

# Nottingham & Nottinghamshire's

# Community Risk Register

**Stay informed** 

**Stay protected** 



# Nottingham & Nottinghamshire Community Risk Register: Table of Contents

Foreword	4
Introduction	5
The LRF: Who we are and what we do	6
Know Your County: Nottinghamshire in Profile	7
Government Prepare website	9
The Risks in Nottinghamshire	
Loss of Critical Infrastructure	
Pandemic	14
Flooding	
If you are evacuated	20
Extreme Weather: Heatwave	22
Extreme Weather: Low Temperatures and Snow	24
Industrial and Transport Accidents	26
Malicious Risks	28
Other Risks	30
What can you do to help?	32
General Preparedness Advice	33
Important Telephone Numbers & Social Media Addresses	36

# **Foreword**

On behalf of the Nottingham and Nottinghamshire Local Resilience Forum, may I take this opportunity to introduce the latest version of the Community Risk Register to you.

The requirement for every local resilience forum to publish a register of risks is contained in the Civil Contingencies Act 2004. This act says that emergency responders must work together to assess the risk of emergencies happening, to use those assessments to help plan for those emergencies, and to prepare business continuity plans, so that they can continue to provide a response and to protect and assist you no matter what has happened. But an equally important duty in that act is keeping you – the public – informed about the risks that could happen where you live and work.

The register, compiled by a group of partner agencies from the Local Resilience Forum, provides useful information about how you can prepare for the potential hazards that could occur in Nottingham and Nottinghamshire over the next five years. The fact that we have included a particular risk in the register does not mean that we believe that hazard will definitely happen, or how big of an impact it might have if it does, but these are assessed to be the most likely hazards we face in our county. By taking a few basic steps in advance of a risk, we can all be better prepared for if the worst should happen. Some of these steps – like having enough food and water, or having a home emergency plan – will help you be prepared for many different hazards.

This register hopes to provide you with the tools and information you need to be ready for that range of risks, both natural, and malicious. We have included information from partners who will take the lead in response to these risks about what you can do to prepare in advance; how you can best look after yourself, your family and those around you if it happens; and where you can turn for help afterwards. We've also provided some pointers for those of you who want to get involved, about where you can offer your time and skills to help out.

Many people, from a wide range of backgrounds and organisations, have helped in the preparation of the register. The Nottingham and Nottinghamshire Local Resilience Forum review the register regularly, and make sure that the information it contains is up to date and relevant. We plan together, train together, and exercise together so that we can respond effectively together as a partnership. We hope that this community risk register will give you the information you need to be as prepared – and as safe – as possible.

Signed

Kate Meynell

Nottinghamshire Police Chief Constable
Chair of Nottingham & Nottinghamshire Local Resilience Forum



# Introduction

Welcome to the 2024 edition of the Nottingham & Nottinghamshire Community Risk Register.

This document is published every few years by the **Nottinghamshire LRF** and is designed to inform you, the residents and communities of **Nottinghamshire**, about the risks that could occur where **you live** and **work**, and to help you think about what **you** can do to be better prepared in **your homes**, **communities**, **and businesses**.

It explains how you can prepare **yourself** to deal with the major emergency situations that are most likely to affect you, your home, and **your community**.

The Community Risk Register aims to set out:

- Which major emergencies are most likely to happen in Nottingham and Nottinghamshire
- how you can prepare yourself to deal with them
- where you can find more guidance and information
- what we are doing to help reduce the likelihood the emergencies will happen, and how we will respond if they do.

This document doesn't cover smaller scale emergencies that affect only a few people, but instead focuses on the larger risks that might affect large areas, whole towns, or entire communities.

If you want to find out more information about what organisations make up the LRF, the work we do to keep you safe, or how we assess the risks in the county, there are links throughout the document for digital users and for those reading a physical copy of the document, each section will offer a pointer on where to go for more information.

This is version 7.0 of the Community Risk Register, published in June 2024 and authorised by Nottinghamshire LRF Resilience Working Group.

# The LRF: Who we are and what we do

This document is written and maintained by the Nottingham & Nottinghamshire Local Resilience Forum (LRF).

The **LRF** is a partnership between the organisations who prepare for and respond to emergencies in Nottinghamshire. It was established in 2005 in response to the Civil Contingencies Act which made it a legal requirement for every county to be represented by an LRF. LRFs are based on Police service areas, so for our LRF the boundaries of Nottinghamshire, Nottinghamshire Police and **Nottingham & Nottinghamshire LRF** are the same.

The LRF is made up of the emergency services, the local authorities (County, City, District and Borough councils) and the health services, along with the utility companies (such as electricity, water and gas), the Environment Agency, the Met Office, and a variety of other government agencies, voluntary groups and private sector organisations who advise the LRF and join in the planning when appropriate.

Together we plan for how we will respond to emergencies that affect **Nottingham and Nottinghamshire**. We work out which types of emergencies are most likely to happen and prioritise our planning to protect the communities we serve. We can then train and exercise our staff in how to respond together to ensure we provide an effective response.

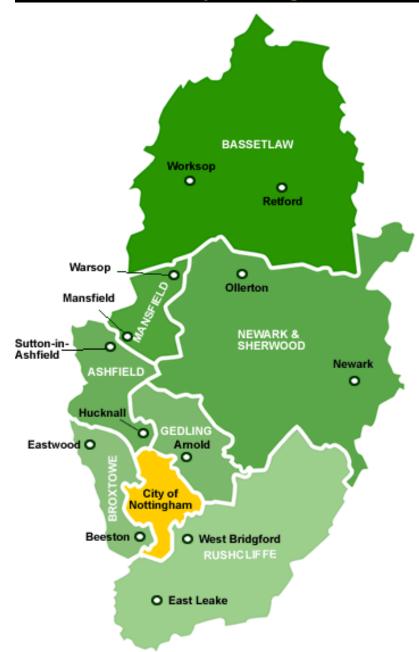
In the unlikely event that an emergency should happen, we will work together to focus on meeting the needs of the victims, vulnerable people, and the responders. We establish a set of common objectives suitable for the situation, which may include:

- Preventing the disaster from getting worse
- Relieving Suffering
- Protecting Property
- Communicating effectively with the public

- Saving Lives
- Returning to normality as quickly as possible
- Facilitating a Criminal Investigation if necessary

If you want to find out more about the work of the LRF, visit the <u>LRF website</u>.

# **Know Your County: Nottinghamshire in Profile**



There are around **1.15 Million** people living in Nottingham and Nottinghamshire, of whom around half (**585,000**) live in the Greater Nottingham area. Greater Nottingham includes the city, and a number of urban areas which are part of the surrounding boroughs, but are effectively a part of the Nottingham urban area such as Beeston, Eastwood, Hucknall, Arnold and West Bridgford.

The main urban areas outside of Greater Nottingham are Mansfield (**110,000**), Sutton-in-Ashfield (**49,000**), Worksop (**45,000**), Newark (**28,000**), Kirkby-in-Ashfield (**26,000**) Retford (**22,000**), and Bingham (**10,000**).

