

SUMMER SAFETY

Hot Tips & Cool Trips



University of
Nottingham
UK | CHINA | MALAYSIA

Community Engagement



Home

- Ensure windows and doors are locked.
- Keep valuables out of sight and don't hide keys.
- Keep noise to a respectful level for neighbours.
- Don't post yourself out the house.
- If leaving the house, be sure to travel in groups.
- Get 10% of DG cars on their app with the code 500500.
- download the UNICAB app to pay by card before your journey. UNICAB also offers an emergency taxi scheme. Call 0115 950 0500 or text 80818 and pay the following day at the Welcome Zone.

- Seek Shade, especially during peak sun. And take breaks if you're spending a long time outdoors.
- Wear lightweight, loose-fitting clothing and don't forget to use sunscreen including the face neck and ears.
- Stay Hydrated and stay informed. Pay attention to local weather forecasts and UV index reports.
- Consider your health: check for skin changes and be aware of Medications that increase sensitivity to sunlight.



Hazards

- You cannot take a Barbeque to the park for personal use, or you could be fined up to £2,500.
- Keep disposable BBQ's away from flammable materials and ensure they're completely cooled before discarding.
- Extinguish smoking materials in assigned bins.
- Avoid parking vehicles on dry grass and ensure dragging parts that could create sparks.
- Separate recyclables, maintain cleanliness otherwise waste can smell and attract pests.

Nottinghamshire Fire & Rescue Service General Enquiries: 01158388100



For the chance to win a free NCT bus pass, share your summer safety advice or adventures with us on Instagram: [uncommunityengagement](https://www.instagram.com/uncommunityengagement)



Nature Walks and Hiking: Make the most of the sun by exploring local trails like those in [Sherwood Forest](#), known for its historical association with Robin Hood. Morning walks can avoid the midday heat.



Water Activities: Arrange visits to the [National Water Sports Centre](#) where students can engage in canoeing, kayaking, and stand-up paddleboarding. Water activities are great for staying cool on hot days.



Museum Visits: If you'd prefer to stay indoors, air-conditioned environments like the [Nottingham Contemporary](#) or the [Galleries of Justice Museum](#) are a great option.



Theatre Performances: Immerse yourself in the arts at local plays or musicals, particularly at venues like the [Nottingham Playhouse](#) or the [Theatre Royal](#).



Early Morning or Evening Sports: Organise sports events in cooler parts of the day. Sports like cricket, football, or tennis at local parks or in the [David Ross Sports Village](#).



Volunteering: There are so many opportunities to help in local charities, foodbanks, or community centres. Find out about volunteering opportunities on the [University website](#).



Art and Craft Workshops: Join sessions in local libraries or community centres where you can learn new skills like [pottery](#), [painting](#), or [crafting](#).



Tech experiences: If you'd prefer to stay indoors, Immerse yourself in Nottingham's finest VR gaming experience at [SpaceVR](#). Or take your friends to an escape room at [Escapologist](#).



Events: Take yourself to a tribute show, motor festival, stand-up show or sporting event. Take a look at the [Visit Nottinghamshire website](#) to explore your options.



Outdoor Movie Nights: Travel down to an [outdoor cinema](#) event which can be a relaxing way to spend a warm summer evening.



Picnics in the Park: If you want to do something local, fun and easy, try picnicking in local parks like [Wollaton Hall](#) and Deer Park or the [Arboretum](#).