

What Would You Do If..?

Newsletter



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What Would You Do If...? Newsletter



Website helps residents prepare for winter



The Bedfordshire and Luton Local Resilience Forum has issued advice on a website to help local residents prepare for emergencies.

Practical steps to prepare for winter have been added to a new winter weather section on the forum's website <http://www.whatwouldyoudoif.co.uk/> Advice includes how to protect your home, how to stay healthy and how to prepare for car journeys. The advice is particularly significant following a survey by the Red

Cross today which concludes only one in five people are making preparations for cold winter ahead. Last year many people were caught in the extreme weather; in Scotland, some people were stuck in their cars overnight on the M8 between Glasgow and Edinburgh.

BLLRF Chair and Bedfordshire Police Assistant Chief Constable, Katherine Govier, said "We can't predict what conditions will be like this year but we can all take some time to prepare for the winter ahead. The advice we've issued is very simple but can help make you and your family more comfortable if the weather takes a turn for the worst.

"Advice includes what you should add to your emergency kit for car journeys, checking your pipes, where

to look for traffic information and how to help vulnerable members of your community".

BLLRF are also stressing that residents should add an In Case of Emergency (ICE) contact to their phones. For those with password-protected smart phones, the emergency forum advise you download a free app which enables you to add text to a picture, you can then add your ICE contact to your screen.

For more information go to <http://www.whatwouldyoudoif.co.uk/>. BLLRF will also be tweeting emergency planning advice on @what_would and posting advice on <http://www.facebook.com/whatwouldyoudoif>

What Would You Do If...? Newsletter



Tips to protect your home, health and community this winter



These tips outline simple things you can do to help you and your family keep warm, healthy and safe through the cold weather – as well as saving money.

Protecting your home

- Check that pipes are adequately lagged
- Check that you have ordered your winter heating fuel
- Check that you know where your stop tap is located
- Find out if you are entitled to grants and subsidies for

home heating and insulation

Health and well-being

- Check you have had your flu jab if you are aged 65 or over, pregnant, have certain medical conditions, live in a residential or nursing home, or are the main carer for an older or disabled person
- Check you have well-gripping shoes to prevent falls in cold weather; wear several layers of clothes to stay warm; and remain active in your home
- Good hand hygiene can help prevent the spread of norovirus
- Check you have had your heating and cooking appli-

ances serviced – carbon monoxide is a killer

- [Check NHS choices](#) for health guidance on winter ailments (flu, winter vomiting, cold temperatures)

Communities

- Check you know who might need help in your community area in really bad weather
- Sign up for weather warnings on the Met Office website
- Check whether you are at risk of flooding and sign up for free flood warnings by visiting <http://www.environment-agency.gov.uk/homeandleisure/floods/default.aspx>



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What Would You Do If...? Newsletter



BLEVEC pensioner marks 80th birthday with 2000 metre cave dive



BLEVEC volunteer and super-pensioner John Buxton from Bedford marked his 80th birthday with a cave dive, swimming 2,000 metres underground and underwater.

During this extraordinary feat the former special constable reached 20 underwater chambers in the Wookey Hole Cave system near Somerset. Mr Buxton, who has been cave diving

since 1952 is believed to be the oldest man ever to cave dive, though he himself does not make this claim.

The octogenarian joined the Bedfordshire and Luton Emergency Volunteers Executive Committee (BLEVEC) almost ten years ago. This is a local partnership of charities, community groups and volunteers who work together as part of BLLRF to pre-

pare for, and respond to emergencies. John is also an active member of RAYNET, which is a partner of BLEVEC.

John has been called to incidents across Bedfordshire including a major incident in Caddington in the 2009 winter when water pipes burst across the parish.

Mr Buxton said “I love being active and I wanted to celebrate my 80th birthday with a big dive. Although I’ve reached the big 80, I’m fit and health and I enjoy helping people which is why I joined BLEVEC. Our role is to help prepare for and respond to all types of emergency that may affect Bedfordshire

“We meet once a fortnight and learn specialist skills with qualifications including first aid and food safety. It’s a great place to meet people, become involved in your local community and make a difference in your local area.”

You don’t need any specialist skills to join BLEVEC, all training will be provided. For more information please email membership@bllrf.org.uk or call us on 07716 744923.

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What Would You Do If...? Newsletter



Motorists urged to carry emergency kits

With the thousands of residents planning to travel over the festive period, the Bedfordshire and Luton Local Resilience Forum is encouraging residents to carry essential items.

Motorists should pack an emergency kit for any journey and include such as warm clothes, a torch, a first aid kit and food to help keep them warm and comfortable if an accident occurs.

BLLRF Chair and Bedfordshire Police Assistant Chief Constable, Katherine Govier, said “ Motorists should be prepared for emergencies on the road.

If an accident occurs travellers can be at a standstill for a number of hours. Having an emergency kit in your car will help makes those hours more comfortable, particularly if you have children or elderly people in the car. Putting a kit together will only take a few minutes but you never know when you might need it.”

Even usually short journeys may turn into lengthy ones because of traffic incidents such as these. Therefore when planning for a car journey it is useful to have some basic items alongside or part of your emergency kit such as:

- Bottles of water
- Non – perishable food such as crackers, nuts, cereal bars and dried fruit
- Chocolate and/or sweets

With winter approaching, BLLRF also recommends that you prepare now for the challenges that some weather, such as snow can create. You can do this by packing the following items in your emergency car kit:

- Ice scraper and de-icer
- Torch and spare batteries - or a wind-up torch
- Warm clothes and blankets - for you and all passengers
- Boots
- First aid kit
- Jump leads
- A shovel
- Road atlas
- Sunglasses (the glare off snow can be dazzling)



Motorists may also find it useful to check journey conditions on <http://www.trafficengland.com/>

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What Would You Do If..? Newsletter



See us at the Mall shopping centre

Following our success last summer, the Bedfordshire and Luton Local Resilience Forum are once again taking the What Would You Do If...? events stall to prepare the residents of Bedfordshire and Luton for emergencies.

We will at the Mall shopping centre in Luton on 14th January 2012 and 11th February 2012 next to the Ask Me point desk (customer services).

At the stall, volunteers will help you help you prepare you prepare for emergencies by :

- Preparing an emergency kit with water, food and a first aid kit.

- Adding an In Case of Emergency (ICE) contact in your mobile phones
- Completing an emergency postcard with details of your doctors, next of kin and other useful contact numbers so all your useful numbers are in one place.

There will also be leaflets, competitions, a kid's colouring corner competition.

Over 2012 we will be visiting local fetes, family fun days and community events .

If you would like the stall to visit your family funday, village fete or any other event please email admin@athene-communications.co.uk or call 01733 207 340.



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