

Here is an interactive overview of this years 30 ways in 30 Days Campaign on how to be resilient



With COVID-19 now a daily reality that compounds other hazards, 2020 is an especially important year for us to convey the preparedness message and resources far and wide.

The message for Day 1 is No one is ever alone in an emergency and everyone can play their part by being informed, prepared and knowing where to access and give help. A little personal preparedness can go quite a long way towards community resilience. Informed and prepared individuals are the building blocks of community resilience.

Don't be scared - be informed and get better prepared.
#BePreparedNotScared



Misinformation is rampant. It is also dangerous and can even lead to loss of life. That is why having and maintaining **Trusted Networks** is really important, especially in terms of emergency and health information.

#TakeCareBeforeYouShare - pause and check

#ThinkBeforeYouShare - is it true, helpful, inspiring, necessary, kind

#TakeFive + #ActionFraud: don't become a victim of scams and fraud

One of several links to help us think whether what we are doing is appropriate

i) https://www.youtube.com/results?search_query=%23takecarebeforeyoushare

ii) <https://ui.isend-itineris.co.uk/track/click.aspx?r=384e0633af&t=4788e1b004&k=30b740f092fb46429115>

iii) <https://ui.isend-itineris.co.uk/track/click.aspx?r=384e0633af&t=4788e1b004&k=2c315b9a8910463cae77>

all show why it is important to think before you share.

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 [#EveryMindMatters](#)

This has never been more important than in the current COVID-19 reality we all find ourselves in. Your [#MentalHealth](#) and well-being are fundamental and there are simple steps you can take for [#selfcare](#) - [#ItsOkNotToBeOk](#).

Take action now and get your free MIND PLAN from [nhs.uk](https://www.nhs.uk) [One You](#)

<https://www.nhs.uk/oneyou/every-mind-matters/>

In addition, check out the NHS Mental Health and WellBeing hub which also links to [YoungMinds](#) and [Samaritan Charity](#)

<https://www.nhs.uk/conditions/stress-anxiety-depression/>

<https://youngminds.org.uk/>

<https://www.samaritans.org/>

Local services in communities across England and Wales are also available via [Mind](#) who have created a special coronavirus hub  
<https://www.mind.org.uk/information-support/coronavirus/>

Finally, a really lovely and impactful resource is [Action for Happiness](#). Check out the recent BBC coverage (youtube) on scientific research showing their programme's impact.

<https://www.youtube.com/watch?v=GmsiUpfh1W4&feature=youtu.be>  
<https://www.actionforhappiness.org/calendars>

So, those are a lot of excellent resources to get you started to up your personal preparedness and resilience for [#MentalHealth](#).



Every year we look at risks, hazards and what simple steps you can take to be better informed and get prepared. A good place to start to [#UnderstandRisk](#) is by accessing your local community risk register. Take a look at our short explainer video  
<https://www.youtube.com/watch?v=ZXUrDyFnc5c>

Next, let's look at 'What to plan and prepare for' – only now we need to add COVID-19 considerations such as [#WearAFacemask](#) [#SocialDistancing](#) [#Handhygiene](#) which we discuss more later in the month; so keep that in mind when watching our short video explainer <https://www.youtube.com/watch?v=zSIMITsm7GwU>

You can also take a look at the Parish Resilience plan by following the following link to understand what is already in place. If you can assist during an emergency or want to comment on the plan please just get in touch.

<https://www.sampfordcourtenay-pc.gov.uk/sites/default/files/downloads/2020-07/overarching-community-emergency-plan-12-2134656087.pdf>

**Make the right call!** 😊

Life in danger call 999 - ask for police, fire, ambulance, coastguard  
Everything else call 101 (police) or 111 NHS

**#BePreparedNotScared**

**Make Yourself Heard**

In danger, need the police, but can't speak?

- 1 Dial 999
- 2 Listen to the questions from the 999 operator
- 3 Respond by coughing or tapping the handset if you can
- 4 If prompted, **press 55**  
This lets the 999 call operator know it's a genuine emergency and you'll be put through to the police.

IOPC women's aid NPCC

**Contact 999 using Relay UK**

In an emergency situation, you need help fast.

The Relay UK service lets deaf, hard of hearing, or speech-impaired people in the UK alert police, ambulance, fire, or coastguard services by either calling via a relay assistant or texting a message to 999 using our emergency SMS service.

