

Keep well with water in warm weather

Summer is on its way but older people are being urged to keep well by drinking plenty of water in warmer weather.

Next month the National Association of Care Catering (NACC) is running a campaign to highlight the dangers of dehydration in older people.

Dehydration in Older People Awareness Week runs from 6 to 12 June and the council's community meals service is taking part.

Alison Mohan, from the community meals service, said: "Older people often forget to drink and don't realise that it can make them drowsy and confused if they are dehydrated.

Below: Clevedon drivers (from left) Gill Gillam, Lawrence Pillay, Chrissie Bizley and Linda Thome, with Cheddar spring water

Right: Driver Lawrence Pillay and community meals recipient Donald Lee

"Our drivers will pour a glass of water and encourage people to drink more and they are trained to notice signs of dehydration."

During the awareness week, community meals drivers will be delivering a free bottle of water to all 350 customers in the district, courtesy of Cheddar Water.

Driver Lawrence Pillay said: "The bottle of water is a great idea because it will remind our elderly people how important it is to drink more, especially in warmer weather.

"Meals on wheels does so much more than just deliver a meal. We notice if someone is looking unwell and during summer months we are very aware

that dehydration can bring on symptoms of tiredness, irritability, headaches and dizziness.

"If we are worried about anyone being dehydrated we will phone the office who will contact friends or family to let them know."

Tabitha Urch, from Cheddar Water, said: "We are very happy to support this campaign and the Meals on Wheels service because it will help to raise awareness in older people of the importance to drink more - especially in hot weather."

