

# Thurston Parish Council

## Emergency Information Plan



To assist residents of the village to cope in an emergency situation Thurston Parish Council has prepared this basic self-help information.

Most emergencies which occur in the village will be managed through the normal emergency systems, however it may be a widespread situation arises which needs additional actions either by the Parish Council or indeed by residents themselves, these situations are likely to be weather related where outside agencies may have problems accessing the village.

The emergency plan will operate when there is:

- A prolonged power cut
- Roads made impassable as a result of snow, fallen trees, flooding etc.
- Severe property damage resulting from fire, flood, storm etc.
- A major accident or incident
- Loss or contamination of water supply

The emergency plan is overseen by Thurston Parish Council who have put in place an Emergency Planning Team of Bryan Rainbow (Vice-Chair of the Parish Council), Barbara Morris, Keith Towers, John Thurlbourn, and Julian West.

A decision to activate the plan will be taken by the Emergency Planning Team who will liaise with the emergency and other services.

## Designated Evacuation Centres

In the unlikely event that parts of the village may have to be evacuated, designated evacuation centres have been identified, dependant on the area of the village involved. These centres will be manned, and residents will be informed which one is in use.

Those facilities which have been identified are as follows:-

- Thurston Community College      Tel: 01359 230885
- Thurston Primary School          Tel: 01359 230444
- Cavendish Hall (Chairman)        Tel: 01359 230854
- New Green Community Centre      Tel: 01359 232439

Information will be given as to the appropriate centre in use.

## Severe Weather

Heavy snow, blizzards, dense fog, gales, heavy rain and widespread ice can greatly disrupt daily routines and, in some cases, cause loss of life. The elderly, infirm, disabled and young can be particularly vulnerable.

Suffolk County Council has a major role to play in such situations. Together with district and parish councils, the police, the fire and rescue service and various agencies, they provide a wide range of services, to help return the situation to normal, quickly and efficiently, alleviating suffering and even saving lives in the process.

Individuals also have a vital role to play. Being a good neighbour is also very important.

## The following hints are designed to help reduce discomfort and save lives.

### For the car

- Ample fuel
- De-icer
- A shovel
- A radio and spare batteries
- A torch
- A blanket
- Spare warm clothing
- Water or a warm drink

## For the home

- Supply of candles, matches, batteries and a torch
- A battery-operated radio tuned to your local radio station
- A stock of food – tinned and dry and bottled water
- Baby food and baby care items (if applicable)
- First aid kit and essential medication
- Portable camping gas cooker if you rely solely on electricity
- Mobile phone/telephone not requiring electricity.

## Remember

- Heed the advice when told not to travel
- Stow away garden furniture and remove loose articles from outside. These might cause damage in a storm
- Make sure your emergency equipment is at hand
- If you have elderly, infirm or disabled neighbours, tell them to contact you if they need help – and keep an eye on them.

## Flooding

If your house is situated in an area at risk of flooding, you are strongly advised to spend some time and money preparing and planning for a flood event.

The Suffolk Flood Risk Management Partnership has information on its website on what to do before, during and after a flood and gives practical advice on what steps can be taken to protect yourself and your property:  
<http://www.greensuffolk.org/about/SFRMP/>

The Suffolk Flood Risk Management Partnership has also produced a checklist that can be used as your personal flood plan:

- Know who to contact and how.
- Think about who you could ask for/offer help.
- Think about what you would want to move to safety during a flood.
- Check your insurance cover for flooding.
- Know how to turn off your gas, electricity and water mains supplies.
- Prepare a flood kit of essential items and keep it handy, possibly upstairs. Keep or move irreplaceable sentimental items upstairs.
- Keep spare keys/wallet/purse/any daily medication handy in case you have to leave.
- Ensure that you heed the weather warnings prepared by the Met Office and relayed via TV, weather forecast updates, radio stations and on the website: <https://www.metoffice.gov.uk/>
- Keep monitoring local weather forecasts or the Met Office website and take appropriate steps to protect yourself and your property.

### **Possible Assistance**

During periods of severe weather coupled with power failure the Parish Council may be able to offer some assistance with provision of hot refreshments, this would involve the opening of a rest centre.