**#MakeTheRightCall?** Today we discuss when to call 999 (spoiler alert – in a genuine life-threatening situation only) and what brilliant accessibility options there are.



First, NOT everything is an emergency. Police control room operatives receive hundreds of 999 calls many of which are not genuine emergencies. This causes delays and may cost lives.

999 = immediate danger, threat to life  
101 = everything else  
rescue coast: 999 + ask for coastguard

rescue mountains: 999 ask for police, then mountain rescue  
@MCA resources <https://coastguardsafety.campaign.gov.uk/>  
@MountainRescueuk resources <https://www.mountain.rescue.org.uk/>

@scottishmountainrescue resources <https://www.scottishmountainrescue.org/>  
Because of the current COVID-19 situation, sadly, no new #30days30waysUK video is available for 2020. Instead, we take another look at last year's #MakeTheRightCall video created by @NorthantsFCR @NorthantsPolice

YouTube link <https://www.youtube.com/watch?v=IJ07ApxynYs>

If you are in danger, need the police but can't speak **#MakeYourselfHeard**

dial 999

listen to the operator

respond: cough or tap the handset



when prompted press 55 to let the operator know that it is a genuine emergency and you will be connected

IOPC <https://policeconduct.gov.uk/news/national-campaign-raise-awareness-silent-solution-system>

If you are deaf, hard of hearing, or speech-impaired find out about the free Relay UK service. Alert the police, ambulance, fire or coastguard by either calling via a relay assistant or texting a message to 999 using SMS

<https://www.relayuk.bt.com/how-to-use-relay-uk/contact-999-using-relay-uk.html>

**Choose Well** Choose the appropriate level of care. **#BePreparedNotScared**

Get the right care, in the right place, at the right time.

- A&E or 999** These services should be used in an emergency, critical or life-threatening situation.
- Minor injuries unit** Offers access to range of treatment for minor illnesses and injuries, including broken bones.
- GP** For expert medical advice, medical examinations and prescriptions for a range of common illnesses.
- Pharmacist** Local confidential, expert advice and for a range of common illnesses.
- NHS 111** Call NHS 111 if you need medical help, advice, but it is not a 999 emergency.
- Self Care** Many common illnesses can be treated with over-the-counter medicine, self-care or advice.

Please make the right choice...

|              |                                                                                                       |                             |
|--------------|-------------------------------------------------------------------------------------------------------|-----------------------------|
| <b>9 9 9</b> | Only in an emergency:<br>loss of consciousness  <br>severe breathing difficulties  <br>heavy bleeding | <b>Emergency department</b> |
|              | When you need help fast and<br>it's not an emergency:<br>unwell   confused   need advice              | <b>NHS 111</b>              |
|              | For symptoms that don't go away:<br>ear pain   back pain   stomach pain                               | <b>GP surgery</b>           |
|              | Feeling poorly and need advice about:<br>fevers   stomach upset  <br>aches and pains   headaches      | <b>Pharmacy</b>             |
|              | For common ailments and illnesses:<br>hangover   grazed knee  <br>sore throat   cough                 | <b>Self-care</b>            |

Today's topic is [#ChooseWell](#) to [#PrepYourHealth](#).

Don't just rush to A&E, choose selfcare, pharmacy or GP... is a good reminder and 'special production' by Arden and GEM CSU (NHS)

YouTube video via <https://bit.ly/videoNHSChooseWell-DeeFailTale>

Please make the right choice. Especially during COVID19 you should NOT turn up at A&E if you can be treated by another health professional. But do not delay if you are feeling ill. Start with an official NHS symptom checker so you can be informed and access the level of care that is right for you.

Check out and share the official @choosewellwales (twitter) campaign and their brilliant bi-lingual resources

In England and across the UK <https://111.nhs.uk/>

#BSL support via <https://interpreternow.co.uk/nhs111>

Follow #30days30waysUK today for local and national #ChooseWell information and share with your loved ones. Please choose the right level of care.

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There are easy steps all of us can take to tackle the spread of bacteria and viruses, including COVID19. Many germs are eliminated by good hygiene and there are other measures you can take.

