

"NHW and Age UK Horsham District have, for many years, been linked, not least given the vulnerability of older persons in our community. A number of our Committee are involved with Age UKHD and similar groups in the District. The following advice might be of interest to some of the members within your scheme.

Kind regards"

Andrew Moffat-Chairman, Horsham District Neighbourhood Watch Association



June 2019

Dear NHW Area / Street Co-ordinator

It hardly seems possible that 6 months have passed since I sent the message to everyone with regards older people and the devastating impact that the cold weather can have upon them.

When the sun is shining we tend to get out and about more and as a consequence, we see more of our neighbours. People over the age of 75 are some of the most vulnerable in the hot weather. If you have an older friend or neighbour the following tips may be helpful to mention to them should we get a spell of hot weather over the next few months-

- Shut windows and pull down the shades when it is hotter outside. You can open the windows for ventilation when it is cooler.
- Avoid the heat: stay out of the sun and don't go out between 11am and 3pm (the hottest part of the day) if you're vulnerable to the effects of heat.
- Have cool baths or showers, and splash yourself with cool water.
- Drink plenty of fluids and avoid excess alcohol – water, lower-fat milks and tea and coffee are good options.
- Listen to alerts on the radio, TV and social media about keeping cool.
- Plan ahead to make sure you have enough supplies, such as food, water and any medications you need.
- Identify the coolest room in the house so you know where to go to keep cool.
- Wear loose, cool clothing, and a hat and sunglasses if you go outdoors.

If you have concerns about an uncomfortably hot house that is affecting your health or someone else's, get medical advice. You can also get help from the environmental health office at your local authority. They can inspect a home for hazards to health, including excess heat.

If you are worried about a friend or neighbour please encourage them to get in touch, the number is 01403 260560. We are here to help and will do everything we can to support them.

Thank you in advance for making a difference and for your support with this.

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