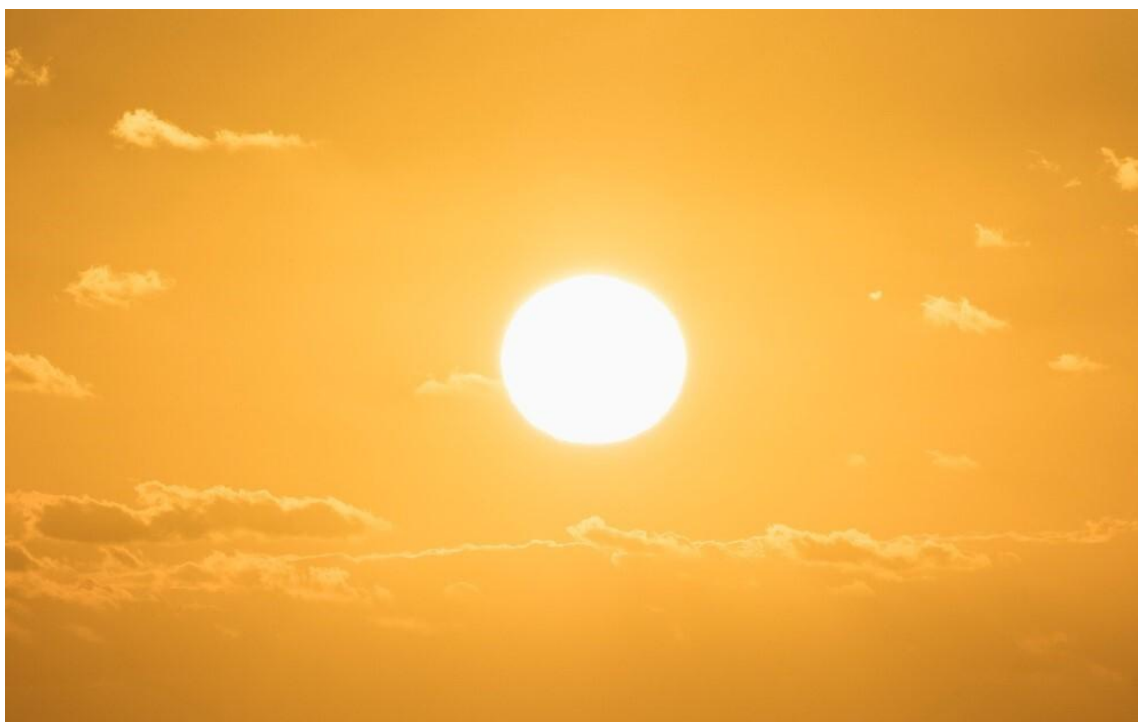


Cleaner, Greener Spelthorne eNews



June 2025



Heat Stress

Last month we touched on the Urban Heat Island Effect. This month we are discussing what is heat stress and what we can do to reduce its effects.

As our summers get hotter due to climate change, heat stress is becoming a growing concern—especially for vulnerable people, outdoor workers, and those in

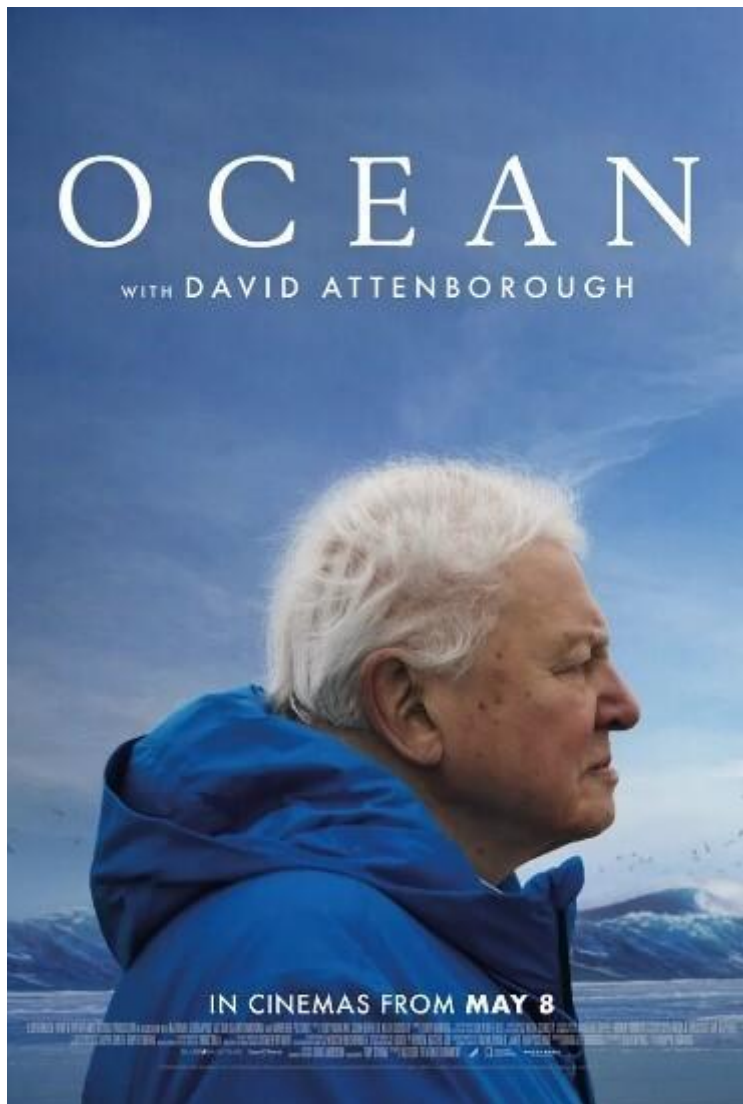
poorly insulated homes. It is estimated that by 2050, 10,000 people per year could die from heat stress.

