



Sunday 28th June
10:30am

Go4th

BritishRedCross

How to look after older people during hot weather

- Advise them to **stay out of the sun**, especially between **11am and 3pm**.
- Make sure they increase their **water intake**.
- **Keep their home cool** by closing curtains and windows during the day.
- **Check in regularly** to see if they need support.
- Be on the lookout for signs of **heat-related illness**.
- **Call NHS 111 for medical advice** or **999 in an emergency**.



Do you have any empty egg-boxes you don't need?

Even if it's just one or two - I can always use them! I'll happily take them off your hands on Sunday mornings or I can collect them from the vestry if they are left there.

Many thanks, Phil



Opening At Whittlesford URC
on Wednesday 1st July

Sunday - closed
Monday - Closed
Tuesday - 9.30 - 2
Wednesday 9-4
Thursday 9-4
Friday 9-4
Saturday 9-12

Come and meet Megan & Christine!

Sawston Free Church Craft Group will
be meeting on
Monday 29th June 2026
in Footprints Cafe
10.00 - 11.45am

Bring along a craft to work on or just
come and enjoy the chat

Drinks Available

Further Information from Yvonne

Sparrow

Mobile: 07849 840189

**PLEASE EMAIL THE EDITOR WITH ANYTHING YOU WOULD LIKE INCLUDED
NEXT WEEK AND WITH ANY ADDITIONS TO THE MAILING LIST.**



HOLIDAY CLUB



FOR CHILDREN 5 – 11 YRS OLD
TUESDAY 28th – FRIDAY 31st July 10AM – 12.30PM
at Sawston Free Church

£5 PER CHILD

**Christians
Together in
Sawston**

For a registration form please contact

holidayclubcts@gmail.com, 07917 122913 or visit us at [f HolidayClubCTS](https://www.facebook.com/HolidayClubCTS)