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**Weekly PPG Update 27.6.25**

1. **Stay Well This Summer campaign**

Our Comms Team would love to hear about anything you are doing as a practice, PPG, network or organisation to encourage people to stay well this summer.

For example, if this is a focus of one of your health and wellbeing events, let us know so that the Comms Team can give it a platform! We can also come out and take pictures to feature in the campaign.

Or you might be giving advice to patients, putting up posters, whatever it is we’d love to champion it for you.

For example:

* Sun and heat safety – shade, sunscreen, hydration
* Staying hydrated – particularly our younger and older population
* Allergy and asthma management – prevent flare ups
* Use the right services – 111, MIUs, pharmacy, self-care
* Child safety – at home, outdoors, and on the beach etc
* Barbecue and water safety – reduce preventable injuries

We need:

* A quote about what you are doing
* An image or video – these work best if they feature real people. Our goal here is to be as human as possible.

We can offer:

* A summer post to share what you are up to with our audiences
* A feature on our Stay Well This Summer web page
* We will also be doing some outreach to signpost back to our summer pages with our target audience such as Carer Support Dorset.

The idea is that while we are creating content, we are focusing on what is already going on. Shouting about it, not creating a new project. Just like we do with the Little Things In Winter campaign. Looking forward to hearing your plans!

1. **Heat health and keeping cool**

Colleagues working in health and social care will be aware that an increase in temperature can have a significant impact on some of our more vulnerable residents - those over 65 years and with long term conditions, including respiratory and cardiovascular diseases.

The UKHSA has advised to:

* keep your home cool by closing windows and curtains in rooms that face the sun
* keep out of the sun between 11am and 3pm
* drink plenty of fluids and avoid hot drinks and alcohol
* wear sunscreen
* cover up with light clothing, wear a hat and sunglasses when outside
* do physical activity or walk the dog, at a time when it is cooler
* check on vulnerable friends, family, and neighbours.

Those at greater risk from the hotter weather include older people 65 years and over, babies and young children 5 years and under, people with long-term health conditions, outdoor workers, people enjoying the outdoors for leisure/sport, people living alone and unable to care for themselves, and people experiencing alcohol or drug dependence, homelessness or who are vulnerably housed.  Updated advice is available on how to reduce the risk and cope better with the hot weather: [Beat the heat: staying safe in hot weather - GOV.UK (www.gov.uk)](https://www.gov.uk/government/publications/beat-the-heat-hot-weather-advice/beat-the-heat-staying-safe-in-hot-weather).

Our living and working environment may impact on our health and how we cope in this hot spell.  The BBC has produced 6 tips on keeping you and your home cool, some of which will be applicable to your working environment.

[How to keep your yourself and your home cool in hot weather - BBC News](https://www.bbc.co.uk/news/articles/cz6gxe61p70o)

Where people are over exposed and suffer from heat exhaustion or heatstroke, the NHS has information on the symptoms and actions to take to prevent it.  If it turns into **heatstroke**, it needs to be **treated as an emergency**.

[Heat exhaustion and heatstroke - NHS](https://www.nhs.uk/conditions/heat-exhaustion-heatstroke/)