



'Bold and sudden, day grows dim; the sun steps up to shadow him. The moon slips right across his face and steals the warm and golden space'



South Cotswold Team Ministry Sunday 16th August 2026

Clergy

Vicar: Rev'd Caroline Symcox – 01285 712467

Curate: Rev'd Vicky Falvey – 07356 234248

Priest – Pastoral: Rev'd Canon Denise Hyde

01285 713285

carolinesymcox@googlemail.com

revvickyfalvey@gmail.com

denisehyde15@gmail.com

SERVICES

Sunday 16th August – 11th Sunday after Trinity

8.00am BCP Holy Communion

10.00am Sung Eucharist

Sidespeople: Michelle Harris and Heather Gorton

Offertory: David and Sally Salter

Prayer: Denise Hyde and Val Trafford

Readings: Val Trafford Intercessions: Janet Edwards

Coffee: Janet Edwards and Beth Bruce-Gardner

Thursday 20th August

10.30am BCP Holy Communion

Sunday 23rd August – 12th Sunday after Trinity

8.00am BCP Holy Communion

10.00am Sung Eucharist

Sidespeople: Eleanor Toby and Jenny Hewes

Offertory: Fiona Gilroy

Prayer: Ann Nicholls and Ruth Blackwell

Readings: Peter Howlett Intercessions: Alison Godsall

Coffee: Mary Mawle and Margaret Frazer

Readings for Sunday: Isaiah 56:1,6-8; Romans 11:1-2a, 29-32; Matthew 15:10-20,21-28

Remember the game operation? Carefully holding the tweezers, you try to remove the tiny plastic objects from the patient without touching the sides. One wrong move and the familiar buzzing sound tells everyone that you've made a mistake! It is a game all about what is happening inside the body. We can laugh at the ridiculous things hidden inside our patient, but the game also gives us a helpful way into the Gospel reading: **what is going on inside our hearts?**

In Matthew 15, Jesus challenges the idea that being clear or unclean is simply about what happens on the outside. He tells the crowd that what really matters is what comes from within: 'out of the heart comes evil intentions' and all the things that damage our relationships with God and with one another.

Jesus is concerned with more than appearances. We can look respectable, say the right things and follow all the expected rules, while still carrying attitudes of pride, resentment, prejudice or selfishness within us. Like the patient in Operation, there is much more going on beneath the surface than others can see.

Yet the Gospel then takes us somewhere unexpected. Jesus encounters a Canaanite woman who comes asking for healing for her daughter. She is an outsider, someone who would not naturally have been regarded as belonging within the religious community. Yet she approaches Jesus with courage and extraordinary faith. She refused to be discouraged and continues to trust in his mercy.

Her story connected powerfully with Isaiah 56. Through Isaiah, God declared that foreigners who love the Lord and hold fast to his covenant will be welcomed. God promises, 'my house shall be called a house of prayer for all peoples.' The boundaries that human beings are tempted to draw around God's people are much wider than we imagine.

Together, these passages invite us to examine our own hearts. If we could use the tweezers from Operation to take a look inside ourselves, what might we find? Perhaps the challenge this week is to let God do a little 'operation' on our hearts- not with a buzzer when we get it wrong, but with grace, mercy and love. What might God want to remove? And what might God want to put there instead?

May our hearts become more like the heart of Christ; open, compassionate and ready to make room for all. And may our churches truly become what Isaiah imagined- a house of prayer for all peoples. Amen.

Rev'd Vicky Falvey

Curate, St Mary's Fairford

Tel: 07356 234248

My day off is a Monday

Please note: there will be no Morning Prayer broadcasts in the week commencing 10th August, as Rev'd Caroline will be away on holiday across that week. Usual service resumes in the w/c 17th August.

PRAYER AND WORSHIP

Community Prayers

All are welcome to come and pray together for the world, the nation and our community along with any prayer requests that are placed in our prayer box. We meet every Monday at 5pm for 30 minutes in the Chancel. Please use the north door. *(Please also note we do not always meet on Bank Holidays, please check the notice above for clarification).*

For further details please contact Rev'd Denise on 01285 713285 or denisehyde15@gmail.com.

