



Stay Cool

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Who we are - think and do



- We are a community climate action organisation.



- Our aim is to deliver climate and social action projects co-designed by residents, for residents.



- Our big goal is to design and put in place creative actions to local needs in Camden.

What do we do? - think and do



We run various community-focused climate projects around Camden, including:



- **Energy Savers Club** – helping residents to save energy in their homes.

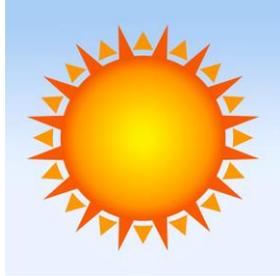


- **Sharing Spaces** – hosting community gatherings for people to share food and skills.



- **Beeline Boxes** – installing free herb boxes in Camden estates.

Stay cool



- Because of Climate Change, hot weather is becoming more frequent and stronger.



- Hot weather can make us unwell and worsen health problems people already have.



- People with LD are more at risk from hot weather.

Stay cool



If you are too hot, you may feel:

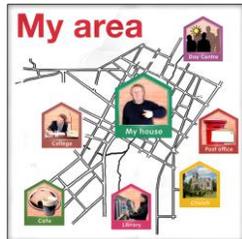
- Uncomfortable
- Confused
- Weak or faint
- Have a headache
- Have muscle cramps
- Sweat a lot



Cool spaces



- Camden Council is working with partners across the borough to provide designated **Cool Spaces**.
- These are places where anyone can go to rest, escape from the heat, and cool down.
- Many are in public libraries, community, and cultural buildings...



Cool Spaces in Camden:

- West Hampstead Library
- Queens Crescent Library
- Highgate Library
- Kilburn Library
- Swiss Cottage Library
- Kentish Town Library
- Camden Town Library



- ...
- Pancras Square Library
- Somers Town Community Centre
- Somers Town Living Centre
- Old Diorama Arts Centre
- Building Centre
- The Wellcome Collection



What can you do to stay cool?



- Sip water all day long

- Spray yourself with cold water



- Have a cool shower or bath

- Visit a Camden Cool Space (ask a carer)



- Let a carer know if you feel unwell or uncomfortable

What can you do to stay cool?



- Stay in the shade between **11am-3pm**



- Avoid sugary drinks, coffee or alcohol



- Use lots of sunscreen



- Close windows or curtains that are facing the sun

Heat exhaustion and heatstroke

The signs of **heat exhaustion** include:



- tiredness



- dizziness



- headache



- feeling sick or being sick

More signs of **heat exhaustion**



- excessive sweating and skin becoming pale (this can be harder to see on brown and black skin) and clammy
- high temperature
- weakness

Heat exhaustion

4 things to do to cool someone down:



move the person to a cool place.



remove unnecessary clothing like jackets and socks.



get them to drink a sports or rehydration drink, or cool water.



cool their skin with a wet sponge or spray. Place wrapped cold packs on the back of the neck or under the arms also work well.

Heatstroke



Someone with heat exhaustion should start to cool down within 30 minutes after trying these 4 tips.

If someone is still unwell after 30 minutes they might have heatstroke.

The signs of **heatstroke** include:



- a very high temperature
- hot skin that's not sweating and might look red (can be harder to see on brown and black skin)
- a fast heartbeat
- fast breathing or shortness of breath
- confusion and lack of coordination

The signs of **heatstroke** include:



- a seizure or fit
- loss of consciousness
- If these signs occur, call 999
- Put the person in the recovery position if they lose consciousness.

Stay Cool

Thank you for your time!

Any questions?

