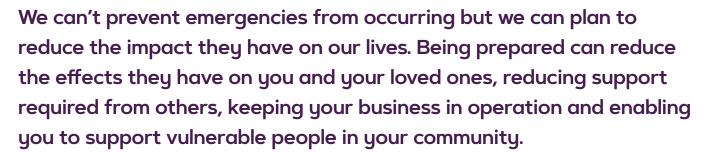


# EMERGENCY PLAN

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



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.

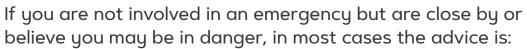
A crisis happens when we least expect it. **But we can be prepared.** 







# **KEEP INFORMED**





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.cpprepared.org.uk/community-resilience



## Suggested items are:

	Torch and spare batteries.	List of co	urre
П	First Aid kit (with antiseptic wipes	doses, a	llerg

- 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

- 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 pr	operty.			
□ Gas				
□ Electricity				
□ Water				
If you can help in your community, start	by checking on your neighbours.			
Useful websites and other useful in	formation			
Cambridgeshire County Council www.cambridgeshire.gov.uk	National Flood Forum www.floodforum.org.uk			
Peterborough City Council www.peterborough.gov.uk	Cambridgeshire and Peterborough Local Resilience Forum www.cpprepared.org.uk			
Environment Agency www.environment-agency.gov.uk				
Other useful information				

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.