



Homeless Link

Preparing for hot weather

Wednesday 31st May 2023





UK Health
Security
Agency

Preparing for Hot Weather - 2023 Homeless Link Webinar

Dr Charlie Dearman – Public Health Registrar

Extreme Events and Health Protection - UKHSA

Acknowledgements

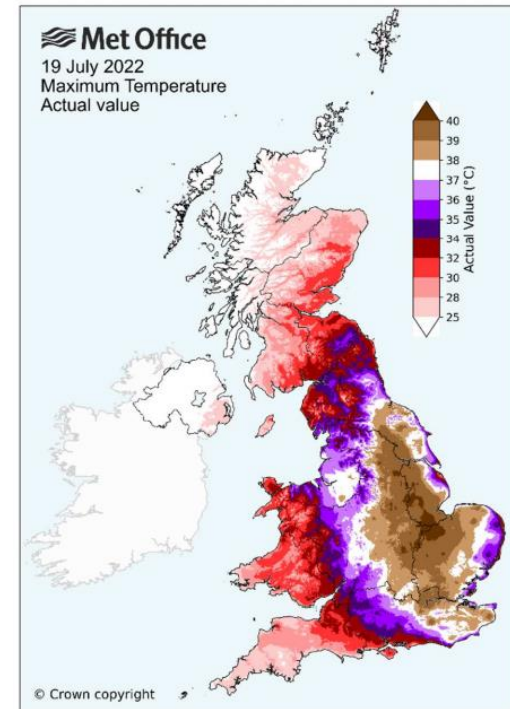
- Homeless Link
- Groundswell
- VCSEP
- GLA
- DLUHC
- OHID
- Met Office
- Many colleagues in UKHSA

Overview

1. Last summer
2. The Adverse Weather and Health Plan
3. The Heat-Health Alert System
4. UKHSA Guidance

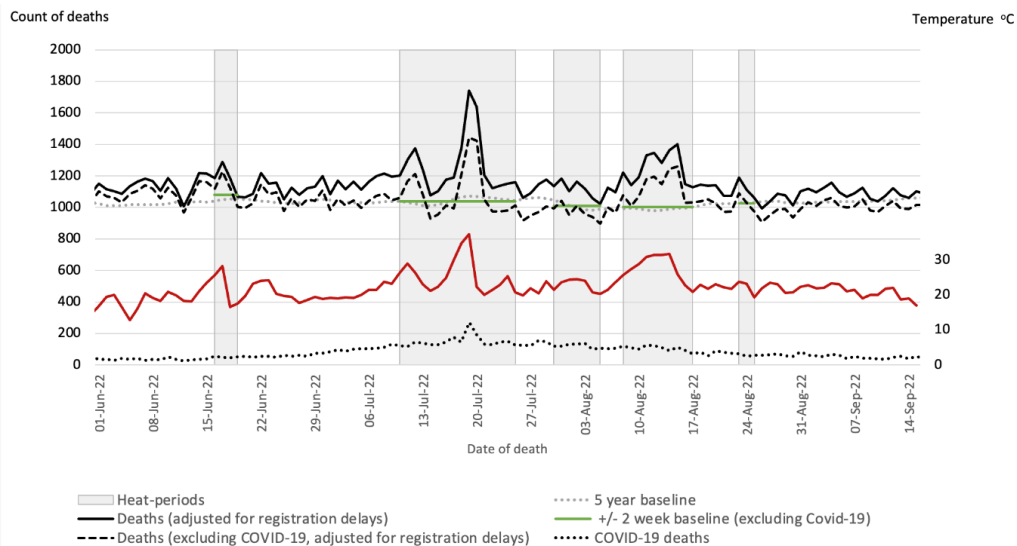
Summer 2022

- A hot and dry summer overall - 4th warmest on record for UK. (Joint warmest for England)
- 40C exceeded on 19th July
- Also record-breaking overnight minimum temperatures (26.8C)
- First RED Extreme Heat Warning and first Level 4 Heat Health Alert



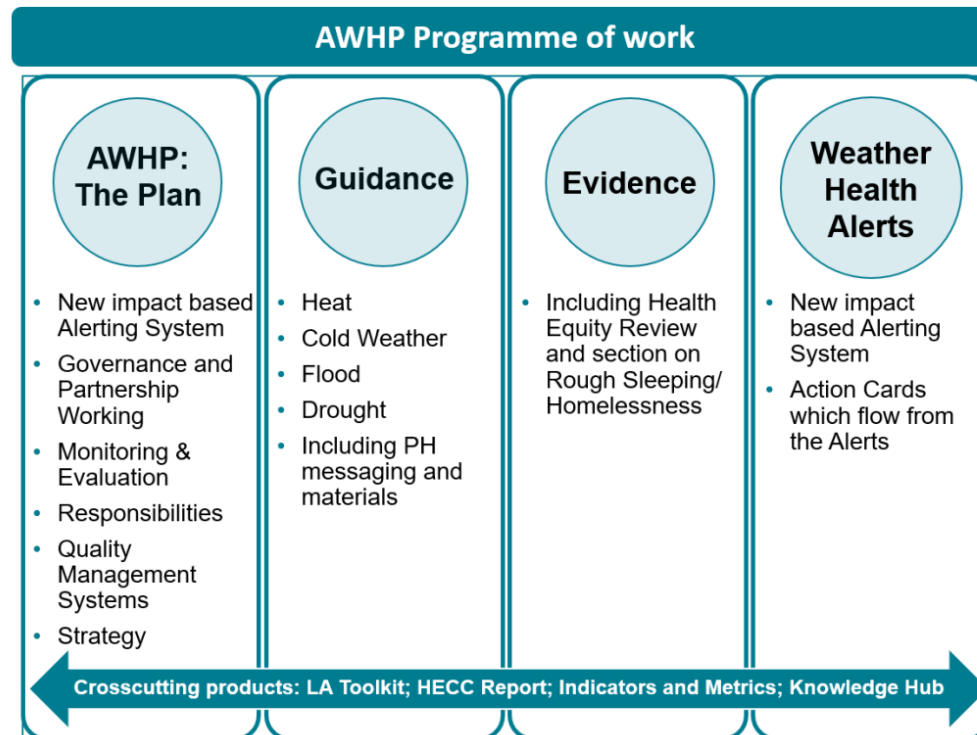
Total all-cause excess mortality – summer 2022

