



Shropshire  
Council



# Summer Wellness Guide 2024

Shropshire Carers Support Team



[shropshire.gov.uk/adult services/shropshire](https://www.shropshire.gov.uk/adult-services/shropshire)

# Keeping Vulnerable People and Children Safe and Well

The heat runs a risk of adversely affecting anyone, but some are more vulnerable. Those to consider include:

- Older people, especially over 75 years old.
- People who have serious health conditions, or long-term illnesses.
- People who live on their own or in a care home.
- People whose job mean they spend a lot of time outside.
- People who live-in high-rise flats.
- People who are homeless.
- People who find it hard to keep cool, such as babies and young people, those confined to bed or those with addictions

## Keep your house cool

- Cover or shade windows exposed to direct sunlight and keep them closed during the day. Take care with metal blinds and dark curtains, these can absorb heat.
- Open windows at night if cooler and it's safe to do so.
- Turn off lights and electrical equipment that are not in use.
- Turn off central heating, get air flowing through by opening windows when it is cooler.

## Practice sun safety

- Stay out of the sun between 11 am – 3 pm, the hottest part of the day.
- Wear sun cream, wear a hat, stay in shadier areas as much as possible.

## Cool down

- Fans and cooling mists are a quick way to help reduce body temperature or run your wrists under cold water for 30 seconds.

## Medication

- Don't forget to pack and take your regular medication with on when going away. Remember to request prescription refills in plenty of time.
- If you're unable to access your GP, emergency supplies of most prescription medicines are available from local pharmacy to tide you over. Click [Find a pharmacy](#).

# Beat the Heat

Tips to stay safe and well:

- Drink plenty of fluids. If you struggle to drink, try drinking small sips at a time and gradually drink more. To encourage fluid intake, try to make drinking a social occasion such as 'having a cuppa'. Offer foods with higher water content like soups or fruit such as melon or ice cream.
  - A pharmacist will help with signs of dehydration and be able to recommend appropriate solutions and advice.
  - Stay indoors especially during the hottest times of the day, in the UK that's 11 am to 3 pm.
  - Consider moving to a cooler room, especially for sleeping.
  - Never leave anyone in a parked vehicle with doors and windows closed.
  - Walk in the shade. Look for a bench under a tree in parks for some respite, or head to a café to cool down.
  - Avoid physical exertion during the hottest times.
- If you can't avoid strenuous activity outdoors, try and limit to cooler parts of the day such as early morning or evening.
  - Take fluids with you on all journeys.
  - Take a cool shower/bath or body wash. Apply a damp cloth to your neck and other cooling points on your body.

Look out for heat related illness such as heat exhaustion or heatstroke. For NHS information on how to notice the signs and where to get help, please click [Here](#).

- Check latest weather forecasts either by radio, TV, [mobile app](#) or [website](#) in **an emergency call 999 for an ambulance**.

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For information on Beat the Heat click [UKHSA website](#)

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# Urgent Health Care that isn't an Emergency? Think 111 First

**The NHS 111 service does not diagnose but directs you to the best place to get help for your symptoms.**

You can call 111 or visit [111.nhs.uk](https://111.nhs.uk) to be triaged (via a series of questions), based on your answers, you will be directed to a range of local services.

NHS 111 can book you an appointment with your GP, Pharmacist or Urgent Treatment Centre or arrange for an ambulance to be sent if you need one.

The online system and health advisers have all the healthcare service information within the local community at their fingertips using the NHS Pathway triage system, they know the best place for you, or the person you are calling on behalf of, to receive care.

You can also use the NHS 111 service for help with your mental health - call and select option 2 to be put straight through to someone who can advise you. For less urgent health needs during normal opening hours, you should still contact your GP or visit or talk to your local pharmacist.

The logo for NHS 111, featuring the text 'NHS111' in a bold, blue, sans-serif font.

**Need help in other languages?**  
Call **111** and ask for an interpreter

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**In an emergency always call 999**

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# The Cost of Living

The cost of living affects us all, no matter what the weather.

We have [advice](#) for anyone struggling with the cost of living this summer. You can also find details on energy efficiency [here](#)

If you are struggling to make ends meet, there is advice available to you.