Prayer Requests

Would you like us to pray for you? If you have a particular need or concern, please complete a prayer request slip and place it in our prayer request box it will then be included in our Community Prayers every Monday for a month.

Both the prayer request box and prayer request slips can be found on our new prayer table by the pulpit in the Nave or contact Rev'd Denise.

From Ann Nicholls

DO YOU ACCEPT GODS CHALLENGE?

God is never at a loss in any situation to know what he's going to do. He knows perfectly well what is best for us, our challenge is simply to trust him.

Dear lord, may the walls we have created on our own tumble as we trust in you. When we are overwhelmed by trouble help us to remember all that you have done for us and that we are forgiven.

Help us to value more your eternal rewards than earthly riches.
May we do whatever pleases you and leads others to new life.

Where my treasure is, there my heart will be also.
We pray in Jesus' name. AMEN

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Please remember the following in your prayers:

Those who are ill: Sheila Hughes, Grace Slack, Hannah, Tabi Berry

Those who have died: Maureen Partington, Dawn Dodds, Sheila Benfield.

NOTICES

Vicar on Holiday

Rev'd Caroline will be taking some time away on annual leave from 10th to the 15th August, heading up to the beautiful North East and the dark skies of Northumbria. For any urgent matters in her absence, please contact Rev'd Vicky for clergy-specific concerns, or our wonderful churchwardens, David and Meg.

From Lechlade with Fairford Mothers' Union – *via Denise Hyde*

Steve Hutchinson from Scripture Union has produced a booklet to encourage parents to share with their children before they start their school life. It is called GET READY TO GO.

We have brought some copies for our branch to give to the September reception classes at Fairford, Lechlade and Southrop Church of England primary schools, a card will be put inside to say that the books were bought by Lechlade with Fairford Mothers' Union.

FAIRFORD BRIDGE CLUB

Bridge is a friendly and absorbing game.

Our local club, Fairford Bridge Club, offers a whole range of opportunities from absolute beginners through to competitive Duplicate Bridge.

Starting in October we will run another course for absolute beginners. These lessons are extremely friendly, and no prior experience is needed. All equipment is provided.

For more experienced players we offer online competitions every Tuesday and Friday evening. Details can be found by looking for Fairford Bridge Club on the internet and new experienced players are always welcome.

We also run twice weekly face-to-face Improvers Groups, which meet in Fairford Community Centre each Monday afternoon and Wednesday evenings. These are aimed at those with some Bridge experience, looking for tips to improve and to play some social face-to-face Bridge.

If you are tempted to give any of these sessions a try, please contact:

Steve Love at mallards.quenington@gmail.com Tel 01285 750359, or
margaretbishop308095@gmail.com

Lechlade with Fairford Mothers' Union Project for HMP Eastwood Park

The prison, in Gloucestershire at Wotton-under-Edge, is for women aged 18 and over.

When the ladies are coming out of prison they have nothing. Giving them new bits and pieces can help them rehabilitate and give them dignity.

Apparently, the ladies really value the thought that someone cares enough to donate new things to help their re-entry back into society.

As a branch we are collecting for the next few months **sanitary products, face moisturiser, cleanser, cotton wool pads, deodorant, toothpaste, toothbrushes, shampoo, conditioner, shower gel, small hairbrushes, combs, scrunchies, pants, bras, socks and coffee vouchers along with small holdalls or rucksacks.**

We would also appreciate your support as a congregation with this worthy cause.

If you are able to donate any of the mentioned items above, please leave them in the box provided at the back of the church, in the south aisle.

Thank you for your support.

CELEBRITIES AT FAIRFORD'S BIGGEST 2026 EVENT

The organisers of the annual Fairford Steam Show, which promises to be the biggest event in the area this year, are thrilled to welcome several 'celebrity' vehicles to the show.