The estimated excess mortality (excluding COVID-19) during heat-periods of those aged 65+ years



- 40 days which met epidemiological definition of Heatwave
- 2022 highest value of estimated heatwave associated excess deaths (interim estimate of 2,803)
- 1,012 excess deaths during Level 4/RED Extreme Heat warning period alone

Adverse Weather and Health Plan



Overview of the AWHP

Documents



[Adverse Weather and Health Plan](#)

PDF, 868 KB, 51 pages

This file may not be suitable for users of assistive technology.

▶ [Request an accessible format.](#)



[Adverse Weather and Health Plan: supporting evidence](#)

Ref: UKHSA publications gateway number GOV-14671
PDF, 989 KB, 70 pages

This file may not be suitable for users of assistive technology.

▶ [Request an accessible format.](#)



[Weather-Health Alerting System: user guide](#)

PDF, 394 KB, 12 pages

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Guidance

[Hot weather and health: supporting vulnerable people](#)

26 May 2023 Guidance

[Hot weather and health: events and mass gatherings](#)

10 May 2023 Guidance

Hot weather resources

[Beat the heat: hot weather advice](#)

10 May 2023 Guidance

[Hot weather and health: action cards](#)

26 May 2023 Guidance

The AWHP replaces previous plans

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NHS

Heatwave plan for England
Protecting health and reducing harm from
severe heat and heatwaves



Local
Government
Association

Met Office

UK Health
Security
Agency

NHS

The Cold Weather Plan for England
Protecting health and reducing harm
from cold weather



Local
Government
Association

Met Office



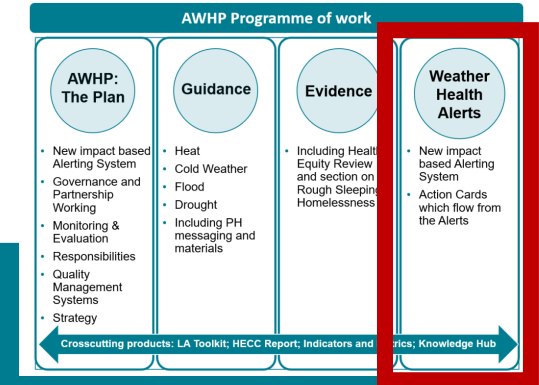
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Adverse Weather and Health Plan
Protecting health from weather related
harm

2023 to 2024

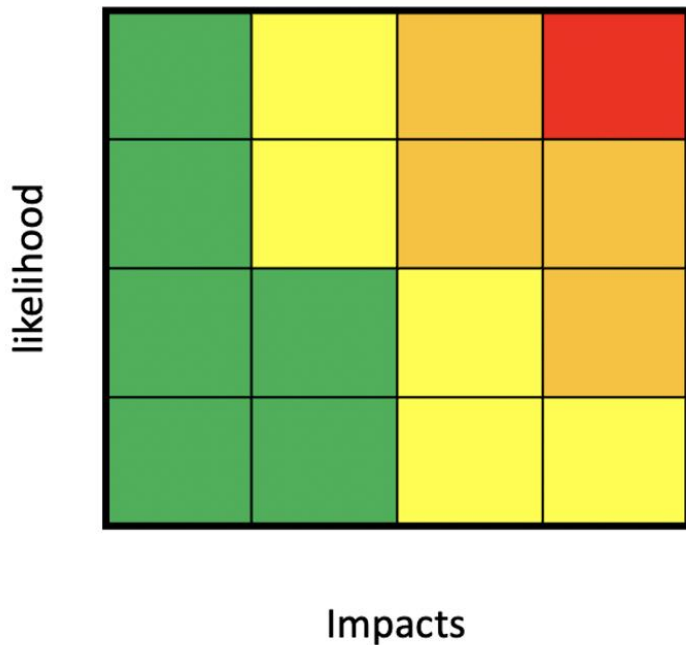


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Heat-Health Alerting System

Heat-Health Alert Service



New Impact Based Model: no longer threshold based

Green (*summer preparedness*) - No alert issued. Considered BAU.

Yellow (*response*) - Issued where impacts may be expected for those who are particularly vulnerable or where the confidence in weather forecast for more severe period of heat is low

Amber (*enhanced response*) - issued for situations where impacts are expected across the population. Where impacts expected across other sectors, an AMBER NSWWS EH may also be issued

Red (*emergency response*) - significant risk to life for even the healthy population

Weather-Health Alerting System Dashboard

Weather-Health Alerts
Heat Health Alerts

UK Health Security Agency

Met Office

There are currently no Yellow alerts

There are currently no Amber alerts

There is a Red alert in the following regions: EM, WM, NE, NW, SE, SW, EoE, Lon, YH and is in effect between 18/07/2023 at 00:00 and 19/07/2023 at 00:00

NW= North West NE = North East YH = Yorkshire and The Humber WM = West Midlands EM = East Midlands EoE = East of England SE = South East Lon = London SW = South West

Weather Warnings

Search

United Kingdom

Expected Impacts

Severe impacts are expected across the health and social care sector due to the high temperatures, including: increased risk of mortality across the whole population with significant mortality observed in older age groups; significant increased demand on all health and social care services; impact on ability of services to be delivered due to heat effects on workforce; indoor environments likely to be hot making provision of care challenging and national critical infrastructure failures – generators, power outages etc.