#### Social

The City sees a large volume of household turnover, with over 20% of the population in the city changing address in a single year.

Life expectancy in the county is 82.6 for females and 79.5 for males (2023 figures).

There are around 50,000 students resident in the Greater Nottingham area.

Deprivation levels for Nottinghamshire as a whole are comparable with England. However, within Nottinghamshire there are communities with both some of the highest levels of deprivation in the country and some of the lowest levels of deprivation. In Nottinghamshire there are 31 areas, known as LSOAs, in the 10% most deprived areas in England. The most deprived areas are concentrated in the districts of Ashfield (12), Mansfield (10), Bassetlaw (5) and Newark & Sherwood (3).

Black and minority ethnic (BME) populations are relatively low in Nottinghamshire, 4% compared with 15% nationally. BME populations in Nottinghamshire generally have a younger age profile than the general population (Census 2011).

#### Health

The population of Nottingham and Nottinghamshire is slightly younger than the national average, but shows a slightly lower life expectancy than the national average.

The greatest contributors towards this are COVID-19, cancer, and heart disease.

Nottingham & Nottinghamshire Integrated Care Board provides the healthcare services to the people of Nottinghamshire.

#### Infrastructure

We are a centrally located county with key transport connections including the strategic roads M1, A1, A46 and A52 which cross the county. Major railway lines also run through the county on the Midland Main Line and East Coast Main Line, as well as a number of secondary routes. We have no airports, but our closest is East Midlands Airport which is sited inside Leicestershire. We work with <u>Leicestershire LRF</u> to understand how an incident at the Airport might affect us.

Nottingham has a modern tram system, and there are a network of buses across the county.

#### **Environment**

Nottinghamshire is mainly a lowland county, with few large hills. This does mean large areas of flatter land can be prone to flooding: much of the south and east of the county is on the Trent flood plain, and several smaller rivers flow within the county such as the Maun, Meden, Idle and Devon.

#### **Economy**

Nottingham and Nottinghamshire has a strong and diverse economy which is split between Science and Technology, manufacturing and mining, higher education, rural businesses (such as farms and forestry), tourism, and services (including shops, bars, and restaurants).



# **Government Prepare website**

# How would you prepare for an emergency?

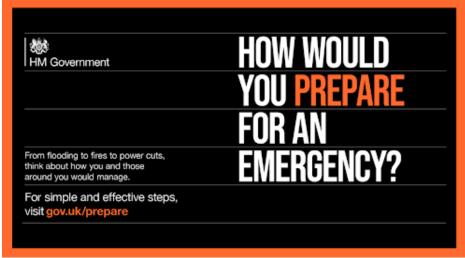
In a newly launched website, the government is encouraging people to think about what they would do if they and those around them were exposed to risks ranging from floods to fires to power cuts.

The website provides simple and effective steps people can take to be more prepared, at gov.uk/prepare. Taking action in advance will make it easier to manage an emergency if it does happen.

The site is designed for residents in England. The devolved governments in Scotland, Wales and Northern Ireland also provide advice for their residents.

Here are five simple things you can do now:

- 1. Find out if you are eligible to sign up to your gas, electricity and water supplier's <u>Priority Service Registers</u>, so companies know that you need additional support.
- 2. Set a reminder in your phone or make a note on your calendar to check your smoke alarm once a month.
- 3. Write down important phone numbers on paper such as the number to report a power cut (105) and the numbers of anyone you might want to contact in an emergency.
- 4. Talk to your children about how and when to call 999 and what they should do if there's an emergency, such as a fire at home.
- 5. Check your long term flood risk and sign up for flood and weather warnings.



# The Risks in Nottinghamshire

The purpose of the Community Risk Register is to inform you about the risks you might face in Nottinghamshire. Here's some info about how we assess the risk and why we have described these risks in further detail.

All LRFs have a duty under the Civil Contingencies Act 2004 to inform you, the public, about the risks you might face. We are working constantly to develop plans to mitigate these risks and to be prepared for how to respond if they do happen. But a huge part of what we do to prepare is to help you to understand what steps you can take to keep yourself safe.

Every few years, the government publishes the <u>National Risk Register</u>. This details the risks that the UK faces as a whole. But each county has its own risk profile and it's vital that we tell you about what might happen here in Nottinghamshire, so these two documents should be read alongside each other – they might say slightly different things, but that doesn't mean they contradict each other, it means the Community Risk Register is focused on Nottinghamshire while the National Risk Register covers the whole country. It also doesn't mean that you should worry – by following the guidance in both documents, you can be better prepared.

There is a very good chance that these risks will never happen. We work on very low probabilities that in everyday life, you would probably ignore completely. The risks we describe as being "Likely", have a 1 in 4 chance of occurring over a 5 year timescale while the most unlikely have a 1 in 500 chance of happening over 5 years. Across the UK the Government, its specialist agencies, and LRFs like ours are doing what we can to prevent these risks from manifesting.

But we still have to keep you informed about what we've assessed, so that you know what the biggest risks are.

Locally, the Nottinghamshire LRF Risk Advisory Group meets every two months to continually assess these risks, to ensure that the likelihood and impact scoring has not changed, and to inform the LRF's schedule of planning, training, and exercising. From the work we do, we can produce individual risk assessments which detail what we're up against, a risk matrix which shows the risks plotted visually, and the Community Risk Register which helps you to understand the risks.

On the next page, you will see an example of the Nottinghamshire risk matrix, showing where the risks listed in this document fall. These are some of the main risks facing the community in Nottinghamshire, but not all of the risks. However, being prepared for these main risks and following the generic preparedness guidance towards the back of this document should help you be prepared for most emergencies.

The further towards the upper right a risk is located, the higher its likelihood and the worse its impact. The lower towards the bottom left, the lower likelihood and the lower the impact.

	5 Catastrophic			Loss of Critical Infrastructure	<u>Pandemic</u>	
	4 Severe		Temporary loss of GPS systems	Flooding (Rivers)		
Relative Impact	3 Moderate	Transport Accidents	Major Fire  Animal Health Risks	Malicious Incidents	Heatwave  Extreme Low Temperatures & Snow  Cyber Attacks	
	2 Minor	<u>Structural</u> <u>Collapse</u>	Industrial Accidents	Flooding (Surface Water)	<u>Large-Scale</u> <u>Evacuation</u>	
	1 Limited			Industrial Action  Other Natural  Hazards	Drone Incident	
		1 <0.2% (Low)	2 0.2-1% (Medium Low)	3 1-5% (Medium)	4 5-25% (Medium High)	5 >25% (High)
(Low) (Medium Low) (Medium) (Medium High)  Relative Likelihood			(High)			

# **Loss of Critical Infrastructure**

We all rely heavily on our utilities: **Electricity**, **Water**, **Gas**, and **Telecoms**. Any one of these being unavailable for a period of time would have a major impact on how we are able to live our lives. Other elements of critical infrastructure include Fuel, Transport, Health and Financial Services.

