with the 'Keep Your Top On' leaflet.

The HSE also produced guidance on sunbeds for operators and users in 1995. This was revised in May 2009 due to technological changes in the industry and increasing sunbed use. Although the HSE have provided extra information for both tanning salon operators and users in the document, including information on skin types and the risks of exposure to UV radiation, the guidance remains voluntary.

The Sunbed Association

The Sunbed Association (TSA) was established in 1995 as the industry's trade association with the primary aim of promoting consistent good practice in the use of sunbeds. As such, all members must adhere to TSA's Code of Practice, ensuring that self-regulation is promoted throughout the industry. Approximately 25% of the estimated 8,000 Tanning salons belong to the TSA.

The Code of Practice is based on both the European Standard: EN 60335-2-27: 2003 (drawn up by representatives from the medical and scientific professions and from industry) and the Health and Safety Executive Guidance Note "Controlling Health Risks from the use of UV Tanning Equipment". Members undergo inspection and commit to the Code of Practice; members that breach the code are expelled from the Association.

The TSA provides a code of practice for the industry and their Trademark is seen as a sign of recognition of credibility and reassurance for customers. This is more so in the areas where there are no licensing conditions.

The Sunbed Association claims that if used sensibly, sunbeds can be a good method of achieving tanned skin. They offer the ability to achieve a tan in a controlled environment, which means avoiding over-exposure to UV, and burning, providing the sunbed is used responsibly. Exposure to natural sunlight cannot be controlled in the same way. The cosmetic effects of having a tan can also have a positive psychological impact on sunbed users.

2.4 Local Policy

Notts County Council

The Nottinghamshire County Council Act 1985 requires that an annual licence will be required to undertake a range of massage or special treatments including UV Tanning equipment. This was recently updated to include revised conditions for UV Tanning equipment that included training of staff and limiting the age of users to 18 and over. This makes Nottinghamshire one of a small group of authorities that have this in place outside of London. Some of the districts have even stipulated the type of training that should be necessary.

NHS Bassetlaw

NHS Bassetlaw's Strategic Plan 2009-14 made a commitment to reduce mortality. To understand the awareness in the district a survey was carried out by NHS Bassetlaw. The Bassetlaw Cancer Awareness Measure Survey 2009 was carried out in the Bassetlaw locality with 800 respondents. The results showed a worrying lack of awareness with only 14% of participants aware that a change in the appearance of a mole could be a warning sign of skin cancer. Only 21% were aware of the association between getting sunburnt or over exposure to the sun and the risk of developing skin cancer.

NHS Bassetlaw was faced with a rising incidence of skin cancer in Bassetlaw. The challenge was how this was going to be addressed. NHS Bassetlaw set up a skin cancer awareness campaign, which aimed to reduce the incidence of skin cancer and reduce mortality rates. It was to run for two years and had a blanket approach with some targeted work at schools. It provided information, raised awareness of the risk factors, promoted earlier presentation and a change in behaviour. The information used came from the national campaign called SunSmart.

SunSmart was launched in 2003 and was commissioned by Department of Health. Cancer Research UK runs the campaign. This well established campaign had good resources that kept the costs down. In Bassetlaw, the information packs were distributed to GP practices, pharmacists, dentists and opticians. Posters were provided for local businesses, schools and Children Centres. In 2009 Dr Kell carried out some sessions in a couple of the local secondary schools, these were popular but very labour intensive and limited to only a few schools. In 2010 Dr Kell supported the schools but the schools delivered the message and that was felt to be a less successful approach by the schools involved.

In addition to this, a range of local partners have supported NHS Bassetlaw in the delivery of their campaign. Nottinghamshire County Council supported the campaign in 2010 with schools across the county receiving information and materials. Furthermore, the SunSmart message was printed onto all Bassetlaw District Council and NHS Bassetlaw employees wage slips.

In order to evaluate the 2009 campaign, NHS Bassetlaw assessed changes to referral rates and completed various surveys. They found that referrals increased by 3% following the campaign. Moreover, a survey carried out in a participating school showed the majority of pupils were aware of the dangers using sunbeds, however 24 of the pupils did say they would continue to use them. Research has also shown that using a sunbed before the age of 35 increases the chances of cancer by 75%.

3. Method of Review

3.1 Summary of Review Meetings

Meeting	Witnesses	Evidence Gathered
Tuesday 7 th September	Lisa Bromley – Associate Director, Contracts and Development (NHS Bassetlaw)	What is skin Cancer? NHS Bassetlaw's approach. SunSmart Campaign
Wednesday 15 th September	Stephen Wormald – Principal Solicitor Licensing and Regulatory	Licensing of UV Tanning Equipment in the District.
Monday 4 th October	Jim Moran – Principal Safety Officer Julie Howe-Shilton – Specialist Practitioner in Occupational Health Nurse Manager	Health & Safety at Bassetlaw District Council Raising awareness in partnership
Thursday 14 th October	Dr Stephen Kell – Skin Cancer Lead for NHS Bassetlaw	Skin Cancer Campaigns
Monday 15 th November	Evidence concluded. Update from surveys Draft Recommendations	Information from Sunbed Licensees School Co-ordinators Information from other authorities.
Tuesday 30 th November	Draft report	Comments on the draft recommendations

3.2 Survey of Tanning Premises

The Panel decided to survey owners of premises supplying UV Tanning equipment to find out what information was on offer to users, how the new conditions were being complied with and the views of those who provided this service.

