



# Savernake Parish Council

## Hot Weather Plan

### **Foreword**

This policy should be read with the knowledge that other information is available from various News outlets and Local Government when a heat wave is declared. In Wiltshire that is when the daily temperature reaches or exceeds 27°C on 3 consecutive days.

The UK Health Security Agency (UKHSA) may also release a Heat-Health Alert. For more information on the UKHSA heat-health alerts, including how to sign-up to receive alerts, please visit: <http://www.metoffice.gov.uk/weather/warnings-and-advice/seasonal-advice/heat-health-alert-service>

Wiltshire Council will also have a Severe Weather Emergency Protocol which they may activate during hot weather to support those who are homeless. Please contact Wiltshire Council or check their website for more information.

Wiltshire Council, Town or Parish Councils may open cool spaces during periods of high temperatures and heatwaves. Voluntary groups may also support spaces or even set up their own. Cool spaces are designed to offer local residents accessible and welcoming locations where they can seek shelter from the sun, stay cool and enjoy some company. It is important to consider supporting those who are vulnerable with travelling to and from spaces, however it may be safer for some to remain home.

Currently Savernake Parish Council are unable to offer a cool place but may be able to assist with sign posting with this regard in the event of a prolonged heatwave, subject to Marlborough Town Council and Wiltshire county Council provision and their guidance at the time.

During a heatwave, the Met Office may release an Extreme Heat Warning. This warning is designed to highlight the potential impacts of extreme heat to protect lives and property, helping people make better decisions to stay safe and thrive.

### **Savernake Parish Council Advice for residents**

Please be a good neighbour and assist those in our community who may be vulnerable by ensuring that they are subject to regular visits either by yourselves or by their normal support network where available and follow the below guidance for Residents During Periods of Hot Weather:

1. To reduce heat generated in the home, check your heating is off, turn off lights and electrical equipment not in use and try to cook at cooler times of the day. For essential devices that emit heat, consider closing doors to those rooms.

2. Shut windows and pull down the shades when it is hotter outside. If it is safe, open them for ventilation when it is cooler.  
  
Open windows (when it is safe to do so) when the air feels cooler outside, such as at night, and get air flowing through the home to create a crosswind and consider sleeping downstairs if it is cooler there.
3. Avoid the heat: stay out of the sun and don't go out between 11am and 3pm (the hottest part of the day). Use the cooler rooms in the home.
4. Use electric fans if the air temperature is below 35°C, but do not aim the fan directly at your body as this can lead to dehydration. Have cool baths or showers, and splash yourself with cool water.
5. It may be cooler outside in the shade or in a public building (eg places of worship, or supermarkets) so consider a visit to cool down if you are able to safely travel there without putting yourself at more risk from the heat.
6. Drink cold drinks regularly, such as water and fruit juice. Avoid tea, coffee and alcohol.
7. Often Weather forecasts give advanced warning, plan ahead to make sure you have enough supplies, such as food, water and any medications you need.
8. Wear loose, cool clothing and a hat if you go outdoors.
9. Extended periods of higher day and night-time temperatures can put our bodies under stress and exacerbate underlying or un-diagnosed health conditions. Managing higher temperatures at home during day and night is equally important to protect our health.

If you are concerned someone may be overheating, seek medical advice by contacting NHS 111. In an emergency, or if you think someone has heatstroke, dial 999. For further information on heat exhaustion and heatstroke symptoms, visit: <http://www.NHS.UK>

### **Further Support**

For more information and posters with guidance for individuals you may wish to distribute amongst your community, please visit: <http://www.gov.uk/ukhsa/beat-the-heat>

Better Housing Better Health is a project aiming to improve the health and well being of vulnerable people in their homes. For more information, to make a referral or request an assessment, please visit: <http://www.bhbh.org.uk>

Also, please don't forget about the animals in your care and view the top tips for keeping pets cool in hot weather provided by the RSPCA: <https://www.rspca.org.uk/adviceandwelfare/seasonal/summer>