National Weather Overview

There is high confidence for temperatures to rise significantly through the second half of this week into the weekend, becoming hot or very hot in south eastern areas from next Monday. Daytime maxima likely to reach into the low 30s of Celsius across large parts of southeast England with warm nights in between. There remains uncertainty in regards to the extent of the hot weather with regions around the southeast possibly at risk of exceeding thresholds. There also remains uncertainty in maximum temperatures into the following weekend, with the possibility of hot temperatures continuing. These will be kept under review.

Other Useful Information

A RED Extreme Heat Warning has also been issued by the National Severe Weather Warning Service.

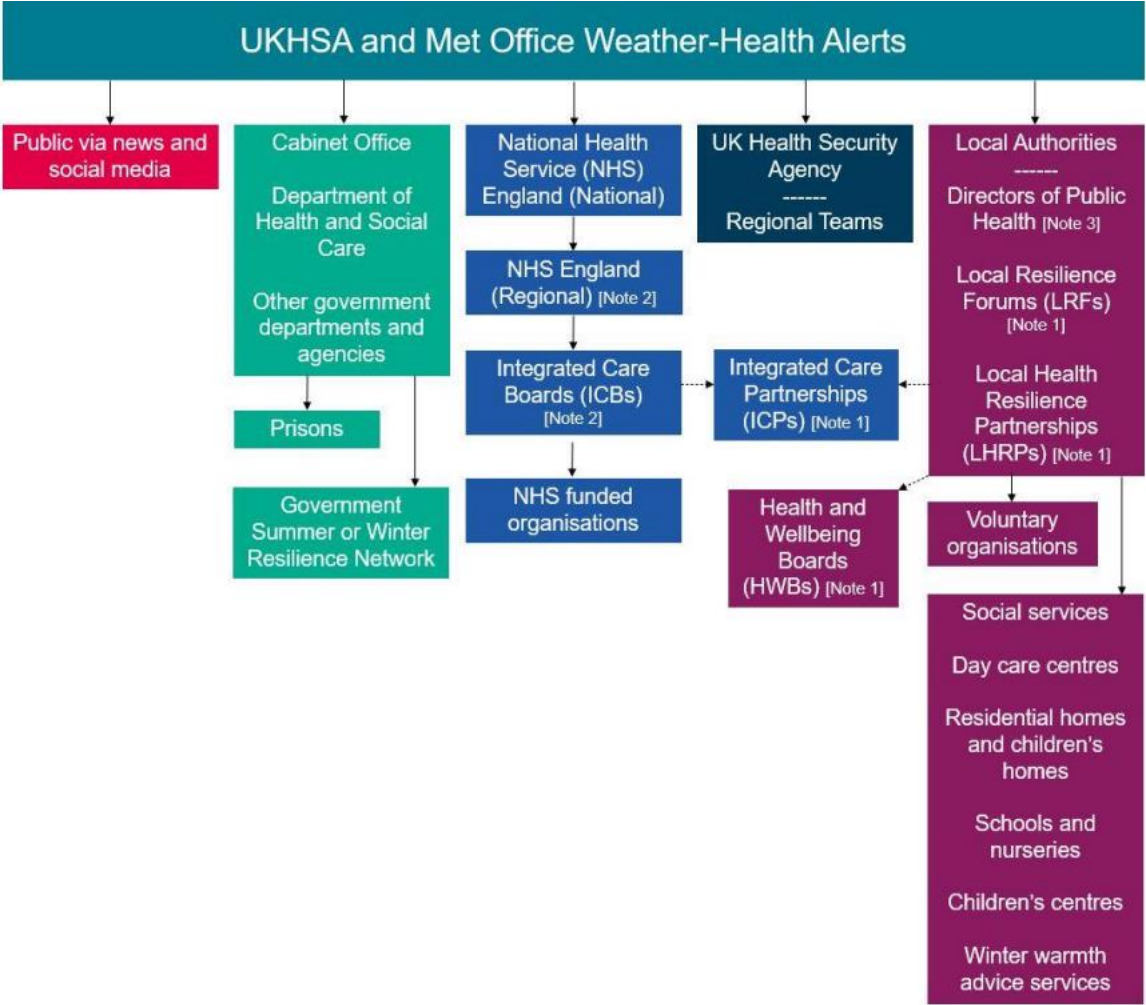
Advice and information from the Met Office

- Find a forecast
- Weather warnings guide
- What impacts should I expect in severe weather?
- Severe weather information and advice

Guidance

- Adverse Weather and Health Plan

- A new dedicated dashboard will be available on gov.uk from 01 June 2023
- Provide national situational awareness on current alerting status
- Provide regional assessment of expected impacts



Heat-Health Alerts

Heat-Health Alerts will be operated by UKHSA in partnership with the Met Office.

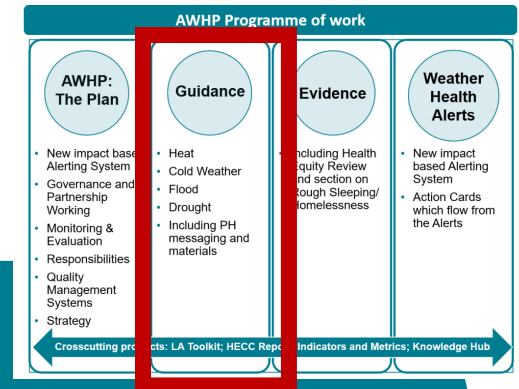
**To receive the new alerts you must have registered [here](#).
Or search 'Met Office Heat Health Alert Service' and click on sign up link.**

**NOTE: this is a new process so to continue to receive the alerts
[you must re-register](#)**



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Guidance



Overview of Guidance

Guidance

[Hot weather and health: supporting vulnerable people](#)

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Hot weather resources

[Beat the heat: hot weather advice](#)

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[Hot weather and health: action cards](#)

26 May 2023 Guidance

Documents



[Supporting vulnerable people before and during hot weather: social care managers, staff, and carers](#)

HTML



[Supporting vulnerable people before and during hot weather: healthcare professionals](#)

HTML



[Supporting vulnerable people before and during hot weather: people homeless and sleeping rough](#)

HTML



[Looking after children and those in early years settings during heatwaves: for teachers and professionals](#)

HTML

Individuals sleeping rough

- New guidance
- Developed with partners
- For those with responsibility for people sleeping rough
- Covers:
 - Risk factors
 - Preparation
 - Response
 - Importance of co-development and evaluation
- Welcome feedback!



