

If you need help
display this side!



The **red** side is for use if you need **help** or a **welfare check**.

- **Display this red side** in a window, door, or porch that is clearly visible.
- Leave it up until a neighbour, volunteer, or member of the Community Emergency Team has been able to check on you.
- Use this only if you need support. Support will be prioritised according to need and the volunteers and resources available.

If you see a house with no leaflet displayed:

- Neighbours or volunteers may check on that household.
- This helps ensure all residents are safe and informed.

This system does not attract immediate emergency services attention; call **999** for **urgent** help.



Key contacts

Police, Fire, Ambulance, Coastguard (emergency)	999
Police (non emergency)	101
NHS 111 - free, 24/7 non-emergency healthcare	111
Cornwall Council Emergency Line	0203 162 2240
CORMAC (surface water, roads, highways)	0300 1234 222
Floodline (Environment Agency)	0800 80 70 60
Electricity Emergency (Power cut)	105
South West Water	0344 3462020
Forrabury and Minster Parish Council - Clerk	01840 230609



Get involved

Are you first aid trained, or can offer a generator? Could you check on neighbours during bad weather? Hosting equipment, operate a chainsaw licence, or other local skills? See the Parish Council's emergency webpage or contact for a paper copy. **Even a small role makes a big difference.**

Useful links

Follow Cornwall Council for updates
<https://www.cornwall.gov.uk/emergency>
UK's Government Emergency Alerts
<https://www.gov.uk/alerts>
UK Government's Public Preparedness
<https://prepare.campaign.gov.uk/>

FORRABURY & MINSTER PARISH COUNCIL

COMMUNITY EMERGENCY PLAN

Version 2026

Forrabury and Minster Parish Council has developed a Community Emergency Plan to help our community respond to local emergencies such as flooding, prolonged power cuts, storms or telecommunications failures. If the Parish Council activates the Plan following a significant local emergency affecting the parish, residents will be asked to use this leaflet.

Keep this leaflet somewhere easy to find. Inside you'll find information on how it works and what to do if the Community Emergency Plan is activated. If this happens, the Parish Council will ask residents to display the green or red side of this leaflet to show whether they are safe or need assistance.

STAY
SAFE



In most cases, emergency services will attend

but in rural areas, this can be delayed. Our Plan helps us to:

- Check on neighbours who may need assistance
- Open a local community hub
- Relay information to emergency services
- Work together to stay safe

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



If the Plan is activated, the Parish Council may open a Community Emergency Hub at:

It offers:

Please bring any essential medication and personal items if attending.

If the Plan is activated...

- Parish Council's website and social media
- Community volunteers
- Parish Council noticeboards, especially during telephone or internet outages.

Check these sources regularly for updates, instructions and welfare information.

Complete your HELP - Household Emergency Lifesaving Plan. Keep it with this leaflet. Download a copy from the Parish Council website or request a printed version.

What can you do to prepare?



Action	Details
✓ Know your risk	Are you in a flood-prone, exposed or remote area? Stay weather aware.
✓ Store simple supplies	Wind-up torch, radio, charger, food, essential medicines
✓ Identify neighbours	Especially older or isolated households during poor weather
✓ Register for alerts	Sign up for flood warnings and emergency alerts

Keep this leaflet with your HELP in a place that's easy to find, such as your hallway, fridge or noticeboard



Need help?

If you think you may need extra help during an emergency, please register via the Parish Council's emergency webpage or contact the Clerk. Registering helps us plan for potential support needs during an emergency.

Need this information in a larger format? Contact your Parish Council.

Use what3words

Use **what3words** and help the emergency services find you easily – even without a postcode.

1. **Download** the what3words app (iOS or Android)
 2. **Open** it and allow location access
 3. **Your location** will appear as 3 words (e.g. ///crisis.brush.hope) Y
- Write down your home location in advance below. **Do this now!**

4. **Quote** these words when calling emergency services or local responders

Leaflet signal system

Each household will receive this double-sided leaflet:

- The red side is to display if you need help or someone to check in. Support will be prioritised according to need and the volunteers and resources available.
- The green side is to display to show you are safe and aware of the emergency.

When the Plan is activated



- **Display this green side** in a window, door, or porch that is clearly visible.
- This lets neighbours and wardens know you are **aware** of the emergency.
- It helps spread awareness and shows you are **engaged** with the plan and **safe**.
- If it is safe to do so, check on neighbours who may need assistance.

Community volunteers are not emergency responders. In any **immediate danger** to life, always call **999**.