

Sunshine

Summer 2026 - Issue 55

Away from Home

Advice on booking a stay
away from home with your
oxygen



Sun Awareness

Stay safe in the sun with these
simple tips

Summer Days Out

Simple ideas to help
you get out, stay
active, and feel good
this summer



Providing NHS services

Welcome

Hello and welcome to our Summer 2026 issue of Sunshine Magazine.

After a scorching bank holiday, we are back with our latest issue, all about using oxygen during warmer weather.

Inside, you'll find helpful articles on ordering oxygen to use away from home, staying safe in the sun, and using oxygen therapy in warm weather. We've also included key dates to help you plan when to order your oxygen around the next bank holiday.

There's even a fun wordsearch for those who like puzzles.

We hope you enjoy reading this issue.

Best wishes,

The Baywater Healthcare Team



Did you know?

Many people find oxygen takes time to get used to. That's completely normal.

If your oxygen feels uncomfortable, gets in the way of daily life, or you have concerns, please tell us. Small changes can make a big difference.

Our goal is to help you stay comfortable, active, and confident.

Questions or concerns? Contact your healthcare team.

Simple, Secure Payments



We continue to collect as many bank details as possible for service users who receive electricity reimbursements for their oxygen machines. By sharing your details with us, we can make an online payment for electricity reimbursements directly into your bank account.

An online payment is the safest, fastest, and most secure way for us to reimburse you.

Safe - This is not a direct debit. We will only be able to put money into your account and will never take any payments.

Secure - Payments are made using a secure electronic system. Millions of UK customers trust this system.

Fast - Payments are sent directly to a bank and cleared within five working days. Meaning there is no need to visit the bank to deposit a cheque.

You can share your bank details with our Healthcare Technician the next time they visit, or go to www.baywater.co.uk/electricity and complete our secure online form.



Scan to access our online form



Bank Holiday Ordering

Here are the important dates for ordering oxygen around the upcoming bank holidays:

For delivery on

Friday 28th August

Tuesday 1st September

Place your order by

Thursday 27th August

Sunday 30th August

Emergencies only on

Bank Holiday Monday 31st August

Online Ordering

Did you know that you can reorder oxygen cylinders, masks, nasal prongs, book an oxygen machine service and more on our website.

Ordering oxygen using our online form is quick and easy. After answering a few short questions your order is automatically processed by our team - there is no need to call the Healthcare Helpline.

Visit our website and select 'oxygen ordering' to go to the form.

We've even put a quick video on there to give you a few tips.



Scan to access our
online form



Oxygen Therapy During Warm Weather

Oxygen machines contain sensitive parts that can be damaged by high temperatures and strong, direct sunlight.

When using portable oxygen machines outdoors, it is important to take extra care to keep them safe in the sun. Use a sunshade or umbrella to provide shade for the equipment.

Keep them away from other heat sources such as grills, barbeques, heaters, and fire pits, which can generate high temperatures and potentially damage the equipment. The recommended distance for oxygen therapy equipment from open flames, such as fires, is 3m (10ft), and closed heat sources, such as radiators and heaters, are 1.5m (5ft).

When the temperature is hot, you should try to ensure that you spend time in a shaded area when outdoors and plan your day to avoid long periods in the sun to prevent your equipment from overheating. Oxygen cylinders should be stored in a well-ventilated area, not in a place vulnerable to higher temperatures, such as a conservatory or vehicle.



Away from Home

Please give us at least two weeks' notice if you will be staying away from home, so we have time to put all the arrangements in place. Please notify us if you are staying away for longer than you stated.

When ordering your equipment, tell us it is for a trip away. We will need the full details of your holiday destination, booking number, the name the booking has been made in, arrival and departure dates, and a mobile number.

Always contact your holiday destination before booking to ensure they are happy to have your oxygen delivered and stored for your stay.

Please note that we do not allow the delivery of oxygen to tents.

Worried About Going Out with Oxygen?

If you feel worried or shy about going out with oxygen, this is very normal at first. Many people feel the same way when they start using oxygen.

We have spoken to lots of patients, and most say these worries fade as their confidence grows. Over time, going out with oxygen starts to feel easier.

Most people you see when you are out either do not notice the oxygen, or they are not bothered by it at all.



Sun Awareness

Not protecting yourself from the sun can be dangerous. Sunburn increases your risk of skin cancer. You can burn even when it is cloudy. Insufficient protection from the sun can cause eye damage, immune system suppressions, and heatstroke.

From May to October, the sun is strongest between 11:00 and 15:00. During these times, you should spend some time out of the sun and in the shade. During the warmest periods of the day, wearing lightweight clothing and frequently applying a non-oil-based sunscreen of at least factor 30 while in the sun is advisable. You should wear sunglasses with UV protection and a wide-brim hat to shade your face, neck, and ears, as they are at high risk of sunburn.



