

# Summer

WELLBEING

HELPING  
**YOU**

AND YOUR  
**FAMILY**

**STAY SAFE**  
**AND WELL**

**THIS SUMMER**

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# Summer

## WELLBEING

Warmer summer months are the time for getting outdoors, enjoying the warm weather and relaxing in the sunshine.

**The summer heat can affect us all but some people are at greater risk of harm from it:**

- Older people, especially aged over 75
- People who live on their own
- Those with pre-existing health conditions
- Babies and young children
- People who spend a lot of time outside or in hot places.

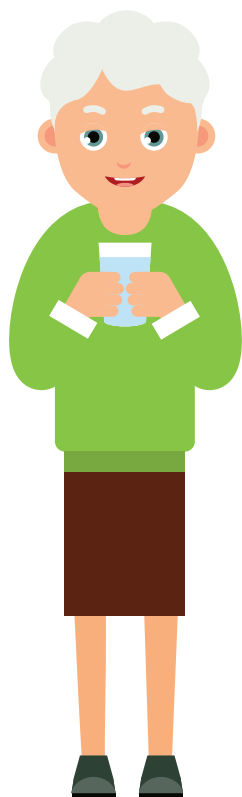
This booklet has been produced to share summer wellbeing hints and tips. We also want you to know that Dudley Council along with other local organisations has a range of services and schemes to help people keep safe, well and happy. It's important for people to know where to get help and support, so no one suffers unnecessarily or feels isolated.

**Hopefully everyone will enjoy a sunny and warm summer this year. To keep you and your family safe and well, here is some useful advice.**

# Stay cool and hydrated

It's really important during warmer weather to keep hydrated.

- Top up regularly with water to avoid feeling tired and confused and cut back on alcohol and caffeinated drinks.
- Healthy adults should aim to drink 1.5 to 2 litres (6-8 glasses) of liquid each day.
- Encourage young children to drink regularly as they may not recognise they are thirsty.
- Breastfeeding mums should drink plenty of fluids to stay hydrated. Breastfed babies do not need water as well as breastmilk, but they may feed more than usual. Bottle fed babies can have cooled boiled water throughout the day.
- Eating cold foods like salads and fruit, which have higher water content, can help you stay hydrated.



## Other ways to stay cool during the summer:

- Take cool baths or showers.
- Keep your home cool - shade or cover windows in sunny rooms and keep windows closed during the day. Open windows when it is cooler outside.
- Turn off lights and electrical equipment when not in use, they generate heat.



# Keep sun safe

Look after your skin, especially during the summer months.

- Avoid sunburn by using sunscreen (at least factor 30 and four or five star UVA protection) and reapply regularly. Cover up with loose-fitting cotton clothing, a wide brimmed hat and sunglasses. Many brands produce sunscreen specifically for babies and children which are less likely to irritate the skin.
- Sunburn increases your risk of skin cancer. If you have lots of moles or freckles your risk of getting skin cancer is higher than average, so take extra care. Sunburn doesn't just happen on holiday, you can burn in the UK even when it's cloudy. Use sunscreen all year round.
- There's no safe or healthy way to get a tan. A tan doesn't protect your skin from the sun's harmful effects.
- Spend time in the shade when the sun is strongest, usually between 11am and 3pm in the UK.
- Babies under 6 months old should be kept out of direct sunlight.
- Older babies should also be kept out of the sun as much as possible, especially when the sun is at its strongest.
- Do not use a blanket or a sheet to drape over a pushchair. On a hot day this will significantly increase the temperature inside the pushchair - possibly to levels that could cause your baby to overheat. Instead attach a parasol or sunshade to your baby's pushchair to keep them out of direct sunlight.



## Manage your long-term health conditions

It's important that anyone living with a long-term health condition, such as breathing conditions, heart problems, or diabetes, is able to manage the condition.

This is especially so during warmer weather when people can struggle in the heat, which can make health conditions worse.

- Keep medicines below 25°C or in the fridge (read the storage instructions on the packaging).
- Many prescription medicines can reduce people's tolerance to heat. Keep taking your medicines and seek medical advice.
- Take extra care to keep cool.



## Swimming outdoors

If you decide to swim outdoors to keep cool, make sure it's a safe place to swim. Look out for warning signs and hidden dangers.

Young children need constant supervision around water as they are especially at risk - they can drown in less than 2 inches (6 centimetres) of water. That means drowning can happen where you'd least expect it. If you're not within arm's reach you have gone too far.

If you fancy a dip, then choose one of the council's leisure centres, in Dudley, Halesowen and Stourbridge, which all have pool lifeguards and offer family swimming sessions as well as swimming lessons.