T Castelazo CC BY-SA 3.0

Why people sleeping rough are at high risk

Exposed to sun and heat

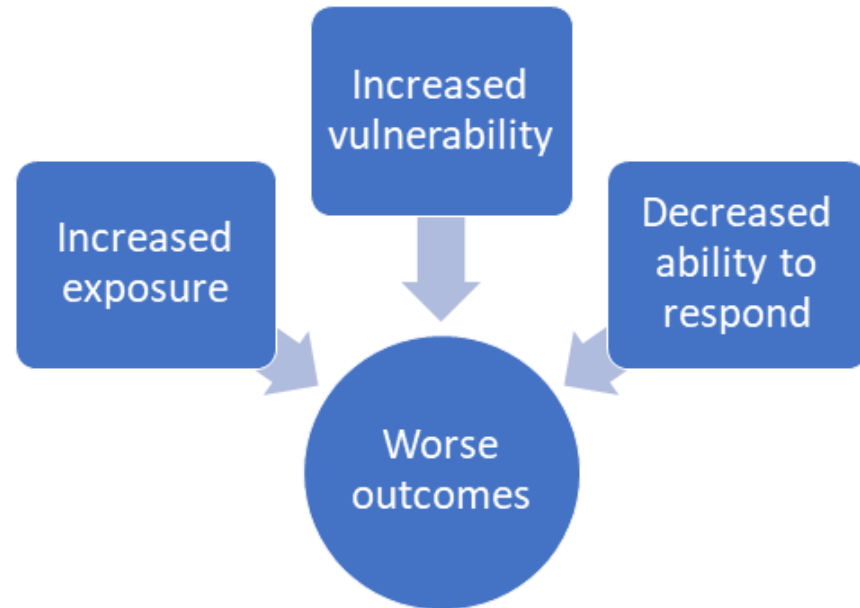
- No shelter or protection
- Excess clothes

More vulnerable

- Health conditions
- Substance use

Decreased ability to respond

- Social exclusion
- Behavioural constraints



Heat related illnesses

Heat syncope – dizziness and fainting, due to dehydration, vasodilation, cardiovascular disease and certain medications

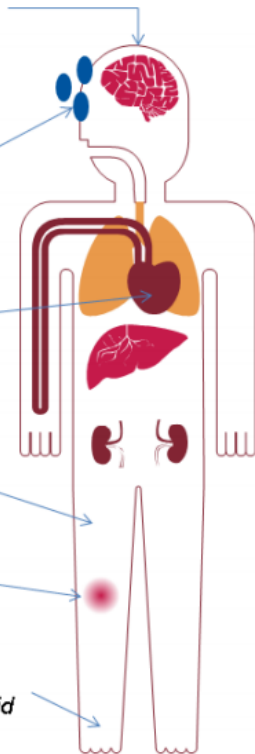
Excessive sweating can deplete fluid and salts

When blood temperature rises, the body stimulates sweat glands, dilates blood vessels and increases the heart rate

Heat cramps – caused by dehydration and loss of electrolytes, often following exercise

Increased blood flow to the skin cools the body by radiating heat, leading to heat rash (small, red itchy papules)

Heat oedema – mainly in the ankles, due to vasodilation and retention of fluid



Health effects of heat

The main causes of illness and death during a heatwave are respiratory and cardiovascular diseases. Additionally, there are specific heat-related illnesses including:

Heat Exhaustion

- Nausea or irritability
- Dizziness
- Muscle Cramps or weakness
- Feeling faint
- Headache
- Fatigue
- Heavy sweating
- High body temperature

Heatstroke

- Hot, dry skin or profuse sweating
- Confusion
- Loss of consciousness
- Seizures
- Very high body temperature



Axelv Academy CCA-SA 3.0



CERT Academy CCA-SA 4.0

Specific risks for people sleeping rough

Complications

- Pre-existing heart and lung conditions
- Kidney damage
- Worsening mental health
- Increased substance use