Seven out of the eleven owners responded to the survey, two of the owners no longer offer UV Tanning equipment and now offer alternative tanning options. Most ran a membership scheme as a means to ensure that customers were not under age. All provided information to customers and checked skin types.

The respondents were keen to promote the use of sunbeds and said that sunbed sessions prepare the skin for stronger outside sun. UV lamps contain less UVB than natural sunlight so it is more controlled. It cures seasonal affective disorders, triggers the skins production of vitamin D, which is essential for bone health. It can also be used to treat skin disorders like Psoriasis & prickly heat. A copy of the survey and all of the responses is in Appendix 1.

3.3 Survey of Extended Services Co-ordinators

The Panel decided to send out a survey to Extended Services Co-ordinators to ascertain how they would like to support the SunSmart campaign in the coming year and the type of support they would appreciate. In previous years the campaign has included a health professional going into schools to deliver the information. However in view of the cuts and the changes that are taking place. The Panel was asked to explore other ways that schools could take part without a health professional.

Most of the schools did support the SunSmart Campaign, but there were some differences in approach. Some schools targeted the parents rather than the children through newsletters, websites and reminders about sun protection. Other Schools use a range of activities involving PHSE lessons and tutor groups. Others used a combination approach and included community events.

The Schools were keen to continue with the campaign, but made it clear that there was no funding available. The schools would like support and a number of suggestions were put forward from lesson plans to a DVD that could be played in assemblies. Other ideas included linking in with the Change4Life roadshows and involving the community. A copy of the survey and all of the responses is in Appendix 2.

4. Addressing the Scope: Evidence Gathered for Recommendations

4.1 How does Bassetlaw District Council protect and inform its own staff about the risks of prolonged exposure to sunlight (e.g. outdoor workers)?

Health and Safety at Bassetlaw District Council (BDC)

The Council has responsibilities to its employees as set out in the Health & Safety at Work Act and other legislation, in respect of the risk to outdoor workers who are exposed to the sun's rays. BDC carried out a fair amount of promotion following the Health and Safety Executive (HSE) advice for employers on sun protection in 2001. This has since been updated in 2009 with the 'Keep Your Top On' leaflet. There has not been any promotion carried out recently. Articles were regularly included in the staff publication 'Bassetlaw Matters' on the risks of working outside unprotected in the sun. However this has not been continued recently, but would be revisited in the future.

In 2007 risk assessments were carried out and three groups were identified as 'at risk'. These were:

- Parks and Gardens
- Refuse Operators
- Other Cleaning

These groups are provided with personal protective equipment (PPE), which is identified in the risk assessment. PPE includes items such as overalls, hats, gloves, sun cream and hand sanitizers. It is specified by the risk assessment and can differ from groups dependant on the needs identified to that role. Originally small tubs of sun cream were handed out to individuals but that did not seem to work as the tubs went astray. Now industrial sized bottles are sited on vehicles for distribution on site.

A web based management tool called 'SHE' is used to manage all aspects of health and safety. There is also a monitoring system where team leaders ensure staff wear PPE and use sun cream. The removal of shirts in hot weather is discouraged. Employees are reminded of their personal responsibility to protect themselves and use the equipment provided.

Occupational Health

Orchard Health has been working with BDC since 2003, it provides support for the Health and Safety structure, training presentations, promotional literature and health fairs. The Council has just agreed a contract for a year with Orchard Health. The Occupational Health Specialist carries out a range of health checks and incorporated in these tests is a general visual examination and if any spots, moles or skin changes are seen, advice is provided. Occupational Health provides leaflets/posters on health issues including skin cancer. BDC has also issued leaflet stands across Queens Building and is in the process of arranging these at other offices within the district.

Under the Council's HR Strategy the health & well-being of the workforce has been identified as a key priority for the Council. As part of this, we wanted to implement a number of health and well-being initiatives in order to encourage a healthier lifestyle, which in return will help, create a healthy workforce.

BDC was approached by the Bassetlaw Primary Care Trust to develop initiatives under a newly launched **Workplace Health Award Scheme** and have recently been successful in obtaining a Bronze Award. This scheme has given BDC the opportunity to provide staff with information on what interesting initiatives the Council are proposing to implement and to tell them more about the aspects of health & well-being. Steps are already taking place towards achieving the Silver award.

Occupational Health and BPL Leisure were also available to provide staff with free health checks, which included, height, weight, Body Mass Index (BMI), body fat, cholesterol, blood pressure and carbon monoxide.

