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14/07/2022

**Re: Level 3 weather alert.**

Dear Service user/Carer,

We are writing to you today, with regard to the level 3 weather alert.

As you will no doubt be aware, there has been a national and local weather warning issued by the met office for unusually high temperatures in the coming days. At the time of writing this letter, forecasted temperatures are due to gradually rise as from Saturday, peaking at approximately 36 degrees over Monday and Tuesday next week.

It is important that everyone takes additional precautions during this period of high temperature. Those who have pre-existing medical conditions, vulnerabilities and/or older people, should take particular care. If you are worried, it may be worth contacting your GP surgery for further advice around your specific condition.

Headway Oxfordshire's service WILL continue to be open throughout this period, but we advise you to make a decision as to whether you attend the ARC or not, based on your own personal circumstances and condition. We will be ventilating the ARC as best we can and providing fans and plenty of drinks etc. It should be noted that we don't have air conditioning in the building and therefore, will only be able to moderate the temperature based on airflow, the use of fans and utilising the new insulation, recently added to the building overall, in our recent refurbishment.

Whether you attend the ARC or not, service users are advised to ensure they are suitably hydrated at all times, drinking water rather than carbonated drinks, and minimising their intake of caffeine. If you are staying at home, it is advised to shut curtains and blinds but keep windows open to allow air circulation. For those who are able and have the facilities, a cooling shower is beneficial if one begins to feel overwhelmed by the heat.

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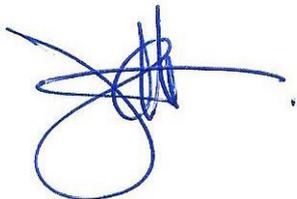


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Please also bear in mind that NHS services are presently under extreme pressure and may not be able to respond to emergency calls in a timely manner. Therefore, it is imperative that you take all precautions you can to maintain your own health and wellbeing and avoid the need to call upon emergency services wherever possible.

Yours sincerely



Jamie Miller  
CEO  
Headway Oxfordshire

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