

CHEAP WAYS TO KEEP COOL

With climate change raising the temperatures in summer, staying cool is often harder. It can cost a lot of money too, but right now everyone is watching the pennies. Here are some tips to help you keep cool for less money this summer.

MADE OF MONEY

Financial wellbeing support for families and individuals



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QUAKER
SOCIAL
ACTION
—

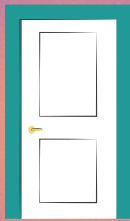
KEEPING YOUR HOME COOL



Keep windows closed while the air is hotter outside than it is inside. When the air cools down at night, that is the time to open them again.



Keep the heat out by having curtains or blinds closed if you don't need the light.



Keeping doors open around your home will help air flow and keep it feeling a bit cooler.



Electric lights and the oven heat up your home, use them only when you need them. LED bulbs are much cheaper to run and also don't give off heat.

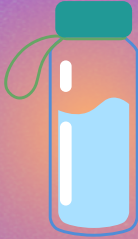


If you do use a fan, you will get better value by putting a bottle of frozen water in front of it.



If it's too hard to keep your whole home cool, focus on one room. If you do this, it is helpful to keep the door to this room shut.

KEEPING YOURSELF COOL



Stay hydrated. Take a water bottle with you when you go out. There are loads of **free refill spots** in London, from cafes to purpose-built water points. Download the free **Refill app** and search for water refill points.



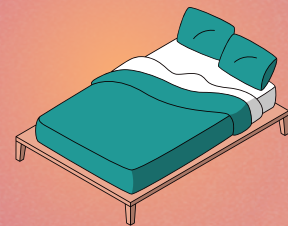
Your freezer will use the least power if it's as full as possible. You can **fill it with bottles of water**, not just food. Keep **fridge & freezer doors closed** as much as possible. If you like opening it to see what's in there, you could try taking a photo on your phone.



Timing journeys and exercise so they are outside the **hottest times of the day (11 am to 3 pm)** will help you stay cool. To plan more precisely, check the **BBC weather website** for hourly temperatures.



Wearing **light coloured clothes** made from **natural fibres**, like cotton or linen, can help you stay cool.



Sprinkling a few drops of **water on your sheets** will help it feel cooler when you get into bed.

HAVING FUN IN HOT WEATHER



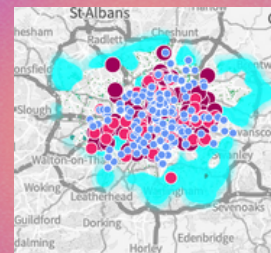
Large art galleries like the National Gallery, Tate Modern & Tate Britain are free to get into and also cool, if you want something interesting to look at. They also welcome kids.



Alcohol dehydrates you, so you may want to **limit how much alcohol you drink** to help you stay hydrated. A lot of caffeine can dehydrate you too, so you may want to **try decaff** for your iced coffee.



Suncream is important but you can use quite a lot of it. There are some cheaper suncreams which are good quality, so you don't need to spend a lot.



If it's really hard to keep your home cool or you want a change of scene, you could spend some time in a **free cool space**. The Mayor has a map of cool spaces that are open and free near you.

**WE HOPE THESE TIPS HELP
YOU HAVE A BETTER SUMMER
FOR LESS MONEY.**

