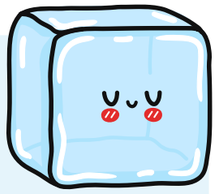
COOL SPACES & COMMUNITY WELCOME AREAS

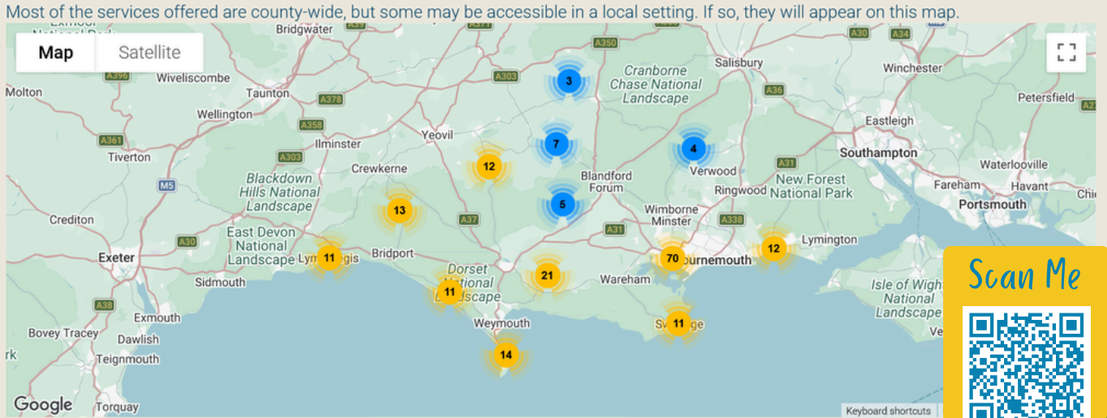


Dedicated public indoor places to help residents escape hot weather, and extreme cold, including meeting others, joining activities, have a drink or a meal, learn about cost of living support, spend some quiet time away from home.

Search "**Cool spaces in Dorset**"
Visit: **www.helpandkindness.co.uk/cool-spaces**
Call: **01305 59 59 58**

Map Of Support

Most of the services offered are county-wide, but some may be accessible in a local setting. If so, they will appear on this map.

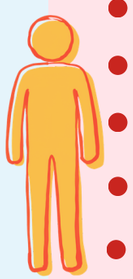


Scan Me

FEELING UNWELL IN THE HEAT?

HEAT EXHAUSTION
The body is struggling to cool down

- Tiredness, weakness or irritability
- Dizziness or headache
- Feeling sick or being sick
- Heavy sweating (skin may become pale and clammy)
- Cramps in the arms, legs or stomach
- A high temperature
- Very thirsty



HEATSTROKE
A life threatening medical emergency

- Still unwell after 30 minutes despite cooling and drinking fluids
- A very high temperature
- Hot skin that is not sweating
- Fast heartbeat or fast breathing
- Confusion or poor coordination
- A seizure or fit
- Loss of consciousness

ACT NOW: Move to a cool place and remove unnecessary clothing. Give cool fluids & cool the skin

CALL 999 - HEATSTROKE IS AN EMERGENCY

Sources: NHS, UKHSA, WHO, Gov.UK, Dementia UK and Centre for Sustainable Energy.
Guidance correct at time of publication, October 2026.

Ridgewater Energy

Keeping Cool



A PRACTICAL GUIDE FOR WARMER DAYS

Created by Ridgewater Energy in association with #HelpAndKindness



Hotter summers: a growing health risk

The UK is warming, and very hot weather is becoming more common and can affect our health. According to the Met Office, 2025 was the UK's warmest year on record, while summer 2026 was provisionally its warmest summer. By mid-July 2026, the UK had already experienced three separate heatwaves, with another notable heatwave following in August. **Temperatures reached a record 38.0°C in June and 38.2°C in August.**

Heat does not need to break records to affect our health. Hot weather that lasts for several days can increase the risk of dehydration, heat exhaustion and heatstroke, particularly for older people, young children and those with health conditions.

Scientists expect UK summers to become hotter, with very hot weather happening more often as the climate continues to warm, meaning very hot weather could become a more normal part of UK summers. Taking simple steps to keep yourself and your home cool can help you stay comfortable, protect your health and reduce the risk of becoming unwell in hot weather.

MORE OFTEN
Heatwaves are becoming more frequent

LAST LONGER
Hot days and nights can build heat indoors

MORE INTENSE
Higher temperatures place more strain on the body

Unwell in the heat? Visit nhs.uk or call NHS 111. In an emergency, call 999.

