USEFUL NUMBERS

EMERGENCY SERVICES	999
POLICE (NON-EMERGENCY)	101
NHS (NON-EMERGENCY)	111
POWER CUTS	105
UK Power Network	0800 31 63 105
Anglian Water	03457 145 145
Report a water leak	0800 771 881
Gas Emergency	0800 111 999
Flood (non-emergency)	0344 800 8013
Flood highway (Norfolk)	0344 800 8020
GP SERVICES	
The Lawns (Diss)	01379 642021
Parish Fields (Diss)	01379 642023
Church Hill Surgery (Pulham Market)	01379 676227

RADIO STATIONS

BBC RADIO NORFOLK - 95.1 BBC RADIO 2 - 89.7

UTILITY SHUT OFF	**LOCATION**
Water Stop Cock	
Gas isolation Valve	
Electricity isolation switch	

INSURANCE DETAILS	
Insurance company names, phone numbers and policy numbers	

GISSING
72 Hour Household Emergency Plan

The Government has recently launched its 'Be Ready' campaign to help aid households in an event where you are without electricity, interruption to the water supply or severe weather.

This leaflet will help you write down some simple information which can act as a guide, making simple preparations to help you manage in your household comfortably for 72 hours should it be required.

If you find yourself, your household or neighbour in an emergency situation dial 999

Please go through this leaflet with your household, it will help you all prepare useful information and simple supplies should it be necessary. Keep this in a safe place for use if or when required

Check this plan regularly and update where necessary

VILLAGE MEETING POINT

In certain situations, you may need to leave your home for your own safety. Decide where you will meet others, in Gissing our hub will be the Community Building in the centre of the village.

This document has been produced by Gissing Parish Council. For additions or amendments please contact the clerk. clerk@gissingparishcouncil.gov.uk (07796 545929) or a Parish Councillor.

72 Hour Household Checklist

WATER
Enough safe drinking water for everyone for three days. Aim for around 2-3 litres per person per day, allow extra for washing, cooking and pets

FOOD
3 days of everyday food that can be eaten cold or prepared easily, including special diets. You may also need a tin opener

COOKING AND HOT DRINKS
Think about how you could safely make a hot drink or a simple meal without electricity. Do not use barbeques, generators or unsuitable camping stoves indoors

LIGHTING AND POWER
Torches, spare batteries, rechargeable lamps and a charged power bank for your phone

KEEPING WARM OR COOL
Blankets, warm clothes and suitable footwear for winter, shade, ventilation and drinking water during hot weather

STAYING INFORMED
A battery operated or wind-up radio, important telephone numbers written down and a way of checking on neighbours

HEALTH AND HYGIENE
Essential medication, a first-aid kit, toilet roll, hand sanitiser and personal items you rely on

USEFUL HOUSEHOLD ITEMS
Basic tools, bin bags, a little cash and knowing where your water stopcock and utlilty shut-offs are

PETS AND OTHER ANIMALS
3 days of food, water and any medication. Remember horses and livestock where applicable

TRANSPORT & NEIGHBOURS
Keep essential vehicles reasonably fuelled or charged, and think about neighbours who might appreciate a helping hand

REMEMBER YOU DO NOT NEED TO DO EVERYTHING AT ONCE, A FEW SIMPLE STEPS OF PREPARATION CAN MAKE AN UNEXPECTED DISRUPTION MUCH EASIER TO MANAGE

QUICK CHECK

Work through the 72 hour checklist

The essentials, food, water, warmth, hygiene, a few supplies to be able to manage for 72 hours should the need arise

Do you have additional considerations

Do you have medical issues, babies, animals, you may wish to include additional kit in your 72 hour supplies
Medical – consider prescription medication, medical information or care plan, spare chargers or batteries for medical equipment, spare hearing-aid batteries, instructions for medical equipment.
Babies – consider formula, nappies, wet-wipes, their favourite toy, activities
Pets – food, water, lead and/or harness, medication, litter and waste bags

Find out if you are eligible to sign up to the Priority Services Register (PSR)
PSR is a free service in England that gives extra support to customers who may need it. This includes help if your electricity, gas or water supply is ever interrupted. If you have children under 5, are of pensionable age, medically dependent on utilities, hearing or visually impaired, or have a cognitive condition plus more **CALL 0800 169 9970**

CHECK IN WITH OTHERS
Do you have any neighbours that may need your help or an occasional check-in. We are lucky to have many people in our village who can help you if you need it. Contact with others can be a life line to help when you need it.

ANYTHING ELSE

SPACE FOR OTHER HANDY NUMBERS, MEDICATIONS AND OTHER INFORMATION