

PREPARING FOR EMERGENCIES



In County Durham & Darlington

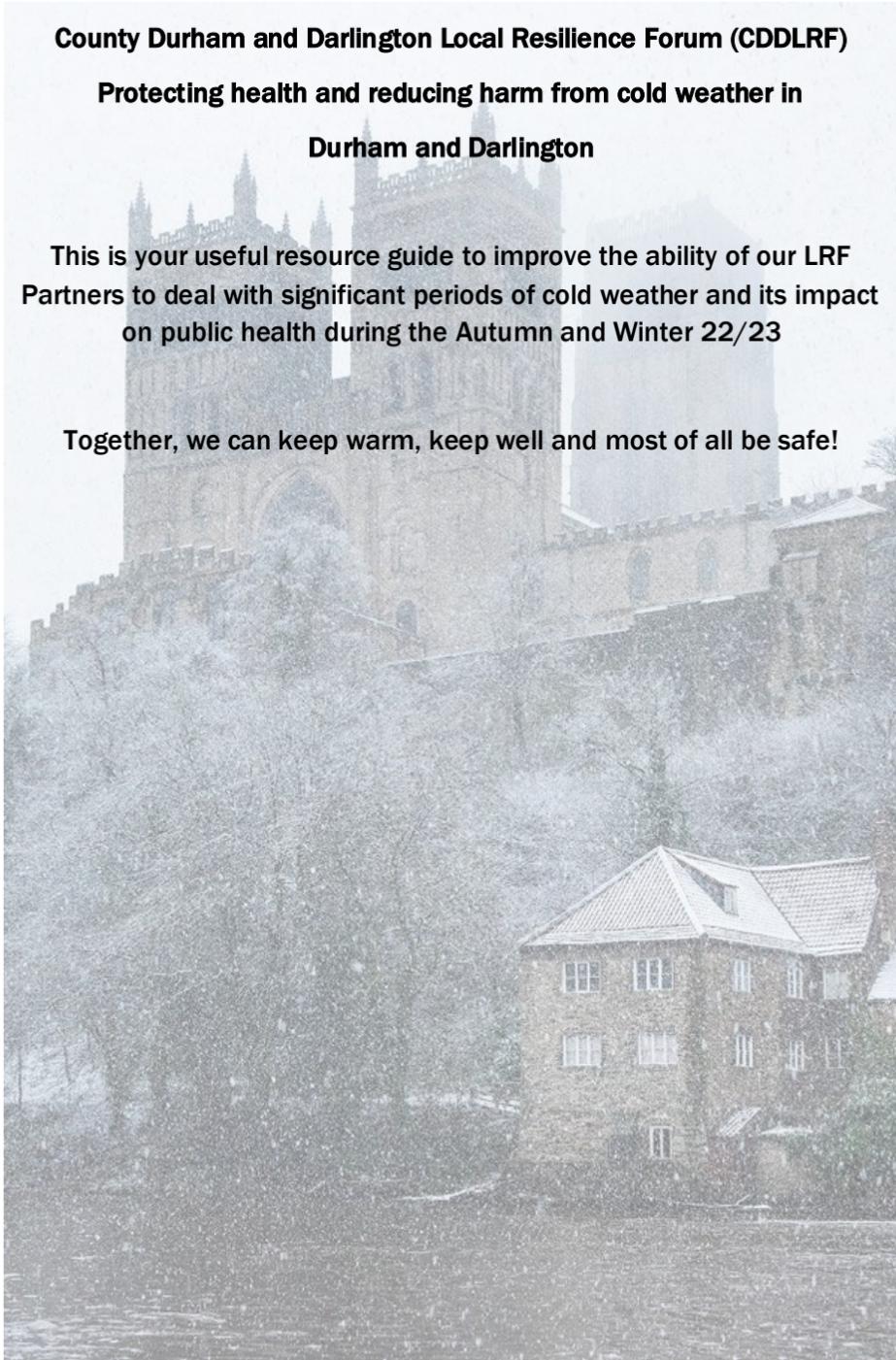


COUNTY DURHAM AND DALRINGTON

LOCAL RESILIENCE FORUM

AUTUMN & WINTER PLAN HANDBOOK 2022/2023





County Durham and Darlington Local Resilience Forum (CDDLRF)

**Protecting health and reducing harm from cold weather in
Durham and Darlington**

**This is your useful resource guide to improve the ability of our LRF
Partners to deal with significant periods of cold weather and its impact
on public health during the Autumn and Winter 22/23**

Together, we can keep warm, keep well and most of all be safe!