Makizox - CCA-SA 4.0



Other health impacts

- Accidents
- Water incidents
- Food and hygiene
- Delayed medical care

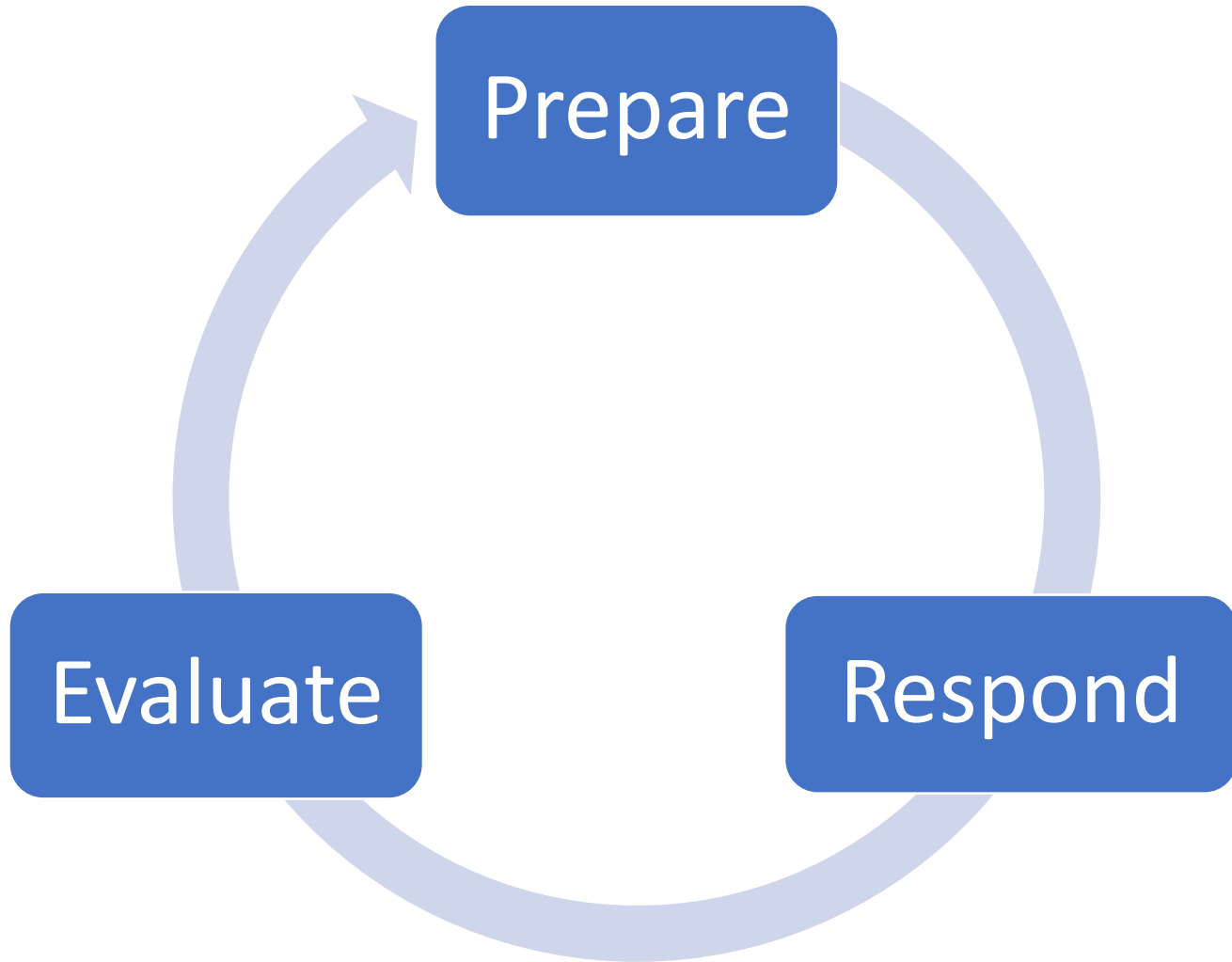
Heat-Health Alert Action Cards for VCS

Action cards, with suggested steps at alert levels, available for:

- VCS
- Providers
- Commissioners
- Government



The screenshot shows the GOV.UK website interface. At the top, the GOV.UK logo is on the left, and a 'Menu' button with a search icon is on the right. Below the header, a breadcrumb trail reads: Home > Health and social care > Public health > Health protection > Emergency response > Hot weather and health: action cards. The main content area features the UK Health Security Agency logo on the left. The central focus is a blue box with the text: 'Guidance' in small white font, followed by 'Heat-Health Alert action card for the voluntary and community sector' in large white font, and 'Published 10 May 2023' in smaller white font below. At the bottom of the page, a grey box contains the text 'Applies to England'.



Preparation

- Sign up to alert system
- Develop and check local plans
- Plan emergency responses (e.g. Heat-SWEP)
- Consider risk assessment strategies
- Work to improve infrastructure (e.g. cooling temporary accommodation, increasing refrigeration capacity...)
- Staff training and safety



Noah Wulf, Wiki Commons CC-BY-SA-4

Response

- Provision of cool food and water
- Provision of protection (shade, clothes, sunscreen etc.)
- Shelter
- Access to cool spaces (consider outdoor as well as indoor)
- Communication with people sleeping rough and partners
- Protection of staff

