

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



It is important year on 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**

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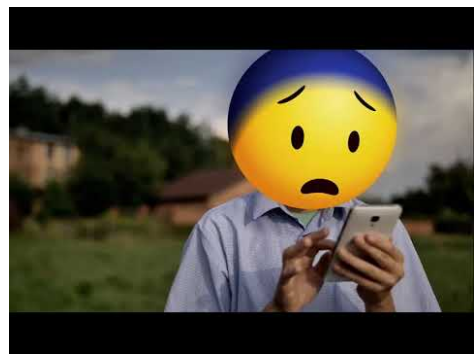
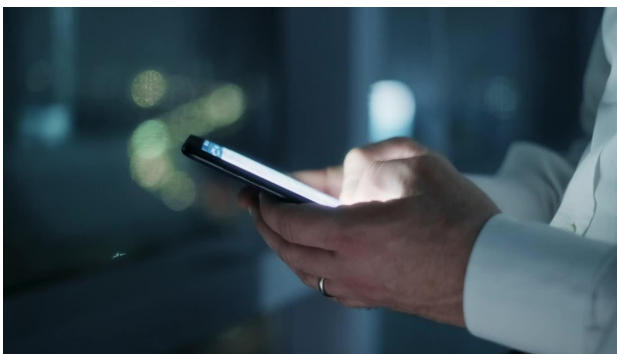
Misinformation is rampant. It is also dangerous and can even lead to loss of life. That is why having and maintaining **Trusted Networks** is really important, especially in terms of emergency and health information.

**#TakeCareBeforeYouShare** - pause and check

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

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

Here is a link to help us think whether what we are doing is appropriate



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

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### #EveryMindMatters

This is extremely important. 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)

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

In addition, check out the links to find support

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

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

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

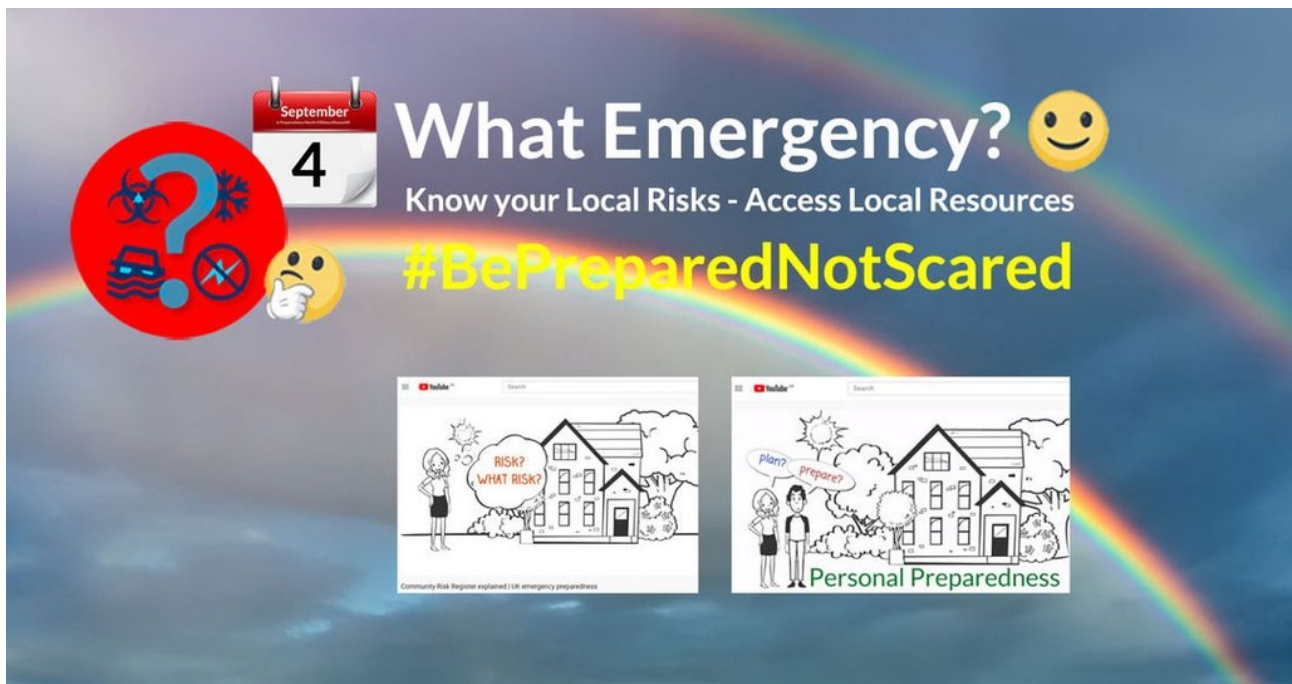
Local services in communities across England and Wales are also available via [Mind](#) who have created a special coronavirus hub