County Durham and Darlington Local Resilience Forum (CDDLRF)

Autumn/Winter 22/23 Handbook



Introduction



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Cold Weather Health Risks / Vaccinations



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Household Utilities—What Can You Do



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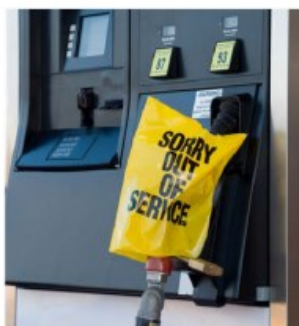
In County Durham & Darlington

PREPARING FOR EMERGENCIES



IN COUNTY DURHAM AND DARLINGTON

County Durham & Darlington Local Resilience Forum Community Risk Register 2021/22 – 2023/24



Purpose of the Community Risk Register

The Civil Contingencies Act (2004) places a legal duty on the wide range of responders to carry out risk assessments and maintain them in a Community Risk Register.

The assessment of the risks in this Community Risk Register is the first step in the emergency planning process and it ensures that resilience planning is carried out proportionately to the level of risk.

Who has been involved in the creation of this document?

This Community Risk Register has been produced by the County Durham and Darlington Local Resilience Forum Risk Assessment Working Group.

This group is comprised of the category one and two responders defined within the Civil Contingencies Act (2004), which serve County Durham and Darlington.

The purpose of the Community Risk Register is to:

- Reassure residents of the measures and plans which have been put in place to respond to potential hazards.
- Ensure that local responders have an accurate understanding of the risks that they face to provide a sound foundation for planning.
- Provide a work programme and to ensure efficient allocation of resources.
- Enable local responders to assess the adequacy of their plans and identify any gaps that there may be.
- Facilitate and encourage multi-agency working which ensures a more comprehensive planning process.
- Provide an accessible overview of the emergency planning context for the public and other interested parties.
- Inform on national and regional risk assessments that support emergency planning and capability development at those levels.

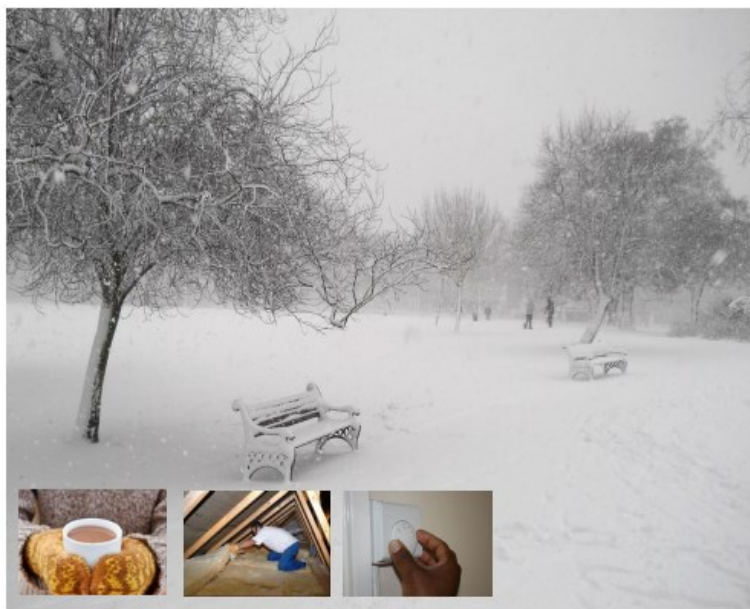


UK Health
Security
Agency



The Cold Weather Plan for England

Protecting health and reducing harm
from cold weather



Purpose of the UK Cold Weather Plan

The Cold Weather Plan (CWP) for England is a framework intended to protect the population from harm to health from cold weather. It aims to prevent the major avoidable effects on health during periods of cold weather in England by alerting people to the negative health effects of cold weather and enabling them to prepare and respond appropriately.