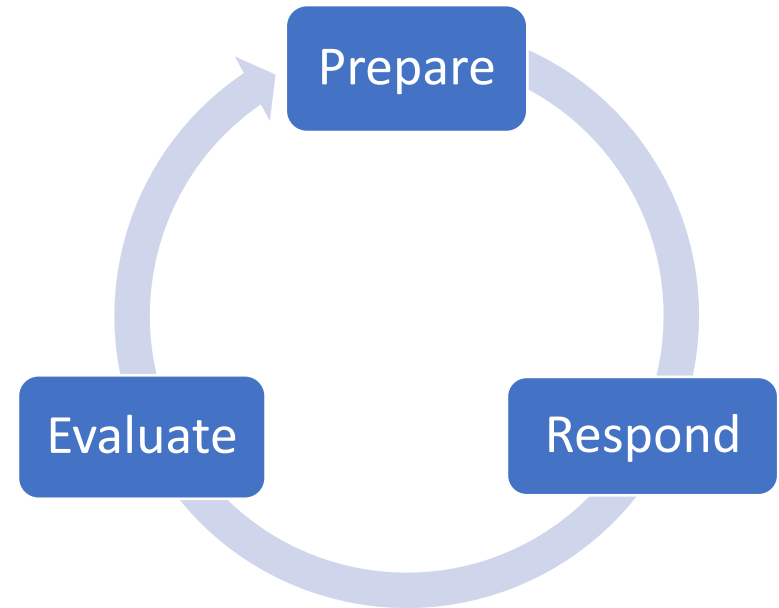


Piotrus & Ed G2s, Wiki Commons CC-BY-SA-2.5/3

Evaluating

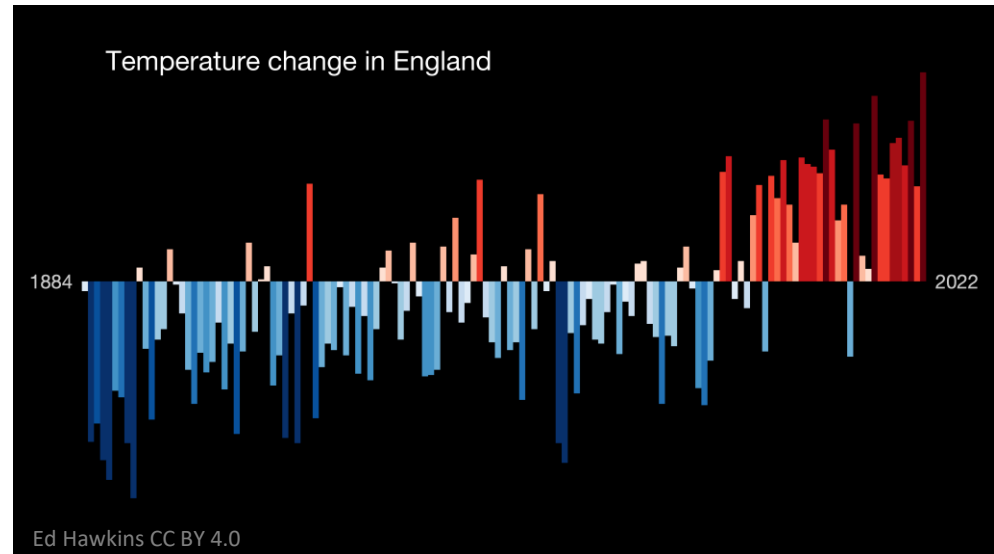
Vital!

- Poor evidence base
- Document activities and lessons learnt and share
- Consider formal evaluations
- See [Homeless Link case studies](#)
- We would like your feedback, to update guidance



Key messages

- We need to prepare for hotter summers
- People sleeping rough are very high risk
- Sign up to new alert system
- Have plans to prepare and respond
- Take a long term view on steady improvements
- Evaluate what you can!



Thank you & Acknowledgements

- Homeless Link
 - Groundswell
 - VCSEP
 - GLA
 - DLUHC
 - OHID
 - Met Office
 - Many colleagues in UKHSA
-
- Any queries: ExtremeEvents@ukhsa.gov.uk; Charlie.Dearman@ukhsa.gov.uk

MAYOR OF LONDON

**London's Heat Severe Weather Emergency Protocol
(H-SWEP)**

Homeless Link webinar 31st May 2023

Sara Bainbridge (Public Health Registrar)

GLA Group Public Health Unit

TODAY

UKHSA has covered...

- People who are rough sleeping are at greater risk – and why
- What action can be taken before and during hot weather
- Heat Health Alerts

I'm covering London's H-SWEP:

- Why needed?
- How developed?
- What it is?
- What it says?

Be part of the conversation: find us on Twitter [@LDN_Health](https://twitter.com/LDN_Health)

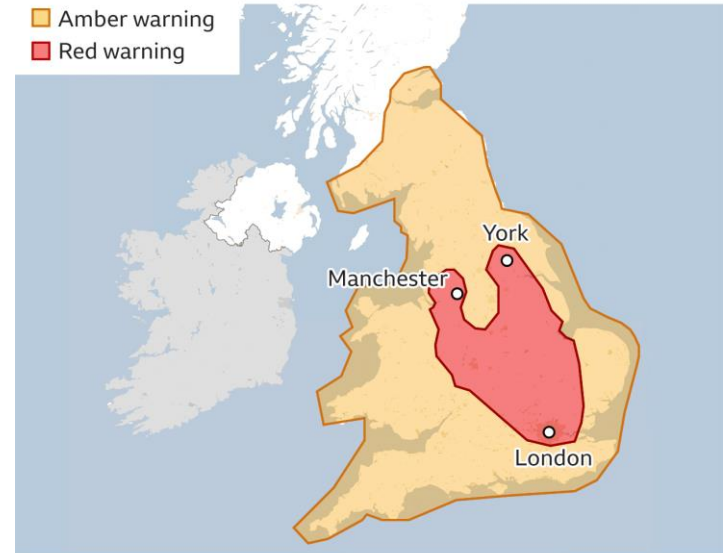
WHY H-SWEP UPDATE WAS NEEDED?

- Heat can have health impacts – especially for people who are more vulnerable
- Periods of hot weather (like in July 2022) are likely to become more frequent due to the climate emergency
- We wanted to ensure that the response in summer 2023 is informed by the latest evidence and best practice

Extreme heat warning

Met Office alert areas, 18 to 19 July

- Amber warning
- Red warning



Source: Met Office, 17 July

BBC

Be part of the conversation: find us on Twitter [@LDN_Health](https://twitter.com/LDN_Health)

EXPERIENCES IN 2022

- First 'red alert' last year
- Winter SWEP much more familiar
- Range of challenges from summer 2022:
 - "No cool spaces tailored for rough sleepers"
 - "Staff safety and welfare"
 - "Low take-up"
 - "No (suitable) accommodation"

A word cloud of terms related to rough sleeping and services. The words are in various shades of blue and black. The most prominent words are 'service', 'sleeper', 'place', 'accommodation', 'staff welfare', 'day-time hub', 'rough sleeper', and 'borough'.

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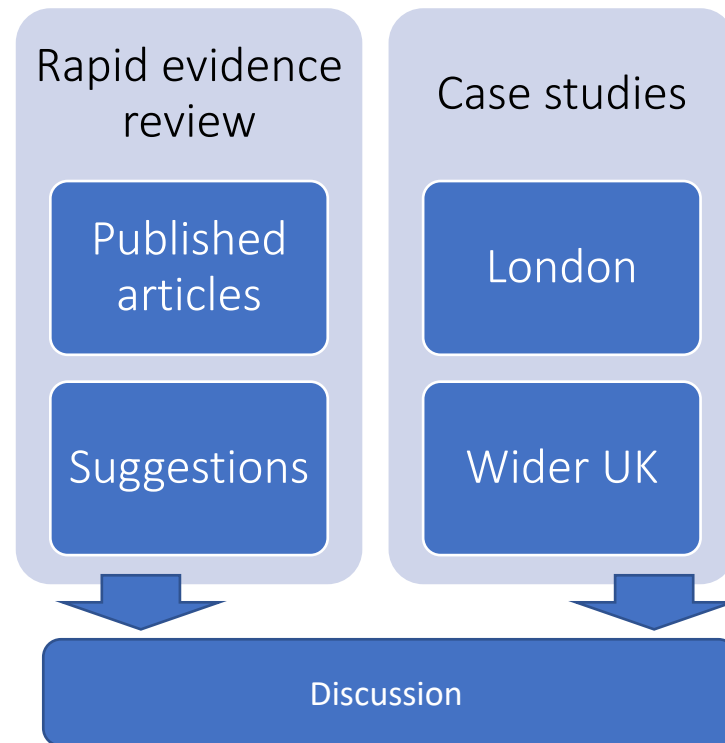
LONDON SPECIFICS

