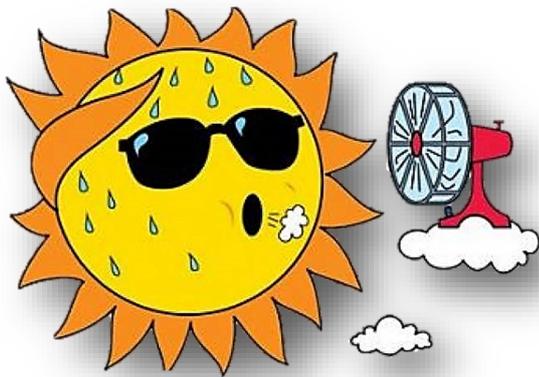


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Keeping Cool This Summer!



How to stay cool in a heatwave!

While the UK doesn't see heatwaves like those found in some other countries, we do occasionally have periods when the heat and humidity are much higher than we're used to having. Many of us are not prepared when that happens. Heatwaves can be dangerous, especially for the very young, the elderly or those with chronic or long-term medical conditions.

NIVEA Sun and Cancer Research UK have compiled a list if to encourage you and your family to enjoy the sun safely.

Sensible Precautions

The Met Office, the NHS and Age UK all list sensible measures you can take to keep cool. By planning ahead, these are the following:



In the rooms of you home.

Keep curtains and blinds closed so to keep the heat out.

Shut the windows.

Once the outside temperature is warmer than the outside, this will keep the cool air in your home.



Identify the coolest part of the house.

This will help you to know where to go to keep cool.

Keep out of the heat.

Stay indoors during the hottest time of the day:
11am to 3pm.



Clothing.

Wearing a t-shirt and a hat when the sun is strong is really important. Also wear appropriate footwear.

Other items of clothing.

A wide brimmed hat and a kaftan or a long-sleeved top or maxi dress for the ladies, will not only keep you covered up but are also the height of summer style!



Sunglasses.

Wearing sunglasses with UV protection will prevent further damage to your eyes.

Try to stay cool by taking tepid showers or baths.

By doing this and / or sprinkle yourself several times a day with cool water.



Spend time in the shade.

Make sure you take some breaks in the shade, such as eating your lunch inside, sitting under a parasol or resting in your home or hotel room.

If you go out and about.

Wear a hat and stay in the shade as much as you can.





Keeping Well This Summer!

Heat exhaustion and Heatstroke!

Heat exhaustion can happen to anyone in hot weather. If it isn't treated it can lead to heatstroke, which can be dangerous and even fatal.

Heat exhaustion is when the temperature inside the body, known as the core temperature, rises above the normal 37°C (98.6° F) towards 40°C (104°F).

At that temperature, heavy sweating causes the levels of water and salt in the body begin to drop. This causes symptoms such as nausea, feeling faint and heavy sweating.

The NHS says, if a person with heat exhaustion is taken quickly to a cool place and given plenty of water to drink, they should begin to feel better within half an hour and experience no long-term complications. Without treatment, they could develop heatstroke.

Heatstroke occurs when the body is unable to regulate its temperature. The body's temperature rises rapidly above 40°C (104°F), the sweating mechanism falls and the body is able to cool down.

Heatstroke is very serious and should be treated immediately dial 999 for an ambulance if you suspect heatstroke.

Treatment involves quickly cooling down the body to lower the core temperature.

If treated swiftly, 90% of people with heatstroke survive. If not, the survival rate is as low as 20% among vulnerable people such as the elderly and those with chronic illnesses.

The Met Office, the NHS and Age UK all list sensible measures you can take to keep well. By taking these sensible actions, these are the following:



Stay tuned to the weather forecast.

Doing this either on the TV, the radio or the weather forecast updates on the website.

Drink plenty of fluids.

Even if you don't think you're thirsty. Avoid alcohol, which can dehydrate the body, by drinking plenty of cold water or any non-alcoholic drinks including fruit



Say not to Tea/Coffee and Alcohol.

These can cause dehydration and can lead to confusion.

Plan and Stock up with supplies.

Things such as food, water and medication .



Mix it up.

When the sun is strong, it's important to use a combination of shade, clothing and Cancer Research UK recommend at least factor 15 sunscreen with a high star rating to protect yourself-and that's whether you're in the UK or abroad.