Hydration

It is also essential to stay hydrated. There is a higher risk of becoming dehydrated when the weather is hot. The key to staying hydrated is to drink regularly throughout the day. As a healthy amount, you should drink at least six to eight glasses of fluid daily (you should consult your Healthcare Professional if you are on a fluid-restricted diet).

Summer Days Out

As we approach Summer and enjoy warmer weather, you may be looking to spend more time out of the house. Getting out and about as much as possible provides positive benefits for our physical and mental well-being. Getting out lowers our blood pressure, reduces stress, and improves our mood.

Visit a park

Parks are free to enter and available in all areas of the country. While at the park, you could participate in a range of activities. Visiting a park is an opportunity to stroll at your own pace in the fresh air. Other activities include taking a picnic or meeting a friend to walk together and have a catch-up at your local park, which has accessible pathways.

Meet with friends and family

Meeting your friends or family is an excellent way of getting out and about. Whether meeting them in a public space for a walk or going to places such as a coffee shop or shopping together, it allows you to leave the house and socialise with your loved ones.





Nature Walks

Explore the great outdoors with a nature walk. Many nature reserves offer free admission and accessible paths suitable for oxygen patients. Take in the sights and sounds of nature, and bring a camera to capture wildlife sightings and amazing views along the way.

Beach Days

Plan a trip to the beach for a day of sun, sand and lots of fun. Look for public beaches with accessible facilities and lifeguard supervision. Take a walk, relax in the sand, and dip your toes in the refreshing sea waves. Pack a cooler with snacks and beverages to stay hydrated as you enjoy the sun.

Community Events

Keep an eye out for free or low-cost community events and festivals happening in your area.

If you need information regarding local, accessible activities, there are guides online that can support you available here – motability.co.uk/news/rough-guide-to-accessible-britain

Gardening

Many activities can still be conducted from home if getting out is difficult. Gardening is a great exercise and therapeutic activity. Growing or watering plants is a good form of physical activity that can be done at your own pace.

Discover More

If you want to get out more, there are plenty of activities to engage in by searching ‘activities near me’ on Google. Furthermore you can find local support groups near you to attend. Asthma and Lung UK offers a range of engaging support groups. Visit www.asthmaandlung.org.uk/help/support-network/support-in-your-area and enter your postcode to see what is available near you.

Wordsearch

Can you find our eight Home Oxygen Therapy-related terms hidden in our wordsearch?

N O X T P C Q U N H A N C R K
M A S K U Z C W V G H A W E D
X L Z Q G B Y G Q R N E O T W
M W G F J L I P O N V M O A V
U L B Q Y R I N U C N X S W N
W O L F T H R L G K J Z M Y Q
O W G V I R A C Y C T V A A N
X S F C Q W O R E O A A T B B
Y U X F K Y E P J Q R H X X X
G L S F C D L C P T I Y X Z L
E X N B N P J B F U O J N S N
N R D I O K W B H V S K R O S
Q K L H Y U C L U I C A Y K U
D Y Q V M M H E U Q R Q B H D
C E K R W V Q I O U D Y U P C

BAYWATER

FLOW

SUPPORT

CANNULA

MASK

TUBING

CYLINDER

OXYGEN

How to Contact Us

Our Healthcare Helpline is available for regular calls from 8.00am to 6.30pm every day. We are available 24 hours a day for urgent calls only.

For example, if you need a replacement cylinder, you must call during our regular hours. However, if you have an equipment fault, you can contact us at any time.

We appreciate your feedback. Your concerns, complaints, compliments and ideas are always considered and acted upon.

We receive many kind words from our service users, all of which are distributed amongst the Baywater Healthcare team.

Listening to our service users is very important to us. We take your feedback and continually look to improve the service that we provide.

There are many ways that you can contact us:

Phone

0800 373580

Email

healthuk@baywater.co.uk

Social media

Facebook: Baywater Healthcare

Twitter: @BaywaterHealth

Post

Baywater Healthcare

Wulvern House

Electra Way, Crewe

Cheshire, CW1 6GW

Complaints

complaints@baywater.co.uk

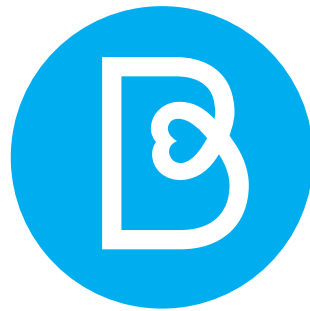
Online ordering

www.baywater.co.uk/oxygen-reorder-form

Please call 999 if you have a medical emergency and need assistance immediately.

Scan to visit our website





Sunshine Magazine

The magazine for oxygen users and their carers
Summer 2026 - Issue 55

Baywater Healthcare

Wulvern House, Electra Way
Crewe, Cheshire, CW1 6GW

0800 373580

For more information visit www.baywater.co.uk