- Urban Heat Island
- High numbers of people who are rough sleeping
- GLA role – coordinating and supporting across 33 boroughs
- 2022 H-SWEP was put together quickly



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APPROACH



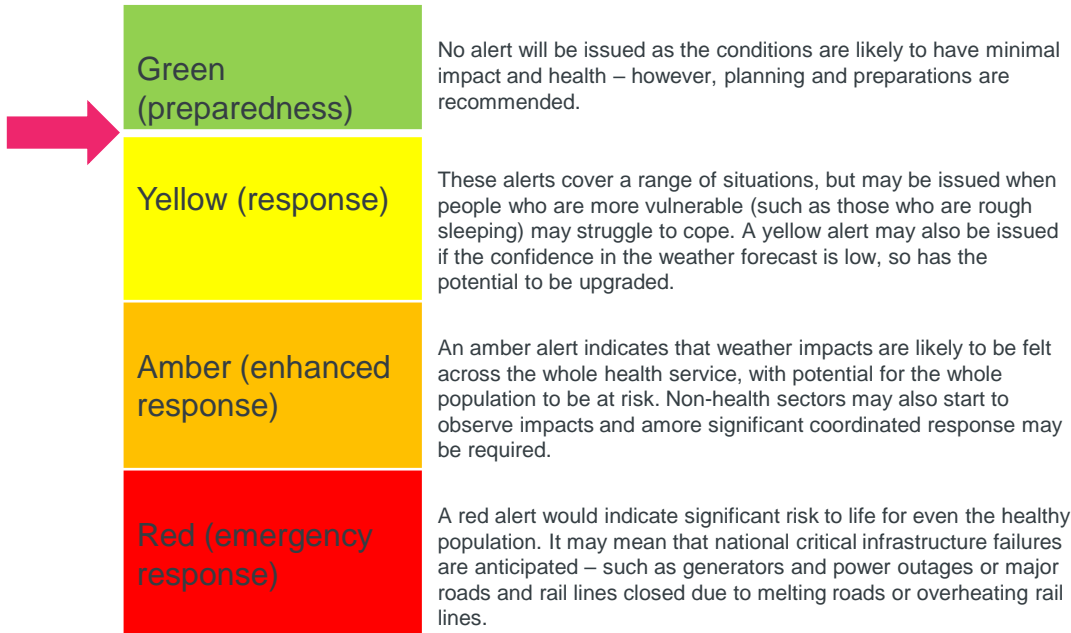
H-SWEP

Document has 7 sections:

1. Who is this for?
2. What is SWEP?
3. Why is H-SWEP guidance needed?
- 4. When will action be needed and the activation procedure?**
- 5. What action is recommended?**
- 6. Who is more vulnerable to heat impacting their health?**
7. What are heat related illnesses?
8. How will this guidance be monitored and reviewed?

Be part of the conversation: find us on Twitter [@LDN_Health](#)

WHEN WILL ACTION BE NEEDED?



New Heat Health Alert System



Be part of the conversation: find us on Twitter [@LDN_Health](#)

WHAT ACTION IS RECOMMENDED

Green	Yellow	Amber	Red
<ul style="list-style-type: none"> Plan response Build your response network (e.g. contacts within the Local Resilience Forum) Train staff and volunteers Assess individual vulnerability Prepare resources 	<ul style="list-style-type: none"> Enhanced outreach: signposting or distributing resources, health assessment, welfare checks 	<ul style="list-style-type: none"> Make cool spaces available Accommodation for those most vulnerable <p>+(as per yellow)</p>	<ul style="list-style-type: none"> Consider wider impacts: what is your plan B if there is widespread disruption and risk to all (inc. Staff) <p>+(as per yellow and amber)</p>

Be part of the conversation: find us on Twitter [@LDN_Health](https://twitter.com/LDN_Health)

WHAT ACTION IS RECOMMENDED

Yellow: enhanced outreach (detail below to be confirmed)

Outreach teams should ensure that people who are sleeping rough are:

- offered advice about keeping cool, such as avoiding direct sun (including seeking shade)
- offered water or other ways to stay hydrated
- offered other useful resources, such as appropriate clothing (e.g. loose cotton, hats, sunglasses) or suncream
- signposted to places where they could cool down (either places that are generally available, such as those on the GLA Cool Spaces map, or places specifically catering for people who are rough sleeping if available)
- assessed for particular vulnerability to heat, especially if they have not previously been assessed⁹
- where identified as more vulnerable, are a focus for further action
- checked for any signs of heat-related illness¹⁰

To do this effectively, this should:

- draw on support from other services, such as those who are part of the local resilience forum
- ensure those who interacting with people sleeping rough are aware of the signs and symptoms of heat-related illness, especially symptoms of heatstroke (that indicate a medical emergency)
- use an assessment tool that considers heat-related vulnerability
- consider what might encourage someone to engage with this advice
- consider timing and delivery of outreach shifts to avoid staff or volunteers being exposed to heat

Whilst outreach teams work closely with people who are rough sleeping, there may be others who can help support this response (e.g. other members of a local resilience forum, or other services who work closely with people who are rough sleeping, such as voluntary sector organisations or drug and alcohol treatment providers).