Recommendation:

- That Orchard Health produces an internal Health Calendar for staff profiling relevant health messages and national campaigns.
- That the Corporate Diary sited on the intranet is modified to incorporate the Health Calendar.
- That BDC/HR continue with the Health Fairs designated for staff as required through the work programme and that they modify them to include skin cancer awareness.
- That Health & Safety prepare an article on sun protection at work for the Staff Weekly Newsletter. This article should feature as a minimum at the beginning of/during the Summer

4.2 How does the Bassetlaw District Council license sunbeds/tanning salons and how is the policy enforced?

There are eleven premises that have a licence for sunbeds in Bassetlaw. The licensing of sunbeds comes under the licensing of premises for massage or special treatments, covered by the Nottinghamshire County Council Act 1985. This is a Local Act and is enforced by Bassetlaw District Council Enforcement Officers. Enforcement Officers check the press to see if any new businesses are advertising sunbeds or massages as not everyone knows that they need to be licensed. Officers then make a visit and take the necessary forms for them to complete for a license. Environmental Health Officers carry out an inspection before granting a license.

Following the reclassification of UV tanning equipment, and the high profile risk of skin cancer associated with sunbeds, Nottinghamshire local authorities decided to tighten up the conditions. The Licensing Committee gave approval earlier this year and a three-month consultation period was undertaken. The Council recently implemented new conditions to UV Tanning Equipment Licences; these came into force on 1st April 2010 and were for existing and new applications. These conditions have to be displayed in conjunction with the licence in a prominent position for the general public to read.

The conditions included:

“The Licensee shall not permit: -

- the use of UV tanning equipment by
- the hire of UV tanning equipment by, or
- the sale of UV tanning equipment to

Persons aged under 18 years

All UV tanning equipment is to be adequately supervised and every single use is required to be suitably recorded. Tanning equipment must not be used without the knowledge and authorisation of staff. Self-service is prohibited.”

The Licensee must ensure properly trained and competent staff are available to provide adequate advice, supervision and assistance to users. The training shall include suitable instruction in the control use and operation of ultra-violet tanning equipment and its health and safety aspects. This must be documented and available upon request by an authorised Officer of the Local Authority.

The main restrictions are that only over 18's can use sunbeds in this premises. The supervisor must assess the user's skin type, if they have a large number of moles or skin problems and record of the date and the details of each use by the user. In the case of massage facilities these have to undergo a police check, tanning salons do not have to do this. (A full list is attached see Appendix 3).

Enforcement is carried out by Licensing Officers who are mainly concerned with premises having licences and that the conditions are clearly displayed. Environmental Health Officers also carry out stringent inspections. In Bassetlaw an inspection of all premises with sunbeds is to be carried out throughout November. This will highlight if the new conditions are being implemented correctly. Action can be taken by refusal of the provision of a licence or the renewing of a licence. Prosecutions can be brought for letting people use sunbeds without a licence or not keeping to the conditions of the licence.

Nottinghamshire is one of thirty-two local authorities (28 London Boroughs are included) that have licensing conditions in place; this is a small number and means Bassetlaw is well placed in ensuring the safe use of UV tanning equipment.

The review looked at how other Districts had put in place the new conditions of the Act and found that Broxtowe Council had provided some guidance with the licence application form. This included guidance about the type of training necessary for operatives. They provided a list of recognised qualifications that were acceptable:

(<http://www.broxtowe.gov.uk/CHttpHandler.ashx?id=14976&p=0>)

The Panel viewed this as good practice as it removed any grey areas and provided licensees with clear direction.

As part of this review a survey has been carried out of all licensed premises, early indications suggest that the new conditions have made an impact. Once the current inspection has been completed by Environmental Health Officers further information will be available in the New Year.

Recommendation:

- That Bassetlaw District Council provide guidance on the necessary training qualifications required to provide special treatments with the application for Licensing of Premises for Massage and/or Special Treatments

4.3 Investigate best practice in education and prevention about skin cancer within the North Trent Cancer Network

The North Trent Cancer Research Network

The North Trent Cancer Research Network (NTCRN) was established in 2001 as one of the first wave of Cancer Research Networks established by the National Cancer Research Network (NCRN). The NTCRN comprises a collaboration of organisations across Sheffield to form the Sheffield Cancer Centre and extends to the Cancer Units at Barnsley, Chesterfield/North Derbyshire, Doncaster/Bassetlaw and Rotherham. This geographical spread is ideal for management centrally and is co-ordinated from the Cancer Clinical Trials Centre a purpose built clinical trials facility that opened in 1999 at Weston Park Hospital.

The network has a comprehensive multi-professional research team incorporating research nurses, data managers, as well as research support staff in pharmacy, radiotherapy, chemotherapy services and pathology.

