

Stay safe in the heat and sun this summer

As temperatures rise, it's essential to take steps to protect yourself and others from the dangers of extreme heat and sun exposure.



Heatwaves can increase the risk of serious health issues like dehydration, heat exhaustion, and heatstroke — especially for older adults, young children, and people with long-term health conditions.

How to stay safe during heatwaves

To stay cool and protected during heatwaves, follow these simple, effective tips:

- ✓ **Avoid direct sun during the hottest part of the day**, typically between 11am and 3pm
- ✓ **Keep your home cool** by closing curtains or blinds on sun-facing windows
- ✓ **Drink plenty of water** to stay hydrated
- ✓ **Check in on elderly or vulnerable neighbours** regularly

How to protect yourself from the sun

The sun's UV rays are the leading cause of skin cancer, including melanoma. It's best to strike a balance between protecting yourself from the sun and getting enough vitamin D from sunlight. If you spend time outside, make sure to:

- ✓ **always wear sunscreen with at least SPF 30**, even on cloudy days
- ✓ **cover up with light, loose-fitting clothing**, a wide-brimmed hat, and sunglasses with UV protection
- ✓ **reapply sunscreen every two hours**, especially if you're sweating or swimming

Sunscreen is safe to use and backed by strong scientific evidence — it helps prevent skin damage and significantly reduces your risk of skin cancer.

If you're concerned about your health during hot weather, contact your GP or pharmacist, or visit the NHS website for more advice on staying well in the heat.

You can also stay up to date with the latest weather alerts, including heat, by visiting the Met Office website and registering - Subscribe to email alerts, warnings and newsletters - Met Office

Do not use disposable barbecues in parks or open spaces



This is the aftermath after a disposable barbecue caused a significant fire in Sutton Park on Saturday, 5th July 2025.

Fire crews tackled the large grass fire, 12 fire engines were involved, and firefighters spent hours making the area safe.

Please don't use disposable barbecues in parks or open spaces, especially during hot, dry weather.

If you are using a disposable barbecue elsewhere:

- Never place it directly on grass - always use a heatproof surface
- Fully extinguish it with water and let it cool completely before disposing

Single-use vape ban

The sale of single use vapes was officially banned across England, from 1st June 2025.

The new legislation bans the supply of single-use vapes — also known as disposable vapes — this includes both nicotine and non-nicotine products, sold in shops, at markets, or online.

The ban is designed to protect public health and the environment. Birmingham trading standards officers have already seized 14,243 illegal or non-compliant vapes since September 2024.

Yeah, It's the holidays



Before you disappear, remember you must inform a housing officer if you will be away from your home for more than four consecutive weeks. You must also make your home safe and secure for the time you are away. (*Conditions of Tenancy, Clause 2.8*)

You should also check the T&Cs of your Home Contents Insurance as cover may only be 30 days.



Thursday, 7th August 2025



11 am to 12 noon

Meet on the grass between
Claverdon House & Southam House



Please come and join in



Meet your neighbours

Help keep Holly Rise clean & tidy

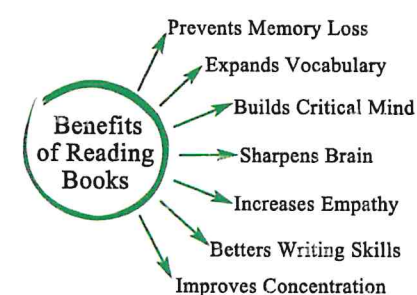
Help protect wildlife by removing danger

Light refreshments will be served in the office
for all those who take part



Páirc Festival Update

This year the Páirc Festival has a new organising team and although assurances Holly Rise residents will be entitled to free tickets have been given, the details of how these will be obtained has yet to be finalised. As soon as confirmation has been received, you'll be the first to know ☺



The next Book Sale / Swap will be on Monday, 21st July 2025 in the office and Southam House Entrance Foyer.

Windows to the World



Opening windows regularly offers a multitude of benefits for your home and well-being, including improved air quality, reduced condensation, and even positive impacts on mood and productivity.

Improved Indoor Air Quality - Opening windows allows for the natural exchange of air, flushing out stale, polluted air and replacing it with fresh outdoor air. This helps reduce the concentration of indoor pollutants like dust, allergens and volatile organic compounds (VOCs) from household products, leading to a healthier and more comfortable living environment.

Reduced Condensation - Opening windows, especially in bathrooms and kitchens, helps reduce humidity levels. High humidity can lead to condensation and mould growth so keeping it as low as possible helps to keep your home damp and mould free.

Odour Removal - Fresh air is an effective way to eliminate unwanted smells from cooking, pets or other sources. It's also cheaper than buying artificial air fresheners.

Energy Saving - Natural ventilation can help regulate indoor temperature, potentially reducing reliance on electric fans, extractor fans, hot/old fan units, etc helping to keep electricity bills lower.

Positive Impact on Mood and Productivity - Fresh air and natural light can have a positive impact on mood, reduce stress and improve focus and cognitive function. This is why many people suffering from trauma, anxiety, depression, etc are advised to take walks.

Better Sleep - Fresh air can help regulate temperature and reduce carbon dioxide levels in the bedroom. CO₂ can naturally build up in enclosed spaces as we breathe so having some ventilation can create an environment more conducive to restful sleep.

Reduces Risk of Illness - Improved indoor air quality and ventilation can help reduce the risk of respiratory illness and infections.

Alerts Neighbours - If you get into the habit of opening the bathroom window each morning, especially if you live alone, it can signal to your neighbours you are OK. However, if you suffer from hay fever, pollen counts are usually high in the early morning, so wait until later in the day or after a rain shower when they often drop.