For further advice, search the below in your web browser or scan the QR code with your phone or tablet:

nhs.uk
heatwave

gov.uk
beat the heat

cse.org.uk
advice

heatwave
toolkit.com

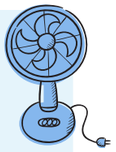
dementiauk.org
hot weather

Your Keeping Cool Checklist

Simple actions to help keep heat out, let cooler air flow & stay well.



BEFORE HOT WEATHER



- Check that windows can open safely and that blinds or curtains work.
- Test fans, fridges and freezers; check any ventilation system is working and use summer mode if available.
- Sign up for UKHSA Heat-Health Alerts and find the coolest room in your home.
- Check medicine storage instructions; ask a pharmacist if you are unsure.
- Use shade outside your windows if you can, such as an awning, shade cloth or parasol. This is more effective than curtains alone.



- Create natural shade: trees and other planting can shade walls and windows.
- Natural fibre clothes and bedding are cooler, especially if they are light in colour.

DURING THE DAY



- Close windows, curtains and blinds while it is hotter outside than inside.
- Drink regularly; limit alcohol and excess caffeine. Keep a bottle of water with you as a reminder to drink regularly.
- Stay out of strong sun, especially from 11am to 3pm; use shade, light clothing, a hat and sunscreen.
- Turn off unused lights, chargers and electronics, as these give off heat. Cook at cooler times and avoid the oven if possible.
- Use cool water on the skin, a cool shower, or a damp cloth on the neck and wrists.
- Place a bowl of ice in front of fans to cool the air down.



- Move to the coolest room in the home or visit a local Cool Space, if your home remains uncomfortably hot.

WHEN IT COOLS OUTSIDE



- Open windows when the air outside feels cooler than indoors - usually in the evening or overnight.
- If it is safe, open windows on opposite sides of your home to let cooler air flow through.
- Sleep in the coolest room, which may be downstairs, use light cotton bedding and swap a duvet for a sheet. Consider using a cooling mat.
- A fan can help when the room is below 35C. Position the fan next to an open window, to direct cool air inside.
- Take a cool shower before bed, use a wrapped cold pack or chilled hot-water bottle.



- Close windows again in the morning before the outside temperature begins to rise.

LOOK OUT FOR OTHERS

- Check on relatives, friends or neighbours who are older, live alone, have dementia or a long-term condition.
- Visit them if you can. They may not realise how hot they, or their home, has become.
- Offer drinks regularly; do not rely only on someone saying they are thirsty, set digital or written reminders if necessary.
- Check the rooms where higher-risk people live and sleep, and help them move to a cooler space.
- Never leave anyone - or a pet - in a closed, parked vehicle.



REMEMBER

Choose sunglasses carrying a recognised CE or UKCA mark and providing UV400 or 100% UVA and UVB protection.



QUICK WIN

Store bottles of water in the refrigerator and keep ice cube packs or trays in the freezer.

Why can heat be harmful?

The body normally cools itself by sweating and increasing blood flow to the skin. In very hot conditions - particularly when there is little breeze, dehydration or certain health conditions or medicines - this cooling system can become less effective.

Who is more at risk in hot weather?

- People aged 65 and over
- Babies and children aged 5 and under
- Pregnant women
- People with heart, breathing, kidney, diabetes, dementia, Parkinson's, mobility or mental health conditions.
- People who live alone, take some medicines or need help with everyday tasks.

Which homes are more likely to get too hot?

- Top-floor flats
- Homes with windows on only one side
- Homes with large windows that get lots of sun
- Homes in built-up areas with few trees or green spaces
- Homes where windows only open a little
- Well-insulated homes where heat cannot escape

LOW-COST WAYS TO KEEP COOL



Parasols: position a parasol outside ground-floor windows or glazed doors to block direct sunlight before it reaches the glass. Ensure it is stable, safely secured and does not obstruct an exit.

Temporary covers outside windows: sheets, towels, cardboard, perforated packaging, mesh, shade cloth or bamboo blinds fixed outside the window. These are highly effective because they stop sunlight before it reaches the glass.

Temporary blinds inside windows: attached via suction cups or velcro, these can reduce glare and provide some benefit, but the sun's heat has already passed through the glass, so they are less effective than outside shading.

HOW DOES INSULATION HELP?

Cavity wall and **loft insulation** can help keep a home cooler by slowing the transfer of heat through the walls and roof, particularly when the sun is heating the outside of the building. They can also help your home stay warmer in winter.

For further information please visit: **www.healthyhomesdorset.org.uk**

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