NHS Rotherham

The Rotherham Skin Cancer Action Group like the other areas received £7,000 to do some work on skin cancer in particular on sunbed use, outdoor workers or young people. During the Rotherham Children's Festival at the end of June, the group had several stalls to raise awareness of skin cancer and how children and young people could protect their skin from ultra violet rays from the sun and sunbeds. They purchased some white bracelets which when exposed to the sun's rays turn rainbow coloured to indicate that the wearer needs to take some action to look after their skin, either go into the shade, cover up or apply sun cream. These were extremely successful with the children and teachers. Rotherham United Football Club helped to promote these bracelets on one occasion.

The Rotherham Skin Cancer Action Group is now working in partnership with Environmental Health and the Rotherham Dermatology Department. A Health and Safety Event for Sun Bed businesses in Rotherham is being planned for the 29th November. The objectives of the event include:

- To promote health and safety of ultra violet tanning equipment;
- To raise awareness of the Sunbeds (Regulation) Act 2010;

- To promote a voluntary code of practice for tanning salons in Rotherham;
- To raise awareness of the health risks of ultra violet radiation;
- To raise awareness about the Sunbed Association;
- To encourage diversification into other tanning methods e.g. spray tanning;

An education leaflet is being developed aimed at young people, which will be about how to look after their skin and will include how to reduce the harmful effects of UVR from the sun and sunbeds.

NHS Derbyshire

NHS Derbyshire developed a Skin Cancer Awareness campaign aimed at teenagers and young people. The launch event in Chesterfield town centre provided information about the link between sunburn and skin cancer, as well as demonstrating the premature ageing effects of over-exposure to UV using age progression software. Free samples of sunscreen and goodie bags including a voucher for a free spray tan were also given away to locals visiting the 'beach scene' developed by the organisers.

Partners in the event included the Local Authority Environmental Health Department, Chesterfield College, Boots the Chemist, a local beauty salon and Derbyshire Action against Smoking.

Following the launch, the campaign linked in to local events and health days in secondary schools. Local radio station Peak 107 also supported the Skin Cancer Awareness Campaign with an advert and a supporting page on their website.

NHS Sheffield

NHS Sheffield carried the following activities out during the SunSmart Campaign:

- Design and printing of a local Sheffield Sun Awareness Leaflet 7000 delivered in targeted areas,
- Targeting of areas through events, health promotion stands and information where there is reported high (underage) sun bed usage:
- Publicity in local newsletters:
- Development of a 6 types of skin card available for tanning studios to use:
- Development of web page for Skin awareness with local authority:
- Continue to provide information about melanoma during events/ talks.

NHS Bassetlaw

The launch of Bassetlaw Skin Cancer Awareness Campaign was at the BEST professional development event for primary care professionals, which coincided with the National Skin Cancer Awareness Week (11th –15th May 2009), where a presentation was given.

An article about Bassetlaw Skin Cancer Awareness Campaign was published in the Bassetlaw Primary Trust Newsletter. The article was circulated to all practice managers for use in their respective newsletters.

The information packs were distributed to 94 public places including GP practices, pharmacists, dentists and opticians. Posters were provided for local businesses, schools and Children Centres.

Two Macmillan information Support Workers provided information at Manton Gala, the Children's Centres, and at a range of Community Centres, libraries and leisure centres. The Macmillan Bus also went to Retford Town Centre to provide advice and information on cancer. PCT staff from Health Promotion, Change4Life, Sexual Health and Health Trainers all raised awareness of the campaign, information was provided at the Pushabout and Walkabout and the Clumber health walks.

In 2009 Dr Kell carried out some sessions in a couple of the local secondary schools, these were popular but very labour intensive and limited to only a few schools due to resources. Following the 2009 campaign, referrals increased by 3%. A survey carried out in a participating school showed the majority of pupils were aware of the dangers using sunbeds, however

24 of the pupils did say they would continue to use them. Research suggests that using a sunbed before the age of 35 increase the chances of cancer by 75%.

In 2010 Dr Kell supported the schools but the schools delivered the message and that was less successful. Nottinghamshire County Council supported the campaign in 2010 with schools across the county receiving information and materials. The SunSmart message was printed onto all Bassetlaw District Council and PCT employees wage slips.

The Campaign has received recognition from other authorities because it has been effective and yet not costly. In view of the evidence found the Panel wanted to support the SunSmart Campaign. It was also acknowledged that Bassetlaw News is a useful tool as it hits every doormat in Bassetlaw. An editorial could be included to support an advertisement. To encourage other workplaces to become more involved in raising awareness of sun protection, Members felt that the Bassetlaw Workplace Health Award Scheme should incorporate the SunSmart campaign.

Recommendation:

- That Bassetlaw News is used for a seasonal SunSmart campaign.
- That NHS Bassetlaw adapt the Workplace Health Scheme to incorporate targeted delivery of the Sunsmart Campaign.
- That BDC Human Resources continue to support the Sunsmart Campaign by printing the tagline message on BDC and A1 Housing wage slips.

