# Transcript with On-Screen Text

[On-screen text: Rising temperatures due to climate change are having a global and local impact. In making this film we heard many people's stories of rising temperatures in Leeds. Here are just a few of them.]

[On-screen text: Residents talk about their past experiences with heat, and living in a warming Leeds. This film has been shot in Spring as our residents prepare for summer.]

Leeds is a city of resilience.  
A city filled with people who adapt, cope and thrive.  
But as temperatures rise, we want to show you what it means to live in a warming city.  
So, these are our stories, in our own words.

[On-screen text: Heat in the City]  
[On-screen text: Our Health in a Warming Leeds]

Global temperatures soar to record high.  
[On-screen text: Global temperatures soar to record high.]

Scientists have warned urban areas are at a higher risk of heat!  
[On-screen text: Scientists have warned urban areas are at a higher risk of heat!]

Met Office has issued the first ever Red warning for exceptional heat.  
[On-screen text: Met Office has issued the first ever Red warning for exceptional heat.]

Leeds records a scorching 40.3°C which is a new high.  
[On-screen text: Leeds records a scorching 40.3°C which is a new high.]

Tick threat: UK braces for rising disease risks amid climate change.  
[On-screen text: Tick threat: UK braces for rising disease risks amid climate change.]

[On-screen text: Jackie]  
In this heat, it’s hard to stay comfortable.  
[On-screen text: In Leeds, 6% of people live in high rise properties.]  
It can be depressing when you're stuck in your flat.  
I do have my fan and water in the fridge,  
so I can still try my best to look after myself and keep hydrated.  
Small walks help,  
but not everyone here can do that.  
Having a comfortable outdoor space would make a big difference,  
a little spot we can all share.

[On-screen text: Cities are made of heat-absorbing materials, so urban areas can be up to 8°C hotter than rural areas.]  
[On-screen text: The character of Ted is voiced by a local Leeds resident, using Ted's own words.]  
[On-screen text: Ted]  
A lot of buildings in Leeds were designed to keep the heat in,  
so in the summer, they get very warm,  
and it’s not always easy to find a cool spot.  
A couple of summers ago,  
the heat was like nothing I’d ever experienced before.  
I don’t mind warm weather,  
but when it gets too hot, it slows you down.  
I have a chest condition, so I have to be careful.  
[On-screen text: Over half of people aged 50+ are living with two or more long term conditions.]  
I keep my house well-ventilated,  
use a fan,  
and stay indoors when it’s really hot.

It clearly will depend on living circumstances, won't it?  
We're blessed in living at street level, rather than in a high-rise block,  
That'll make a difference.  
I mean my chest condition is such  
[On-screen text: National data shows that warmer weather may lead to 8,000 more hospital admissions per year.]  
that I can get out of puff when I walk uphill,  
perhaps more so in hotter weather.

Our church is a great place to go when it’s hot.  
It’s cool inside, and it makes a real difference.  
I’m lucky to have Roundhay Park on my doorstep too.  
If there’s a breeze, it’s a great place to be.

[On-screen text: Presley]  
Some nights, it’s hard to sleep because the house just holds onto the heat.  
It makes the air feel heavy, and even during the day, it's tough to concentrate.  
[On-screen text: In summer 2022, temperatures in Leeds reached 40°C for the first time on record.]  
When it gets really hot,  
you notice how much harder everything feels.  
Not having a garden means the park is the only place to cool down,  
so I go there and meet my friends when it’s hot.  
Even there though, there’s not always enough shade.

[On-screen text: Judit]  
We live in a flat in the city centre,  
[On-screen text: Leeds is the third largest and one of the fastest growing, greenest cities in the country.]  
we don’t have access to a garden.  
When it’s hot, we make the most of the balcony.  
We try to have our meals outside, just to get some fresh air.  
There are great green spaces in Leeds if you can travel.  
It’s a lifeline for my kids, but even here,  
we have to work to stay cool.  
I try to find a breeze and remind my son to drink enough water.  
In the heat, I feel so tired,  
my mood is low, but what can I do?  
I work, I’m a mum. I can’t change my routine.  
Climate change is coming fast,  
but I want to do what I can.  
We try to make small changes  
reducing waste, cutting energy use  
because this is the future where my kids will grow up.

[On-screen text: Uzma]  
[On-screen text: Family Help Worker]  
The heat affects everyone.  
The children who never used to nap during the day, they need to sleep,  
and parents feel completely worn out.  
As our outdoor area gets too hot  
we adjust activities, take extra water breaks,  
and help families find ways to stay cool.  
We also advise parents not to put blankets over the buggies,  
as this can create heat traps.  
Not every family can afford day trips to escape the heat,  
so we organise group outings to make sure all children get the chance  
to enjoy fresh air and space to play.  
We also do things like refer families to clothing banks for summer clothes.  
[On-screen text: 32% of children under 5 live in the city’s most deprived areas.]

[On-screen text: Clarrie]  
I volunteer at a charity,  
and we see how much a space like this really matters when it gets hot.  
Some people don’t have anywhere cool to go,  
so having places like this where they can get out of the heat,  
have a drink, make friends and just feel comfortable is really important.  
We’re doing small things that make a difference.  
We planted eighteen trees last week,  
[On-screen text: Leeds is set to reach 100 community orchards, the most in the UK outside London.]  
which will provide fruit but also cool the environment.  
It’s about looking out for each other.

But it’s not just here.  
Projects and spaces across Leeds are making a difference.  
If more spaces like this existed across the city,  
it would help so many people.  
It’s not just about now.  
It’s making sure that Leeds is ready for the future.

[On-screen text: Carmen]  
When it’s hot, I feel lethargic,  
[On-screen text: Leeds has over 150 care homes and more than 3,500 people receiving home care services.]  
but I’ve always known to drink more water  
and stay in the shade.  
The staff here are fantastic  
they check on us, bring us extra drinks,  
and do what they can to keep us comfortable,  
even though it can be difficult to keep the rooms cool.  
Summers used to be hot, then they’d cool down,  
but now it feels more extreme.  
It makes you think about what’s coming next,  
especially to my grandchildren.  
But I try not to worry too much.  
We’ve always found ways to adapt,  
and we’ll continue doing that.

As temperatures rise  
cities like Leeds face unique challenges.  
Each of us has a part to play.  
Through small actions and shared effort,  
we can build a more resilient future for everyone.  
[On-screen text: The city of Leeds will continue to work hard to help residents cope with the heat and empower them to be part of the solution.]  
[On-screen text: To learn more about the experiences of people in Leeds and read the Director of Public Health Annual Report, visit: www.leeds.gov.uk/PublicHealthAnnualReport25]  
[On-screen text: Thank you to everyone who participated in this film and allowed us to share their stories and learn about their lived experiences of increasing temperatures in Leeds.]