It recommends a series of steps to reduce the risks to health from cold weather for:

- the NHS, local authorities, social care, and other public agencies
- professionals working with people at risk
- individuals, local communities and voluntary groups

The Cold Weather Plan has been published annually since 2011. This year's plan continues to build on the experience of developing and improving the ability of the health and social care sector and its partners to deal with significant periods of cold weather.



Met Office

FOR COLD WEATHER ALERTS CLICK ON THE IMAGE ABOVE



Met Office Cold Weather Alerts

The COLD WEATHER ALERT operates in England from 01 November–31 March each year in association with the UK Health Security Agency.

The alert provides advance warning of adverse weather conditions that could have a significant impact on your health and well-being. Anyone wishing to sign up to receive cold weather alerts can email:

Enquiries@metoffice.gov.uk

Alerts are issued on [our website](#) and we also send the alerts directly to social and healthcare services in England, and Age UK, to ensure that staff are fully prepared for any cold weather periods, and those who are more vulnerable to cold weather conditions are aware and prepared.

Cold Weather Alert Service Thresholds:

We work closely with the UK Health Security Agency to develop the Cold Weather Plan for England. The Plan, which aims to reduce the impact of severe cold weather on people's health, provides advice for individuals, communities and agencies on how to prepare for and respond to severe cold weather.

The Cold Weather Alert Service, which provides the forecasting alerts, has two thresholds. When thresholds are likely to be met, or are met or exceeded, we will issue a cold weather alert. The thresholds are:

Mean temperature falls below 2 degrees Celsius for 48 hours or longer and / or Heavy snow and / or widespread ice Alert Levels

The system is based around 5 levels 0-4 with 4 representing severe and prolonged cold, inclement winter like weather.

We're here to help you stay well this winter

Some important
information from
the NHS to help
you stay well
this winter

www.nhs.uk

Your
health
matters

Help us
help you



Nancy Mutai, Staff Nurse

How to stay well in winter

Cold weather can make some health problems worse and even lead to serious complications, especially if you're 65 or older, or if you have a long-term health condition.

Who's most at risk from cold weather?

Some people are more vulnerable to the effects of cold weather. This includes:

- people aged 65 and older
- babies and children under the age of 5
- people on a low income (so cannot afford heating)
- people who have a long-term health condition
- people with a disability
- pregnant women
- people who have a mental health condition

What can you do (Top Tips)

65+, or in one of the at-risk groups, get help as soon as you feel unwell:

- Pharmacy for minor ailment or GP or GP
- [Online NHS 111](#) or call 111 if you have an urgent problem
- In an emergency call 999 or go to your local A&E

Get your COVID-19 Booster and flu vaccinations

If you're at greater risk from Covid-19 and flu it is important to get extra protection of vaccination at winter. You're eligible for free Covid-19 and flu vaccinations if:

- Aged 50+, pregnant, have weakened immunity or a long-term health condition

15 TIPS TO DEVELOP GOOD MENTAL HEALTH



Exercise regularly and stay active



Talk to friends



Don't be afraid to tell people how you feel



Get into a good sleep routine



Take part in something that makes you happy



Make sure you are eating well



Relax - practice some deep breathing



Challenge your negative thoughts



Learn what your stress triggers are



Invest time in developing your confidence



Share your feelings with friends and family



Learn how to problem solve effectively



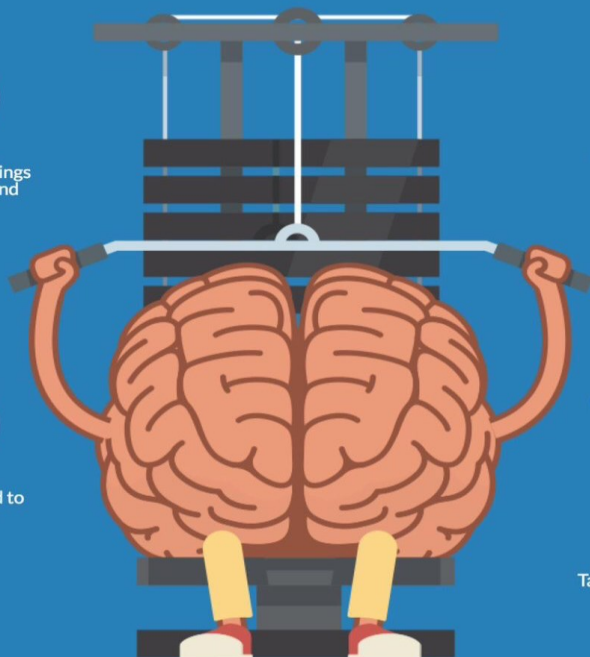
Don't be afraid to seek help



Learn some strategies to manage your stress



Take time to relax and reflect





Understanding mental health problems

This resource explains what mental health problems are, what may cause them, and the many different kinds of help, treatment and support that are available. Also provides guidance on where to find more information, and tips for friends and family.

If you require this information in Word document format for compatibility with screen readers, please email: publications@mind.org.uk

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Mind –Understanding mental health problems


Mental health problems affect around one in four people in any given year. They range from common problems, such as depression and anxiety, to rarer problems such as schizophrenia and bipolar disorder. This resource explains what- mental health problems are, what may cause them, and the many different kinds of help, treatment and support that are available. It also provides guidance on where to find more information, and tips for friends and family.

Call 999 or go to A&E now if:

- someone's life is at risk - for example they have seriously injured themselves or taken an overdose
- you do not feel you can keep yourself or someone else safe

A mental health emergency should be taken as seriously as a physical one. You will not be wasting anyone's time.

Call: 999

 Find your nearest A&E

Look after yourself, look after your friends and family, quite literally every mind matters, click on the green box, the answer might be as simple as

Cost of Living



Cost of Living Support

His Majesty's Government recently announced:

'We understand that people are worried about the cost-of-living challenges ahead. That's why the Government has announced decisive action to support households, whilst remaining fiscally responsible.'

'We have announced further support for next year designed to target the most vulnerable households. This cost-of-living support is worth £26 billion in 2023-24, in addition to benefits uprating, which is worth £11 billion to working age households and disabled people'.

'This means that over 8 million households across the UK, many of whom face the biggest challenge making their incomes stretch, will be supported via additional Cost of Living Payments. We're also increasing benefits, including the State Pension, in line with September inflation by 10.1%. And we'll continue to provide support to all households through the Energy Price Guarantee, which caps the price you pay for each unit of energy. This will save the average UK household £500 in 2023-24'.

But what can you do real time to offset the current cost of living:

In this sphere it is difficult to give the right advice, due to the uncertainty of the UK political landscape, however there are some simples that can be done, look at the following websites to gauge if you can make a saving or whether you are claiming what you are entitled to:

[Cost of living support Factsheet - GOV.UK \(www.gov.uk\)](https://www.gov.uk/cost-of-living-support-factsheet)

Do not feel like you are on your own.

Many people find themselves in unfamiliar territory now, making difficult decisions, there is help available:

[Durham Foodbank | Helping Local People in Crisis](#)

[Food Banks | Citizens Advice Darlington, Redcar and Cleveland \(citizensadvicecra.org.uk\)](#)



flooding- minimising the risk

Flood plan guidance for communities and groups

Practical advice to help you create a flood plan

Flood Resilience and Planning

Do you know if you, your business or your community are prone to or at risk from flooding, here are some of the simple steps you can take to ensure, that, if and when we subject to prolonged or torrential weather, to ensure that you minimise the impact of such weather:

STEP 1—Use this [link](#) to check if the area in which you reside, is classed as at risk from flooding

STEP 2—Use this [link](#) to check the 5-day forecast on a regular basis

STEP 3—If none of the above work then you can call one of the following numbers to obtain the same information:

Flood line

Telephone: 0345 988 1188

Textphone: 0345 602 6340

[Advice From Durham County Council on Preparing For, During and after Flooding can be found here](#)

[Advice From Darlington Borough Council is Taken Directly from the Environment Agency and can be found here](#)



Northern Gas Networks



Keep the National Gas Emergency Number – 0800 111 999
ring it if you smell gas or suspect a carbon monoxide leak.