Information changes fast and science is update with better science every day. Stay updated, follow trusted networks and take these simple steps:

1 #WashYourHands - frequent hand hygiene is safe and effective. For extra motivation today, take a look back at the one and only NHS Northamptonshire Handwashing Gangname Style video 2012 via this [YouTube link](#)

2 #WearAMask - wearing a face covering in enclosed public spaces (if at all possible) is safe and effective to #StopTheSpreadCovid19

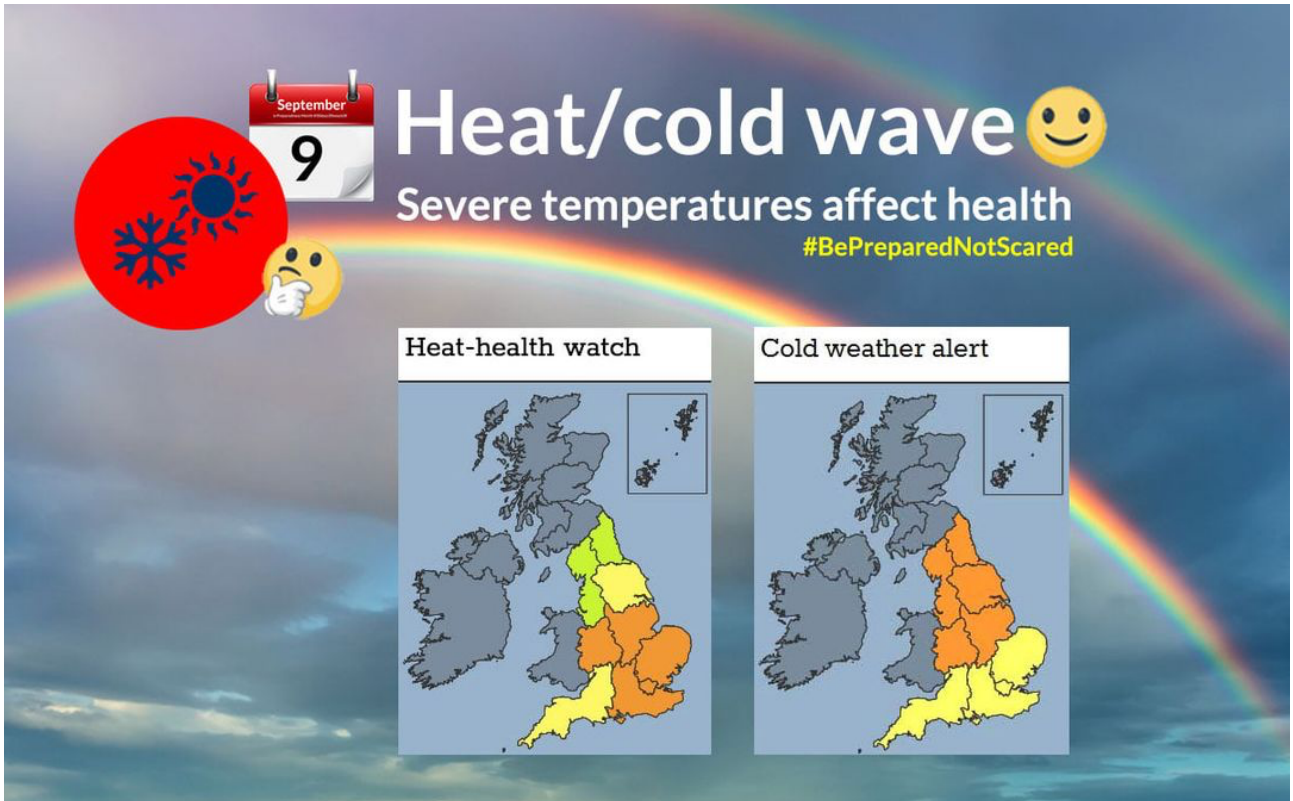
3 Practise distancing. Keep a safe distance from others when out and about.