## Caring and looking out for others

If you are caring for someone or know someone who lives alone, who is older, unwell, or vulnerable, check in on them during periods of extreme heat and make sure they can keep cool. Seek medical help if needed.

As a carer, don't forget to look after yourself. Follow the advice in this booklet and contact Dudley Carers Hub for advice and information.

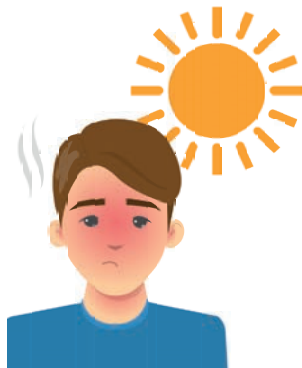
If you're out and about, never leave anyone in a closed stationary vehicle.



## Heat exhaustion and heatstroke

If you or someone else feels unwell, dizzy, irritable, faint, tired, very thirsty, or, if you have painful muscle spasms when the weather is hot, this could be a sign of heat exhaustion.

Heat exhaustion is not usually serious if you can cool down within 30 minutes. To cool down rest immediately in a cool place, drink plenty of water and use rehydration solutions if suitable. However, if you are unable to cool down after 30 minutes this could turn into heatstroke.



Heatstroke is an advanced form of hyperthermia that can be life-threatening. Look out for body temperatures over 40 degrees Celsius/104 degrees Fahrenheit, headaches, nausea, dry skin and no sweating, agitation and heavy breathing.

The symptoms are often the same in adults and children, although children may become floppy and sleepy. Heatstroke needs to be treated as an emergency. Get help if you still feel unwell after 30 minutes of symptoms starting.

For more information about heatstroke, heat exhaustion and sun safety, visit the following NHS websites:

**[www.nhs.uk/conditions/heat-exhaustion-heatstroke](http://www.nhs.uk/conditions/heat-exhaustion-heatstroke)**

**[www.nhs.uk/live-well/seasonal-health](http://www.nhs.uk/live-well/seasonal-health)**

# Food safety

Summer is a great time to enjoy a BBQ with family and friends. Stay safe and remember that warm weather and outdoor cooking can create the perfect conditions for bacteria to grow. Food poisoning can be avoided by following good food hygiene practices.

## Here's some tips to protect you and your guests.

- Wash your hands and clean your utensils and surfaces. Effective cleaning gets rid of bacteria.
- Don't mix utensils used to prepare raw food with those used for ready-to-eat dishes.
- Never wash raw chicken or any other meat - washing raw meat risks splashing germs onto your hands, utensils and worktops.
- Frozen meat tends not to cook through thoroughly on a BBQ. Plan ahead, defrost food overnight in the fridge, making sure juices don't leak onto other food.
- Even if you've recently used your barbecue, it's good practice to clean and dry the grill beforehand.
- If you're using a charcoal barbecue, make sure the coals are hot enough before you start cooking.



**Cross-contamination is most likely to happen when raw food touches or drips onto ready-to-eat food, utensils, or surfaces. Prevent cross-contamination by:**

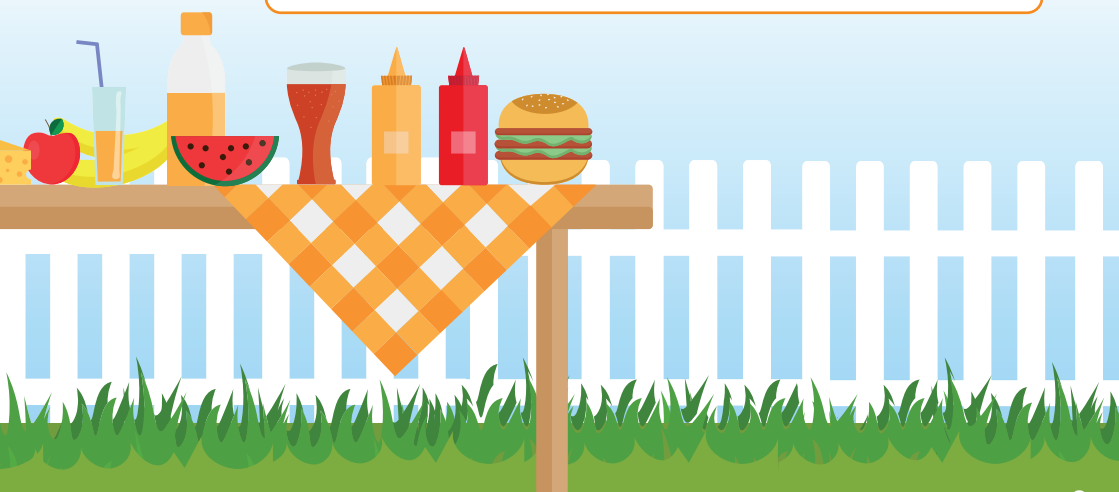
- Storing raw meat separately from ready-to-eat foods.
- Using different utensils, plates and chopping boards for raw and cooked food.
- Washing your hands after touching raw meat and before you handle ready-to-eat food.
- Marinades are a popular way to flavour food at a BBQ. You should not reuse a sauce or marinade on cooked or ready-to-eat food, which has already been used on raw meat.