Although Britain has resilient utility infrastructure, failures do sometimes happen because of a variety of driving forces, from storms and extreme weather to system failures, not just of the physical system but software can fail in control systems too. You could be faced with a loss of one or more of the utilities that you rely on, in many cases without any warning.

#### What you can do to be prepared

Keep an emergency kit in your home – items such as a wind-up torch and wind-up radio may be helpful. Try to keep enough clean, bottled water in your home so that you, your children, family and pets can survive for up to seven days: bottled water will remain safe to drink for several years after purchase.

Try to keep enough tinned or packaged food that can be eaten cold if necessary: tinned fruit is a good source of water, along with tinned beans, soup or tomatoes. Pasta and rice can be cooked in water. Don't forget a manually operated tin opener and consider keeping a supply of powered or long-life milk.

It is vital to **check on your neighbours**, especially if they are **elderly or vulnerable**, and understand what they might need if their power goes off.

If you have in-home medical equipment such as a dialysis machine, you should investigate fitting it with a back-up power supply such as a battery or generator. You should know how long any back system will operate for and what to do if this fails or you need water to operate your device. Discuss this with your care provider and draw up a care plan so you know how to get help.

You can be put on a **Priority Services Register** which means the power company will do their best to provide additional support for you, but you will still need a backup power supply for the times when the power is off.

Water and Gas providers also maintain their own Priority Services Register. There are differing qualifying criteria for each, so you will need to register separately with each of these companies.

### What would you do if the electricity went off for a few days?

In 2015, Storm Desmond caused a flood which damaged a critical substation in **Lancaster.** The result was 61,000 properties without power for up to five days: but the loss of electricity caused the residents to be without more than just heat and light.

Water supply and communications were lost too. It's easy to forget how much we need the electricity we use – it powers more than just the obvious!

Without electricity, it becomes impossible to make and receive electronic payments such as in shops or at ATMs. Without the ability to take payments, many stores would be forced to close until the power came back on.

Perhaps more importantly, the **pumping stations** which deliver fresh water for drinking, cooking and sanitation for homes, schools and businesses are powered by electricity. If the power goes out, the pumping stations cannot work and the pressure in the water system could rapidly drop too.

Trains would be unable to run, and without traffic lights or street lighting, driving could be more dangerous than usual.

## WHAT YOU WILL NEED TO DO IF IT HAPPENS

If you have a working telephone, dial the national freephone on "**105**" to report a power cut or get more information. They will connect you to your local power distribution company.

Most modern telephones use the internet to connect calls instead of the old-fashioned copper cable. These require power to your internet router either by a built-in battery back-up or connecting back up power such as a power bank. Only phones with a cord that plugs in will work.

In a prolonged outage, media services may be interrupted, so listen to the national radio such as BBC Radio 2 or BBC Radio 4. You can listen on a wind-up radio, or a car radio using FM radio (Frequencies 88.1 to 90.3 MHz or 92.5-96.1 MHz).

Do not start fires in your home for heating or cooking. The risks of using a fire are far higher than the benefits you may gain.

Call in on your neighbours and ensure they have everything they need, especially if they are vulnerable.

If you need assistance, try to find a local public building such as a parish hall, leisure centre or community centre – any provision of assistance is likely to be coordinated from there.

Remain vigilant for bogus callers who may be posing as employees of the utility company.

# Where to find out more about how to prepare

Water, gas and electricity:

https://www.nationalgrid.co.uk/power-cut-information/how-to-report-apower-cut

https://www.ofwat.gov.uk/households/conservingwater/watersavingtips/

https://www.nationalgas.com/safety-and-emergencies/emergencies-and-safety-advice

https://www.northernpowergrid.com/care

#### **How to enrol for the Priority Service Registers:**

https://www.stwater.co.uk/my-account/my-priority-services/

https://www.anglianwater.co.uk/help-and-advice/water-care/priority-services/sign-up-for-priority-services/apply-for-priority-services/

https://cadentgas.com/help-advice/supporting-our-customers/priorityservices-register

https://www.nationalgrid.co.uk/customers-and-community/priorityservices/priority-services-register

Smell gas? 0800 111 999 Day or night



# **Pandemic**

Human health is one of the biggest risks facing everyone in the country, and Nottinghamshire is no exception. Every year, 'flu spreads throughout the population between October and May but a pandemic of a similar disease could happen at any point in the year.

While many viruses and bacteria circulate regularly and we deal with them annually, such as influenza, a "novel pathogen" is the name given to one which is not normally seen in circulation, such as COVID-19. The spread of a novel pathogen can have huge impacts on the health of the population.

# How would you protect yourself from the spread of another novel infection?

COVID-19 was first identified in Britain in early 2020 and rapidly had a huge impact on everyone, whether they contracted the virus or not.

Just over 210,000 people in the UK have died as a result of COVID-19 since its discovery in 2020. Although the likelihood is extremely low that the COVID-19 virus will cause the same issues again, other novel viruses and strains of 'flu remain and could have severe impacts.

Measures taken to mitigate the spread of the virus included social distancing, wearing of masks, hand washing and eventually a program of vaccines and boosters. The economic cost to the UK is difficult to quantify but is vast, including lost productivity; the furlough scheme; the purchase and administration of tests, vaccines, and PPE; and reductions in tourism and international trade

# What you can do to be prepared

The spread of a virus or bacteria can be slowed down by taking measures that are already familiar: washing of hands and surfaces, social distancing and avoiding physical contact, wearing masks and PPE, and isolating if you suspect you have (or have been in contact with someone who has) been infected.

### Where to find more info

For more information, see the Department of Health website: <a href="https://www.gov.uk/government/publications/uk-pandemic-preparedness/uk-pandemic-preparedness">https://www.gov.uk/government/publications/uk-pandemic-preparedness</a>

and the UK Health Security Agency website:

https://www.gov.uk/government/organisations/uk-healthsecurity-agency

# CATCH IT

Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.



# **BIN IT**

Germs can live for several hours on tissues. Dispose of your tissue as soon as possible.



# **KILL IT**

Hands can transfer germs to every surface you touch. Clean your hands as soon as you can.





D Crown copyright 2007 284556/A4 1p 80k Nov07 (BEL)

## WHAT YOU WILL NEED TO DO IF IT HAPPENS

# Follow Public Health guidance

Keep healthy – living a healthy lifestyle significantly increases your body's immune system and ability to cope with diseases and other illnesses such as flu and other illnesses

Ensure you have someone who would be able to collect your medication, food and other important supplies for you – this will allow you to remain at home, potentially reducing further spread of the pandemic /disease

Have your own supplies of over-the-counter cold and flu medicines for you and your family

Look out for and follow advice from the NHS and other relevant agencies during any future pandemic

# **Flooding**

Fortunately, many people will never have their home impacted by a flood. But for some, especially those who live near to major water courses, flooding can be a frequent experience. As climate change has an increasing impact on weather conditions, flooding is an increasing risk that can be caused almost without warning by rainfall, as well as by swollen rivers, and high tides.

