

Autumn 2017



# Devon Community Resilience Forum

*Helping You To Help Yourself*

## #30days30waysUK

Boost your resilience in 30 ways

Being prepared is part of who you are, emergency preparedness is no different. Join #30days30waysUK, the national campaign of fun preparedness challenges. The games begin on 1st September and anyone can take part! You can find out more on the website [www.30days30waysuk.org.uk/](http://www.30days30waysuk.org.uk/)

Emergency Preparedness concerns us all and here you will find easy, fun and engaging resources. Follow #30days30waysUK throughout September on social media.

Each day in September there will be a different preparedness topic and games or activities to play with points to score. It's fun, easy and FREE to join and there are prizes to be won! Get a head start and join us today: LIKE @30days30waysUK on facebook and FOLLOW @30Days30WaysUK on twitter

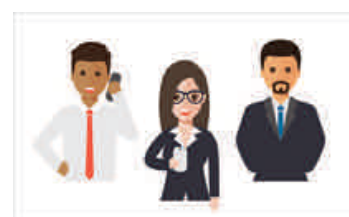
When people talk about emergencies you may think of recent tragic events such as the attacks on London and Manchester, recent UK storms and

flooding, the Nepal earthquake, the Indonesian tsunami or other global disasters. What if we told you that being prepared is not just for those head-line grabbing incidents? Power cuts, water main bursts, gas leaks, fires, transport strikes, road closures etc. can happen any day. Taking proactive steps to be better prepared will help you not only with everyday emergencies but also with far less likely incidents.

Join the #30days30waysUK preparedness games.

Get better informed and prepared through fun activities and games for all.

 #30days30waysUK



### Individuals

Personal Preparedness | Parents & Carers



### Kids

Preparedness for children 3 to 12



### Schools

Preparedness resources for teachers

## Devon Community Resilience Forum



The Devon Community Resilience Forum will be holding the next event on the 22nd November at the Kenn Centre, Kennford, EX6 7UE. Key agencies from across Devon: the Police, Fire & Rescue Service, Environment Agency, Devon County Council and District Councils, will be providing advice and workshops for community representatives.

This will be the fifth event and promises to build on the success of the previous four events. Presentations will include:

- Setting up a community rest centre.
- Role of Police and Fire & Rescue Service.
- Community plan case studies.
- Community risk assessments.
- Running a community exercise.
- Writing a community emergency plan.

For more information visit:

[www.bit.ly/resilience-forum](http://www.bit.ly/resilience-forum)





As summer recedes and autumn is upon us, we start to think about lighting our fires. Devon & Somerset Fire & Rescue Service have the following advice:

## Keep it clean

A clean chimney can help prevent fires and structural damage to your property. Regular cleaning of your chimney or flues will eliminate the build up of soot and clear obstructions such as bird or animal nests, leaves and debris. You will also reduce emissions into the atmosphere by assisting the complete combustion of the fuel.

It is not sufficient to use a vacuum cleaner and you should ensure your chimney flue is inspected regularly to prevent fires breaking out. Remember that fire guards can prevent serious injury or death and spark guards can prevent a serious fire.

## Chimneys should be swept:

- at least once a year when using smokeless fuels.
- at least once a year when using bituminous coal.
- every three months when using wood.

- once a year when using oil.
- once a year when using gas.

Make sure you are not at risk from carbon monoxide poisoning by having appliances installed and serviced by competent engineers, never block air bricks, vents or flues and fit a carbon monoxide detector.

## Prevention

Don't use flammable liquids such as petrol or paraffin to light your fire.

- Don't burn paper or rubbish.
- Do not overload the fire with fuel.

Go into the loft occasionally, when the fire is alight, to check for smoke from cracks, defective brickwork or mortar joints.

## If a chimney fire happens:

- Leave the room, close the door and alert other people in the house
- Get out of the house, call 999 and ask for the fire & rescue service
- Stay out until the fire and rescue service arrive.