<https://www.mind.org.uk/information-support/coronavirus/>

Finally, a really lovely and impactful resource is [Action for Happiness](#).

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

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### When should you make a call to 999?

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 off the coast: 999 + ask for coastguard

rescue on the moor or mountains: 999 ask for police, then mountain rescue

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 understanding what risk there may be to you is by accessing your local community risk register. Take a look at our short explainer video

<https://www.youtube.com/watch?v=ZXUrDyFnc5c>

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/scpc-parish-resilience-emergency-plans>

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**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.

**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.

If you are in danger, need the police but can't speak there is a way to get help without speaking [https://www.policeconduct.gov.uk/sites/default/files/Documents/research-learning/Silent\\_solution\\_guide.pdf](https://www.policeconduct.gov.uk/sites/default/files/Documents/research-learning/Silent_solution_guide.pdf)

1. dial 999
2. listen to the operator
3. respond: cough or tap the handset
4. when prompted press 55 to let the operator know that it is a genuine emergency and you will be connected

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>

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It is important that you choose the appropriate level of care you might require.

Don't just rush to A&E, choose self-care, pharmacy or GP... This short film is a good reminder of making the right choice

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

Please make the right choice 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. <https://111.nhs.uk/>

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There are easy steps all of us can take to tackle the spread of bacteria and viruses, particularly in periods where demands can be high. Many germs are eliminated by good hygiene and there are other measures you can take.

Information changes fast and science is updates 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 take a look at this short video [Gagma style hands](#)

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

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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 [Weather App](#)