Attending this year will be the original gleaming white Volvo car driven by Roger Moore as the TV sleuth, 'The Saint'. This iconic sports car with the registration number ST1 made its debut on our TV screens over 50 years ago.

Lovers of the late 1970s and early 1980s American television series, 'The Dukes of Hazzard', will remember 'The General Lee'. This famous car – straight off the film set – is a 1969 Dodge Charger driven by Bo and Luke Duke and named after Robert E Lee, general of the Confederate States Army during the American Civil War. It bears a Confederate battle flag on its roof and has a horn that plays the first 12 notes of the song 'Dixie'.

Other famous cars include a 1956 Morris Commercial affectionately known as 'Mandy Morris' from the TV series, 'Heartbeat'; a 1972 MGB Roadster, which was previously owned by HRH Prince Philip's personal pilot; plus, a 1926 six-wheeler recovery truck featured in the TV programme 'Bangers & Cash'.

For football fans, the Fairford Steam Show can offer you the chance to take a close-up look at the 1983 red Ferrari 308, originally owned by Liverpool Football Club and bearing the registration number 308 LFC! During the early 1980s, Liverpool FC was an unstoppable force, securing multiple First Division titles, League Cups and the European Cup. This specific Ferrari 308 is one of the most recognizable and highly prized sports cars of the 1980s.

Last but in no way least, is the Volvo truck that was used by rock legends, 'The Who' in the 1970s. The specific model used by the band was the heavy-duty Volvo F88 290 and was highly prized by 'The Who' and other touring acts – such as Elton John, Fleetwood Mac and Kate Bush – for its reliability, power and comfort on long-haul European routes. It is now fully restored and makes only occasional appearances at vintage commercial vehicle events. If this vehicle could talk, it would certainly have a story to tell!

A full procession of American vehicles will also take place to celebrate the 250th anniversary of American Independence Day and will be led by a beautiful 1971 Plymouth Roadrunner used by Tennessee State Troopers.

Children are also well catered for with a large fairground, Lego marquee and – new for 2026 – a Duck Hunt! Hunt the Rally Field for the hidden yellow ducks and win a prize!

All this takes place over the weekend of Saturday and Sunday August 15 and 16 in the Lake Field, Fairford GL7 4BT.

If you want a taster of what is to come over the weekend, the popular Steam-in-the-Square event will be back on the Friday night from 5pm. The Bull Hotel's inside bar will be open in addition to an outside bar in Fairford's Market Place and featuring real ale. Burgers and hot dogs will also be available to refuel those hungry steam engine drivers!

To book your tickets or find out more about this popular annual community event, please visit: <https://fairfordsteamshow.co.uk/>.

Photo collage of Celebrity Vehicles

For more information, please contact: Chris Roberts MBE: 01285 712150, 0744 350 0744,



The 1969 Dodge Charger 'The General Lee' driven by 'The Dukes of Hazzard'



The iconic Volvo driven by Roger Moore 'The Saint'



Tennessee State Trooper that will lead the American Vehicle Parade



Mandy Morris from TV's 'Heartbeat'



Volvo truck used by The Who in the 1970s



SMALL CREATURE MAGIC IN FAIRFORD

A TALK WITH SLIDES

by Sarah Lovatt

Wednesday

19th August 2026

7.00pm for 7.30pm

Farmor Room

Fairford Community Centre

Free entry

Refreshments by donation

(In aid of Fairford Church roof)

Flies of Fairford - yes a talk on flies! Who'd have thought it! However you will be astonished at the diversity - hoverflies, wing-waving flies, danceflies, soldierflies, parasite flies, picture-winged flies, needle flies, marsh flies, thick-headed flies, robber flies, fruit flies, snipeflies, bee-flies to name a few. There are over 7,000 species in Britain and they are surprisingly fascinating. Some flies don't look like flies, and some are named as flies but aren't actually flies! There may be, just maybe, a mention of the less popular ones - all flies, after all, have their place in nature, but I am keen to show you some of my favourites which are simply amazing!