**CHIMNEY  
FIRE  
SAFETY  
WEEK**

4 - 10 September 2017

- Always ensure you have a working smoke alarm in your property.

Always use a competent chimney sweep who is able to provide you with a certificate upon completion of their work.

For more information  
download the leaflet  
[www.bit.ly/  
chimneyfiresafety](http://www.bit.ly/chimneyfiresafety)



Met Office

HM Government

## Get ready for winter

Helping you to prepare for and cope with winter weather.

[www.metoffice.gov.uk/get-ready-for-winter](http://www.metoffice.gov.uk/get-ready-for-winter)



The Met Office has some useful advice for preparing for winter here  
[www.bit.ly/MetOfficeWinter](http://www.bit.ly/MetOfficeWinter)

## Advice covers:

- Travel
- Your home in winter
- Staying well in winter

'Get Ready for Winter' is a campaign run and implemented by the Met Office on behalf of Cabinet Office.

Get Ready for Winter joins up messages from Government and voluntary sector partners to encourage individuals,

families and communities to think about winter preparations they can make to help them stay warm, healthy and safe.

Members of the public visiting the Met Office website for the latest weather forecast are able to access up-to-date expert advice from carefully selected organisations to ensure they can prepare for and respond to the weather, to stay safe and protect their property.





### What is flu? Isn't it just a heavy cold? How will I know I've got it?

Flu occurs every year, usually in the winter, which is why it's sometimes called seasonal flu. It's a highly infectious disease with symptoms that come on very quickly. Colds are much less serious and usually start gradually with a stuffy or runny nose and a sore throat. A bad bout of flu can be much worse than a heavy cold.

The most common symptoms of flu are fever, chills, headache, aches and pains in the joints and muscles, and extreme tiredness. Healthy individuals usually recover within two to seven days, but for some the disease can lead to hospitalisation, permanent disability or even death.

### What causes flu?

Flu is caused by influenza viruses that

infect the windpipe and lungs. And because it's caused by viruses and not bacteria, antibiotics won't treat it. If, however, there are complications from getting flu, antibiotics may be needed.

Flu is unpredictable. It is not possible to predict fully the strains that will circulate each year, and there is always a risk of a change in the virus. However, this does not happen very often. During the last ten years the vaccine has generally been a good match for the circulating strains.

The vaccine still provides the best protection available against an unpredictable virus that can cause severe illness.

The most likely viruses that will cause flu each year are identified in advance of the flu season in the UK and vaccines are then made to match them as closely as possible. The vaccines are given in the autumn ideally before flu starts circulating.

Flu vaccines protect against the main three or four types of flu virus most likely to be circulating.

### Who should consider having a flu vaccination?

All those who have any condition listed in the leaflet, or who are:

- aged 65 years or over

- living in a residential or nursing home
- the main carer of an older or disabled person
- a household contact of an immunocompromised person
- a frontline health or social care worker
- pregnant (see the next section)
- children of a certain age

For more information and to download the Leaflet explaining the importance of the influenza (flu) vaccination this winter 2017 to 2018, especially for those at increased risk, visit:

[www.bit.ly/flu-2017-18](http://www.bit.ly/flu-2017-18)



## Winter fuel

Winters can be quite harsh, especially when there is wind or rain involved. Even the most well-insulated house will have a problem staying warm without the proper amount of heating. That is why you should pre-order your winter fuel, to make sure you always have a steady supply on hand and never have to shiver the night away due to low or no heat coming into your home.

Besides the fear of you and the family having to go to bed cold, another reason to order early is to beat the rush. Many people forget to buy early, so they end up doing so at the last minute. This creates a logjam for deliveries, it can also drives up the total price to buy.

Purchasing ahead in the summer maybe the last thing on your mind, however, by doing it this way, you beat the rush and possible ensure a better price too.