For elderly and infirm residents it might be possible for refreshments to be transported to their home address for which

help would be appreciated from other residents within the village.

### **Remember Vulnerable People**

Think about the most vulnerable people who may need specific help and support in an emergency. It is more likely that elderly people or vulnerable people will need extra support.

Be a good neighbour and knock on their door.

### **In An Emergency:**

## **Go in – stay in – tune in**



Radio Suffolk Frequencies: tune in for the latest information: DAB, 104.6FM, and BBC Sounds

### **Prepare An Emergency Box:**

Suggested contents –

- a torch and spare batteries
- candles & matches
- a few tins of food that do not need heating
- bottled water, fruit juice & long-life milk
- a first aid kit
- routine medication (sufficient to last a few days).

## The Village Defibrillator/Sudden Cardiac Arrest



Follow the procedure below if someone has collapsed and is not breathing or is not breathing normally.

- Dial 999 for emergency services immediately and ask for the ambulance service.
- The operator will give you the access code for the defibrillator and will stay on the line with you.
- Stay with the casualty.
- Lay them on their back. Tilt their head back to ensure that their airway is clear.
- While you wait for paramedics, begin compressions by placing the palm of your hand in the centre of the chest and pressing down firmly at a rate of two per second.
- Shout for assistance and send someone to fetch one of the village defibrillators.
- Defibrillators are located on the front wall of the Fox and Hounds Public House; on the front wall of the Community Library and on the front wall of the Cavendish Hall.
- Turn on the defibrillator and follow its instructions to restart the heart.
- You don't need to be trained to use a defibrillator – anyone can use it.

## Useful contacts

Thurston Parish Council Tel: 01359 232854  
All emergencies Dial 999  
Police non-emergency Dial 101  
PCSO for Thurston 3204 Matthew Smith

District Emergency Planning Officer:  
Steve Henthorn Tel: 01284 758460  
Or 07920 466340

Emergency Planning Officer:  
Vince Williams Tel: 01284 758461  
Or 07833 234553

Parish Council Emergency Planning Team:  
Christopher Dashper (Chair) Tel: 01359 234424

Environment Agency (Floodline): Tel: 0800 807060  
or 0845 9881188

Anglian Water: Tel: 09457 145145

Gas: 0800 111 999

Electricity: 0800 404 090

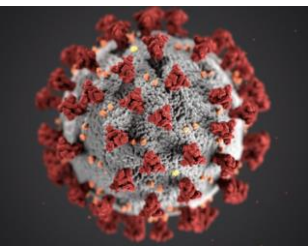
In the event of a power cut dial 105 for all providers, and they will update you.

## COVID-19 Information

**The Parish Council has implemented a plan to provide a village-wide response to Covid-19 in Thurston. This has formed part of the Village Emergency Plan, and as of November 2020 is in force.**

To deal with the immediate emergency of the coronavirus, the Parish Council's objective was to put in place structures to support the community during the months of the pandemic.

The plan has three main elements:



1. The Parish Council has co-ordinated responses with the help of other community bodies.

2. Neighbourhood areas have been allocated across the village. These are in the main composed of neighbouring streets. The idea is that neighbours can support each other making sure that nobody is left isolated and without support,

food or medical care.

Communication within each area can be done by telephone, internet or just shouting at one another across the street! Each area has been given a Neighbourhood Co-ordinator.

In each Neighbourhood Area set up around the village there are volunteers who will help with

- Collecting shopping
- Collecting medication
- Posting letters
- Chatting & listening over the phone
- The Parish Council has also worked with the Church and other community groups to ensure that there is social and spiritual support for residents.

3. Where necessary, the Parish Council has established a capability to collect and deliver medical supplies through the area Neighbourhood Co-ordinators.

The scheme is continuing to run in its current form and help is still available should any resident need it.

Newcomers to the village (since March 2020) who require assistance should contact the Parish Clerk - [clerk@thurstonparishcouncil.gov.uk](mailto:clerk@thurstonparishcouncil.gov.uk) or visit <https://thurstonparishcouncil.uk> for more details.

For up to date information on national restrictions please visit: <https://www.gov.uk/coronavirus>

For up to date information on local restrictions please visit: <https://www.gov.uk/find-coronavirus-local-restrictions>

*Please do not feel isolated or alone.*