Keep the number of your gas boiler service contract
provider, gas supplier to hand



[Frozen pipes on your boiler, watch this short video to ensure
you take all reasonable measures before putting a call into
your provider](#)



#BeWinterReady

Northern Gas Networks (NGN), the North of England's gas distributor, is launching a major awareness initiative ahead of what the company expects to be a tough winter for its customers. The company, which transports gas to over 2.7 million homes and businesses across the Northeast, northern Cumbria and much of Yorkshire, is urging domestic and commercial users to be winter aware and follow the mantra of 'Prepare – Care – Share' as the cold weather approaches

- ***Join the Priority Services Register. You may be eligible for help from your energy company if you have extra communication, access or safety needs. This can include elderly people, those with a chronic illness, people with mental health issues or dementia and those born Deaf.***
- ***Buy an audible Carbon Monoxide alarm.***
- ***Know the signs and symptoms of carbon monoxide.***
- ***Call 105 if you have a power cut.***
- ***Keep a torch handy in case of power cuts.***
- ***Keep an eye on the weather forecast and if you have a loss of supply or a power cut, check on your neighbours.***



Getting prepared

Power cut and resilience
advice for businesses



Click [northernpowergrid.com](https://www.northernpowergrid.com)

Call 0800 011 3332

Connect

🐦 @northpowergrid

f @northernpowergrid



Keeping your power on

**POWER CUT?
CALL 105**



Northern Power Grid

Is encouraging people to be prepared so they know what to do if their power supply is ever affected, whether that's because of a fault on the local electricity network or severe weather damaging electrical equipment.

Some top tips are contained in the links below, from money saving ideas to how to prepare for a power cut:

[Helping you be prepared](#)

[Power Cut Advice: Quick tips to support you](#)

[Energy saving and safety tips for your home](#)

[Getting prepared](#)

BEAT THE FREEZE



In the coldest months of the year, Northumbrian Water encourage their customers to beat the freeze by protecting their homes and saving their pipes.

When the weather turns, it can freeze pipes—cutting off your water supply or even causing your pipes to burst.

There is plenty that you can do to help make sure that you have hot running water and that your pipes don't freeze, the links on this page take you to hand guides for looking after your home and business.

Tips to prepare and protect your home

- Keep an eye out for any exposed pipes, taps and tanks in unheated areas that might be exposed to cold temperatures - such as in your garage or your loft space
- You can buy cheap lagging from DIY stores and wrap them around your pipes to protect them. They look like foam tubes and are very simple to cut up and pop around your pipes
- Keep your home heated. If you can, try and keep your heating on constantly at a low temperature, especially during cold spells
- Fix dripping taps
- If you're leaving your house for a few days, leave your heating on low
- If you're leaving your property empty for a long time, turn off the stop tap
- Check your boiler is serviced, make sure there's no leaks
- Minimise draughts from doors and windows

Tips to prepare and protect your business

[Click here for top tips on how to protect your business this winter](#)

Or

[Download this PDF giving more detail on how to protect your business this winter](#)



Be WINTER READY, let's have a closer look at what you should carry in your car in case of a breakdown this winter:

Ice scraper and de-icer

Torch and spare batteries

Warm clothes and blankets

High-visibility jacket

Boots with a good grip

First aid kit

Jump start cables

Empty fuel can

Food and drink

Shovel

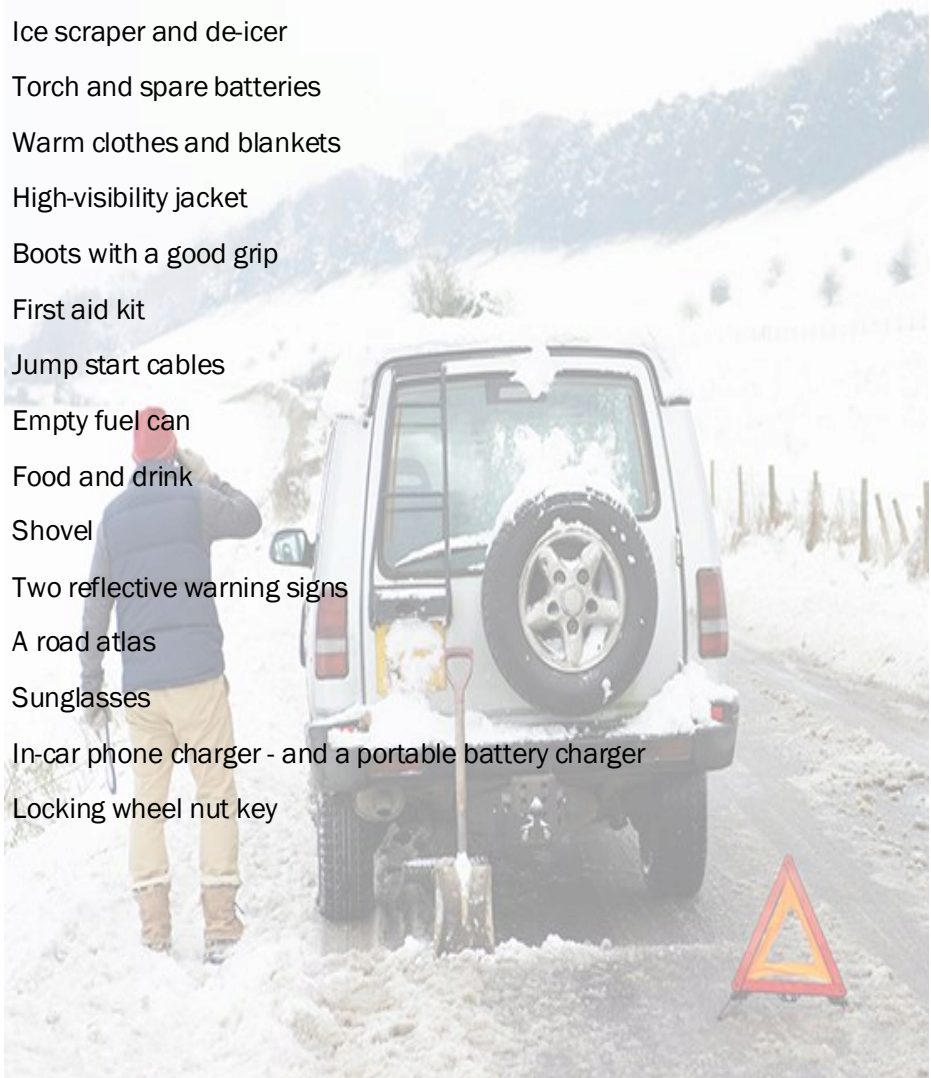
Two reflective warning signs

A road atlas

Sunglasses

In-car phone charger - and a portable battery charger

Locking wheel nut key





When it comes to driving in winter, preparation is key. Before embarking on a long journey, it is worth running a series of checks on your car to ensure it is equipped for the drive and in good shape. It might even be worth booking your car in for a service at your local garage.

Make sure that you have:

Enough Fuel for the complete journey

Your oil and coolant levels are topped up

Tyres are at the correct pressure

Screen wash levels should be topped up too

Take some spare windscreen washer fluid in case driving conditions mean the screen needs clearing more than usual.

Remember!!

Be prepared, be properly equipped, drive responsibly and stay safe on the roads in winter.



GAME OVER

**YOU HAVE ONE LIFE, YOU DON'T
GET ANOTHER CHANCE.**



**TAKE CONTROL
DON'T DRINK AND DRIVE**