# **Impacts of Flooding**

As floodwaters spread, they can threaten lives, inundate properties and businesses, destroy belongings, damage vital infrastructure, and prevent access to essential public services. Often the effects of flooding are long term and can be very costly, disruptive, and distressing for communities involved.

The most immediate threat from flooding is to people who are caught on foot or travelling in vehicles in affected areas. One of the most significant impacts of flooding is the damage to and destruction of homes and personal belongings. This may cause grief, stress and sadness over the loss of irreplaceable possessions and built-up equity. Essential public services including schools, hospitals and care facilities may be disrupted and inaccessible during and following floods, which can greatly impact on the community which relies upon them. For some, flooding can cause long-term difficulties of claiming insurance and finding resources to repair, rebuild or relocate following the flood.

### Worksop, August 2022 – Surface Water Flooding

On the evening of 16<sup>th</sup> August 2022 at around 18:30, areas of Worksop suffered a significant flood event caused by short duration, intense rainfall. Over a four-hour period, 97.8mm of rain was recorded to have hit the ground within Worksop, with 46mm of that recorded within a single hour. Consequently, 87 residential properties, 20 businesses and a hospital were subject to internal flooding with more suffering flooding to gardens and outbuildings.

### Lowdham, July 2013 - Fluvial (River) & Surface Water Flooding

On the late afternoon of the 23<sup>rd</sup> July 2013, parts of Nottinghamshire were subjected to intense rainfall. As a result of this many parts of the county, including Lowdham, experienced major flooding with several hundred properties across the county affected. Approximately 70 properties within Lowdham suffered flooding internally with various contributing sources including overland flow, surcharged public sewers and highway drains and flooded watercourses.

# What steps can you take to prepare yourself for a flood?

# Step 1 Check if you are at risk from river flooding



Check your <u>long term</u> risk of river flooding <u>www.gov.uk/flood</u>

# Step 2 Sign up for free flood warnings now!





www.gov.uk/flood

# Step 3 Make a plan





FLOOD ALERT

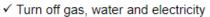


- ✓ Prepare a bag that includes medicines and insurance documents
- √ Visit <a href="https://check-for-flooding.service.gov.uk/">https://check-for-flooding.service.gov.uk/</a>





FLOOD WARNING



- ✓ Move things upstairs or to safety
- ✓ Move family, pets and car to safety





SEVERE FLOOD WARNING



- ✓ Call 999 if in immediate danger
- √ Follow advice from emergency services
- ✓ Keep yourself and your family safe

#### Know who to contact in the event of a flood:

## **Environment Agency**

The Environment Agency should be contacted where flooding has occurred from:

• A main river • A reservoir

Floodline: **0345 988 1188** To report an incident: **0800 80 70 60** 

# **Local Authority / County Council**

Your Local Authority or County Council should be contacted to request sandbags and where flooding has occurred from:

Surface water
 Non-main rivers

# **Utility Companies**

Contact your water company regarding flooding from:

• Public foul and surface water sewers • A water main

Severn Trent: 0800 783 4444

# **Emergency Services**

The emergency services will respond to health and life-threatening issues. If your life is at risk, call 999 and ask for the Fire and Rescue Service.

Non-emergency: **101** Emergency only: **999** 

## **Flood Wardens**

Flood Wardens are members of the community who work with their Local Authority and the Environment Agency to ensure their community is prepared for flooding. To find out more or get involved please contact:

floodresilience.eastmidlands@environment-agency.gov.uk

# What should you do in the event of a flood?

If flooding has been forecast where you live, listen to the local radio station, or check gov.uk at: www.gov.uk/check-flooding

# **During a flood:**

Take care of yourself and your family. Remember that flooding is stressful. Check on elderly and vulnerable friends and neighbours.

Move your family, pets, valuables and floodkit to a high place with means of escape. Stay safe, listen to the advice of the emergency services and evacuate when told to do so.

**Do not walk or drive in fast flowing water.** Driving through floodwater is the number 1 cause of deaths during flooding. Do no let children play in flood water.

If you must go in flood water, take care. There could be hidden dangers like sharp objects, raised manhole covers and pollution. Use a long object such as a pole or stick to test the ground infront of you.

**Avoid contact with flood water** and wash your hands reguarly. Swallowing flood water or mud can cause diarrhoea, fever or abdominal pain. Contact your GP if you feel unwell.

Do not touch sources of electricity that has been in contact with water or if you are standing in water.

Do not eat food that has potentially been contaminated by flood water.

### Know what the levels of flood warning mean:







FLOOD WARNING



WARNING

Flooding is possible. Be prepared.

Flooding is expected. Immediate action required.

Severe flooding. Danger to life.

# What to take if you must leave your home:

- Phone numbers
- Bank cards & money
- Insurance documents radio
- Landlord details
- Glasses / contact lenses
- Medicine / medical devices Personal items

- Baby supplies
- Pet supplies
  - Torch & wind up
- · Bottled water & food
- Warm clothing

Be prepared to potentially be away from home for an extended period.



# What should you do after a flood?

### After a flood:

**If insured, call your insurance company** as soon as possible and follow its advice. If renting, contact your landlord as well.

**Take photos** of your property before you start cleaning and record your belongings with your insurer before throwing out items that cannot be cleaned (i.e. mattresses/carpets).

**Do not turn on gas or electrics** if they may have gotten wet. Only turn them on once they have been checked by a qualified gas engineer or electrician.

**Take meter readings** and a photo of the reading if safe to do so. Insurers will often reimburse your electricity bills for the recovery period.

If you notice a change in water quality such as discolouration or change in taste or smell, ring your local water company. If water is urgently required, boil all water intended for use or use bottled water.

If you have children, wash any floodwater contaminated toys with hot water and detergent before allowing them to be used and wash soft toys on a hot (60°C) machine wash along with any other affected fabric items.

Only return to your home when it is safe and **essential repairs and cleaning have been completed.** 

Seek medical advice from your doctor or 111 if you feel unwell.