It's important to cook food at the right temperature and for the correct length of time to kill any harmful bacteria. Different types of meat will have different cooking requirements. Consider cooking chicken and pork in the oven first, then giving it a final finish on your barbecue.

Keep chilled food out of the fridge for the shortest time possible during preparation. You may also want to keep any perishable foods, and food usually kept in the fridge, chilled and out of the sun until serving.

If you have food left over, cover it. Cool cooked food quickly at room temperature, then place it in a fridge or cool bag within one to two hours and consume within 48 hours. If you're reheating anything, only reheat it once and make sure it's piping hot before serving.

**For more information visit:**  
**[www.food.gov.uk/safety-hygiene/bbq-food-safety](http://www.food.gov.uk/safety-hygiene/bbq-food-safety)**



## Childhood vaccinations

Vaccination is the most important thing we can do to protect ourselves and our children against ill health. It is important that vaccines are given on time for the best protection, but if you or your child have missed a vaccine, contact your GP to catch up. To prepare your child for their admission to school, college or university in September, make sure they are up-to-date with the vaccinations they need.

### 4-in-1 pre-school vaccine

The 4-in-1 pre-school vaccine is offered to children from the age of three years and 4 months to boost their protection against diphtheria, tetanus, whooping cough and polio.

At the same time children can have the second of two doses of the MMR vaccine. This protects your child against measles, mumps and rubella (German measles).

### MenACWY vaccine

The MenACWY vaccine is offered to teenagers in school years nine and ten to guard against meningococcal disease (meningitis and septicaemia).

**For more information on all the vaccines you can receive, visit [www.nhs.uk](http://www.nhs.uk) and search vaccinations**



## Stay informed about the weather

The UK is prone to extreme weather, from heavy rain to heatwaves. Keep up-to-date with weather and temperature updates.

**Go to [www.dudley.gov.uk](http://www.dudley.gov.uk) and search for 'severe weather advice'**

Check the weather forecast at **[www.metoffice.gov.uk](http://www.metoffice.gov.uk)** so you can plan ahead, whatever the weather.

## Keep safe and secure at home

It's tempting during the summer to keep windows and doors open, but remember to keep your home safe and secure.

If you are going on holiday or on day trips, keep your home looking occupied.

## Fire safety

Reduce the risk of fires outside by safely putting out cigarettes and throwing rubbish away.

Don't leave glass bottles lying on the ground - the sun's rays reflect through the glass and can start a fire. If you light up a barbeque or campfire, never use petrol or paraffin. Never leave them unattended and put them out properly after you have finished using them. Keep a bucket of water or sand nearby for emergencies, and avoid having barbecues in parks and public spaces.



## Safe and Well

Safe and Well visits are carried out in your home by firefighters. They can advise and educate on safety at home, with particular focus on our most vulnerable residents.

**Phone: 0800 389 5525 email: [homesafetycentre@wmfs.net](mailto:homesafetycentre@wmfs.net) or visit [www.wmfs.net/our-services/safe-and-well](http://www.wmfs.net/our-services/safe-and-well)**

# Helpful contacts

## Dudley Community Information Directory

A local information directory listing activities, services, and events across the Dudley borough

**[www.dudleyci.co.uk](http://www.dudleyci.co.uk)**

## Healthy lifestyle

### Healthy Dudley

Lots of information for you and your family to help live a healthy lifestyle. Information on keeping active, eating healthily and keeping safe

**[www.healthydudley.co.uk](http://www.healthydudley.co.uk)**

### Healthy Hubs

Healthy hubs provide outdoor venues where people of all ages and abilities can come along to get active and have fun in a safe, pleasant, outdoor environment

#### **The hubs are at:**

Netherton Park  
Mary Stevens Park  
Silver Jubilee Park  
Huntingtree Park

**[www.healthydudley.co.uk/choose-healthy-hub](http://www.healthydudley.co.uk/choose-healthy-hub)**

### Leisure Centres

Find out about your local Dudley Council leisure centres

**[www.healthydudley.co.uk/leisure-centres](http://www.healthydudley.co.uk/leisure-centres)**

## Age UK

Information and advice for older people on health and wellbeing

**[www.ageuk.org.uk/information-advice/health-wellbeing/mind-body](http://www.ageuk.org.uk/information-advice/health-wellbeing/mind-body)**

