

Newsletter

JULY 2025

alice
chilton
home care

Staying safe and well during warm weather

Warm weather can be enjoyable and boost our mood but exposure to very hot weather for a prolonged period can present problems, especially for older people. Here are tips to stay safe and well when the temperature rises.

Stay hydrated

One of the most important steps during warm weather is to drink plenty of fluids. Heat causes the body to lose water through sweat, and dehydration can lead to headaches, dizziness, fatigue, and in severe cases, heatstroke. Aim to drink water regularly throughout the day, even if you don't feel thirsty and avoid excessive caffeine and alcohol, as these can contribute to dehydration.

Dress appropriately

Wearing the right clothing can help your body stay cool. Choose lightweight, loose-fitting clothes made from breathable fabrics like cotton or linen. Light-coloured clothing reflects the sun's rays better than dark colours, which absorb heat. A hat and sunglasses can also protect your face and eyes from direct sunlight. Make sure any sunglasses you wear have a CE mark and UV40 label.

Use sun protection

Apply sunscreen with a SPF of at least 30 to any exposed skin, even on cloudy days. Don't miss any spots – it can be easy to forget bald patches, ears and hands! Seeking shade during the sun's peak hours (usually between 11am and 3pm) can also help reduce UV exposure.



Keep your environment cool

When indoors try to keep rooms shaded and well-ventilated. Use fans or air conditioning if available. At night, use lighter bedding and keep windows open if it is safe to do so.

Recognise signs of heat-related illness

Heat exhaustion and heatstroke can be serious. Symptoms of heat exhaustion include heavy sweating, weakness, nausea, and fainting. Heatstroke, which is a medical emergency, may cause confusion, a rapid pulse, and a body temperature above 104°F (40°C). If you suspect someone is suffering from heatstroke, seek emergency help immediately.

Hot weather can be especially problematic for vulnerable groups such as older people, and those with chronic illnesses. Check in on neighbours, friends, and family members, particularly if they live alone. Make sure they have access to water, a cool environment, and know how to stay safe and well.

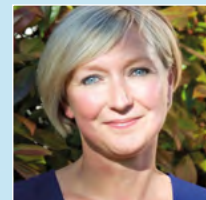
Note from our Founder

Summer is here and our team are looking forward to time off with family and friends. During busy holiday periods we may need to re-allocate another member of our team to provide your scheduled support. In these circumstances rest assured that whoever is allocated will have been provided with background information as to your needs and requirements, these include client profiles and support plans as well as verbal briefings.

This edition has information on how to keep cool during the warm summer weather, preparation and awareness are key to staying healthy in the heat; by following the advice you can enjoy warm weather safely and reduce the risk of heat-related problems.

We hope you enjoy seeing a few of the photographs from our VE Day celebrations, Julie wins the prize for best dressed on the day!

Best wishes



Karen Perry, Founder
karen@alicechilton.com

Holiday Scheduling

During the summer and into September our team request time off for their well-earned holidays which means we may need to allocate another member of our team to you. As always, we thank you in advance for your understanding when changes are made.

August Bank Holiday

Monday 25th August 2025 is a designated holiday and double time charges will apply. Should you wish to cancel or re-arrange your support then please let us know by 11th August 2025 either by email info@alicechilton.com or telephone on 01625 526850.

If we do not hear from you then your calls will remain in place and the charges will apply.



NEXT EDITION OCTOBER 2025

VE Day – 80th Anniversary

The 80th anniversary of Victory in Europe (VE) Day on May 8, 2025, was commemorated across the United Kingdom with a series of national and local events honouring the end of World War II in Europe.

We were proud to take part in the celebrations to mark this special occasion, during the day we had members of our care team, clients and business neighbours call in to celebrate with us. Thanks to all our team who made it extra special by baking cakes and decorating the office.

National Commemorations

In London, a significant remembrance service took place at Westminster Abbey, attended by King Charles III, Queen Camilla, the Prince and Princess of Wales, Prime Minister Keir Starmer, and 78 World War II veterans. The service featured a two-minute national silence and the lighting of a symbolic candle of peace by Alexander Churchill, the great-great-grandson of Winston Churchill.

Community and Cultural Events

Communities nationwide organised street parties, concerts, and exhibitions reminiscent of the celebrations in 1945. The Tower of London featured a poignant display of 30,000 ceramic poppies, repurposed from the 2014 "Blood Swept Lands and Seas of Red" installation, cascading from the White Tower to the Thames, symbolising remembrance and resilience.

International Observances

Across Europe, similar commemorations took place. Notably, Germany declared VE Day a public holiday in Berlin for the first time, with President Frank-Walter Steinmeier participating in ceremonies that acknowledged the historical significance and promoted a message of peace.

The 80th anniversary of VE Day served as a profound reminder of the sacrifices made during World War II and reinforced the importance of preserving peace and democracy for future generations.



Race Against Dementia



Race Against Dementia is a global charity founded by Sir Jackie Stewart OBE, the three-time Formula 1 World Champion, following his wife Lady Helen Stewart's diagnosis with frontotemporal dementia in 2014. Established in 2016, the charity is dedicated to funding pioneering research aimed at preventing and curing dementia. The primary mission of Race

Against Dementia is to accelerate the development of treatments and cures for all forms of dementia. The charity draws inspiration from the high-performance, fast-paced world of Formula 1 racing, aiming to bring similar innovation and urgency to dementia research.

Race Against Dementia collaborates with various organisations to advance its mission. For instance, in January 2025, the charity partnered with the UK Focused Ultrasound Foundation to launch a clinical trial exploring cognitive decline in patients with Lewy body dementia.

Sir Jackie Stewart's personal experience with his wife's battle against dementia deeply influences his commitment to the cause.

Lady Helen's condition has significantly progressed since her diagnosis, with symptoms including memory loss and mobility challenges. Sir Jackie has expressed the emotional toll of witnessing his wife's decline and is determined to find a cure within his lifetime.

The charity organises and participates in numerous fundraising events and awareness campaigns. Race Against Dementia Day, celebrated annually on January 21st – Lady Helen Stewart's birthday – serves as a global initiative to raise awareness and funds to combat dementia. Participants are encouraged to engage in activities involving the number three, symbolising Sir Jackie Stewart's three World Championship titles.

Early Dementia Detection Success

Developed by scientists at The University of Cambridge and led by Dr Maura Malpetti (a Race Against Dementia Fellow funded by the charity) an innovative blood test identifies molecular changes linked to brain inflammation, a key indicator of diseases like frontotemporal dementia, up to 10–20 years before symptoms appear. Previously only detectable through costly and time-consuming brain scans, these early signals can now be identified through blood, offering a quicker, more accessible alternative for patients.

For more information about the work of the charity visit www.raceagainstdementia.com