

- Offer assistance to neighbours who you know are at home but their curtains may have been closed all day, milk left on the door step, may mean somebody requires some assistance
- Wrap up warm in several thin layers
- Conserve energy using only one room and maintaining its temperature at 15/20 degrees Celsius 60/70 Fahrenheit.

When driving in severe weather conditions think about carrying:

- Carry a shovel
- Torch and batteries
- Battery operated radio and batteries
- Blankets
- Spare warm clothing
- Warm drink in a flask
- Snack bars
- Mobile phone

Supplies for your home:

- A supply of candles and matches
- Torch and batteries
- Battery operated radio and batteries



- A Stock of warm high calorie food
- During a heat wave:**
- Keep some stocks of bottled water in case there is a fall in supplies
 - Avoid the hottest part of the day
 - Keep out of the sun
 - Drink plenty of fluids, but avoid alcoholic drinks
 - Avoid excessive exercise
 - Take cool showers or baths
 - Keep your house cool; keep curtains closed in the day
 - Ventilate sleeping areas during the night
 - Remember not to leave pets in hot places
 - When driving, have plenty of fluid with you and ventilate your car



Useful contact numbers	
Name	Number
South Norfolk Council Emergency Planning Unit	01508 533633
Community Emergency Co-ordinator (obtain No. via South Norfolk Council	01508 533830
Norfolk County Council	0344 8008020
Doctor	
Dentist	
Insurance Company	
Home Help	
Neighbour	

Coping with SEVERE WEATHER



www.norfolkprepared.gov.uk
www.south-norfolk.gov.uk
www.ukresilience.gov.uk
www.metoffice.gov.uk
www.norfolk.gov.uk
www.dh.gov.uk



www.south-norfolk.gov.uk



Severe Weather

Severe weather (e.g. heavy snow, blizzards, dense fog, gales, a heat wave and flooding) can cause disruptions to daily lives and our routines.



Some sections of our Community are particularly vulnerable when the above weather conditions happen, **weather does not discriminate it can affect each and every one of us.**

When such conditions occur South Norfolk Council have plans in place, which allows help to our Community. We now have in many areas of the District, Community Emergency Coordinators who give their time freely to creating a plan for your Parish/Town, which works alongside our own plans at District Level dealing with Emergency situations. If your Parish/Town has a Coordinator you may have received a leaflet through your door asking if you require help in an emergency situation, such as those mentioned above, if you have filled out one of these forms your request would have been noted down in your local Parish/Town Community Emergency Plan. If you would like to know who your local Community Emergency Coordinator is or if you would like to become or assist with this role then please contact us.

We also work along side other authorities such as Norfolk County Council, Primary Care Trusts and various Voluntary Agencies making sure suitable plans are in place.

We all have a vital part to play during these difficult times. Being a good neighbour by being aware of those who may be particularly vulnerable is very important.

School Closure

When severe weather forces schools to close (through lack of heating, power or accessibility) school staff will inform Norfolk County Council and possibly the Local Radio Stations. In the event of severe weather and the possible risk of schools closing you can gain access to Norfolk County Council Website by logging onto **www.norfolk.gov.uk** and then going to Children's Services, Emergency School Closures or tune into:

- Heart Radio VHF-FM 102.4MHz
- BBC Radio Norfolk AM 855 KHz 344 metres)
VHF-FM 95.1MHz

To avoid making unnecessary journeys parents, children and staff should log onto the above website or tune in to local radio stations to find out what is happening.

Emergency Evacuation/Rest Centres

If an Evacuation or Rest Centre is required, the Emergency Planning Team hold plans for various premises around the District of South Norfolk, which can be opened, to look after those affected. We have trained Managers who open up and run the Centres; these Managers work closely with all other Agencies who may need to attend. The plans, which we hold, can be quickly implemented when the need arises.

Local Radio and Television bulletins

Keep up to date with Road Closures, Bus Routes that remain open, power cuts



and School Closures by listening to local bulletins on Heart Radio, Radio Norfolk frequencies as above. Don't forget to keep a battery-operated radio in your home and a telephone, which does not rely on an electricity supply.

At home in Severe Cold weather:

- Listen to local radio bulletins for weather forecasts