Intrigued? Horrified even? All the more reason to come along to a talk about the flies of Fairford!



WE'RE LOOKING FOR SOMEONE SPECIAL

Minister Support Worker

Can you:

- Provide pastoral care for the congregation & others including visiting in times of need such as at home or in hospital?
- Attend outreach & fundraising events, providing help & support?
- Be a representative at Churches Together meetings?
- Help grow our mission, encouraging relationships with other churches & the community?
- Help discover new mission ventures & opportunities?
- Work alongside colleagues supporting exciting new projects?
- Listen, support & communicate well?
- Demonstrate sensitivity & an awareness of Equality, Diversity and Inclusivity issues?

Find out more here:

www.gloucestershiremethodist.org.uk





COTSWOLD
FOOD
NETWORK

FREE Family Breakfast & Play Morning

Join us for a fun morning in Fairford!



FREE
Breakfast for
the Whole Family



Story
Time



Craft
Activities



Play & Make
New Friends



Friday
21st



9:00 AM –
11:00 AM



Fairford
Community Centre



In Partnership with St Mary's Church and Volunteers



FREE
to attend!

Booking is
essential.

To book, contact:

Mary ann



07555 738138



5th September from 10am



**The
BIG RAKE
and the
BIG CAKE**



Help!

The longer grass in the churchyard has given us more insects, birds and bats, now for its annual haircut.

We need to rake up the hay

All ages welcome

Refreshments

Please bring a rake and gloves

Thank you!

St Mary's Eco Church Group





St Mary's Eco Church



invites you to

Chris Packham's film
PEOPLE'S EMERGENCY

BRIEFING



Tickets available from
www.tickettailor.com

Limited number available from Fairford opticians



**TUESDAY
15TH
SEPTEMBER**



**7.30pm
DOORS OPEN 7PM**



**FAIRFORD
COMMUNITY CENTRE**

People's National Emergency Briefing on Climate and Nature

A screening of this important national film is taking place in Fairford, hosted by St Mary's Eco Church, on Tuesday, 15 September 2026, 7 pm for 7.30 start. Our local MP, Roz Savage, has (so far) accepted our invitation to attend.

Attendance is free (donation for cost of venue and/or refreshments), but booking your place is strongly advised via this link

<https://buytickets.at/stmaryschurcheogroup/2286367>.

There is a national website which lists all the screenings taking place - you can see our showing clearly on the map at <https://www.nebriefing.org/>

We will have a few tickets available on the door but expect places to get booked up quite quickly - a similar showing planned in Cricklade the same week is already fully booked! There are also a limited number of tickets available at the opticians.

What is the NEB?

The National Emergency Briefing on Climate and Nature was first delivered to politicians and decisions makers in Westminster in November 2025. The Briefing pulled together key facts about the impact of climate change and nature depletion in the UK and a call to action, urging a wartime scale response to the climate and nature emergency.

A 50-minute film encompassing the contents of the NEB, fronted by Chris Packham, was compiled and launched in Summer 2026. A highly organised operation was launched to ensure that the film was screened as community events across the country to promote engagement and discussion (rather than just making it available online). St Mary's Eco Church responded to the call. The showing of the film is the first of our monthly autumn/winter eco-events of the season.

The film is hard-hitting in its presentation of the facts of climate change and implications for nature, food supply, economy, housing etc. However, people who have seen the film have called it alarming but encouraging at the same time; it shows that by working together we can deliver solutions.

Each screening of the film is followed by a chance to discuss the issues and next steps, with a range of materials and information provided by the national organisers. With huge thanks to Andy Miles for having arranged the screening, we are really proud that Fairford is now on the map as hosting a screening of what is already an historically important film.

Organic farmer Chris Peachey and scientist and environmentalist Barbara Brockway – both Fairford residents - will help facilitate the discussion after the film.

There will be soft drinks and wine served from 7 pm.

We have invited not only the MP but representatives of a range of public service groups in the locality; and have had bookings already from others outside our normal eco-talk attendees. So do please book to secure your place.