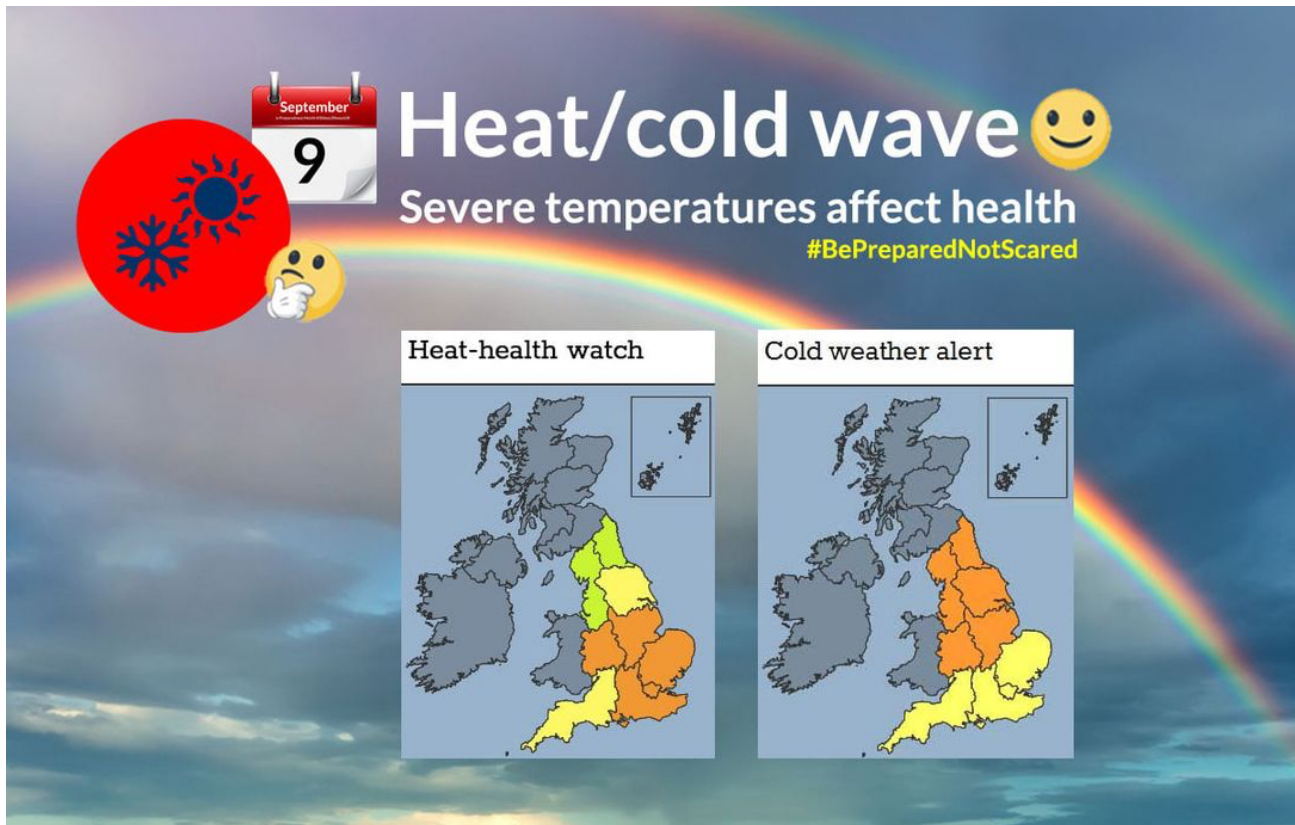
Met Office Weather Alert email service info via shortlink [bit.ly/MetOfficeEmailAlert](https://bit.ly/MetOfficeEmailAlert)

Met Office YouTube channel via shortlink [bit.ly/MetOfficeYouTube](https://bit.ly/MetOfficeYouTube)

TIP: on twitter, you can follow [LOCAL Met Office warning feeds](#)

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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/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>

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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](#)

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A power cut can happen anytime and for a variety of reasons. Find out more how to prepare for and what to do during a power cut, visit the special site <https://www.energynetworks.org/customers/power-cut> . For people with special needs, there are priority services registers. See details on this National Grid support page [Priority registers](#)

Thankfully, long power cuts are rare in the UK. However, if you experience an extended outage, consider fridge/freezer food safety. for this and other advice take a look at <https://www.ukpowernetworks.co.uk/power-cut/help-and-advice>

