

Newsletter

Rising Temperatures: Staying Safe This Spring and Summer

As temperatures begin to climb across Cheshire, it's important to stay prepared for the warmer months ahead. Discover our seasonal weather outlook for Macclesfield, practical advice on staying cool and hydrated, and tips for supporting vulnerable individuals during periods of hot weather.

Summer Adventures Across Cheshire

Looking for inspiration for days out? We've rounded up some of Cheshire's best attractions, parks and outdoor spaces that are perfect for supported living activities, community engagement and family adventures. From scenic walks to exciting visitor attractions, there's something for everyone to enjoy this summer.

Celebrating Excellence: Colleague of the Month

This month we shine a spotlight on one of our outstanding team members whose dedication, positivity and commitment to delivering exceptional support have earned widespread praise from clients and colleagues alike. Read more about the qualities that make this colleague such a valued member of our team.



HEAT IS ON THE WAY: PREPARING FOR A WARMER SPRING AND SUMMER

Staff urged to stay weather-aware as temperatures begin to rise across Cheshire.

As we move into the warmer months, forecasters are predicting a generally milder and potentially warmer-than-average period across the North West. While sunshine and longer days are welcome, rising temperatures can present challenges for both colleagues and the people we support.

In this edition, we look at what warmer weather could mean for our services, how to recognise signs of heat-related illness, and the simple steps we can all take to stay safe, comfortable and hydrated throughout the season.



Getting Ready for Warmer Days:

Why Heat Awareness Matters

After a long winter and a cool start to spring, many of us are looking forward to brighter mornings, lighter evenings and opportunities to spend more time outdoors. However, warmer weather also brings responsibilities, particularly within supported living environments where some individuals may be more vulnerable to the effects of heat.

What Can We Expect This Season?

Current seasonal forecasts suggest that Cheshire and the wider North West are likely to experience periods of settled weather during late spring and summer, with temperatures frequently reaching the high teens and low-to-mid 20s°C. As in recent years, occasional hot spells are possible, particularly during July and August.

Macclesfield Three-Month Outlook

Month	Expected Conditions	Typical Daytime Temperatures
June	Mixed sunshine and showers with increasing warm spells	17–22°C
July	Warmest month of the season, with occasional hot periods	20–26°C
August	Generally warm and settled, with chance of thunderstorms	19–25°C

Please note: Seasonal forecasts indicate trends rather than exact weather conditions and may change as the season develops.

Why Hot Weather Can Be a Concern

Many people supported within our services may be more susceptible to heat-related issues due to age, health conditions, medication or reduced awareness of dehydration.

Even moderate increases in temperature can lead to:

- Dehydration
- Fatigue and lethargy
- Headaches and dizziness
- Heat exhaustion
- Increased confusion or discomfort
- Worsening of existing health conditions

Early recognition and preventative action can make a significant difference.

Simple Steps to Keep Everyone Safe

Encourage Regular Hydration

People often wait until they feel thirsty before drinking, but thirst can already be a sign of dehydration. Encourage regular fluids throughout the day and make drinks easily accessible.

Keep Living Areas Cool

- Open windows during cooler parts of the day where safe to do so.
- Close curtains or blinds in direct sunlight.
- Use fans appropriately and safely.
- Monitor indoor temperatures in communal areas.

Plan Activities Carefully

Outdoor activities remain important for wellbeing, but consider:

- Scheduling walks and outings earlier in the morning or later in the afternoon.
- Seeking shade where possible.
- Taking regular rest breaks.
- Carrying water on all outings.

Dress for the Weather

Lightweight, loose-fitting clothing can help regulate body temperature. Hats and sunscreen should be considered for extended outdoor activities.

Summer In Cheshire: Great days out for the people we support and our own families

One of the best things about the summer months is the opportunity to get outdoors, explore local attractions and enjoy new experiences. Cheshire offers a wide range of accessible activities that can be enjoyed by the people we support, as well as by staff and their families during their own time.

Whether you're looking for a relaxed afternoon in nature, an educational day out or a fun family adventure, there is something for everyone right on our doorstep.



Accessible Activities for Supported Living Services



Explore the Grounds at Tatton Park

With beautiful gardens, open parkland, accessible pathways and a working farm, Tatton Park offers a gentle and enjoyable day out for people of varying abilities. Visitors can enjoy wildlife spotting, picnics and seasonal events throughout the summer.



Take a Ride on the Cheshire's Heritage Railways

Historic railway experiences can provide a relaxing outing with plenty of opportunities to enjoy the countryside from a different perspective. Many heritage rail services offer accessible facilities and special events during the summer season.



Visit Chester Zoo

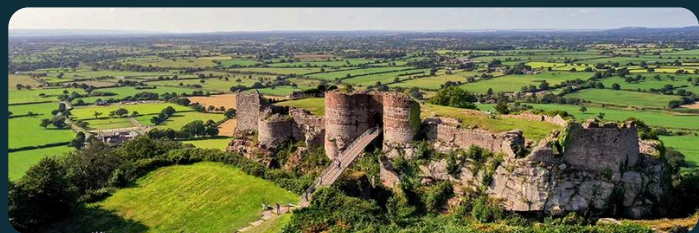
One of the UK's most popular visitor attractions, Chester Zoo offers accessible routes, sensory-friendly resources and a fantastic opportunity to connect with animals from around the world. A visit can encourage conversation, learning and shared experiences.