#### **Useful Links & Resources**

#### **Future Forecast**

- Sign up for flood warnings on GOV.UK by searching <a href="www.gov.uk/sign-up-for-flood-warnings">www.gov.uk/sign-up-for-flood-warnings</a>
- Weather warnings are available along with weather forecasts on the Met Office website at https://www.metoffice.gov.uk/
- You can view current river levels at <a href="https://check-for-flooding.service.gov.uk/river-and-sea-levels">https://check-for-flooding.service.gov.uk/river-and-sea-levels</a>

#### **Local Support**

- Nottinghamshire County Council provide flooding help and advice on their website: <a href="https://www.nottinghamshire.gov.uk/planning-and-environment/flooding-help-and-advice">https://www.nottinghamshire.gov.uk/planning-and-environment/flooding-help-and-advice</a>
- Nottingham City Council also provide flooding help and advice on their website: <a href="https://www.nottinghamcity.gov.uk/information-for-residents/community/emergency-planning-in-nottingham/flooding-and-drainage/flooding-advice/">https://www.nottinghamcity.gov.uk/information-for-residents/community/emergency-planning-in-nottingham/flooding-and-drainage/flooding-advice/</a>
- Severn Trent provide information on what to do in the event of sewer or drain flooding https://www.stwater.co.uk/in-my-area/flooding/

#### **Charities**

• The National Flood Forum are a charity to help, support and represent people at risk of flooding. Search for them online or call: https://nationalfloodforum.org.uk/ 01299 403 055

#### **Mental Health Support**

- UK Health Security Agency (formerly Public Health England)
- The Samaritans 116 123 or email jo@samaritans.org (24-hour response)
- Search for 'Flooding health advice: mental health' on GOV.UK

# If you are evacuated

Many of the incidents described in this booklet can lead to an evacuation. A flood, a large fire, an industrial accident such as a chemical release or even a malicious incident such as a bomb scare could all mean that people must be evacuated from their homes and businesses until it is safe to return.

If you are asked to leave your home by the emergency services, leave as quickly and calmly as possible. Remember: We will only ask you to leave your home if we believe it is necessary for your safety.

If you have time:

- turn off electricity, gas and water supplies, unplug appliances and lock all doors and windows
- take the items listed on the back page of this booklet
- if you leave by car, take bottled water and blankets
- take your pets (with suitable carriers or leads)
- tune in to local radio for emergency advice and instructions
- inform emergency services of where you have gone and how you can be contacted.

When it is time to return home, listen to advice from emergency services or local authorities about any specific actions which you must follow when it is safe to return home.

During your evacuation, the emergency services and authorities will do everything they can to look after you, but it is vital that you know what you can and cannot bring with you.

Would you know where you nearest rest centre is likely to be?

The local authority in the area will have access to a number of rest centres that it can choose to open, to keep you safe in the event of a major emergency.

# What would you do in the event of an evacuation from your home? Do

you have somewhere else to stay? Have you got everything you need?

Medication and medical equipment	Your wallet or purse
Baby food, nappies and supplies	Mobile phone and phone charger
Overnight bag, including clothes	House keys
Your pets and pet food	Important documents

# **Extreme Weather: Heatwave**

On average in the UK, July is the warmest month and June the sunniest. In the summer the UK can experience slow-moving areas of high pressure which can bring long spells of hot weather and create heatwave conditions.

Whilst many of us like to enjoy the sunshine and hot weather, we should make sure we do it safely and remember certain groups of people are more vulnerable than others to heat or ultraviolet radiation. Hot weather places a strain on the heart and lungs. For that reason, the majority of serious illness and deaths caused by extreme heat are respiratory and cardiovascular-based. Older people, those with pre-existing health conditions and young children are particularly at risk. Overexposure to the sun is equally dangerous, with effects ranging from mild sunburn to skin cancer. It doesn't have to be hot for the UV index to be high. The hot weather not only affects us but can also place a big strain on the water and energy utilities, transport networks, supply chains and the health and fire/rescue services.

The UK experienced a brief but unprecedented extreme heatwave from 16th – 19th July 2022. On the 19th for the first time on record, temperatures in the UK exceeded 40°C with a new record maximum temperature of 40.3°C was recorded at Coningsby, Lincolnshire. In Nottinghamshire, Gringley-on-the-Hill recorded a maximum temperature of 40.1°C.

The Met Office issued its first red warning for extreme heat since the Extreme Heat National Weather Warning Service was introduced in June 2021. The UK Health Security Agency and Met Office also issued a level 4 alert for the first time since the heatwave plan was introduced for England in 2004, resulting in the government declaring a national emergency. A red warning means adverse health effects are expected not just to those most vulnerable.

Network rail issued a 'do not travel' warning and rail services were severely disrupted due to tracks buckling and overhead cables sagging in the heat. Many services operated a reduced timetable or were cancelled. The heat brought challenging conditions for the NHS with a spike in 999 calls, and care services supporting the elderly and vulnerable were put under increased stress, with an increase in heat related deaths. Many schools remained open but ran a shorter day in parts of the country. There were several fatalities associated with open water swimming. Several fire services declared major incidents after multiple wildfires broke out. There were power cuts in parts of Yorkshire, Lincolnshire and the North East. In some areas gritters spread sand on some roads after surfaces began to melt.

#### What you can do to be prepared

To aid in the preparation and awareness before and during a spell of very hot weather, an Adverse Weather and Health Plan has been created by the UK Health Security Agency in association with the Met Office and other partners. It recommends a series of steps to reduce the risk to health from prolonged exposure to extreme heat. Find out more about staying prepared for summer weather on the Met Office WeatherReady advice page.

Check the Met Office website or download the Met Office App so you can keep an eye on the forecast and check out the likelihood of any impactful weather in your area.

If you are planning to get out and about and be active this summer, check that you have all the necessary equipment that you might need depending on the weather. Think about including a water bottle, sunscreen, a sun hat or possibly some wet weather gear like an umbrella or waterproof.

In summer vehicle breakdowns often arise due to cooling-related faults — whether it is faulty cooling fans or a lack of coolant. If you're planning summer outings using your car, check your tyres, your coolant, and oil levels. It is important to make sure your vehicle is in tip-top shape to guarantee your journeys go according to plan.

# What should you do during a heatwave?

#### 1. Keep yourself cool

- Keep out of the sun and avoid strenuous exercise between 11am to 3pm when the sun is the strongest.
- Drink plenty of fluids, but not alcohol, which dehydrates the body.
- Try to keep your house cool, close your curtains in rooms that face the sun.
- At night, keep your sleeping area well ventilated.
- If you are going out, take water with you, keep in the shade, wear suncream and wear a wide brimmed hat.

### 2. Keep cool on public transport

- Carry some water with you and drink lots of fluids.
- If you feel unwell get off at the next stop for some fresh air.
- Dress light, choose light fabrics in light colours.
- Help others for anyone struggling, ice packs / cold compresses to wrists, neck and elbows can help them cool down quickly.
- Take a small hand-held battery fan.

#### 3. Stay safe in the water

- Check the water temperature, our seas and river temperatures are low enough to cause cold water shock when 15°C or lower.
- Wear a wetsuit if you plan on spending any length of time in the water.
- Wearing a life jacket or swimming buoy can increase your chances if you experience cold water shock.

#### 4. Look after others

 Help to protect the vulnerable people that you know n your community, including older people, those with underlying health conditions and those who live alone. They may need support to keep cool and hydrated.