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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 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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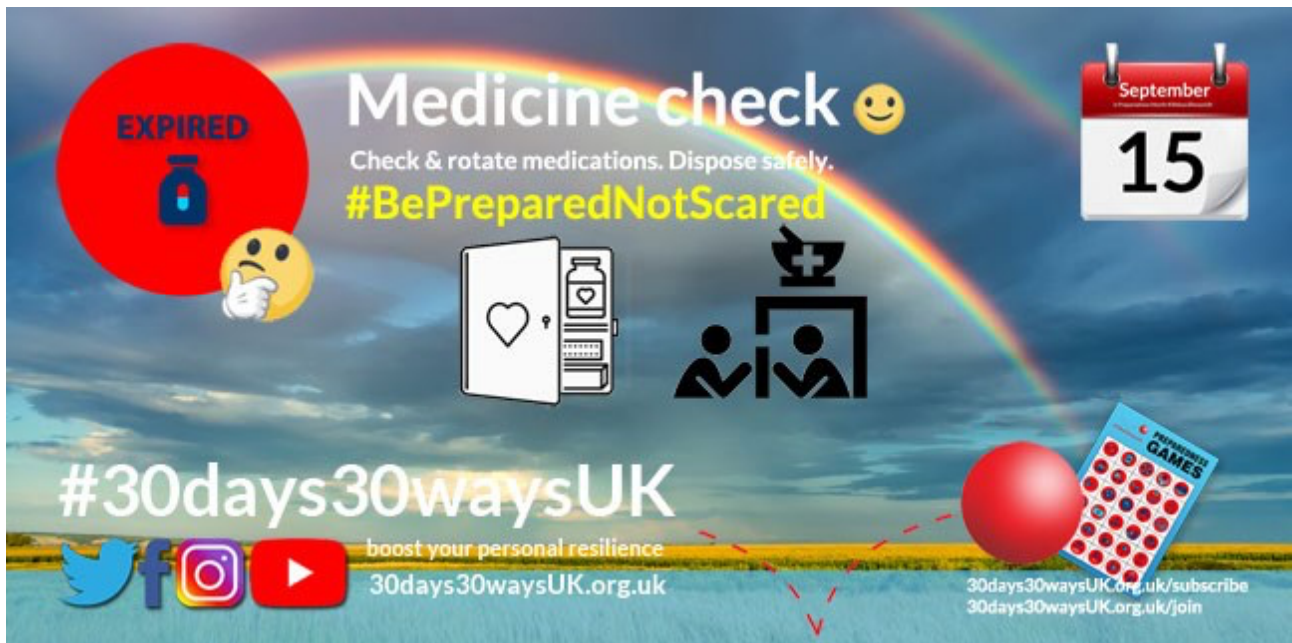


Did you know there are a lot (!) of excellent FREE online resources that teach First Aid skills? A really good place to start is with the British Red Cross on their website, video playlists and via their app. These are you core links - explore from there:

videos <https://bit.ly/BRCvideoKidsFirstAid>

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

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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. check out this link <https://www.elmmb.nhs.uk/resource-centre/information-for-patients/self-care/your-medicine-cabinet/>

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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. Find out how you can give blood. People can book to give blood in Okehampton Charter Hall on a regular basis.

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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 have patrols. Where you can, choose a lifeguarded beach, check the forecast, tide times (e.g. [tidetimes.org](https://www.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. Here is some excellent [RNLI](https://www.rnli.org) advice. [Water safety advice](https://www.rnli.org)

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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 an open fire in the countryside
- spot a fire, get to a safe place and call 999

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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. Take a look at Devon and Somerset Fire Service page on how to plan <https://www.dsfire.gov.uk/safety/home/escape-plan>

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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
3. gather supplies - including a [grab bag](#) in the event of an evacuation

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

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Why not research volunteering and [#getinvolved](#). Compassion, kindness and hope are core qualities of the countless professionals and volunteers that support our community efforts especially in emergencies. Here in the Parish we celebrate those people that are making a positive difference despite hardship every day.

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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](#).



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 [Here](#). Click on the link



These days, almost 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](#)

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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 <https://what3words.com/products/what3words-app>
- google maps offline explainer <https://support.google.com/maps/answer/6291838?hl=en-GB&co=GENIE.Platform%3DAndroid>

ICE contacts to set up on your smart phone

- ICE set -up, check online for tutorials for YOUR phone, e.g. <https://mystrokeguide.com/blog/2022-11-17/smart-phone-feature-case-emergency-ice>

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While the world outside keeps changing, 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](#)

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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)
- info page by the [British Horse Society Highway Code Rule 51 on high visibility](#)

#StaySafe in autumn and winter #BeBrightBeSeen

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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 [Car kit for winter driving](#) Get some advice on preparing your car for winter driving from the RAC [Tips](#) and then just the measures to take when driving in winter to make you and your passengers safer <https://www.nidirect.gov.uk/news/prepare-winter-driving-conditions>

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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.

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Thanks for 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 out response and recovery to whatever the emergency might be.

Michele Wilson  
Sampford Courtenay Parish Council  
Lead for Community Resilience