The QR code should also take you to the booking site.

Chris Packham's words on the importance of protecting this beautiful Earth are moving and inspiring: "This is our home.... It's where we breathe, it's where we eat, we laugh, we cry, we love, we hate and as far as I know, together with all the other wonderful life on Earth, we are the only known life forms in the universe and we've got nowhere else to go".

MUSIC
• AT ST MARY'S •

CONCERT

ADRIAN PARTINGTON - PIANO
LEORA COHEN - VIOLIN



Church of St Mary the Virgin Fairford
3pm Saturday 19th September 2026

Timeless masterpieces for violin and piano from Bach,
Beethoven, Elgar and Gershwin
tickets £25/£20 (includes tea and cake)
via [eventbrite.co.uk](https://www.eventbrite.co.uk) (fees apply)
or cash at Fairford opticians from 1st August (01285 713313)



Newsletter

July Recap

What a fantastic month July has been for Working 4 Wellbeing!

🎉 Celebrating 5 Years of W4W!

Our biggest highlight this month was celebrating five incredible years of Working 4 Wellbeing.

A huge thank you to everyone who joined us for the celebrations and to all those who have supported us over the years. Looking back on everything we've achieved together is truly inspiring. From tackling loneliness and isolation to creating opportunities for people of all ages to connect, we couldn't have done it without our amazing community and W4W team.

Here's to the next chapter! 🥂💙

🌸 Our Community Garden

Our beautiful community garden is continuing to flourish.

If you're passing by and have a few spare minutes, we'd be incredibly grateful if you could use the watering can and water butt to give our flowers a drink. Every little bit helps keep the garden looking wonderful for everyone to enjoy.

🙏 Thank You, Quenington Bulldogs

A massive thank you to Quenington Bulldogs for supporting Working 4 Wellbeing with a compassionate support request this July. Their generosity will help us continue supporting local people and families when they need us most.

🎊 A Day to Remember at The Barn Theatre

One of the highlights of the month was our trip to The Barn Theatre where 60 people enjoyed watching Million Dollar Quartet.

There was singing, laughter, dancing in the aisles and plenty of smiles. It truly was a memorable day out!

And the good news is we're doing it again!

🚌 FREE Trip to Yes Prime Minister's 3rd September. Contact us to reserve your place.

🍷 Craft & Chat Continues to Thrive

July saw another fantastic Craft & Chat evenings filled with creativity, friendship and conversation.

We're taking a short break during August while our summer programme is in full swing, but we'll be back in September with an exciting Resin Craft Workshop.

Thank you to our Volunteer Wellbeing Walkers- who have worked around the weather and done two walks this month.

Contact

Mary Ann

Wellbeing Coordinator

07555 738138

Talking Cafes:

Every Wednesday Fairford
Community Centre 10:30am-

12pm

Every Thursday Lechlade Baptist
Church 10:30am-12pm





Newsletter August

☀️ What's On This August? ☀️

🍏 Free Fruit & Veg Vouchers in partnership with Cotswolds food network

Due to high demand, our free fruit and vegetable vouchers for young people aged 11-18 have changed from £10 to £5.

The vouchers remain available every Wednesday at the market.

NHS outreach team will be at the Talking Cafes on Wednesday 5th and Thursday 13th for health checks 1030am-12pm.

👨‍👩‍👧‍👦 Family Hub Summer Activities

Each Wednesday we'll be hosting a different activity for primary school-aged children:

🖋️ 5th August - Slime Making 🖋️ 12th August - potion making

🎨 19th August - puffy painting. 26th Childrens choice

☀️ Children's Summer Event

📅 17 13th August

Our Summer morning workshop Event has been extremely popular and we're now operating a waiting list.

Please do still add your name. Summer holidays often bring changes to plans and we'd love to ensure every available place is filled.

🐒 Kempsford Family Craft Morning

20th August 2pm-4pm

Join Abby from Arty Crafty Monkey for a FREE two-hour family craft session.