#### **Useful Links & Resources**

Stay up to date with the weather and any

Met Office Severe Weather Warnings for extreme heat

NHS website – Heatwave: how to cope in hot weather

GOV.UK: Beat the heat: staying safe in hot weather

GOV.UK: Adverse Weather and Health Plan

# **Extreme Weather: Low Temperatures and Snow**

During winter we can experience spells of low temperatures and snow. Snow may fall to low levels and lay across large parts of the country with overnight temperatures falling well below freezing.

To get snow in the UK, the air needs to be cold enough and there needs to be a supply of moisture. In winter, when the wind turns to blow from the north bringing air straight from the arctic and over a cold sea. If this air meets with a rain-bearing weather front across the UK then it can turn the rain into snow. If the wind blows from the east then it can bring cold and dry air across from continental Europe leading to some crisp winter sunshine and perhaps some snow showers. If high-pressure becomes established across the UK and we have clear skies, temperatures can fall gradually day on day.

It is important that we enjoy the winter weather safely and remember that certain groups of people, such as, older people and those with pre-existing conditions are more vulnerable to low temperatures and snow than others. More generally we see an increase in falls, injuries, road accidents and hypothermia. Low temperatures and snow can significantly affect our welfare but also some of the services that we rely on and our economy. For example, there would be disruption to transport networks, power or fuel supplies, communications and water supplies. Schools and businesses would also be impacted by such disruption.

In 2010 many parts of the UK experienced significant snow events from late November to early December, with the most severe of the weather between 28th November and 3rd December. On the 1st December, 76cm was recorded in the Peak District whilst in Nottinghamshire 21cm was recorded at Watnall. As well as significant snowfall we also experienced some very cold temperatures with -19.0C recorded at RAF Topcliffe in North Yorkshire but more locally in Nottinghamshire -13.5C at Sutton Bonington and -12 at Watnall.

The emergency services, transport organisations (such as East Midlands Trains) and local council services and utilities were all put under great pressure by the snow with freezing temperatures also causing water supply problems due to burst pipes. Accident and Emergency admissions rose due to accidents and falls and the number of people suffering broken bones, fractures and sprains rose markedly. Retailers were hit by lost sales in the run up to Christmas with fewer people venturing out to the shops in the extreme weather. Deliveries to supermarkets were affected with supermarket shelves looking rather empty. Across the country around 7000 schools were closed, including around 350 in Nottinghamshire. Where they remained open some pupils couldn't make it to school due to closed roads and bus diversions and cancellations. In some situations, one parent had to take time off work to look after children affected by school closures.

#### What you can do to be prepared

To aid in the preparation and awareness before and during a spell cold or snow, an Adverse Weather and Health Plan has been created by the UK Health Security Agency in association with the Met Office and other partners. Find out more about staying prepared for winter weather on the Met Office <a href="WeatherReady">WeatherReady</a> advice page.

Check the Met Office website or download the Met Office App so you can keep an eye on the forecast and check out the likelihood of adverse weather in your area. Prepare your home...

- Insulate your home including loft, water cylinders, pipes and cavity walls.
- Know where your stop tap is and check it is working every six months.
- Fit draught proof seals in any gaps around windows and doors.
- Make sure your radiators are not obstructed by curtains or furniture.
- If you have a gas fuel burning appliance, like a boiler or gas fire, fit a carbon monoxide alarm.
- Have a smoke alarm on every level of your house and test it regularly.
- If you are going away, leave your heating on low.
- Service your boiler
- Have the name and telephone number of your nearest WaterSafe qualified plumber to hand.

# What should you do during extreme low temperatures?

The cold thickens blood and increases blood pressure, and breathing in cold air can increase the risk of chest infections. So, it's all the more important to ensure your home and the homes of people you look out for are the right temperature.

Ideally you should heat your home to a temperature of at least 18 °C. This is particularly important if you have reduced mobility, are 65 or over, or have a health condition, such as heart or lung disease. Having room temperatures slightly over 18 °C could be good for your health. It is important to keep your bedroom window closed at night when the weather is cold and you can draw your curtains at dusk to help keep the heat generated inside your rooms.

Stay safe with fires, heater and electric blankets. If you have an open fire, use a fireguard and make sure the fire is put out properly before you leave the room. Keep electric heaters aware from curtains and furniture, always unplug them when you go out or to bed. Do not use a hot water bottle with an electric blanket, even if it is turned off.

In winter roads can be affected by adverse weather and snow and ice can create difficult driving conditions. If you're planning on travelling in snow and ice then make sure you know what do and pack a winter car kit. It is important to make sure your vehicle is in tip-top shape to guarantee your journeys go according to plan and be sure to allow extra time for any journeys, take extra care and adjust your driving.

Keep active and wear appropriate clothing to keep warm. If you are heading outside for a walk or maybe some gardening, wear several layers of light clothes. Remember that several thin layers of clothing will keep you warmer than one thick layer as the layers trap warm air

#### **Useful Links & Resources**

Stay up to date with the weather and any
Met Office Severe Weather Warnings
for snow and ice

NHS website – How to stay well in winter.

Met Office – Keeping your home warm this winter

Age UK – Keep well this winter

GOV.UK: Adverse Weather and Health Plan

Learn about snow on the Met Office website

# **Industrial and Transport Accidents**

Transport and Industry are a part of every day life. We all commute or travel using the physical infrastructure that exists such as railways and roads. Many of the population work in industry – so an incident can have a huge impact on all our lives.

Trains and planes are highly regulated and are usually safe. The most common incidents on these networks are low-level and usually cause only slight injuries at worst. But roads and industrial environments can sometimes experience accidents and they can escalate very quickly into quite severe situations. These tend to be less regulated and more prone to human error.

#### Motorway Accidents can happen out of nowhere

A huge number of causes can lead to an accident on a motorway or main road. In August 2023, a tanker of hydraulic fluid caught fire leading to a huge smoke plume and massive traffic disruption. Luckily there were no serious injuries arising from this incident but it shows that road vehicles can be very dangerous; we can all contribute to a safer road network by driving defensively.

## **Industrial Accidents can reach extreme proportions**

In December 2005, the Buncefield Oil Storage facility caught fire when a pressure valve failed leading to a fuel storage tank over-filling. Fuel vapour flooded the site before catching fire as a result of a spark. The firefighting operation was one of the largest ever mounted in the UK, using equipment and foam supplies from across the country. The local population had to be evacuated to avoid the plume of smoke and potential fire spread.

### What you can do to be prepared

Following the guidance in this document such as having a household emergency plan, a home grab bag and a car grab bag, will allow you to respond to most incidents.

If you are involved in an incident on the railway or an aircraft, you should follow all safety instructions issued to you by responsible persons.

If you are involved in any incident, you should follow the instructions of the fire service and the other emergency services.

#### Where to find more info

<u>Travel Updates - National Highways</u>

Check your vehicle is safe to drive - GOV.UK (www.gov.uk)

HSE: Information about health and safety at work



1 - Nottinghamshire Fire & Rescue Service carrying out a water rescue exercise. All agencies within the LRF regularly carry out exercises to keep their skills up to date, to test out plans, and to ensure that joint working prinicples are being adhered to.



