

Keep Cool in Manchester



Age Friendly
Wythenshawe

In summer 2026 Age Friendly Wythenshawe are piloting a Summer Cooler campaign, which aims to help keep older residents safe and well during hot weather.

After years of success with our Winter Warmer Campaign, we are launching a summer campaign to help keep people well in hotter temperatures.

If you would like to get involved with our work contact:

Email: agefriendlywythenshawe1@gmail.com

Telephone: 0775 232 7955 (leave a voicemail or WhatsApp us)

Social media: [Facebook.com/AgeFriendlyWythenshawe](https://www.facebook.com/AgeFriendlyWythenshawe)



Who is at risk when it's hot?

A heatwave can affect anyone, especially:

- older people – especially those over 75 and female
- those who live on their own or in a care home
- people who have a serious or long-term illness such as heart or lung conditions, diabetes, kidney disease, Parkinson's disease or some mental health conditions
- people who are on multiple medicines that may make them more likely to be badly affected by hot weather
- those who may find it hard to keep cool – babies, people who are bed-bound, people with Alzheimer's
- people who spend a lot of time outside or in hot places – those who live in a top-floor flat, the homeless or those whose jobs are outside.

Cool spaces

Manchester's libraries are cool spaces. Libraries are friendly locations to stay out of the sun with access to drinking water:

- Brooklands Library
- Northenden Community Library
- Forum Library Wythenshawe



Heat-related illnesses

Heat syncope - sudden dizziness when you are active in the heat. Rest in a cool place with your legs up, drink water.

Heat cramps - stop the physical activity you're doing and rest in a cool place. Drink plenty of water or drinks with electrolytes - no alcohol or caffeine.

Heat edema - a swelling in your ankles and feet when you get hot. Put your legs up to help reduce swelling. If that doesn't work fairly quickly, check with your doctor.

Heat rash - clusters of small itchy or tingling skin blisters from heavy sweating. Keep the area dry, use powder to sooth the rash, and stay in cool areas.

Heat exhaustion - your body can no longer keep itself cool. You might feel thirsty, dizzy, weak, clumsy or sick. Rest in a cool place and get plenty of fluids. If you don't feel better soon, get medical care to avoid heat stroke.

Heat stroke - a **medical emergency** where the body's temperature rises above 40°C. Signs include fainting, confusion, not sweating when it's hot, dry and flushed skin, rapid or weak pulse. Seek medical help and move to a cooler place. Lower body temperature with cool clothes, a cool shower and fans.

Sun exposure (sunburn) - skin damage due to extreme or long exposure. Skin may be sore, blister and peel. Prevent sunburn with long clothing, SPF sun cream and staying out of the sun. If you are sunburned, take cool showers, moisturise and stay out of the sun so your skin can heal.

Tips to stay cool at home



Most medication should be kept below 25°C so it is best to keep it in the fridge when it's really hot.



Drink plenty of water to avoid getting dehydrated. Avoid alcohol as it dehydrates you.



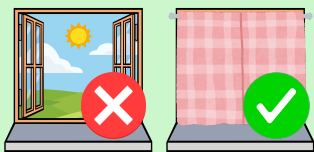
Keep eating even if you're not feeling too hungry - this replaces nutrients lost when sweating.



A damp cloth or a splash of water on the back of your neck can cool you down faster than a fan.



Open windows on opposite sides of the home during cooler times (early morning or late evening) to create cross-ventilation.



Keep windows and blinds or curtains closed during the day, especially on sun-facing windows, to block out heat.



Limit the use of ovens and stoves during the hottest parts of the day to reduce indoor heat.



Wear loose-fitting, breathable clothing made from natural fibres like linen, cotton, or lightweight silk to stay cool and comfortable.