

## Cookley & Walpole Emergency Panning Guidance

### Preparing for an emergency

A handy list of things that you can do in advance of any emergency. Read in conjunction with the Cookpole Community Emergency Card

#### Power Outage:

1. Register for Priority Services on UK Power Network if you are vulnerable. [Click here](#)
2. Ensure you have battery (or wind-up) torches available in the house.
3. Consider alternative power sources & a non-electric or old fashioned corded phone.
4. Ensure you have spare batteries for torches, phones and other equipment.
5. Have blankets available to cover the freezer – it will keep it cold for longer.
6. Use surge protectors on valuable electrical items.
7. Keep on hand a few days-worth of ready-to-eat foods that do not require cooking or cooling. Have spare bottled water as well.
8. Consider having a gas stove/ BBQ available as a cooking alternative.
9. Check your 1<sup>st</sup> Aid kit is well stocked.

#### Flooding:

1. Make sure you have flood insurance in place. Advice from [National Flood Forum](#)
2. Consider a Personal Flood Plan. [Template here](#)
3. Consider flood protection equipment at [Blue Pages](#)
4. Advice and information ring Floodline: 0345 988 1188.
5. Consider signing up for flood alerts. [Red Cross Emergency App](#). [Met Office App](#). [Flood Alert](#)
6. Have a supply of fresh water available.

#### Severe weather:

1. Have snow shovels and supply of grit/salt for your property.
2. Register with the Cookley & Walpole Good Neighbours Scheme (07722646692)
3. Ensure you have an emergency kit in the car. You could be stuck overnight!
4. Have your list of emergency numbers to hand.
5. Plan for alternative ways to keep warm if your home heating is disrupted.
6. Stay informed about bad weather: local radio or [Red Cross Emergency App](#) or [Met Office App](#).
7. Consider preparing an [emergency kit](#).

#### Gas explosion or serious house fires:

1. Make your home safe. [Publication](#) and Fire Safety in the Home, [Publication](#)
2. Ensure smoke & carbon monoxide alarms are in date and tested.
3. Have gas appliances safety checked yearly, and serviced in accordance with manufacturers recommendations.
4. Find a Gas Safe registered engineer - 0800 408 5500.

5. Ensure regular checks of flues, vents and chimneys.
6. Take extra care when using candles, electric blankets, electric heaters and cigarettes.
7. Look out for faulty wiring and overloaded sockets.

**Drought or water shortage:**

1. Always have a spare supply of drinking water in the house – that is checked and changed regularly.
2. Essex and Suffolk [water saving tips](#).
3. Use a bowl of water to peel and wash fruit and vegetables instead of a running tap.
4. Reuse grey water to water the garden.
5. Putting a 'Hippo' water-saving device or brick in your cistern.
6. Take shorter showers.
7. Placing [water butts](#) under downpipes and considering many other ways of saving rainwater can drastically reduce consumption in the garden and help ensure you can keep watering even during a hosepipe ban.

**If you need any further assistance, please ask one of our 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**