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You may be familiar with the old saying "Red sky at night shepherd's delight, red sky in the morning shepherd's warning".  
 Know what's coming - be #WeatherAware, sign-up or subscribe for FREE official Met Office weather warnings:

Met Office Weather APP info via shortlink [bit.ly/MetOfficeWeatherAPP](https://bit.ly/MetOfficeWeatherAPP)  
 Met Office Weather Alert email service info via shortlink [bit.ly/MetOfficeEmailAlert](https://bit.ly/MetOfficeEmailAlert)  
 Met Office YouTube channel via shortlink [bit.ly/MetOfficeYouTube](https://bit.ly/MetOfficeYouTube)  
 TIP: on twitter, you can follow [LOCAL Met Office warning feeds](#)



Looking deeper into [#weatheraware](#), specifically at [#heatwave](#) and [#coldsnap](#) or [#coldwave](#) [#preparedness](#) The Met Office Heat Health Watch runs yearly from 1 June to 15 September. The opposite, a Cold Weather Alert early warning system runs from 1 November to 31 March. <https://bit.ly/MetOfficeHeatHealth>  
<https://bit.ly/MetOfficeColdAlert>

Very cold weather affects our health. Take a look at this Public Health UK video and follow NHS advice to stay well this winter

PHE video <https://bit.ly/PHEcoldweather>

NHS resources <https://bit.ly/NHS-keepWarm>



Imagine being in a meadow or perhaps a wooded area, taking a long, deep breath... ahhh, that's nice! The air we breathe, outdoors or indoors, is fundamental to our health and well-being. Sadly today, we all face serious [#AirQuality](#) issues. Start with DEFRA's video "[Air pollution can affect anyone](#)" and the [DEFRA UK Air Information Resource](#) site.

If you are affected or suffer from asthma, [AsthmaUK](#) and the [British Lung Foundation](#) offer brilliant support. Take a look at their [video "Top Tips to manage Asthma in High Pollution"](#) and [BLF on Indoor Air Pollution](#)





**Power cut!**  
 FAQs: [powercut105.com](http://powercut105.com) | call 105  
**#BePreparedNotScared**

September 11

**#30days30waysUK**  
 boost your personal resilience  
[30days30waysUK.org.uk](http://30days30waysUK.org.uk)

30days30waysUK.org.uk/subscribe  
 30days30waysUK.org.uk/join

A power cut can happen anytime and for a variety of reasons. If you suffer a [power cut - call 105](#). Find out more how to prepare for and what to do during a power cut, visit the special site [powercut105.com](http://powercut105.com). For people with special needs, there are priority services registers. Watch this [Electricity NW video](#) (with BSL) and visit the [OFGEM](#) support page.

Thankfully, long power cuts are rare in the UK. However, if you experience an extended outage, consider fridge/freezer food safety. Good advice is by the [Food Standards Agency](#).




**FloodAware**  
 Sign up for and action warnings  
**#BePreparedNotScared**

September 12

**#30days30waysUK**  
 boost your personal resilience  
[30days30waysUK.org.uk](http://30days30waysUK.org.uk)

30days30waysUK.org.uk/subscribe  
 30days30waysUK.org.uk/join

Increasingly, flooding impacts more and more people in many ways. Today we share lots of resources to stay safe and prepare for flooding at a personal and community level.

Flooding, 'rule' no 1 is to #staysafe and stay out of flood water not only for your personal safety but those of others and to reduce damage to your and others' property. See what you can do to 'flood proof' where you live by watching these two videos [video 1](#), [video 2](#).

'Rule' no 2 is to stay informed. The easiest and quickest way is by signing up to FREE flood warnings. No matter where you are in England, Scotland, Wales or Northern Ireland, a good place to start is via the [official GOV.UK sign-up page](#). To see what flood warnings mean and what actions you need to take head to the [official Flood Information service page](#).

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#FloodRepair, #FloodRecovery and #BuildingBackBetter. This area is vast with many resources freely available. Flood clean-up is unpleasant and can be a serious health and safety hazard. Public Health England guidance is worth bookmarking "[Floods: how to clean up your home safely](#)" as well as other resources shared today across #30days30waysUK.