Bring a bottle. Keep a handy-sized bottle of sunscreen in your handbag (at least SPF15+) so that you'll always have some to hand for parts of the body you can't get caught out on days that when you're out and the sun is strong. Make sure you apply regularly and use a generous amount.

Avoid too much exercise.

This can cause heat exhaustion or heat stroke, and can even be fatal. Watch for signs of heat stress, an early sign is fatigue.



Avoid strenuous activity.

Limit jobs like housework and gardening to the cooler morning or evening when it's cooler.

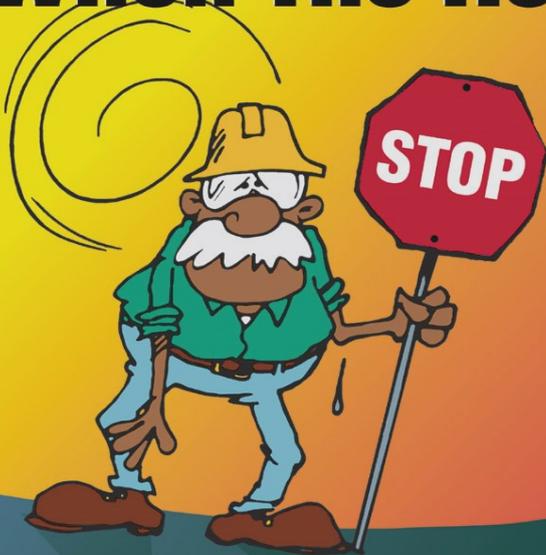
Try to eat as you normally would.

Not eating properly may exacerbate health related problems



Other Handy Tips For Preventing Heatstroke

When The Heat Is On ...



**be alert
for signs
of heat
exhaustion!**

If you experience feelings of nausea or dizziness or if your skin becomes clammy, follow these steps:

- 1. Drink water.**
- 2. Find a cool place immediately.**
- 3. Loosen your clothing.**
- 4. Lie down with your feet raised.**
- 5. Use a fan or air conditioner if possible.**



Keeping Safe This Summer!



Summer Safety around the home

Warm weather and summer holidays are common times when windows, doors and garden gates are left open. It is also when furniture, toys, sports equipment and gardening tools are left on display in gardens.

You can follow a few simple tips to help prevent your home being the target of opportunist burglars.

The following tips include:



Door Security.

If you are out in the back garden, make sure your front door is secure.

Window Security.

Don't forget to check your doors and windows-you might have closed them, but are they locked? If you have to open the window during the hotter parts of the summer, remember to open it on ajar and lock the fastener.



Valuables.

Keep your valuables out of site. When leaving a room unattended, close the windows and doors, especially on the ground floor. A burglar can easily reach in and help themselves to anything within reach.

Home Security.

Consider fitting outside security lighting or a visible alarm to deter burglars.





Garden Security.

Put garden tools away in a secure shed after using them.

Ladders.

Keep ladders chained up in the garage when not being



Gates and Garages.

Check side gates and garages are locked when not being used,

Help others:

Check up on neighbours, relatives and friends who may be less able to look after themselves (for example, if they have a disability, mobility or health problems).



For more information about cancer care, please contact either of the following:



**WE ARE
MACMILLAN.
CANCER SUPPORT**

Care Plus Cancer Collaboratives

Centre4
17a Wootton Road, Grimsby
North East Lincolnshire, DN33 1HE
01472 232266

MacMillan Cancer Support

Macmillan Cancer Support
89 Albert Embankment, London, SE1 7UQ
Call: 020 7840 7840
<https://www.macmillan.org.uk/>



Cancer Research UK

Speak to a nurse 0808 800 4040



Marie Curie

89 Albert Embankment, London, SE1 7TP
0800 716 146
[https://www.mariecurie.org.uk/
supporter.relations@mariecurie.org.uk](https://www.mariecurie.org.uk/supporter.relations@mariecurie.org.uk)



Or your local GP / Nurse / Pharmacy



Protecting Communities, Targeting Criminals

For further information about staying safe,
please contact your local police station or use
the following contacts:

For information about Positively Disabled N E Lincs, here are the following contact details;

Chair: Phillip Dumbrell 07505 701150

Web: www.posdisablednelincs.org

Email: posdisablednelincs@gmail.com /
peersconnectionsgroup@gmail.com

Address: c/o 179A Oxford Street, Grimsby, DN32 7NX



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