2 - The water main burst in Chilwell required a large multi-agency response, led by the local authority, Severn Trent Water and Environment Agency. The process of recovery for those affected was lengthy and significant.



3 - The 2023 Emergency Services day was held at Wollaton Hall, showcasing the capabilities of the LRF partners and allowing the people of Nottingham to get "up close" with the emergency responders and their equipment.

# **Malicious Risks**

The UK as a whole faces a complex and enduring threat of attack from a variety of sources. But there is nothing to suggest that Nottinghamshire is at any higher risk than any other part of the country.

For more information on the sources of potential attacks, the methodologies they might use, or general info, take a look at the National Risk Register.

We hope you'll understand why we can't share details in this publicly-available document about what we're doing to protect you from the risk of an attack. But rest assured, we have well developed plans and responses for a variety of scenarios. As an LRF, we focus on preparing for the consequences of an emergency, regardless of the cause, and we try to set out generic capabilities that we can deploy in response to a variety of scenarios.

You should not be alarmed, as it is very rare to be caught up in incidents of this type, but it is important to know how you could protect yourself, should the need arise.

On the next page, you will see the national suggested guidance for what to do if you are involved in an attack: RUN – HIDE – TELL:

RUN – Protect yourself. Leave the area if it is possible

HIDE – If it is not possible to leave, hide behind hard cover such as a wall

TELL - It is vital that you inform the emergency services if you can.

We will do our best to deal with the attack and start the process of recovery

Follow the links below or search these terms for more information:

visit the MI5 website

UK Counter-Terrorism Strategy (CONTEST)

**Protect UK** 

National Protective Security Authority (NPSA)

**Action Counters Terrorism (ACT)** 





# IN THE RARE EVENT OF a firearms or weapons attack



**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** the police by calling 999.



At the moment, the issue of terrorist attacks is regularly in the news. But it's been on our agenda for much longer.

The police and security service have been working constantly to foil terrorist attacks for years, not months.

But we are not complacent about keeping you safe.

Due to events in the UK and abroad, people are understandably concerned about a firearms or weapons attack. These attacks are very rare but in the event of such an attack, it helps to be prepared.

Remember, attacks of this nature are still very rare in the UK.

So stay safe, and just remember the words:

# RUN. HIDE. TELL.

To watch the film, visit: www.protectuk.police.uk



Information is vital. If you see or hear something that could be terrorist related, trust your instincts and call the confidential Anti-Terrorist hotline on **0800 789 321**.

Our specially trained officers will take it from there.

Your call could save lives.

Always in an emergency, call 999.

# **Other Risks**

There are a variety of other, lesser risks which might materialise. But these will have a lower impact or are significantly less likely, so we haven't dedicated a full description to them. If you prepare for the most likely and impactful risks, you will be better prepared for these risks too.

#### LOSS OF SPACE-BASED SYSTEMS

There are a number of risks which might affect the whole of the UK, rather than Nottinghamshire in particular, which could temporarily prevent space-based systems from functioning. The biggest of these is a space weather event known as a geomagnetic storm.

Should this ever occur, there will be a national effort to restore them as quickly as possible but it means there will be limited or no access to GPS / Satellite Navigation, some forms of communication, and some timing systems.

Try to protect yourself by ensuring you have alternative means of navigation available to you in case the GPS fails for a time due to any of these risks.

#### INDUSTRIAL ACTION

A number of essential services will sometimes take industrial action over pay and working conditions.

These should not normally impact the services they provide to the public in an emergency but it does mean non-emergency services such as public information, elective medical procedures or some elements of local authority support may be suspended.

All agencies who work within the LRF will have business continuity plans in place to minimise the disruption to the public in an emergency in the event of industrial action.

#### CYBER ATTACKS

Cyber Attacks are an increasing risk for everyone. Businesses will no doubt be interested in increasing their own cyber protection but the general public are at risk too.

Be data aware to learn how your data might be being used and what you can do to protect it.

The National Cyber Security Centre will provide advice to individuals about what you can do to protect your online activities.

NCSC.GOV.UK

#### **MAJOR FIRES**

Fire is an unfortunately common occurrence. But large scale fires including wildfires (fires that burn out of control on heathland and countryside) can be particularly problematic.

In the event of any such major fire, follow any instructions given to you by the fire service as they will be intended for your own protection and safety. Other emergency services or local authorities will be following the fire service's instructions too.

The preservation of life is always the priority over the prevention of damage to property so remember to keep yourself and your family safe before attempting to salvage any belongings.

# **Other Risks**

There are a variety of other, lesser risks which might materialise. But these will have a lower impact or are significantly less likely, so we haven't dedicated a full description to them. If you prepare for the most likely and impactful risks, you will be better prepared for one of these too.

#### **NATURAL HAZARDS**

The UK and Nottinghamshire have few natural hazards outside of flooding (see pages 14-17 above). But other parts of the world can host natural hazards that have an impact on the UK such as volcanic eruptions causing clouds of dust and ash which can reduce air quality, cause pollution, and limit air travel.

Earthquakes that cause damage in the UK are rare but may lead to structural collapses and loss of infrastructure.

Storms can cause widespread damage through high winds but this will often lead to flooding, and loss of infrastructure, which are covered above.

#### **ANIMAL HEALTH RISKS**

In Nottinghamshire, There are around 40,000 cows, 90,000 pigs and 70,000 sheep. There are also around 4.7 million poultry birds in the county.

Any one of these agricultural animal populations could be a vector for an exotic disease such as foot-and-mouth disease, Avian flu or Swine fever.

Should such a disease ever materialise, the <u>Local Authority Trading</u>

<u>Standards department</u> will lead on the response. Follow their instructions precisely. If you are affected by any disease from an animal you must report it to the emergency services at once.

#### STRUCTURAL COLLAPSE

Building collapses are rare and often only affect a limited area confined to the building and immediate surrounding area. However they may result in a large amount of debris and a number of trapped people.

A large collapse may also impact services in the local area such as electricity, water and gas to surrounding properties and could have been caused by disrepair, malicious activity or an accident such as transport crash or gas explosion.

If you have concerns about a building, please contact the local authority who can provide advice on getting a structural assessment.

#### DRONE INCIDENT

Drones (also known as Unmanned Aerial Systems or UAS) are increasingly popular. Unfortunately they operate in a largely unregulated environment which means they can be used by anyone with no training or restriction.

The 2018 Gatwick Airport incident showed how disruptive drones can be, with the airport closed for days to minimise the risk to aircraft.

If you see a drone being flown suspiciously or dangerously, report it to the emergency services using 101, or 999 if there is a threat to life.

# What can you do to help?

There are many ways you can help – before, during and after an emergency.

# Community reserve volunteers

A community reserve volunteer is a person who has registered with the British Red Cross to help in the event of a local emergency. By signing-up, you can assist regular Red Cross volunteers with practical tasks, such as preparing equipment, organising supplies and making refreshments.

