

Heat and Cold Resilience Notes from SECA Gathering 28.3.26

HEAT HEALTH RISKS

- Not drinking enough water (dehydration)
- Overheating - symptoms worse for those with existing heart, breathing and other problems
- Heat exhaustion and heatstroke

COLD HEALTH RISKS

- Increased cardiovascular stress, respiratory issues and vulnerability to infections
- Increased risks of falls and injuries on ice and snow
- Hypothermia and frostbite

HIGHER RISK IN HOT OR COLD WEATHER

More people than usual get seriously ill or die, higher risk for:

- older people aged 65 years and over
- pregnant women, babies and children aged 5 years and under
- long-term health conditions such as cardiovascular or respiratory disease, mobility problems or a mental health condition
- living alone, may be unable to care for themselves, at risk of falls
- living in deprived circumstances
- the homeless and those who spend a lot of time outside

WARM and COOL SPACES – churches, libraries, village halls, Climate Cafés, Warm Welcome Spaces <https://www.warmwelcome.uk>

PRIORITY SERVICES REGISTER - free UK wide service, extra advice and support, including when there's an interruption to your electricity, gas or water supply <https://www.thepsr.co.uk/>

IDEAS DISCUSSED

- **Knitting sessions** – making wrist muffs, snoods and draft excluders while chatting
- **Community Groups** engage with your local councils
- **Plant to create microclimates** - hedges, trees and plants to screen outdoor spaces and buildings, living walls and roofs
- **Promote cool leafy areas**
- **Stormdry masonry paint** - waterproof, allows moisture to escape
- **Reflective paint** – reflect sunlight and heat build-up
- **Government information pack** sent to homes about 10 years ago, being prepared for emergencies
- **Building designs**
- **Ventilation** – which windows to open when to help cool buildings
- **Plan ahead** – heat and cold weather forecasts – plan when to shop, travel, rest etc.
- **Carry water bottles** with you – where can you refill them?
- **Storing tablets and medicines** when temperatures are above 25°C or 30°C
- **Reconsider what to grow** – heat, cold, droughts, floods



Horsham District Council Climate Action – <https://www.horsham.gov.uk/climate-and-environment/news/articles/mapping-climate-action-across-horsham-district>

Cooling Arnhem in Netherlands - eg in streets planted tall wild grasses in boxes, built pergolas and put paddling pools to put feet in, to cool down and make a community.

PUBLIC HEALTH INFORMATION

How to keep warm / cool, consider who is vulnerable and how you could help them.

- **Heatwave: how to cope in hot weather** – NHS – health risks when it's too hot
<https://www.nhs.uk/live-well/seasonal-health/heatwave-how-to-cope-in-hot-weather/>
- **Winter health: Keep warm keep well** - NHS
<https://www.nhs.uk/live-well/seasonal-health/keep-warm-keep-well/>
- **Beat the heat: hot weather advice** – UK Government
<https://www.gov.uk/government/publications/beat-the-heat-hot-weather-advice>
- **Keeping warm and well: staying safe in cold weather** – UK Government
<https://www.gov.uk/government/publications/keep-warm-keep-well-leaflet-gives-advice-on-staying-healthy-in-cold-weather>
- **Staying cool in a heatwave – How to stay safe when it is hot** – Age UK
https://www.ageuk.org.uk/siteassets/documents/information-guides/ageukil1_staying_cool_in_a_heatwave_inf.pdf
- **Winter wrapped up – Keeping warm and well** – Age UK
https://www.ageuk.org.uk/siteassets/documents/information-guides/ageukig27_winter_wrapped_up_inf.pdf
- **Heatwave plan for England** – UK Government
<https://www.gov.uk/government/collections/heat>
- **Cold weather plan for England** – UK Government
<https://www.gov.uk/government/collections/cold-weather>
- **How would you PREPARE for an emergency?** - UK Government <https://prepare.campaign.gov.uk/>
- **Beat the heat** – UKHSA Poster
https://assets.publishing.service.gov.uk/media/645b8a16479612000cc29343/Beat_the_Heat_2_023.pdf
- **Keeping warm and well: staying safe in cold weather** – UKHSA Poster
https://assets.publishing.service.gov.uk/media/64fed198572780000d251867/Keep_Warm_Keep_Well_2023.pdf
- **Sussex Resilience Forum Preparing for an Emergency – Be Ready, Stay Safe, Act Now**
<https://www.sussex.police.uk/SysSiteAssets/media/downloads/sussex/about-us/sussex-resilience-forum/preparing-for-an-emergency---be-ready-stay-safe-act-now.pdf>

