

# Are you Ready for Winter?

You might need to be self-sufficient for 72 hours. So now is a good time to get prepared.

The winter months can throw all sorts at us in Aberdeenshire. It might bring snow or ice, high winds and power disruption, flooding.

The Council and other partners will always try to deliver as many services as they can, no matter the situation, but the reality is that they might also be impacted.

To help, you can get prepared and be ready for disruption. Taking a few simple steps can improve your own personal or household resilience.

This leaflet contains some important information, guidance, and signposting to additional support.



Scan this QR code if you would like this leaflet translated into another language.



## **MAKE A PLAN**

Get prepared now

### **FIND YOUR UTILITIES**

It sounds obvious, but it is significantly easier to locate your fuse box, gas meter, or mains water supply tap in the light, than during a power cut. Take the time to learn where utilities in your house are and how they operate. These might need to be switched off during a flood event for example.

### **CHECK YOUR CAR**

It is important to ensure your vehicle is ready for winter. Make sure these areas are topped up or checked: Fuel, Oil, Rubber, Coolant, Electrics, Screen wash.

### **THINK ABOUT YOUR NEIGHBOURS**

A resilient community is one where households look out for each other and help each other in times of need. You may be able to help your neighbour with an important job to prepare for winter, or your neighbour may be able to help you.

### **HAVE SUPPLIES**

During an incident you may be homebound for an extended period, potentially without electricity. It is useful to make sure you have basic supplies in stock if you can. This could include canned and dried food, bottled water, medicines, torches, radio and batteries, a portable gas cooker (please use it safely because there is a co2 risk if used wrong), pet food, and warm clothes. Plan supplies for as long as possible, up to 72 hours if you are able to.

Check that you have a well-stocked first aid kit for home emergencies – for anything more severe seek medical advice. The NHS Inform website is a great place to go for detailed guidance ahead of time. Making sure the vulnerable in your community have enough repeat prescriptions on hand is important, but medicines go out of date so don't order more than you need.

The reality is that stock-piling food for a 'just in case' is difficult for most people and impossible for some. Perhaps you could consider making contact with neighbours and agreeing a street/local plan, so you can work together to help each other in an emergency.





## **PREPARE AND PROTECT YOUR PROPERTY:**

Before bad weather strikes, you must ensure your property is protected against flooding. It can have a devastating effect on people, property, businesses and land – but the prime responsibility for the protection of properties against damage by flooding rests with the owner. As a council we do offer various protection products at cost price including flood gates, vent guards and floodsax: [https://www.aberdeenshire.gov.uk/environment/flooding/Have Supplies](https://www.aberdeenshire.gov.uk/environment/flooding/Have%20Supplies)

## **PREPARE A GRAB BAG:**

As we've seen during recent storms, flooding and other emergencies can occur quickly and with little warning. Taking steps now to minimise the impact of an emergency does not need any special knowledge, and it will take just a few minutes of your time to make preparations.

A key part of your preparations will be to prepare an Emergency 'Grab Bag'.

If you have to evacuate your home, it will make things a lot easier if you have prepared a 'Grab Bag' in advance containing a packing list to follow should you need to use it. When putting together a "grab bag" you should include:

- Any medication that may be required for family members
- Glasses or contact lenses
- Essential keys including house and car
- Cash, credit and debit cards
- A change of clothing. Footwear and sleeping attire
- Washing, shaving and sanitary supplies
- Any special items for babies, children, elderly and disabled people
- Mobile phone and charger

For more information visit:

<https://www.aberdeenshire.gov.uk/emergencies/>

# THINGS TO DO AHEAD OF AN EVENT

You might not be able to do all of these things but doing even a few can help make you more resilient.

## SIGN UP FOR FLOOD ALERTS

Sign up to get notified when the area you live, work, or travel through is at risk of flooding. If you know there is a flood risk, you can get sandbags from local council roads depots. Some local community groups also have them.

[www.floodlinescotland.org.uk](http://www.floodlinescotland.org.uk)

## SIGN UP FOR SEVERE WEATHER WARNINGS

Get severe weather warnings and sign up to Met Office alerts, including text alerts or via Twitter. The Met office also provide advice on preparing yourself, home, and vehicles for all weather conditions.

<https://www.metoffice.gov.uk/weather/warnings-and-advice>

or **#WeatherReady** for more information.

## GET ONTO THE PRIORITY SERVICES REGISTER (PSR)

The Priority Services Register is a free UK wide service which provides extra help to those that need it during power cuts or when there's an interruption to your electricity, gas or water supply.

[psrscotland.com](http://psrscotland.com)

## SIGN UP FOR THE MYABERDEENSHIRE MOBILE APP

Aberdeenshire Council's mobile app contains useful information relating to potential winter disruptions. Remember to switch on notifications!

## DOWNLOAD THE POWER TRACK APP

SSEN Distribution looks after the wires and cables that bring electricity to your home. Download SSEN's free Power Track app for local power cut information and updates or visit:

[ssen.co.uk/powertrack](http://ssen.co.uk/powertrack)

## EXTRA USEFUL CONTACT DETAILS

- All Emergency Services: **999** or **112**
- Police Non- Emergency: **101**
- NHS 24: **111**
- SSEN Power Cut line: **105**
- Scottish Water: **0800 0778 778**
- Emergency council housing repairs: **03456 08 12 03**
- Emergency social care: **03456 08 12 06**

# IF THE LIGHTS GO OUT

If you are prepared, you will be in with a better chance of being resilient in an emergency.

- Stay home or get home**  
You are safest near to home, unless you need emergency care. If you are out, try to get home as safely as you can.
- If you are flooded**  
get as safely as you can to a pre-agreed 'safe place' and let others know you are ok.
- Look out for each other**  
The council or other service providers might be unable to help out for a few hours, or even a few days. So please check regularly on your neighbours and pool your resources.
- Stay safe**  
Make sure you are aware of the risk posed from candles or portable stoves in your home and be alert.
- Stay healthy**  
and not just your physical health, maybe having a few board games to play or a deck of cards might help keep you mentally alert? It could get boring fast.
- Listen for advice**  
Local radio stations will be broadcasting advice to your area, so often people will get into the car to listen in (at the same time also charging devices) or you might be able to get your hands on a wind-up or battery radio.

Noting down some names, numbers and details now so you have them in an emergency might be useful.

Keep this somewhere safe.

**Local authority:** .....

**Local Radio Station:** .....

**Insurance company number:** .....

**Insurance policy numbers:** .....

**GP:** .....

**Vet:** .....

**Gas supplier:** .....

**Electricity supplier:** .....

**Plumber:** .....

**Schools/colleges:** .....

**Carers/childminder:** .....

**Work contact:** .....

**Name and number of person you will tell when safe:**

.....

**Agreed safe place (if flooded out):**

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If you go to the website [Ready.scot](http://Ready.scot) there is a page for Emergency Plans with a downloadable template which might be useful.