

Information & Advice Update

Tips for staying cool in the hot summer months

We tend to look forward to warm summer days, and we need vitamin D from sunshine to keep us healthy. However, very high temperatures and humidity can present risks to health, and older people can be particularly susceptible to heat exhaustion and heatstroke. Our guide [Staying cool in a heatwave](#) is full of helpful tips on how to protect yourself from the heat, how to recognise heat-related illness, and what to do if someone shows signs of it.

This month also features guides that provide advice on how to enjoy later life in the best possible way, including tips on how to improve your strength, balance and mobility. And if you're taking part in a local LGBT pride event download our [Lesbian, gay, bisexual or transgender guide](#) or order printed copies by calling Age UK Advice on 0800 169 65 65.

Best wishes,
Age UK Information Team

This month's guides



Healthy eating

This guide looks at tips on eating a varied and balanced diet, how to maintain a healthy weight and information on food safety.

[Download this guide >](#)



Healthy living

This guide highlights the benefits of staying healthy and taking care of yourself.

[Download this guide >](#)



Lesbian, gay, bisexual or transgender

This guide covers everything you need to know whether you're single or a same sex couple, from benefits you may be entitled to claim, to civil partnership rights for pensions, tax, inheritance and much more.

[Download this guide >](#)

Staying cool in a heatwave

Older people can be particularly susceptible to heat-related illnesses and it's important that we are aware of practical measures to take to avoid these symptoms. Download this guide for useful tips and advice.

[Download this guide >](#)

Staying steady

Whether you're fit and active, have mobility problems, or worry about falling, this guide offers practical tips on how to improve your strength, balance and mobility.

[Download this guide >](#)



Factsheet updates

The following factsheets had their annual review in June:

[FS3 TV Licence concessions](#)
[FS4 Rights at work](#)
[FS26 Public transport and concessions](#)
[FS73 Driving and parking](#)
[FS89 Homelessness](#)

There are two factsheets with amendments in June:

[FS37 Hospital discharge arrangements](#)
[FS62 Deprivation of Liberty Safeguard](#)

The above factsheets, June Amendment Sheet and Index will be available to download from the Age UK website at <http://www.ageuk.org.uk/publications/age-uk-information-guides-and-factsheets/> and are available to download immediately.



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