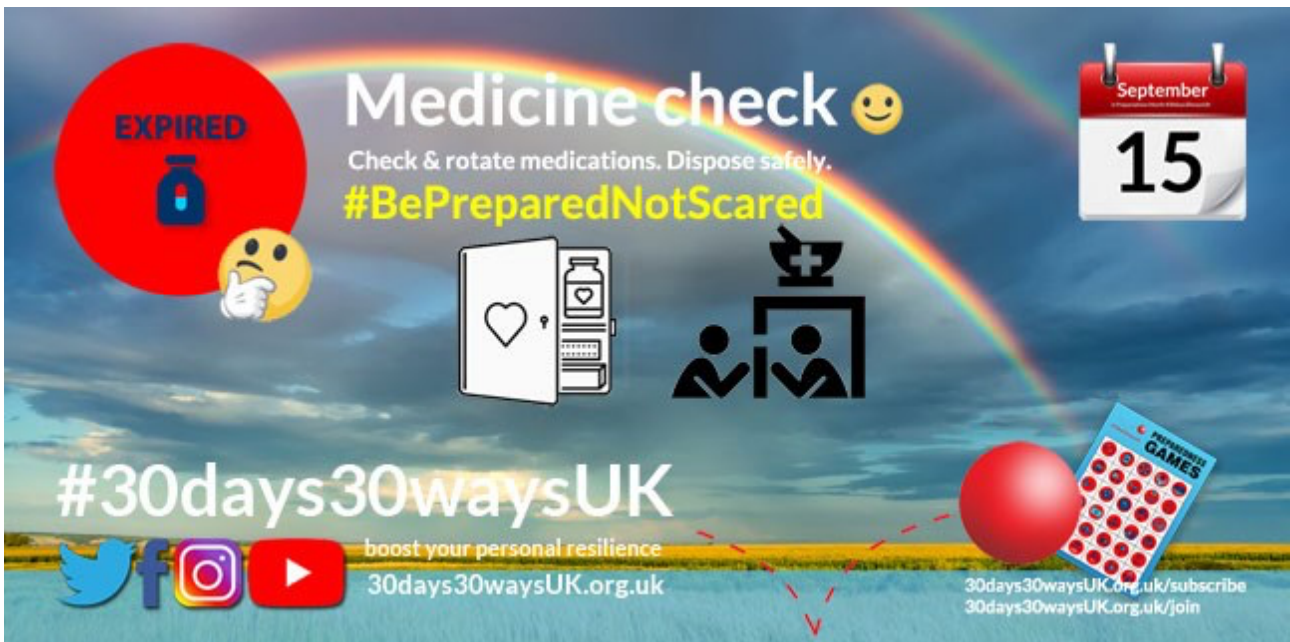
Sadly, flood recovery can be rather grim, and it is expensive - mentally, emotionally and financially. That is why #BuildingBackBetter really matters.

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Did you know there are a lot (!) of excellent FREE online resources that teach First Aid skills? A really good place to start is with the British Red Cross on their website, video playlists and via their app. These are you core links - explore from there:

videos <https://bit.ly/BRCvideoKidsFirstAid>  
APP <https://bit.ly/BRC-app>



There is a lot of good advice available online about how to stock your medicine cabinet - and keep it well out of reach of small and curious fingers. The key resources are NHS videos and information pages for you to check and bookmark.

1. Cartoon via shortlink [bit.ly/videoMedicineCabinet](https://bit.ly/videoMedicineCabinet)
2. Video with Dr Emma Broughton, GP, via shortlink [bit.ly/NHSYorkMedicineCabinet](https://bit.ly/NHSYorkMedicineCabinet)

3. [NHSuk](https://www.nhs.uk) info pages via shortlink [bit.ly/NHSmedicinecabinet](https://bit.ly/NHSmedicinecabinet)
4. NHS info pages language support via ManchesterHCC's [ChooseWell pages](#)
5. urgent medical problems and if you're not sure what to do access NHS111 online, see [video intro NHS111](#)

**Give Blood** 😊  
Almost everyone can donate blood. It's quick, easy and painless.  
Have you had COVID-19? You could help by donating plasma.

**#BePreparedNotScared**  
Maintaining stocks builds community resilience

**#30days30waysUK**  
boost your personal resilience  
[30days30waysUK.org.uk](https://30days30waysUK.org.uk)

September 16

30days30waysUK.org.uk/subscribe  
30days30waysUK.org.uk/join

The banner features a rainbow background, a calendar showing September 16, a red blood drop icon, a thinking face emoji, a video thumbnail, a red ball, and a 'PERFORMERS GAMES' calendar.

