



CUH Volunteers' NEWS FLASH



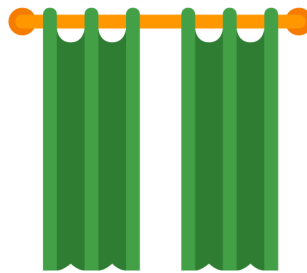
Friday 15 March 2022

Its super hot in Cambridgeshire today and its set to get hotter at the beginning of next week. Here are some top tips on keeping cool....



Avoid exercising in heat

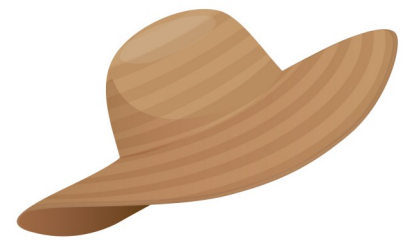
Keep curtains closed in sunny rooms



Keep covered up and wear sunscreen



Avoid being outside from 11.00 am—3.00 pm



Wear a wide-brimmed hat

If out, stay in the shade where possible



Stay hydrated



Uniform during hot weather

Good news! During May to September, the wearing of smart shorts is permitted during hot weather. Naturally, they will need to be in good condition, knee length and shoes must be enclosed.

If you claim travel expenses.....

You will have received an email addressed 'Dear MyESR User' informing you that paper payslips will be switched-off. You can download the MyESR app onto your smartphone/tablet and we can help you navigate this, alternatively we are happy to send you a copy of your signed-off claim form prior to it going to Payroll for processing. Do please get in touch with us if you have any queries. If you don't claim travel expenses, this will not impact you.

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