4.4 Target two specific groups - young people and older people - regarding how information may be disseminated to them.

The Panel decided to carry out a survey of schools through the Extended Services Co-ordinators; this enabled the Panel to gain information about what the schools are doing and how they would like to deliver future information to pupils. The survey provided lots of information about the different approaches, these ranged from PSHE lessons to community events. Schools said they would like support, with the majority preferring a healthcare specialist to go into schools. Other suggestions were a DVD to show in school assemblies, items in the schools Newsletters or Websites.

Some schools said that parents were tired of getting messages, whereas others said that parents would like more information about how long sun creams last. It was clear that Primary Schools did have a Safe Sun policy in schools, which advised parents to bring hats and to apply sun cream. School staff are not able to apply sun cream to children, but in some schools sun cream is available for the child to apply themselves, others prefer to keep children covered up and provide hats for sunny days.

In Secondary Schools much of the information about the sun is provided through PSHE lessons or tutorials. Last year NHS Bassetlaw went into schools with Dr Kell the lead specialist on Skin Cancer to talk to students about the risks of sunburn and using UV Tanning equipment. Whilst this was popular in the schools, this was labour intensive and meant that not all of the schools could be visited. This year a letter from Dr Kell was sent out to all primary schools in Bassetlaw - one for each child's bookbag, NHS Bassetlaw printed them off and dropped them off at each school. Some information posters/campaign material was attached along with south west public health observatory website - the national skin cancer and the SunSmart website.

The Panel made a recommendation, *that NHS Bassetlaw develop a briefing session for teaching staff, providing a supported delivery pack including possible lesson plans for both primary and secondary schools for the Sunsmart Campaign and other Public Health initiatives.* However on receipt of the comments from NHS Bassetlaw and the Schools, which advised that this would not be achievable the Panel modified the recommendation

Another group that has been hard to reach is older people; it has been difficult to find places where information could be left. This group are more likely to get a non melanoma skin cancer, which are generally less serious. Non-melanoma skin cancer is a general term that is used to refer to a group of skin cancers that affect the upper layers of skin. Basal cell and Squamous cell skin cancers develop very slowly, and older people have had more time to build up sun damage to their skin. However

education on how to check skin for changes is important as early detection can prevent the cancer from going deeper and affecting other organs.

Recommendation:

- That seasonal advertising campaigns are promoted through the use of screens in schools, community information points and at the Council Offices.
- That NHS Bassetlaw should continue to work with schools through the Extended Services coordinators and secure additional contacts through the schools to deliver the SunSmart Campaign.
- That NHS Bassetlaw explore other ways to support school staff delivering the SunSmart message and develop further resources like a DVD to go into the delivery pack for both Primary and Secondary schools for the SunSmart Campaign.

4.5 To specifically examine methods of educating people about recognising the symptoms and the benefits of early detection

Throughout the review the Panel heard of the different methods used to educate people. Many of these were implemented through the SunSmart campaign. The SunSmart Campaign provides resources to educate a range of age groups. The Bassetlaw Skin Cancer Awareness Campaign used posters and adverts in a wide range of public places. The Panel decided that seasonal advertising was a key tool to educating people and that suitable advertisement could be used on a wide range of information screens across the district. Workforces should be encouraged to provide information to employees and Health Fairs provide opportunities for health specialists to check for anomalies. Overwhelming though, the clear message was that people need to learn how to look after their skin and check for any changes in moles and for other changes to the skin.

Recommendation:

- That Bassetlaw News is used for a seasonal SunSmart campaign.
- That seasonal advertising campaigns are promoted through the use of screens in schools, community information points and at the Council Offices.

5. Conclusion

This review has found that the incidences of skin cancer have been rising at a rapid rate. Skin cancer is the most preventable and curable cancer if detected in the first stages. There are different types of skin cancer, those that are non-melanoma and malignant melanoma. The Panel looked at the different risk factors and causes for skin cancer. Ultraviolet light (UVA and UVB) from the sun is the main environmental cause of most skin cancers. It's likely that most skin damage from ultraviolet light occurs before the age of 20, but it doesn't show up until many years later, usually after about the age of 40, and often not until the age of 60 or 70. People who work outdoors for a living, such as farm workers, builders and gardeners, are at an increased risk of developing skin cancer because of prolonged exposure to the sun.

The regular use of sunlamps and sunbeds can increase the risk of developing some skin cancers. Ultra violet tanning equipment has improved over the last twenty years in reducing the proportions of UVB and UVC emitted.

Another cause is chemical contamination, this is rare, but overexposure to certain chemicals at work can cause skin cancer. These chemicals are polycyclic aromatic hydrocarbons. This is the name of a group of approximately 10,000 compounds which result from wood, coal, gas, and other materials that are burnt incompletely. Another chemical known to be linked with skin cancer is arsenic, a class 1 human carcinogen; this has been linked to contaminated drinking water. There have been cases in Bangladesh and the United States of America.