Did you know that your blood donation potentially saves the lives of three people? Almost everyone can make a #DateToDonate. It's quick and easy no matter where you live in the UK. If you have recovered from COVID-19, then your blood plasma donation is particularly important. Today, we begin with the BBC Earth Lab video "[How does blood donation work](#)". People can book to give blood in Okehampton Charter Hall on a regular basis.

**Respect the Water** 😊  
Water safety - drowning prevention

**#BePreparedNotScared**

**#30days30waysUK**  
boost your personal resilience  
[30days30waysUK.org.uk](https://30days30waysUK.org.uk)

September 17

30days30waysUK.org.uk/subscribe  
30days30waysUK.org.uk/join

The banner features a rainbow background, a calendar showing September 17, a lifebuoy icon, a thinking face emoji, a swimmer icon, a red ball, and a 'PERFORMERS GAMES' calendar.

We are lucky to have an amazing coastline and many beautiful rivers in the UK. However, the water can be very cold and there are other hazards. Our topic today centres on #WaterSafety and #DrowningPrevention, sharing many resources to help you #staysafe and enjoy your time near or on the water. Although it is late in the season, luckily [some beaches still have RNLI patrols](#). Where you can, choose a lifeguarded beach, check the forecast, tide times (e.g. [tidetimes.org](#)) and heed local hazard warning signs. Never use inflatables as they are easily carried off by wind and currents. A better option for intrepid shoreline adventurers is paddle boards. This recent [BBCBreakfast video on twitter](#) has some excellent [RNLI](#) advice. Most importantly, as UK waters can be very cold, know about cold water shock and [#FloatToLive](#) ( RNLI video)

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The UK is fortunate to have many precious forests, meadows and moors. Sadly, wildfires are on the increase and so it's important to be #WildFireAware Take a look at this brilliant video

Wildfires are often easily preventable. Top tips today are

- dispose of litter safely; items such as glass bottles can easily start fires
  - extinguish cigarettes fully and dispose of them properly
  - BBQ in designated areas only, never leave a BBQ unattended
  - never light and open fire in the countryside
  - spot a fire, get to a safe place and call 999
-



When there is a fire we can't hang about: get out - stay out - call 999. This topic is about your personal #FireSafety #preparedness and #SafeEscape. Personal fire safety preparedness saves lives and property. There are easy steps you can take that include checking hazards and making your #SafeEscape plans; and remember: practice makes perfect. Involve all the people in your household.

- Cambridgeshire FRS cartoon '[Escape Plans](#)'
- Norfolk FRS video '[Make your home safer from fire risk - stop the clock](#)'
- Northamptonshire FRS [#30days30waysUK video](#) (2019)
- Cheshire FRS cartoon '[Escape plans](#)'
- download the [30days30waysUK template](#) to get you started



Household Preparedness is about planning so you are ahead of an emergency. In a nutshell it means

1. sign-up for alerts, stay informed
2. make a household preparedness plan (based on your community risk register,
3. gather supplies - including a [grab bag](#) in the event of an evacuation (Numpty video

To look at '[Household Preparedness](#)', take a look at the cartoon explainer just click on the link.



Why not research volunteering and [#getinvolved](#). Compassion, kindness and hope are core qualities of the countless professionals and volunteers that have sustained the UK Covid19 effort and other concurrent emergencies. Here in the Parish we celebrate those people that are making a positive difference despite hardship every day.



Any preparedness for emergencies must include and involve children and young people. As any parent knows, children of all ages are capable and resilient given the right support. We start with looking at this the [video](#). Click on the link.

There is a lot of good information online about how to prepare a family emergency plan. Many resources will be shared live today across our hashtag #30days30waysUK so follow along. A good place to start is through our linked resources pages for [individuals](#), [kids](#) and our extensive [playlists](#) including this [cartoon](#)

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It's simple really: **#LeaveNoOneBehind - include your animals in your emergency preparedness.**

There are many good videos available online if you search for #PetPreparedness. A great place to start is with our [curated playlist](#). Click on the link



These days, everyone is online in some way and so it is important to be aware of scams and protect all your devices.