Read [worried about money](#) to find out more about what options are available. The link contains step by step guide of help in Shropshire.



[Shropshire Larder](#) provides a wide range of information and advice on maximising income, budgeting, debts, and household bills

## Sources of financial advice

Citizens Advice Service: <https://www.cabshropshire.org.uk/> Call free on **0808 278 7894**

National Debt Line:

[www.nationaldebtline.org](http://www.nationaldebtline.org)

**0808 808 4000**

Shropshire Council Advice, Advocacy and Welfare Benefits

[Welfare Provision](#)

[Barnabas Money Advice Shrewsbury](#) 07507 663251

# Are you one of Shropshire's Unpaid and/or Adult Family Carers?

If you are an unpaid and/or family carer providing vital support to someone who needs your care in Shropshire, we are on hand to try and make life a little easier.

Whether it's making sure you are getting all the financial help you are entitled to, helping you get a break from caring, looking into employment and learning opportunities, planning for the future or even how to get support as a carer, help is at hand.

## **Shropshire Carers Support Team**

A dedicated team providing information, advice and support to carers over the age of 18. Our vision is to enable carers to live their best lives.

Find out more: [Shropshire Choices - I care for someone else](#)

## **Carers Assessments**

An opportunity for you to speak to someone about your caring role and the impact it can have on your life.

To book a carers assessment, telephone:

**First Point of Contact on 0345 678 9044.**

## **Emergency Planning**

It is important for all carers to make contingency plans with the person they care for to use in circumstances where help from other people to deliver care may be required.

More information on carer emergency plans and a template to complete can be accessed [here](#)

## **GP Awareness**

Let your GP know about your caring role, a carer flag can be placed on your notes. Read about the benefits [here](#)

To find out more, contact **Shropshire Carers Support Team** on **01743 341995** or email: [shropshire.carers@shropshire.gov.uk](mailto:shropshire.carers@shropshire.gov.uk)

# Shropshire Carers Register

## Have you signed up?

As an unpaid carer, it can be difficult to know where to find information that is current and correct. Shropshire Carers Support Team have developed the Shropshire carers register which holds carers details so we can share information relevant to you.

With enrolment to the register, you will receive a carers ID card/emergency card, an emergency plan template and support to complete. If you sign up with Mobilise online, you can also receive a free 5-part email course delivered by Mobilise providing online support for carers. You can de-register at any time by notifying Shropshire Carers. You can sign up by completing our form [Carers Register form](#)

Signing up to the carers register you'll receive a carers identification card, a small credit card size that let's others know in an emergency that the person you care for relies on you.

Carry the card in your purse/wallet for reassurance that the person you care for, won't be left without support.

Some places also offer carers a reduced price on presentation of a carers ID card.

Find out how Shropshire Carers Support Team can help you: [shropshire.carers@shropshire.gov.uk](mailto:shropshire.carers@shropshire.gov.uk) or call **01743 341995**



Shropshire Carers

Emergency Carers Card

**Attention**

I look after someone who depends on me for care.

In an emergency please telephone:

LAS No:



Shropshire Council

Shropshire Carers Support Service

Providing information and support for unpaid and family carers in Shropshire.

**Shropshire Carers**

Email: [shropshire.carers@shropshire.gov.uk](mailto:shropshire.carers@shropshire.gov.uk)

Telephone: 01743 341995

[www.shropshire.gov.uk](http://www.shropshire.gov.uk)

**In an emergency always call 999**





# Managing your Mental Health and Wellbeing

Equally as important as our physical health.

Exposure to natural sunlight increases levels of vitamin D and serotonin, known to boost our wellbeing and mood. Taking time to step outside and enjoy the warmth may help provide a sense of calm and wellbeing.

If you would like some practical tips and advice about ways to boost your mood, a place to feel heard, please visit: Shropshire Mental Health Services:

[Shropshire MHS](#)

Whether you're concerned about your own mental health and wellbeing or that of someone else, Shropshire Council has information to hand, please visit: [Mental Health and wellbeing](#) or contact First Point of Contact on 0345 678 9044.