Some fuel suppliers may even offer discounts if you can team up with other households that use the same fuel (gas, oil, coal or pellets), so you can team up with them to place a bulk order to save even more money. If a truck can deliver to several houses in the same area on the same day, they may offer an even deeper discount, since transportation costs will be lower with a single delivery.





# Stay Safe: Fire Arms and Weapons Attack



Would you know what to do if the unthinkable happened and you found yourself caught up in a Paris-style terror attack?

Many of us like to think we would know what to do but in the heat of the moment, quick decisions could mean the difference between life or death.

Recent events in the UK and around the world remind us all of the terrorist threat we face, which in the UK is considered as 'SEVERE', meaning an attack is highly likely. Police and security agencies are working tirelessly to protect the public but it is also important that communities remain vigilant and aware of how to protect themselves if the need arises.

Devon and Cornwall Police are among forces promoting a video campaign, that offers guidance on what actions to take in the event of a terror attack as Britain remains on severe terrorism alert.

The video ([www.bit.ly/stay-safe-RHT](http://www.bit.ly/stay-safe-RHT)) is called Run, Hide, Tell and advises on the

best way to survive such an atrocity. There is also a shorter animated 30 second version of the film: [www.bit.ly/30sec-RHT](http://www.bit.ly/30sec-RHT) There is also a

version for holiday makers [www.bit.ly/run-hide-tell-holiday](http://www.bit.ly/run-hide-tell-holiday) and a leaflet [www.bit.ly/run-hide-tell-leaflet](http://www.bit.ly/run-hide-tell-leaflet)

## RUN



Run to a place of safety. This is a far better option than to surrender or negotiate. If there's nowhere to go, then...

## HIDE



It's better to hide than to confront. Remember to turn your phone to silent and turn off vibrate. Barricade yourself in if you can. Then finally and only when it is safe to do so...

## TELL



Tell the police by calling 999.

## Further information and support

For assistance with community Emergency Planning your first point of contact is your City, District or Borough Emergency Planning Officer.

You will find them listed below for reference and remember they are all there to help you!

Don't forget, the Devon Communities Together website has lots of useful information for both individuals and communities:

- [www.devoncommunities.org.uk](http://www.devoncommunities.org.uk)
- [What we do](#)
- [Devon Community Resilience Forum](#)

## Useful information:

|                                        |                                                                                                |
|----------------------------------------|------------------------------------------------------------------------------------------------|
| CLEAR Plan                             | <a href="http://www.dcisprepared.org.uk/a-clear-plan">www.dcisprepared.org.uk/a-clear-plan</a> |
| Floodline                              | 0345 988 1188                                                                                  |
| Environment Agency                     | <a href="http://www.gov.uk/flood">www.gov.uk/flood</a>                                         |
| Consumer Council for Water             | <a href="http://www.ccwater.org.uk">www.ccwater.org.uk</a>                                     |
| National Flood Forum                   | <a href="http://www.floodforum.org.uk">www.floodforum.org.uk</a>                               |
| Blue Pages Directory                   | <a href="http://www.bluepages.org.uk">www.bluepages.org.uk</a>                                 |
| Association of British Insurers        | <a href="http://www.abi.org.uk">www.abi.org.uk</a> or 020 7600 3333                            |
| British Insurance Brokers Association  | <a href="http://www.biba.org.uk">www.biba.org.uk</a> or 0870 950 1790                          |
| Royal Institute of Chartered Surveyors | <a href="http://www.rics.org/flooding">www.rics.org/flooding</a>                               |
| Know Your Flood Risk campaign          | <a href="http://www.knowyourfloodrisk.co.uk">www.knowyourfloodrisk.co.uk</a>                   |

| Mid Devon                                                                                                | East Devon                                                                                                  | North Devon                                                                                                        | Teignbridge                                                        | South Hams/<br>West Devon                                                                                                  | Torridge                                                                                                                 | Exeter                                                                                                                     |
|----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|
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