Anyone aged 18 or over can become a community reserve volunteer. This role is ideal if you would like to help during an emergency but don't have the time to commit to volunteering all year round.

You can sign-up here.

# Community first responders

Community first responder schemes are run by volunteers who give their spare time to attend appropriate emergency calls in their community. Volunteers are contacted and dispatched by East Midlands Ambulance Service. If you would like to learn essential lifesaving skills and help people in your community, this could be the role for you.

You can register your interest here.

# Flood Wardens and the Community Flood Signage Scheme

The flood warden scheme is run by volunteers who operate in areas that are liable to flooding. Flood wardens help by advising the Environment Agency, emergency services and local authorities on conditions on the ground, prioritising any help that's needed.

The role of a flood warden includes:

- Helping to prepare those within the community at risk from flooding
- Monitoring water levels and reporting anything unusual to the Environment Agency
- Alerting local residents of flood warnings
- Providing on the ground updates to local authorities and the Environment Agency during a flood
- Setting up road closure signs (where communities are signed up to Nottinghamshire County Council's community flood signage scheme)

If you're interested in becoming a flood warden, please contact flood.team@nottscc.gov.uk

## **Give Blood**

By giving blood you can help the NHS to meet the challenge of providing life-saving products whenever and wherever they are needed. You can find your local blood donation centre online.

# Join a voluntary organisation

There are many different charities and voluntary organisations in the UK. There are several organisations that can help you find a way to volunteer that suits you.

Find out more here.

# **General Preparedness Advice**

There are many ways you can be prepared for a variety of different emergencies. Here are some tips on home resilience.

To prepare for an emergency, you should take time to find out:

- where and how to turn off water, gas and electricity supplies in your home
- the emergency procedures for your children at school
- the emergency procedures at your workplace
- how your family will stay in contact in the event of an emergency
- if any elderly or vulnerable neighbours might need your help
- how to tune in to your local radio station.

In the case of most major emergencies, the simple advice is to go inside, stay inside, and tune into local radio.

In most incidents, the safest place to be is indoors and with correct preparation you should be able to stay there safely for some time.



# Write a Household Emergency Plan

It is important for every home to have a Household Emergency Plan. Your Household Emergency Plan will let every member of the household know important information that they may need to access during an emergency, rather than struggling to find things out when time may be of the essence.

A household emergency plan template can be found by clicking here.

	before leaving consider the need to turn off the following:  Tick when done
to your home, b	pefore leaving consider the need to turn out
If required to evacuate your is	olation/turn-off point
Utility Location of your is	
Gas	
Electric	
Water	
Heating oil	
Section 3	hers in your community
Can you support oth	ners in your co
or fleet by temergency yo	u are able to provide supply use the space below to list contact and vulnerable) use the space below to list contact.
community (e.g. the elderly, you	Pau are able to provide support or help to others in your street or ung and vulnerable) use the space below to list contact details of und and vulnerable) use the space below to list contact details of beers that agree to share their contact details with you.  Mobile number  Landline number
neighbours or community	The state of the s
Name	
Househour	
Household contact	dotaile
Use this section to list u	Oetails ers of your household and their contact numbers.
Control to list the member	ers of your house.
Contact name	nousehold and their contact number
	Mobile number
	Landline number
	- Tumber
If you -	
If you are evacuated as a household meet or relocate to? Use the	
riends relocate to? Use the	or are unable to

# **Emergency Grab Bag**

An emergency could happen at any time. An Emergency Grab Bag is a useful kit packed with essentials in case you have to evacuate.

It will need to be easily found by all family members and should be checked every six months. A backpack or a small suitcase with wheels will be suitable, and could include the following items:

- Copy of your Household Emergency Life-Saving Plan (HELP)
- First aid kit and medication
- Copies of important family documents in a waterproof bag
- Prescription medication
- Cash and Credit Cards
- Extra set of house and car keys
- Toiletries and sanitary supplies
- Mobile phone and charger
- Childcare supplies or other special care items as required
- Infant supplies (if applicable)
- Spare clothes
- A battery torch with spare batteries (or a wind up torch)
- A battery radio with spare batteries (or wind up radio)
- Bottled water and emergency food, enough for three days



# **Emergency Car Grab Bag**

You should also consider keeping a special grab bag in your car, which could be extremely useful during periods of extreme weather. It might include the following:

- Suitable winter clothes
- a blanket or a sleeping bag
- Mobile phone, torch, radio, and extra batteries
- Shovel and windscreen scraper
- Tow chain and rope
- Jump leads
- Non-perishable food and water

If you are asked to leave your home by the emergency services, take your complete Household Emergency Life-Saving Plan plus your Emergency Grab Bag and leave as quickly as possible.



# **Important Telephone Numbers & Social Media Addresses**

Nottinghamshire County Council  Highways Emergencies Adult Social Care Trading Standards Flood Risk Team	0300 500 8080 0300 500 8080 0300 500 8080 Option 1 0808 223 1133 0300 500 8080
Nottingham City Council	
Highways Emergencies Adult Social Care	0115 915 2222 0300 131 0300 Option 2
Districts and Boroughs	
Ashfield District Council	01623 450 000
Broxtowe Borough Council	0115 917 7777
Bassetlaw District Council	01909 533 533
Gedling Borough Council	0115 901 3901

Mansfield District Council	01623 463 463
Newark & Sherwood District Council	01636 650 000
Rushcliffe Borough Council	0115 981 1143
Environment Agency	
Floodline	0345 988 1188
Incident Hotline	0800 80 70 60
Utility Providers	
Cadent Gas	0800 111 999
Anglian Water	03457 145 145
National Grid Electricity	0800 6783 105
Severn Trent Water	0800 783 4444

#### **NOTTINGHAMSHIRE POLICE**

www.x.com/nottspolice | www.facebook.com/nottspolice

#### **NOTTINGHAMSHIRE FIRE & RESCUE**

www.x.com/nottsfire | www.facebook.com/NottsFRS

#### **EMAS**

 $\underline{www.x.com/EMASNHSTrust} \mid \underline{www.facebook.com/EMASNHSTRUST}$ 

#### **NOTTINGHAM CITY COUNCIL**

www.x.com/MyNottingham | www.facebook.com/mynottingham

#### **NOTTINGHAMSHIRE COUNTY COUNCIL**

www.x.com/NottsCC | www.facebook.com/nottinghamshire

#### **NOTTINGHAMSHIRE EMERGENCY PLANNING**

www.x.com/NottinghamEP

#### THE MET OFFICE

www.x.com/metofficeEMids | www.facebook.com/metoffice

#### THE ENVIRONMENT AGENCY

www.x.com/envagency | www.facebook.com/environmentagency

#### **EMERGENCY ALERTS**

www.gov.uk/Alerts

#### **PREPARE**

www.gov.uk/prepare/