Heat stress happens when the body can't cool itself down enough. This can lead to symptoms like dizziness, headaches, muscle cramps, and in more serious cases, heat exhaustion or heatstroke. It's especially dangerous for older people, young children, and those with existing health conditions.

There are simple steps we can take to reduce the risk:

- Drink water regularly, even if you don't feel thirsty.
- Keep your home cooler by closing curtains and windows during the day and opening windows at night.
- Avoid heavy exercise during the hottest parts of the day.
- Wear loose, light clothing and spend time in the shade or cooler indoor spaces.

It's also important to check in on neighbours, friends, or relatives who may be more at risk during hot weather. As extreme heat becomes more common, staying informed and prepared can help keep everyone safe.



Our Ocean

David Attenborough's new film *Ocean* is a powerful reminder of just how important the ocean is. It shows how the sea helps protect us by soaking up carbon and supporting life, and how—if we give it a chance—it can rapidly bounce back. But it also shows the damage we're doing through overfishing, trawling, and climate change.

The film comes as world leaders met this week in Nice for the UN Ocean Conference. One big focus is the High Seas Treaty, which could help protect areas of the ocean that don't belong to any one country. These waters make up nearly half the planet, and right now, most of them have little to no protection. The treaty

would allow countries to create marine protected areas and stop harmful activities in these important spaces.

It's a moment of hope—if action follows the promises.

Watch David Attenborough's Ocean out now on Disney+



Why Nuclear Power Matters – and What Might Be Funded in the Spending Review

Nuclear power plays an important role in the UK's journey to net zero and is crucial to Labour's 2030 Clean Power mission. It produces low-carbon electricity and provides a steady, reliable energy source when the sun isn't shining or the wind isn't blowing. As older nuclear stations are due to close over the next decade, new investment is needed to maintain a secure and balanced energy supply.

In the upcoming Spending Review the government appears to be backing nuclear projects. The first initiative is Sizewell C, a new large-scale nuclear power station in

Suffolk, will receive £14.2 billion in funding. Once built, it's estimated to power around 6 million homes and create 10,000 jobs during construction.

Alongside this, £2.5 billion has been committed to develop Small Modular Reactors (SMRs). SMRs are smaller nuclear plants built in factories and assembled on-site, potentially reducing the carbon intensity of the construction. They offer a quicker, potentially cheaper alternative to traditional nuclear stations, and can be deployed in more locations.

These announcements came as part of the new Chancellor Rachel Reeves's spending review, which includes a total of £113 billion in capital investment across infrastructure, transport, energy, and public services.



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Thrive Festival: Green Forum

On the 9 June as part of the Thrive festival, the Green Forum hosted by the ever-amazing Talking Tree brought together an inspiring lineup of local environmental champions. The event highlighted the breadth and depth of sustainability initiatives underway in the area. Leaving attendees with new ideas, areas for collaboration and action.

Speakers covered a diverse range of topics—from the theory behind food forests and the rapid rewilding power of Miyawaki Micro-Forests, to community-led amphibian and reptile conservation, and the innovative Energy Garden initiative that blends community energy with green space and education. Each presentation offered a glimpse into the fantastic work being done to protect and enhance our natural world.

The forum was a powerful reminder of the passion, creativity, and collaboration driving environmental progress locally. Whether it was restoring biodiversity, reimagining urban spaces, or inspiring future generations, every speaker played a part in shaping a more sustainable future.

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