

# The Cookpole Community Emergency Card

The Cookpole Community Emergency Group are here to provide assistance in the event of a serious emergency affecting our two parishes – such as a flood, extreme weather, or utility failure.

**If there is a danger to life, or a crime is in progress RING 999.**

Where there is not an immediate threat to life but Emergency Services may be required **RING 101**

If you see something suspicious that could be terrorist related ring the counter terrorist hotline **0800 789321.**

**Do NOT put yourself at risk!**

**Power Failure:** Ring **105** or UK Power Network **0800 31631905**

**Water failure:** Essex & Suffolk Water **0800 432 0225**

**River flooding - Environment Agency hotline:** **0800 80 70 60**

**Health epidemic – NHS 111 and/or call your GP**

**Sizewell incident - Stay indoors** and tune into BBC Radio Suffolk 95.5 FM. More at <http://www.suffolkresilience.com>

**Chemical spill - Stay indoors** and await information from co-ordinators

Further advice and assistance can be provided by your Community Emergency Co-ordinators **once you have alerted the emergency services or appropriate authority.**

December 2016

## Community Emergency Co-ordinators:

Parish	Community Emergency Co-ordinator	Contact details
Cookley	Ian Newton	01986 784216
	Deborah Golden	07956 822582
Walpole	Bob Lowe	01986 784518
	Alison Cooke	07504 459338

### **Cookley & Walpole Emergency Planning Officer**

**Mark Wenham: 01986 784457 / 07808 172991**

### **Cookley & Walpole Deputy Emergency Planning Officer**

**John Winter: 01986 784345 / 07765 575551**

If you are not involved in the incident, but are close by or believe you may be in danger:

**Go in** – go inside and stay away from doors and windows

**Stay in** – stay inside for as long as it is safe to do so

**Tune in** – BBC Radio Suffolk, 95.5FM, local TV. Your Community Emergency Co-ordinator will also give you information about the situation or call around.

## **Evacuation**

In the unlikely event of you needing to be evacuated your Community Emergency Co-ordinator will assist you and guide you to one of the pre-arranged Community Rest Centres / Emergency Centres or to a Local Authority facility.

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## How to prepare for an emergency:

Things you can do now - ask your Community Emergency Co-ordinator for further assistance.

Type of emergency	Self-help measure
Power Outage	Register for Priority Services on UK Power Network if you are vulnerable. Ensure you have torches available in the house. Alternative power sources & a non-electric phone.
Flooding	Environment Agency Advice. <a href="https://www.gov.uk/prepare-for-a-flood">https://www.gov.uk/prepare-for-a-flood</a> . Make sure you have flood insurance in place. Consider flood protection equipment. Advice and info ring Floodline; 0345 988 1188. Sign up for Flood Warning Direct. <a href="https://fwd.environment-agency.gov.uk/app/olr/home">https://fwd.environment-agency.gov.uk/app/olr/home</a>
Extreme weather / snow	Have snow shovels and supply of grit/salt for your property. Register with the Good Neighbours scheme (see below).
Gas explosion or serious house fire	Ensure smoke & carbon monoxide alarms are in date and tested. Have gas appliances safety checked yearly, and serviced. in accordance with manufacturers recommendations. Find a Gas Safe registered engineer - 0800 408 5500. Fire safety guidance - <a href="https://www.gov.uk/government/collections/fire-safety-guidance">https://www.gov.uk/government/collections/fire-safety-guidance</a> Ensure regular checks of flues, vents and chimneys. Take extra care when using candles, electric blankets, electric heaters and cigarettes. Look out for faulty wiring and overloaded sockets.
Water failure	Have some water put aside for an emergency – make sure it is changed regularly.

**Good Neighbours Scheme: 07722 646692**

**Cookpole News website has more detail on how to prepare  
for an emergency: <http://cookpolenews.onesuffolk.net>**