

HELP

Household Emergency Lifesaving Plan

Prepare • Protect • Connect



Simple steps every household can take to
prepare for emergencies, protect loved ones
and support neighbours.

Produced by



to support the Community Emergency Plan

Stay alert, get prepared and informed - visit
www.forraburyminsterparishcouncil.org.uk/emergency

✓ Know Your Risks

Could your household be affected by:



 Flooding •
  Power cuts •
  Storms •
  Fire •
  Heatwaves •
  Utility failures •
  Public health emergencies •
  Communication outages

Think ahead:

- Could our household manage safely for 72 hours without outside assistance?
- Would anyone need extra help?
- Do we know where to get reliable information?



✓ Build Your Emergency Kit

Be prepared. Creating an emergency grab bag will help locate essential equipment quickly in an emergency.

- [] Medication
- [] First aid kit
- [] Battery/wind-up radio
- [] Wind-up torch (or with spare batteries)
- [] USB power bank and plug (fully charged)
- [] Phone charger
- [] Baby / Pet supplies
- [] Important documents (insurance, key contacts)

If you have pets, remember food, water, leads or carriers, any essential medication, and vaccination or veterinary details if you need to leave home quickly.

Where do you keep your emergency kit?

In case you are unable to leave the house it is suggested you should have:

- | | |
|---|---------------------------------|
| [] Blankets | [] Keys |
| [] Bottled water | [] Small cash |
| [] Ready to eat
tinned food
and tin opener | [] Glasses and
hearing aids |

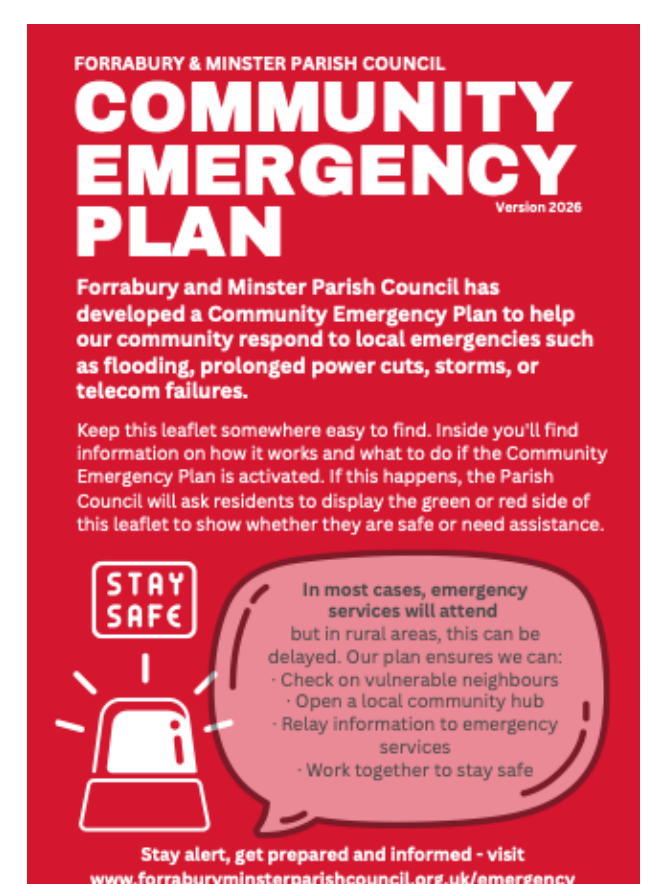
✓ Use Your Community Emergency Leaflet

Keep it with this HELP guide. If the Community Emergency Plan is activated, your Community Emergency Leaflet explains what to do and how to let neighbours and volunteers know if you need assistance.

- GREEN - Household is safe. No community assistance required.
- RED - Household needs a welfare check or community support.

Emergency? Always call **999** first.

 It also has a list of important contact numbers and where to find updates and local support.



My Emergency Contacts

Names & phone numbers (home/mobile/work)

Is there a **neighbour** who may need extra support? Who are they, their contact number and their emergency contact?



Your W3W Location...

What is your home **what3words** location?

If You Need To Leave Home?

✓ Know Your Isolation Points

Be prepared. Make sure you know how and where to find your **isolation points**.



Water >



Electric >



Gas >

✓ Got Your Medications?

Keep an up-to-date list of **medications**, doses and **who** takes them. Speak to your GP or pharmacist about maintaining a small supply of essential prescription medication to help during short-term disruption.

✓ Your Insurance Details

Who is your home insurance, how would you **contact** them and what is your **policy number**?

✓ Where Could You Go?

If it is safe to do so, think about where you could stay if you had to leave your home for a few hours or overnight. Family or friends?

Do you have a family meeting place? If members of your household become separated, where will you meet? If phone networks are unavailable, who could everyone contact? Consider agreeing a trusted contact who can help pass messages if communications are disrupted.

Most emergencies are managed by the emergency services and utility companies.

However, if a significant local emergency affects our parish, Forrabury & Minster Parish Council may activate the Community Emergency Plan to help coordinate local information, welfare checks and community support.

If this happens:

- Look for updates from the Parish Council.
- Use your Community Emergency Leaflet.
- If you attend the Community Emergency Hub, bring any essential medication, important personal items and anything you may need to remain as self-sufficient as possible.

Your Community Emergency Hub

If the Parish Community Emergency Plan is activated, the Community Emergency Hub may be opened, if needed, at



**Boscastle Community & Recreation Centre,
Fore Street, Boscastle
PL35 0AU**

The Community Emergency Hub may provide:

- A warm and safe place
- Power and lighting (where available)
- Communications access (where available)
- Updates from the Community Emergency Team

Review Your HELP

- ✓ Check your emergency kit every year.
- ✓ Update emergency contacts.
- ✓ Keep this guide with your Community Emergency Leaflet.

Household Notes



Prepared households create resilient communities. By taking a few simple steps today, you're helping protect yourself, your family, your neighbours and our parish.