## Support for children and young people

Resources and advice to help young people manage their emotional wellbeing are available at Shropshire Council, please visit: [Bee U](#)

# Are you experiencing domestic abuse?

If you, or someone you know, is experiencing domestic abuse, such as violence or controlling behaviour, then advice, support and services are available.

If you sometimes don't feel safe with the person you're living with or another family member then contact:

West Mercia Women's Aid on **0800 783 1359**.

More information at [Domestic Abuse](#)

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**In an emergency always call 999**

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## Support in your Community

Keeping active and connected can increase our sense of belonging, which in turn improves wellbeing.

‘Social prescribing’ is a free service within GP practices which helps you find enjoyable activities in your local area. For more information, visit: [Social Prescribing in Shropshire](#)

### Shropshire Adult Services

First stop for information on a variety of health and social care needs support. Visit: [Adult Services](#)

For Shropshire Carers Web page visit [Shropshire Carers](#)

### Healthy Shropshire

There are free resources locally with friendly staff who will help you find the right advice and support to stay healthy and well; from looking after your mental health or stopping smoking to managing your weight or simply being more active.

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For full information, visit: [Healthy Shropshire](#)

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# Informational and Emotional Support in your Community

If you are feeling low this summer, please reach out and speak to someone.

## Shropshire Carers Support Team

– we offer a listening ear. By talking through your situation, we can establish your needs and help you to reach solutions that assist you to move forward. Tel: 01743 341995, Mon-Fri 9 am-5pm and Tues until 7:30pm, Sat 9:30 am-midday.

## Mobilise Shropshire Online carer support service

A friendly ear, the opportunity to get clarity around muddled thoughts, or simply just to connect.

## Community Directory

Gives information on where you can find help including benefits, groups, community transport and more.

## Community Directory

## Samaritans Self-help

Keep track of how you're feeling, get tips on what you can do to help yourself cope, visit: [Samaritans Self-help App](#)

## SHOUT

You don't need to hide behind a smile.... you can talk with SHOUT over text 24/7, it's a free service available to everyone in the UK and it won't show up on your phone bills.

When you text there's a trained volunteer at the other end to talk with you – silently, by text message – until you feel calmer. Why not look at SHOUT's [Little Book of Coping Skills](#) booklet with plenty of tips or visit: [Give us a shout](#).

# Summer Safety Tips



## Stay Hydrated

Drink 8 or more glasses of water per day to stay healthy & hydrated



## Know the Side Effects of Medications

Some medications have side effects such as drowsiness or sun sensitivity



## Stay Cool

Stay in the A/C, indoors, go swimming, etc.



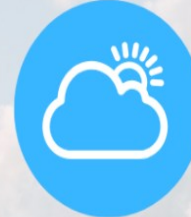
## Wear Light, Loose Fitting Clothing

Wear breathable clothing and light colors that reflect the sun



## Have Emergency Contacts

Have a list of people to call in case of emergency



## Know the Weather Forecast

Plan your days accordingly depending on the weather

**For advice on any of the information in this booklet, or if you're not sure where to go for help, contact Shropshire Carers Support Team.**



We are here to listen and help you find the independent support, guidance, and information you need to live your best life.

Shropshire Carers Support Team: 01743 341995,  
[shropshire.carers@shropshire.gov.uk](mailto:shropshire.carers@shropshire.gov.uk)

Visit:

[Shropshire Carers](#)

For the latest health and wellbeing information in Shropshire,  
visit:

[Healthy Shropshire](#)

For all news and other information, visit:

[www.shropshire.gov.uk](http://www.shropshire.gov.uk)

**\*Please print off**

<b>EMERGENCY CONTACT LIST</b>	<b>Supplier/Company/Contact</b>	<b>Name and Telephone Number</b>
	<b>First Point of Contact (Shropshire Council)</b>	<b>03456 789044</b>
	<b>Emergency Contact</b>	
	<b>Emergency Contact Gas Supplier</b>	
	<b>Gas Supplier</b>	
	<b>Electricity Supplier</b>	
	<b>Water Supplier</b>	
	<b>Plumber</b>	
	<b>Local Pharmacy</b>	
	<b>GP Practice</b>	
	<b>NHS</b>	<b>111</b>

**In an emergency, always dial 999**