We're hoping for a full house, so please help us spread the word and come along for what promises to be a fun-filled afternoon of creativity. Must Book and Parents must stay.

🍳 Free Family Breakfast

📅 17 21st August

Thanks to funding from Cotswold Food Network, we're delighted to be offering a FREE Family Breakfast.

Please see our event poster for full details and booking information.

🔗 August Changes

To allow us to focus on our busy summer programme:

❌ No Craft & Chat during August ❌ No Shopping Trip during August
Both will return in September.

💙 Thank You

As always, thank you for being part of the Working for Wellbeing family.

Whether you've attended an activity, volunteered your time, donated, shared a post or simply supported us along the way, you are helping make a real difference in our community.





**High Five Project Event - Fundraising for Children's Charities
and supporting St Mary's Church**

'Peekies & Pimms'



Summer Garden Party

*Kindly hosted by Katie and Jeremy
in the lovely floral gardens of*

The White House, London Street, GL7 4AQ

Saturday 22nd August 3.00pm

**Delightful summer food and drink
with music and songs from The Peekies**

**Tickets £15 from the Church Office,
Community Centre.**

Proceeds in aid of High Five Project 2026 Fundraising for Children's Charities

**The Magic Breakfast Glos Young Carers The Rainbow Trust Smile Train
Home Start Cotswolds**



St Mary's Church
• FAIRFORD •



**High Five Project Event - Fundraising for Children's Charities
and supporting St Mary's Church**

'Peekies & Pimms'

Summer Garden Party at The White House

Saturday 22nd August 2026

TICKETS £15 from the church office in the Centre

Timetable

3.00pm Arrival – Pimms or Elderflower Cordial

3.30pm – Peekies

3.30pm – Tea and savoury plate

4.00pm – Tea and sweet plate

5.30pm – Farewell and thank you for coming!

Afternoon Tea Menu

A wheat tortilla wrap filled with spiced falafel, pickled carrot and cabbage, yogurt and mint mayonnaise, feta cheese, spinach and cucumber

A tomato tortilla wrap filled with mozzarella cheese, roasted tomato, rocket and basil leaves with basil pesto and mayonnaise

A spinach tortilla wrap filled with free range whole egg, roasted tomato, mayo & rocket

Mini Cumberland egg of seasoned pork sausagemeat filled with egg mayonnaise and coated with breadcrumbs

Raspberry and white chocolate scone

Lemon and lime sponge cake Carrot cake

More drinks available on request - Unlimited cups of tea - Donations welcome

Proceeds in aid of High Five Project 2026 Fundraising for Children's Charities

The Magic Breakfast Glos Young Carers The Rainbow Trust Smile Train Home Start Cotswolds





A Notification to our kind High Five Project donators

We would like to thank everyone for their very generous donations, help, support, and kind comments for the High Five Project 2026. Our published target at the beginning of the year was to raise £500 for each of five children's charities – two Gloucestershire based, another two UK based, and one international.

Please do read our small booklet about the charities, the project team, accounting, planned events, contact details, etc., in the High Five information booklet held in the stewards' desk in the church, or ask us for a copy.

We are well on target with our ambition and have a variety of events organised for the next four months. We intend offering a further £500 donation to St Mary's Church if and when our target is reached, therefore, so write now to ask any of our kind parishioners and others who have so far made donations directed solely at the High Five charities whether you have any objection to this. We shall go ahead if we do not hear from you by the end of August and hope you will continue to support our activities. Many thanks.

Linda, Jos, Hope, and Meg.

High Five Activities Coming Up Soon



Peekies & Pimms Afternoon Tea - Saturday 22nd August 3pm. The White House, Fairford. Hosts: Katie and Jeremy Blake. Newsletter posters gives details/ticket info.



Dancercise for Mature Movers - Linda's Fun and not-too-taxing group runs from 10.30-11.30am Tuesdays at Poulton Village Hall, from **Tuesday 22nd September**. Just turn up – any week. £3. Singles and pairs welcome. All subs go to High Five.



