

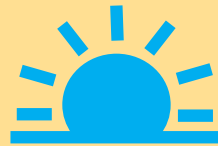
Summer 2023 #ThatsCool



Stay healthy in the heat

Drink water

Take a bottle of water with you and stay hydrated.



Plan your day

Avoid going out during the hottest part of the day.



Stay cool

Use fans or air conditioners set to cool. Close your blinds and curtains.



Dress down

Wear lightweight, breathable, loose fitting clothing.



Soak

Take a cool shower or bath to help you cool down.



Shade

Wear a hat or take an umbrella with you for shade when you're outside.



Help others

Check on those most at risk like the sick, elderly and young.



Hot cars can be deadly

Never leave children or animals in cars. The temperature inside a parked car can double in minutes.

Scan this QR code for tips to stay cool and connect with your community this summer.

- Know the signs and symptoms of heat related illness.
- See your GP if you are unwell.
- In an emergency call triple zero (000).



Summer 2023

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Connect with your community this summer

Summer Festival 2023

• Saturday 7 January

Open Air Cinema - *Sonic the Hedgehog 2* (PG), West Torrens Memorial Gardens, Hilton, 5pm – 10.30pm.

• Saturday 14 January

All Together Now - music festivities in the West Torrens Memorial Gardens, Hilton, 5pm - 9pm.

• Saturday 21 January

Open Air Cinema - *Minions: the rise of Gru* (PG), West Torrens Memorial Gardens, Hilton, 5pm - 10.30pm.

• Saturday 28 January

Splash - lots of water and lots of fun, Mellor Park, Lockleys, 9.30am - 1.30pm.

• Saturday 4 February

Biggers (Touch-a-Truck), Kings Reserve and Thebarton Community Centre, Torrensville, 9.30am - 1.30pm.

• Saturday 11 February

Fork on The Road presents The King's Fork, Kings Reserve and Thebarton Community Centre, Torrensville, 5pm - 10pm.

Kids and teens activities

The Hamra Centre Library hosts a wide range of activities during the summer school holidays:

- e-sports Switch tournament
- arcade games
- participate in a reading challenge
- book club
- writers group
- make and create with clay
- complete the 'Lost Mummy' escape room
- embroidery workshop
- upcycling activities
- digital skills workshops
- come and try chess
- come and try squash
- come and try calisthenics
- storytime - AUSLAN
- storytime for toddlers
- free hire of toys, games and sporting equipment
- and so much more ...

Play the sun smart way

There are shady parks and playgrounds galore throughout West Torrens. Find a new playground to enjoy this summer - visit westtorrens.sa.gov.au

Cool ways to connect

- Visit the Hamra Centre Library to peruse and borrow new collections of books, magazines, games, ebooks and eaudio-books.
- Learn some new IT skills at the Library's regular Rewire sessions.
- Watch a recent release movie on the big screen in the West Torrens Auditorium.
- Link up with a local community group or club.
- Join a local walking group.
- Walk the local street art and bird watching trails.

Summer tips for your home

Search westtorrens.sa.gov.au for:

- 'Stay healthy in the heat' resources - people
- 'Stay healthy in the heat' resources - pets
- tree incentive rebate
- worm farm, composting and kitchen caddy rebates
- native plant giveaways
- tips to reduce bin smells as a result of the heat
- AdaptNow! Prepare your household and/or business for climate change
- gardening tips to cool your property
- and so much more ...

Scan the QR code or enter the URL for more details about the events and activities listed above, as well as how to stay cool this summer.

westtorrens.sa.gov.au/summer23