The Panel found that education around early detection was crucial in preventing the spread of the cancer and getting the message out about covering up in the sun was key to prevention.

The review addressed the following areas:

- How Bassetlaw District Council protects and informs its own staff about the risks of prolonged exposure to sunlight.
- How Bassetlaw District Council enforces the licensing of sunbeds/tanning salons.
- Investigating best practice in education and prevention about skin cancer within the North Trent Cancer Network (NTCN) by looking at the different activities carried out by authorities in NTCN.
- Assessing how information could be used to reach two specific groups - young people and older people.
- Considering ways to educate people about how to check skin regularly and how to recognise the symptoms.

The review also found that the benefit of early detection was full recovery.

The Panel have found that there is a lot of good practice in the District. NHS Bassetlaw and the other authorities in the North Trent Cancer Network have produced some effective campaigns using the SunSmart message and resources. Bassetlaw District Council has implemented the revised conditions of licensing of UV tanning equipment and is enforcing these conditions. The Council has put in place the required Health & Safety policies and equipment to ensure all staff are risk assessed and provided with personal protective equipment. BDC provide a wealth of health information and advice through Orchard Health, our Occupational Health provider. Health fairs and body MOTs are run on an annual basis for staff.

Bassetlaw District Council is part of the Bassetlaw Workplace Health Award Scheme with ten other employers in the District the scheme provides opportunities to achieve bronze silver and gold standards. It is hoped through this scheme that awareness can be raised on how to protect against skin cancer.

The information gathered in from the School survey, showed that ideally the schools prefer a health professional to deliver the SunSmart message. The Panel were aware that NHS Bassetlaw was trying to embed the SunSmart campaign in schools, without using a health professional to deliver it. This was because it was labour intensive and they could not reach all of the 55 schools in the district. The changing landscape of health provision was considered and had it been viable the Panel would have supported a more hands-on approach to delivering the SunSmart message in schools. There are still areas for further work and this will be challenging in the current economic situation. The Panel have tried to be creative in the recommendations by using existing resources and targeting them in new ways. Partnership working is the key, as is the need for all of us taking responsibility in getting the message across to those in our reach.

6. Appendices

Appendix 1

Survey Sent To Extended Services Co-ordinators

Questions relating to the secondary school within the School Family

1. How is health education (prevention) covered within the schools curriculum?

By PSHE lessons	<input type="checkbox"/>
Via Science lessons	<input type="checkbox"/>
Via PE lessons	<input type="checkbox"/>
Other (Please specify)	<input type="checkbox"/>

2. Thinking specifically about prevention of skin cancer, how would education on this currently be delivered by the school?

Please give details.

3. Do you find that the message is taken on board by the pupils or is there a resistance to be 'sun smart' at the expense of having a tan?

Please give details.

4. How would you prefer education on this subject to be delivered?

By a health professional	<input type="checkbox"/>
A combination of health professionals and school PSHE staff	<input type="checkbox"/>
By school staff teaching PSHE (supported by training/support pack from NHS Bassetlaw)	<input type="checkbox"/>
Other (Please specify)	<input type="checkbox"/>

Questions relating to the primary schools within the School Family

5. How is health education (prevention) covered within the schools curriculum?

By PSHE lessons	<input type="checkbox"/>
Via Science lessons	<input type="checkbox"/>
Via PE lessons	<input type="checkbox"/>
Other (Please specify)	<input type="checkbox"/>

6. Thinking specifically about prevention of skin cancer, how would education on this currently be delivered by the schools?

Please give details.

7. Do your primary colleagues find that the message is taken on board by the pupils/parents or is there a resistance to be 'sun smart' at the expense of having a tan?

Please give details.

8. Would you say the message needs to be targeted further at parents i.e. sun cream is not supplied for use during the school day?

Please give details.

9. How would the primary schools within your family prefer education on this subject to be delivered?

By a health professional	<input type="checkbox"/>
A combination of health professionals and school PSHE staff	<input type="checkbox"/>
By school staff teaching PSHE (supported by training/support pack from NHS Bassetlaw)	<input type="checkbox"/>
Other (Please specify)	<input type="checkbox"/>

School survey responses.

Kingston Park	<p>Ad hoc information sent to parents at appropriate times, visits by school nurse, flyers on the notice boards</p> <p>We target parents through the school newsletter. We ask parents to ensure their child has sun cream applied. (We are not allowed to apply it at school)</p> <p>We also ask children to wear hats in the summer and provide shade in the yard.</p>	Would prefer Health education to be provided by Health Professional.
Portland	<p>Delivered through PHSE or Tutor</p> <p>Prevention message will be delivered by PHSE or Tutor this year., last year it was part of the Health Day.</p>	Would like some help in delivering this via a teaching pack or NHS support.
Priory	<p>Currently delivered in a combination of ways</p> <p>We try to avoid “scare tactics”, as our children are so young. We prefer to give advice and guidance on protection from the harmful effects of the sun.</p> <p>Pupils tend to listen and take it on board however during the sunny months parents tend to go for the “Best Sun Tan” competition!!!</p> <p>Difficult to convince parents about the dangers of sun cancer and the effect of too much sun on the skin.</p> <p>Though we do not put sun cream on pupils. It is made available to them to “self administer”.</p> <p>We also supply hats for children and run “inside club during lunchtimes all year round which allows for children with sensitive skin to keep out of the sun.</p>	Future delivery prefer a combination of health professionals and school PSHE staff or By school staff teaching PSHE (supported by training/support pack from NHS Bassetlaw).