High Five Star Talk: Jake Sutton - Jakes 'art' talk coming up in **September** – watch this space! Light refreshments. Retiring donations.



Lechlade Occasional Choir - Concert: Monday **19th October** in the church. The ever popular LOC returns to St Mary's. Retiring donations.

Citizens Advice Column:

Q: I hired a company to install concrete fencing and a gate in my back garden. The quality of the work is poor, and the gate doesn't shut properly. What can I do?



When you put your trust in a trader and the work doesn't meet your expectations it can be frustrating. If a trader hasn't done a good job with 'reasonable care and skill', the **Consumer Rights Act 2015** entitles you to ask for the problem to be fixed or receive a refund.

Evidence is important. Take photos and make notes about what happened and when, including times and dates, and keep receipts or other proof of payment.

People can experience **different types of problems with traders**, and there is [specific advice available on the Citizens Advice website depending on the issue](#).

When you contact the trader, **explain the problem clearly and provide your evidence**. They should fix it within a reasonable amount of time and without causing you too much inconvenience. The law doesn't define exactly what is reasonable, so **you'll need to agree this with them**.

If they can't or won't fix the problem, you can ask for a **partial or full refund**, depending on how bad the issue is. It's a good idea to suggest an amount and explain why you think it's reasonable. Once a refund has been agreed, it should be paid within 14 days.

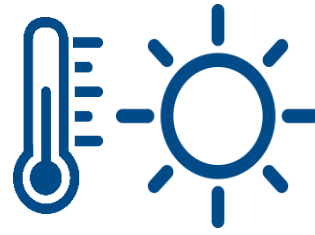
If you **can't reach an agreement**, there are other **options**. If you paid by card, you may be able to complain to your card provider. If the trader is a member of a trade association or quality scheme, this might help to take your complaint further, or you may be able to use an [alternative dispute resolution \(ADR\) scheme](#). If you've tried various things and the complaint remains unresolved, you may be able to complain to the [Financial Ombudsman Service](#).

Anyone experiencing problems with building work, decorating or home improvements can contact the national [Citizens Advice Consumer Service](#) on **0808 223 1133** for advice and support from a trained adviser.



Citizens Advice helps with a range of issues. For information and self-help guidance, visit citizensadvice.org.uk.

To speak to a local adviser in the Stroud and Cotswold Districts, visit citizensadvice-stroudandcotswold.org.uk to complete our **webform** or call us on **0808 800 0510**



Summer can be enjoyable, but heatwaves can quickly make your home uncomfortable and even impact your health. **Here are five ways to help you stay cooler:**

1. Let cool air in

Encourage airflow by opening windows on opposite sides of your home, ideally overnight or early morning when outdoor temperatures are lower. This pushes warm air out and brings cooler air in. Opening a loft hatch can also allow heat to escape. If you only have one window, opening internal doors can improve circulation.

2. Keep the heat out

A simple and effective measure is closing curtains or blinds on the sunny side of your home. During the hottest part of the day (typically late morning to early evening), keep windows closed if the air is warmer outside than inside to prevent heat entering.

3. Use a fan effectively

Fans are inexpensive to run (often under 2p per hour). For extra relief, place a bowl of ice or ice packs in front of the fan (at a safe distance) to cool the air being circulated. When it's cooler outside, a fan near an open window can help draw in fresh air.

4. Take a break from the heat

If your home becomes too hot, spend some time in cooler, air-conditioned public spaces such as libraries or leisure centres.

5. Improve insulation

Well-insulated homes stay cooler in summer and warmer in winter. You could consider:

- Upgrading wall and roof insulation or installing energy-efficient windows (e.g. low-emissivity glass)
- Improving ventilation with extractor fans or vents
- Adding shutters or external shading
- Installing solar panels to offset increased cooling costs

Visit the Citizens Advice website for details of available grants and schemes.



Citizens Advice helps with a range of issues. For information and self-help guidance, visit citizensadvice.org.uk.

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