

29th July 2024

Inclusion North News



Inclusion North will share an important news story and tell you about their own work here every two weeks.

Staying Well in Hot Weather



Inclusion North have been working with a group of people to make an Easy Read guide about looking after ourselves in really hot or cold weather.



We know from an NHS report that more people died in July 2022 when the weather was extremely hot.



We have had a lot of rain this Summer, but we have also had some hot days. We might have more hot days, so it is good to be ready so we can stay safe.



Watch the news, weather and social media for forecasts and information.



The sun is hottest between 11am and 3pm – stay indoors.



If it's very hot, close your curtains or blinds to stop the sun heating the room up.



Drink plenty of water or squash. Try not to drink alcohol or high caffeine drinks like coffee or cola.



Wear a hat and sunglasses if you go outside. Sun cream stops your skin from burning. It also protects against skin cancer.

Sun cream protects all skin colours. It is best to use one that has a big number like 30+ or more.



There is more information on the Inclusion North website: www.inclusionnorth.org Search for 'weather.'

Wellbeing tip



Try to spend some time outside. You can sit in a garden or go to the park. Being close to nature can be good for our mental health.