

I hope this finds you well, I am writing to you as an **Amber Cold Health Alert** has been issued by the [Met Office](#) for the **West Midlands** and is in effect between **12PM on 02/01/2025 until 12PM on 08/01/2025**.

Amber alerts are triggered as soon as the weather described following a Yellow alert has occurred. It indicates that severe winter weather is now happening and an impact on health and health services is expected. The Met Office forecasts a 60% chance of severe winter weather (a mean temperature of 2°C or less and/or heavy snow and widespread ice), in one or more defined geographical areas for a period of at least 48 hours in the next 5 days.

This weather could increase the health risks to vulnerable patients and disrupt the delivery of services. Please share the following information and attached guidance with your staff, service users, communities and partner networks to help ensure that citizens – particularly those who are most vulnerable - are adequately prepared.

Region	Overall Risk Score	Expected Impacts at Regional Level
West Midlands	Matrix score 12 (Amber)	<p>Forecast weather is likely to cause significant impacts across health and social care services, including:</p> <ul style="list-style-type: none"> • a rise in deaths, particularly among those aged 65 and over or with health conditions. We may also see impacts on younger age groups • a likely increase in demand for health services • temperatures inside places like hospitals, care homes, and clinics dropping below the levels recommended for assessing health risks • challenges keeping indoor temperatures at the recommended 18°C leading to more risk to vulnerable people • staffing issues due to external factors (such as travel delays) • other sectors starting to observe impacts (such as transport and energy)

In

addition, please be aware that you can sign up to the Met Office email alert service [here](#).

Additional useful links to guidance include:

- Weather-Health Alert [Dashboard](#)
- BCC guidance on [staying safe during severe weather](#)
- NHS [Vaccination and Winter Health Guidance](#)
- Age UK guidance on [keeping warm in winter](#)

Thank you for your time and support.