During the week of 9 December, IPC Health guest-tweeted for @WePublicHealth to cover #HeatwaveHealth and a related #CroakeyGO. An 11-page summary of the tweets follows below.

#HeatwaveHealth @WePublicHealth · Dec 10
Join @IPCHealth_au and #CroakeyGO tomorrow at 9.30am at 2 Devonshire Rd, Sunshine (behind the Granary Cafe) to hear about how communities are responding to heatwaves and associated health risks. #HeatwaveHealth

#HeatwaveHealth @WePublicHealth · Dec 10
In preparation for this summer, check in on people you know who may live alone. If you can’t be there for them, the Brimbank Community Register Volunteers can. With a quick phone call to see if they are doing ok with the heat. #heatwavehealth
brimbank.vic.gov.au/aged-care-and-...
#HeatwaveHealth Retweeted

IPC Health @IPCHealth_au - Dec 11
Our #HeatwaveHealth walk is starting at 9.30am today at Sunshine, come along to learn more about ‘Keeping Cool in Summer’

#HeatwaveHealth Retweeted

IPC Health @IPCHealth_au - Dec 11
A special guest for our walk. We also need to keep our pets cool on hot days #HeatwaveHealth

#HeatwaveHealth @WePublicHealth - Dec 11
Thanks for joining us today on our #CroakeyGO #HeatwaveHealth walk. It was an innovative way to discuss and bring awareness on health impacts heatwaves have on our community. Thanks to our speakers from @CroakeyNews @BrimbankCouncil @ReGenCU @TessRyan1 @AmbulanceVic @Jemenal.td

Melissa Sweet @MelissaSweetDr - Dec 11
Launching #CroakeyGO #HeatwaveHealth ps cp.tv/w/cMAVI-TgwNDk1...
And we are off, our CEO @JayneIPCHealth leading the way with Harpo.

#HeatwaveHealth is important when it is hot for more than a day. Our emergency services see a greater demand for care when it is hot.
#HeatwaveHealth @WePublicHealth - Dec 11
@TessRyan1 talking about the impact of heat on chronic illness at stop number 2 on our walk. #HeatwaveHealth

#HeatwaveHealth @WePublicHealth - Dec 11
@BrimbankCouncil Adrian Gray, Manager Urban Design, letting us know their plans for an improved station at Sunshine.

Lots of conversations going on about #heatwavehealth in Sunshine
The Uniting Church is a cool place in the Sunshine neighbourhood, anyone is welcome to come in on a hot day.

We also heard from @BrimbankCouncil about their Brimbank Register where the elderly and vulnerable can register to receive check-in phone calls from a local police officer. #HeatwaveHealth
IPC Health @IPCHealth_au · Dec 11
Christine Bell Volunteer Coordinator and Development Officer @BrimbankCouncil talking about the free Brimbank Community Register that assists people during heatwaves #heatwavehealth

HeatwaveHealth @WePublicHealth · Dec 11
We are now at stop number 4 where Adrian Gray, Manager Urban Design, @BrimbankCouncil, is talking about Greening the West to keep the community cool. Currently Brimbank has 6.2% canopy cover but striving for 30% #HeatwaveHealth
#HeatwaveHealth @WePublicHealth • Dec 11
@BrimbankCouncil striving for better parks, cooler areas.

International Gardens shade analyses.

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#HeatwaveHealth Retweeted

IPC Health @IPCHealth_au • Dec 11
After improving their parks @BrimbankCouncil is now looking at 'greening' their streets, e.g. making Hampshire Road a better place for people
And we are at our last stop Youth Junction Inc and Visy Care Hub, their focus is on care for young people and there is a wide range of services available in the facility, the majority of their needs can be met at the one site. #heatwavehealth

Dr Michael Clarke letting us know that the Youth Junction at the Visy Cares Hub will be open late 2 nights a week to keep young people out of the heat. #HeatwaveHealth
Thank you to everyone you participated in our #HeatwaveHealth #CroakeyGO walk yesterday.

Our reach to date is amazing with 16 million twitter impressions, 1634 tweets and 215 participants.

FOLLOW #WEPUBLICHEALTH WITH @IPCHealth_au until Sunday night for more insights.
Many clients live in older style houses that have old appliances that are not as economical as they can. The increasing costs of utilities often impacts directly on a client, and impacts on whether they can afford air-conditioning in summer. #heatwavehealth

My name is Peter and I work as a Financial Counsellor at IPC Health. I use a common formula with my clients based on keeping the roof over their heads and the client’s personal needs. Rent, food, gas, power, water and after that there is little left. #heatwavehealth

Babies and young children feel the heat differently to adults.

New parents should prepare their for their child’s day differently. Use these helpful tips.


Keeping babies cool in hot weather

Follow these tips to keep your baby cool during hot weather.

- Dress Light
- Avoid direct sunlight
- Plenty of fluids


People who are socially isolated are more at risk during heatwaves. IPC Health’s free Social Prescribing service helps people addressing non-clinical health issues, including social isolation.

A holistic approach to improving health and wellbeing

- Referral: GPs refer clients to a Social Prescribing program.
- Consultation: Clients meet with Community Link Worker to discuss their needs.
- Connection: Clients are linked to local community services and groups.
- Follow Up: Link workers stay in touch to make sure the services are working.
- Closing the Loop: Clients and Community Link Worker talk to their GP about how their health is improving.