Enjoy a Canal-Side Walk

The Macclesfield Canal provides flat, scenic walking routes suitable for many mobility levels. A gentle stroll followed by refreshments at a local café can make for a relaxing and sociable day.

Ideas for You and your families



Discover Beeston Castle

Offering spectacular views across Cheshire and North Wales, Beeston Castle combines history, outdoor adventure and family-friendly exploration.



Adventure at Delamere Forest

Perfect for walking, cycling, picnics and outdoor play. The forest's extensive trail network makes it an excellent destination for families looking to enjoy nature and stay active.



Explore the River Dee in Chester

Boat trips, riverside walks and independent cafés make Chester a popular summer destination. The historic city centre also offers plenty of opportunities for shopping and sightseeing.



Wander Through Ness Botanic Gardens

A peaceful setting featuring colourful summer displays, woodland walks and family-friendly activities throughout the season.



Traditional Seaside Day Trip

The North West coastline is within easy reach from Cheshire. Destinations such as Llandudno or Southport offer beaches, promenades, ice cream and classic British summer experiences.

Budget-Friendly Summer Activities

Not every great day out needs to cost money. Consider:

- Nature walks and wildlife spotting
- Community parks and gardens
- Outdoor photography projects
- Picnics in local green spaces
- Scavenger hunts
- Outdoor sketching and art sessions
- Birdwatching
- Local history trails
- Gardening projects
- Open-air concerts and community events

Summer Activity Challenge

Here is a summer challenge. Let's see how many activities you can complete this summer

- Visit a new park or garden
- Attend a community event
- Enjoy a picnic outdoors
- Visit a local museum or heritage site
- Spot five different bird species
- Try an outdoor activity you've never done before
- Take a canal-side walk
- Share your favourite summer photograph

Small adventures often create the biggest memories. Whether supporting individuals to engage with their community or spending quality time with family and friends, Cheshire provides countless opportunities to make the most of the summer months.

Spotting Heat Exhaustion

Look out for signs such as:

- Excessive sweating
- Weakness or tiredness
- Dizziness
- Headache
- Nausea
- Muscle cramps
- Cool, clammy skin

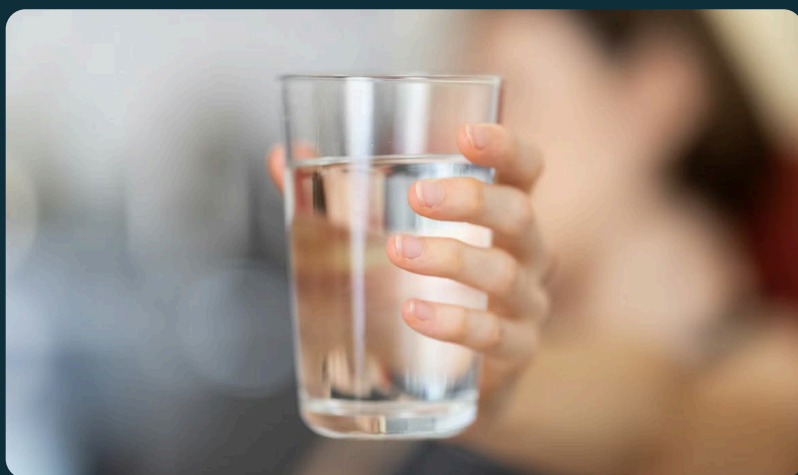
If someone appears unwell due to heat, move them to a cooler place, encourage fluids if appropriate, and follow company procedures for escalating health concerns when necessary.



Looking After Ourselves Too

Supporting others begins with looking after ourselves. Staff working in warm conditions should remember to:

- Drink water regularly
- Take breaks where possible
- Wear suitable clothing for the weather
- Use sun protection when working outdoors
- Look out for colleagues who may be struggling in the heat



A Positive Season Ahead

Warmer weather creates wonderful opportunities for outdoor activities, community engagement and improved wellbeing. By planning ahead and remaining aware of the effects of heat, we can ensure that both staff and the people we support enjoy a safe, healthy and enjoyable summer.

Stay hydrated, stay sun-safe, and enjoy the season ahead.



Colleague of the Month – Congratulations Bella!

This month, we are delighted to recognise **Bella** as our **Colleague of the Month**.

Bella received an overwhelming number of nominations and positive comments from both the people we support and her colleagues. What makes this achievement particularly special is that throughout the nomination period, Bella received consistently outstanding feedback with no complaints, reflecting the high standards she brings to her role every day.



Those who nominated Bella described her as:

Engaging – building genuine connections and making people feel valued and included.

Reassuring – providing confidence, comfort and support when it is needed most.

Positive – bringing enthusiasm and encouragement to every shift and interaction.

Diligent – carrying out her duties with professionalism, attention to detail and a commitment to delivering excellent care and support.

Many colleagues also highlighted Bella's warm personality, noting that she is always smiling, approachable and radiant, helping to create a welcoming and uplifting atmosphere for both clients and staff alike.

Bella consistently demonstrates the values that are at the heart of our organisation. Her dedication to supporting others, combined with her positive attitude and strong work ethic, makes a real difference to the lives of the people we support and to the wider team.

A Message of Thanks

“Bella's kindness, professionalism and positive energy do not go unnoticed. She is a fantastic example of the difference that compassionate, person-centred support can make every day. Thank you, Bella, for your continued hard work, commitment and the positivity you bring to everyone around you.”

Congratulations, Bella, on being our Colleague of the Month – a thoroughly deserved recognition!