

EMERGENCY PLAN



Major emergencies are rare but when they do happen they can have a devastating impact on communities.



We can't prevent emergencies from occurring but we can plan to reduce the impact they have on our lives. Being prepared can reduce the effects they have on you and your loved ones, reducing support required from others, keeping your business in operation and enabling you to support vulnerable people in your community.

Flooding, severe weather, pandemics and major power outages are just some emergencies that could happen with little or no notice. Disruption to essential services such as water, gas and electricity, regional and national travel and telecommunications are all ways an emergency could affect our everyday lives.

**A crisis happens when we least expect it.
But we can be prepared.**




KEEP INFORMED

If you are not involved in an emergency but are close by or believe you may be in danger, in most cases the advice is:



Station	Frequency	Website
BBC Radio Cambridgeshire	95.7 and 96 FM	www.bbc.co.uk/sounds/play/live/bbc_radio_cambridge
Heart FM	102.7 and 103 FM	www.heart.co.uk/peterborough www.heart.co.uk/cambridgeshire
Cambridge Radio	105 FM	cambridge105.co.uk
Peterborough Community Radio (PCR FM)	103.2 FM	www.pcrfm.co.uk

Creating an emergency box/bag

-  Creating an emergency grab bag means you can locate essential items and equipment quickly in an emergency. Find out more at www.cppprepared.org.uk/community-resilience



Suggested items are:

- ☐ Torch and spare batteries.
- ☐ First Aid kit (with antiseptic wipes, bandages, scissors, plasters).
- ☐ Wind-up or battery radio (and spare batteries) to tune into radio stations for updates.
- ☐ A fully charged power bank to charge mobile devices in the event of a power outage.
- ☐ Copy of this plan.
- ☐ List of current medication and doses, allergies, medical conditions for each member of the household.
- ☐ List of useful contact numbers including the numbers of everyone in your household.
- ☐ Important documents - birth and marriage certificates, passports, driving licences, car and home insurance.

In case you are unable to leave the house you should have a supply of:

- ☐ Bottled water
- ☐ Toiletries
- ☐ Ready to eat food (tinned) and a tin opener

Important contacts

Contact details for everyone in your household in case your phone isn't working.

Name	Mobile	Work/School
Name	Mobile	Work/School
Name	Mobile	Work/School
Name	Mobile	Work/School
Name	Mobile	Work/School

- ! If you are evacuated is there somewhere you can go? Friends or family?
- ! Who will be responsible for picking up the children from school?
(if applicable)
- ! If you can't contact each other, where should you meet or who should you leave a message with?

Emergency telephone numbers

Emergency services **999**

NHS out-of-hours **111**

Police non-urgent **101**

Power cut **105**

Emergency telephone numbers

Local authority	School
Doctors	Water/utilities
Gas/Electricity	Other

Important documentation and information

Insurance company name	Home insurance policy number
Insurance phone number	Other (please list)

Have you turned off the following?

List where these are located in your property.

<input type="checkbox"/> Gas	
<input type="checkbox"/> Electricity	
<input type="checkbox"/> Water	

If you can help in your community, start by checking on your neighbours.

Useful websites and other useful information

Cambridgeshire County Council

www.cambridgeshire.gov.uk

Peterborough City Council

www.peterborough.gov.uk

Environment Agency

www.environment-agency.gov.uk

National Flood Forum

www.floodforum.org.uk

**Cambridgeshire and Peterborough
Local Resilience Forum**

www.cpprepared.org.uk

Other useful information

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When you have completed this plan it is advisable to laminate it and then store in a safe place, e.g. upstairs (if available) and provide a copy to family or friends.