Serlby Park	<p>Delivered through PHSE Visiting specialists / speakers. School nurse Theatre groups Health Fair Road safety speakers / motivational speakers Tutor lessons PCT / GU med. Alcohol awareness speakers</p> <p>Stall at health Fair by Local doctor provides information and leaflets for years 7-13.</p>	<p>Would prefer Health education to be provided by Health Professional.</p> <p>DVD or interactive CD would be useful also.</p>
Rampton Primary School	<p>5. A unit of work for half a term in a cross-curricular way.</p> <p>6. As part of the above unit; Sunsafeday; Constant reinforcement with pupils and parents/carers about the importance of covering up, using sun cream, wearing a hat and staying in the shade.</p> <p>7. Most parents/carers are responsible and supportive.</p> <p>8. Parents need more official information about types of and the quality of long lasting sun cream and the fact that staff in school are not to apply cream to their children.</p>	<p>Would prefer Health education to be provided by Health Professional.</p>
Ordsall Primary School	<p>5. PSHE. Science PE lessons & School assemblies.</p> <p>6. We discuss in class and during assembly the importance of using sun screen during the summer months.</p>	<p>A combination of health professionals and school PSHE staff.</p>

	<p>We also encourage children to wear caps whilst out in the sun.</p> <p>8. We send out a letter about sun protection to all parents. Children are then allowed to bring in their own sunscreen or alternatively use that provided by the school.</p> <p>80% of parents respond to this</p> <p>9. No</p>	
Walkeringham	<p>5. PSHE. Science PE lessons</p> <p>6. No specific education about skin cancer. Guidance to parents and children about sun cream and to staff about sun safety. During the school day children only out for short periods.</p> <p>7. Not sure if there is resistance to sun smart, never asked the question. As with most things we observe a range of approaches- those parent who are over cautious and children barely see the sun, to parents with tanned skin who clearly encourage their children to play out and therefore develop a tan</p> <p>8. I think in general parents are rather weary of being given messages and again most responses are individual</p>	By a health professional.
Beckingham Primary School	<p>5. PSHE. Science PE lessons.</p> <p>6. Discussion in class, assembly etc. Outside</p>	A combination of health professionals and school PSHE staff.

	<p>providers.</p> <p>7. Generally in school the children are willing and wanting to put sun cream on, however we do usually get one or two cases of sun burn on children after a particularly sunny weekend once or twice a year!</p> <p>8. Parents are very good at sending sun cream in for Foundation children to apply, some send it for older children. What would be better for long lasting sun cream to be applied before the children come to school as some children get in quite a mess applying it themselves!</p>	
<p>Clarborough Primary School</p>	<p>5.PSHE. Science PE lessons & School assemblies. School nurse lead sessions DARE.</p> <p>6. Sun safe policy.</p> <p>7. Parents tend to be very sensible about this.</p> <p>8. Sun cream is a big issue during school time. Children get it in their eyes and share it when they put it on themselves. We try to avoid children using sun cream during the day and encourage clothes that cover and playing in the shade.</p>	<p>A combination of health professionals and school PSHE staff.</p>

Appendix 2

Survey of Commercial Premises UV Tanning Equipment in Bassetlaw for the Health Panel Review

1. How many sunbeds do you have?

One	<input type="checkbox"/>
Two	<input type="checkbox"/>
Three	<input type="checkbox"/>
Other (Please specify)	<input type="checkbox"/>

2. What sort of washing facilities do you have?

Type	No.	
Wash Basin		<input type="checkbox"/>
Shower		<input type="checkbox"/>
Other (Please specify)		<input type="checkbox"/>

3. How many employees work with UV Tanning Equipment?

Full-time	<input type="checkbox"/>
Part-time	<input type="checkbox"/>
Other (Please specify)	<input type="checkbox"/>

4. What are your opening hours?

9.00 – 17.00	<input type="checkbox"/>
6.00 – 22.30	<input type="checkbox"/>
Other (Please specify)	<input type="checkbox"/>

5. What Staff training have you given with regard to UV Tanning Equipment?

Please give details.