Being #CyberSafe is easy and there is a lot of brilliant FREE support available from the experts:

- The National Cyber Security Centre a full suite of FREE [resources for individuals and families](#)
- The National Trading Standards E-crime Team consumer [fraud updates and report scams](#)
- The #TakeFive national campaign have [video and a 'scam savvy' quiz](#)



There's an app for that 😊

ICE in case of emergency contacts & apps = digital grab bag

#BePreparedNotScared

September 25

#30days30waysUK

boost your personal resilience

30days30waysUK.org.uk

30days30waysUK.org.uk/subscribe
30days30waysUK.org.uk/join

There are many brilliant FREE apps for personal preparedness. Downloading and exploring a few of them is incredibly handy as part of your 'digital #grabbag'. What about location? Do you #KnowExactlyWhere you are? What3words is a brilliant app increasingly used by the emergency services and open to everyone. It's easy setting up your maps via google maps offline.

- @What3Words [twitter](#) | [facebook](#) | [website](#)
- google maps offline explainer [YouTube video by Northern Viking Explorer](#)

ICE contacts to set up on your smart phone

- ICE set -up, check online for tutorials for YOUR phone, e.g. [iPhone ICE setup YouTube tutorial](#)
- COVID tracing app: [England & Wales](#),

Run - Hide - Tell 😊

Stay safe in case of a weapons attack

#BePreparedNotScared

September 26

#30days30waysUK

boost your personal resilience

30days30waysUK.org.uk

30days30waysUK.org.uk/subscribe
30days30waysUK.org.uk/join

While the world outside has changed, the threat of terrorism unfortunately has not gone away. Please remember to remain vigilant. If you see something that does not look right, ACT and report it.

BePreparedNotScared by being aware of the threat, knowing how to ACT and where to access support:

- watch the National Police Chief's Council [#StaySafe](#) in a weapons attack [#RunHideTell video](#)
- explore [#ActionCountersTerrorism](#) [Gov.uk/ACT](#) info, take part in their FREE public e-learning
- access help and support via the official [victimsofterrorism.campaign.gov.uk](#)
- more info and linked resources also via [gov.uk/terrorism-national-emergency](#)



High visibility saves lives. [#BeBrightBeSeen](#) is for [#RoadSafety](#) and to [#StaySafe](#). Adding a few choice high-visibility reflective items to your clothing is cheap and effective to improve visibility. Here, are highlighted some good explainer videos and key resources:

- video by [3M on improving visibility at night](#) "No White At Night"
- video by [TredzBikes on the differences High-Vis versus Reflective](#) (jackets; applies to other items too)
- booklet dual language [Road Safety Wales Highway Code for Mobility Scooter Users](#)
- info page by the [British Horse Society Highway Code Rule 51 on high visibility](#)
- children resources '[Roadwise](#)' [@95Alive](#) and [@THINKgovuk](#) '[BeBrightBeSeen](#)' [games](#) & more

[#StaySafe](#) this autumn and winter [#BeBrightBeSeen](#)





Are you #WinterReady? Severe weather can strike quickly as we're heading deeper into autumn and winter. #RoadSafety matters and there is a lot you can do to #DrivePrepared. Start with a [@ReadyScotland video](#) and advice that applies right across the UK. Click the link.

Severe weather advice for personal preparedness and safety is also via the following resources:

- Jason covers a range of severe weather preparedness: [30days30waysUK video](#)
- Gordon talks you through important vehicle checks and kit [30days30waysUK video](#)
- a series of short step-by-step vehicle checks also via video [playlist](#)
- follow [@MetOffice](#) advice if you must [travel in storms](#) or [travel in cold weather](#)



These are very difficult and uncertain times for everyone. Only through the help and support of volunteers can our community resilience be built and maintained - for COVID19 and also other risks that have not gone away. Please if you are prepared to volunteer to support the Parish during the year for the various activities that are undertaken please let us know. There is now a strong network of volunteers that have been co-ordinated by the Parish Clerk and they are still there if you need them so just get in touch and request assistance when you need it.



Here is a fully linked overview over all [2020 campaign posts #30days30waysUK \(pdf via google slide\)](#). Simply open the calendar and click on the image or the link to access.

Thanks for following this campaign and taking the time to look through this. Please help us to be prepared and stay safe by doing what you can to become more resilient so that when we have to initiate the Incident Management Team from the Parish Council you are ready to react and support our response and recovery to whatever the emergency might be.

Michele Wilson
Sampford Courtenay Parish Council
Lead for Community Resilience