WHAT ACTION IS RECOMMENDED

Amber: cool spaces (detail below to be confirmed)

Cool spaces:

Ensure that cool spaces are available to people sleeping rough, and people are encouraged to take up this offer (particularly those who are more vulnerable)

A cool space should ideally:

- Be open at least 11am-5pm, including weekends
- Be cooler than the outside temperature, ideally aiming for 26C or below
- Allow people to physically rest
- Offer a range of ways to rehydrate (water, ice lollies, non-alcoholic beverages and/or food)
- Accessible without requiring extensive travel
- Inclusive and 'appealing', particularly where the only cool space available is designed for the general public
- Consider safe spaces and where possible offer separate areas dependent on specific needs¹¹
- Have staff trained to recognise signs and symptoms of heat-related illness

They could also:

- Allow the storage of belongings
- Welcome pets
- Link with other, useful services for people sleeping rough
- Offer other means of cooling down, such as showers, wet towels or water sources

WHAT ACTION IS RECOMMENDED

Amber: accommodation (detail below to be confirmed)

Ensure that suitable emergency accommodation is available for people sleeping rough who are more vulnerable during periods of hot weather. Accommodation should be prioritised for the most vulnerable

- To assist with planning, councils should identify in advance of Amber activation anyone sleeping rough who may be extremely vulnerable to high temperatures.
- The number of emergency accommodation bedspaces available locally ought to be proportionate to the number of people identified.
- The GLA will use any available bedspaces in its pan-London supported accommodation and hubs as ‘overflow’ emergency accommodation, should there be additional high-risk cases which need assistance in areas providing emergency SWEP accommodation that has reached capacity.

Accommodation would need to be:

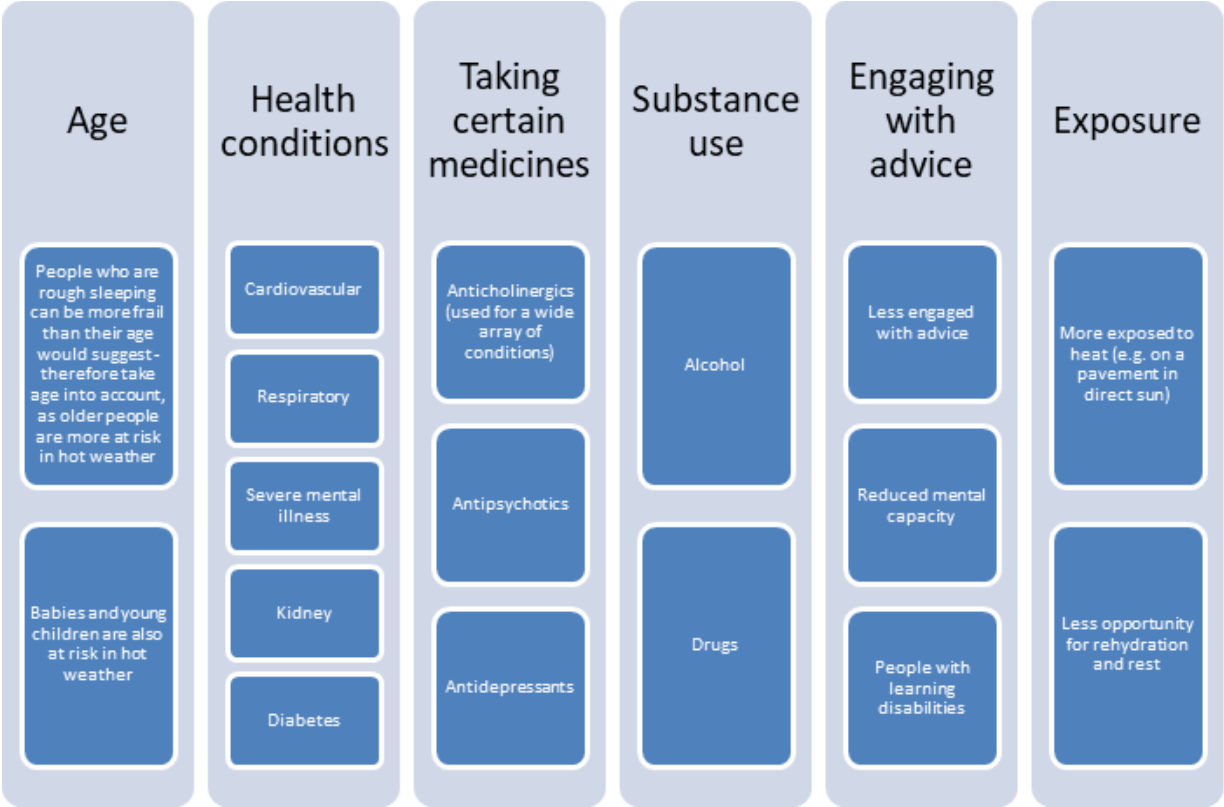
- Cooler than the outside temperature, ideally aiming for 26C or below
- Prevented from getting too hot (e.g. through the ability to ventilate, especially at night; use of window coverings to prevent direct sunlight)

Consideration should be made about how to encourage take up of suitable accommodation.

Wherever possible, accommodation should be:

- low threshold, with no restrictions on entry (e.g. local connection or eligibility for public funds)
- operated under the ‘In for Good’ principle so that no one should be asked to leave until fully assessed and a support plan put in place to help end their rough sleeping.

WHO IS MORE VULNERABLE?



Be part of the conversation: find us on Twitter [@LDN_Health](#)

NEXT STEPS

- Plan to review and evaluate – without adding extra burden
- Any questions?
- Please get in touch:
sara.bainbridge@london.gov.uk or
roughsleepingcommissioning@london.gov.uk

Be part of the conversation: find us on Twitter **@LDN_Health**

Homeless Link

What we do

Homeless Link is the national membership charity for frontline homelessness services. We work to improve services through research, guidance and learning, and campaign for policy change that will ensure everyone has a place to call home and the support they need to keep it.

homeless.org.uk

[@HomelessLink](https://twitter.com/HomelessLink)