## Cancer and Skin

How to look after your skin, and information and advice on skin cancer

**[www.cancerresearchuk.org/about-cancer/causes-of-cancer/sun-uv-and-cancer](http://www.cancerresearchuk.org/about-cancer/causes-of-cancer/sun-uv-and-cancer)**

## Support services

### Dudley Carers Hub

Information, advice and support for unpaid carers

**Call: 01384 818723**

**email: [dudleycarershub@dudley.gov.uk](mailto:dudleycarershub@dudley.gov.uk)**

**[www.dudley.gov.uk/carers](http://www.dudley.gov.uk/carers)**

### Living Well Feeling Safe

Living Well Feeling Safe offers help to older or vulnerable people to stay safe, independent, healthy and well in their own homes. Lots of support is on offer

**Call: 01384 817743**

**email: [livewellfeelsafe@dudley.gov.uk](mailto:livewellfeelsafe@dudley.gov.uk)**

**[www.dudley.gov.uk/lwfs](http://www.dudley.gov.uk/lwfs)**

### Dudley Falls Prevention

Falls advisors will help you to avoid falls, maintain your strength and balance, as well as help you regain your mobility, confidence and independence, if you have already taken a fall

**Call: 0300 555 0055**

**email: [fallsspa@dudley.gov.uk](mailto:fallsspa@dudley.gov.uk)**

## **Adult Social Care**

Social care support services for adults living in Dudley borough  
Mon to Fri, 9am to 5pm - 0300 555 0055, or 0300 555 8574  
5pm to 9am weekdays and 24-hours a day during weekends  
and public holidays

**[www.dudley.gov.uk/adultsocialcare](http://www.dudley.gov.uk/adultsocialcare)**

## **The Crystal Dementia Gateway**

For people with dementia, family members, or carers

**Call: 0300 555 0055**

**[www.dudley.gov.uk/dementia](http://www.dudley.gov.uk/dementia)**

## **Dudley Council Plus**

This single point of contact enables you to pay for and access  
information on any council service

**Call: 0300 555 2345**

**Mon-Fri 8.30am-5pm**

**email: [dudleycouncilplus@dudley.gov.uk](mailto:dudleycouncilplus@dudley.gov.uk)**

## **Dudley Energy Advice Line**

This service provides expert advice on energy bills and  
schemes, including free home energy advice to help people  
save money, advice on tariffs, discounts and grants

**Call: 01384 817086**

**email: [winterwarmth@dudley.gov.uk](mailto:winterwarmth@dudley.gov.uk)**

**[www.dudley.gov.uk/energyadvice](http://www.dudley.gov.uk/energyadvice)**

## **Mental health and wellbeing services**

### **Pleased to Meet You**

For people aged over 60 who may be feeling lonely or isolated,  
who need some support at home, or a regular phone chat

**Call: 01384 812761 Monday to Friday, 9am to 4pm**

**[www.dudley.gov.uk/ptmy](http://www.dudley.gov.uk/ptmy)**

## **The Beacon Centre - Befriending Service**

A befriending service for people aged 65 plus, living in the Dudley borough, who might be feeling lonely. Receive regular contact from a trained volunteer who will be matched with you based on common interests

**Call: 01902 880111 Monday to Friday**

**email: [referrals@beaconvision.org](mailto:referrals@beaconvision.org)**

## **The Silver Line**

Confidential helpline providing information, friendship and advice to older people, open 24-hours a day, every day of the year

**Call free on 0800 470 80 90**

**[www.thesilverline.org.uk/](http://www.thesilverline.org.uk/)**

## **Triple P and Solihull Approach**

Free parenting programmes to raise happy, confident children

**[www.dudleyparents.co.uk](http://www.dudleyparents.co.uk)**

## **The What? Centre**

Supporting young people between 9 and 25-years-old with mental health and wellbeing

**Call: 01384 885488 (Dudley) or 01384 379992 (Stourbridge)**

**[www.thewhatcentre.co.uk](http://www.thewhatcentre.co.uk)**

## **Kooth**

A free, safe and anonymous online mental health and wellbeing community for young people aged between 11 and 18

**[www.kooth.com](http://www.kooth.com)**

## **Cranstoun**

Services and programmes for adults and young people who need support addressing their use of alcohol and other drugs, domestic abuse, housing and those in contact with the criminal justice system

**[www.cranstoun.org/help-and-advice](http://www.cranstoun.org/help-and-advice)**

# Summer WELLBEING

[www.dudley.gov.uk/summerwellbeing](http://www.dudley.gov.uk/summerwellbeing)

Summer 2025