6. How do you ensure that users of the UV Tanning Equipment are over 18?

Membership	<input type="checkbox"/>
ID requested (passport, driving licence, birth certificate)	<input type="checkbox"/>
Other (Please specify)	<input type="checkbox"/>

7. What advice do you give to users?

Skin Type	<input type="checkbox"/>
Moles or skin conditions	<input type="checkbox"/>
Eye protection	<input type="checkbox"/>
Length of use	<input type="checkbox"/>
Leaflets or posters about skin cancer	<input type="checkbox"/>
Other (Please specify)	<input type="checkbox"/>

8. Do you offer any alternative tanning treatments?

Spray Tan	<input type="checkbox"/>
Tanning products (lotion, creams and gels)	<input type="checkbox"/>
Other (Please specify)	<input type="checkbox"/>

9. What are the benefits of using UV Tanning Equipment in your opinion?

Please give details.

10. Do you belong to The Sunbed Association?

Yes	<input type="checkbox"/>
No	<input type="checkbox"/>
Other	<input type="checkbox"/>

11. Are you aware of the changes in the licensing conditions for UV Tanning equipment that came in on April 2010?

Yes	<input type="checkbox"/>
No	<input type="checkbox"/>
Don't Know	<input type="checkbox"/>

Sunbed Survey Results

	1	2	3	4	5	6	7
No Longer have UV Tanning Equipment		Yes	Yes	Yes			
1. How many sunbeds do you have?	6				3	4	5
2. What sort of washing facilities do you have?	Wash basin				Shower	Wash basin	1 Wash basin

	1	2	3	4	5	6	7
3. How many employees work with UV Tanning Equipment	1 FT/ 5PT				1	1 FT/ 1PT	1
4. What are your opening hours?	Varied includes late night and weekends				6.00-22.30	Varied includes late night and weekends	10 – 19.00
5. What Staff training have you given with regard to UV Tanning Equipment?	All trained by Ergoline on equipment. Supervisors have 12mths experience				Basic H&S	Training on sunbeds/ wattages, skin type, safe tanning, Emergency procedures, First Aid, Customer Service	Course through Kaloss Int. re UV Tanning, Creams and Supplements.
6. How do you ensure that users of the UV Tanning Equipment are over 18?	Membership ID Data Base records				Form & questionnaire	ID	Membership ID
7. What advice do you give to users?	All				All	All	All

	1	2	3	4	5	6	7
8. Do you offer any alternative tanning treatments?	Lotions			Lotions/ gel		Spray Tan Lotions	Spray Tan Lotions
9. What are the benefits of using UV Tanning Equipment in your opinion	See comments				None	See comments	See comments
10. Do you belong to The Sunbed Association?	Yes				No	Yes	No
11. Are you aware of the changes in the licensing conditions for UV Tanning equipment that came in on April 2010?	Yes				Yes	Yes	Yes

Comments from Sunbed Survey – Q9.	
1	Sunbed Sessions prepare our skin for stronger outside sun. It cures seasonal affective disorders, triggers the skins production of vitamin D, essential for bone health. Lack of Vitamin D has been linked with cancer, heart disease, high blood pressure, diabetes and multiple sclerosis.
2	No Comment.
3	No Comment.
4	No Comment.
5	None.
6	Using tanning equipment means that it is more controlled than sunbathing outside. UV lamps contain less UVB than natural sunlight so it is more controlled. Also we can monitor how long and how often people use sunbeds to make sure they are using them safely.
7	It can guard against vitamin D deficiency & osteomalacia (form of rickets). A controlled tan can reduce the risk of burning when sunbathing. Can also help with the treatment of Psoriasis & prickly heat.

I contacted Sunbed Home Hire to get the perspective from home hire companies. There has been a significant drop in the number of home hirers. This company no longer delivers at all in Bassetlaw, but covers the surrounding areas. They have all sorts of beds and will have the beds with less UVB. Beds have twin timers to prevent burning and information is provided to hirers and includes checking the age of hirer and skin type. Many of the hire companies including this one belong to The Sunbed Association (TSA). The TSA has its own code of practice.

Key points

Three of the seven responses showed that they no longer have sunbeds or are no longer in business. This means that there are now eight salons in Bassetlaw.

Two of them are members of the TSA, which has its own code of practice. All those with sunbeds had some training. Most offered alternatives to sunbeds. Two asked for ID, as well as membership and a database to ensure all persons were over 18. All were aware of the changes to the licensing conditions.

Appendix 3

List of premises with a licence in Bassetlaw

Name of Salon	
Sunspot Tanning Salon, Harworth	Glow Tanning, Worksop
Tanique UK Ltd, Worksop	Beauty By Elizabeth Scott, Worksop
Pepsi Piro's Tanning Studio, Worksop	Aquae Sulis Health And Beauty Spa, Worksop
Ivory Coast Tanning Centre, Retford	Bella Fiore, Misterton
*Shapes Health & Fitness Ltd, Retford	*Retford Leisure Centre
Bannatyne's Health Club, Worksop	
*Hotty's Tanning & Nail Studio, Retford	

*No longer has UV Tanning Equipment

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