

# Helping You To Help Yourself



DEVON COMMUNITY RESILIENCE FORUM

Summer 2018

## Britain's Heatwave

Love it or hate it the #heatwave has been a major topic of conversation over the summer. Hope this isn't the kiss of death for all the fine weather but thought we would just remind you of the need to look after those who might be more vulnerable, mainly the very young and the elderly. Although all of us need to be careful and avoid the worst of the sun and keep hydrated. Here are a few bits of good advice.

### Beat the Heat

[www.bit.ly/beat-that-heat](http://www.bit.ly/beat-that-heat)

### Help prevent moorland fires

[www.bit.ly/prevent-moorland-fires](http://www.bit.ly/prevent-moorland-fires)

### Keep your dog cool

[www.bit.ly/keep-your-dog-cool](http://www.bit.ly/keep-your-dog-cool)

### Save Water

After weeks of hot dry weather and

increased demand for water South West Water have advised that the region's total reservoir storage has dipped below last summer's levels for the first time this year. Whilst this is not a major concern as levels are at a satisfactory level it does illustrate how the prolonged period of high demand can impact our stored water. For advice on saving water.

[www.bit.ly/save-our-water](http://www.bit.ly/save-our-water)

## Holidaying abroad?

Not sure why anyone would ever want to leave Devon but the run, hide, tell video aimed at holiday makers has been re-launched in time for the main holiday season.

The UK's top counter-terrorism officers have issued a fresh plea to British holidaymakers to stay alert for attacks while abroad this summer.

A four-minute safety video advising tourists how to react in the event of a terror attack has been re-launched.

The clip, which was first issued last year, tells people to follow the official "run, hide, tell" guidance.

The chances of being involved in an

attack "are still low", said police - but people should "know what to do".

Chief Superintendent Nick Aldworth, of the Metropolitan Police, said: "We want people to think of this in the same way they do the safety film airlines show before take-off.

"They don't expect anything bad to happen but it is a sensible safety precaution to show people what to do."

[www.bit.ly/holidaying-abroad](http://www.bit.ly/holidaying-abroad)



## Social Media

## #30days30waysUK

Expect to see the hashtag #30days30waysUK a lot during September as the Local Resilience Forum encourages partners to support a month long national social media campaign that focuses on a different theme each day for a whole month to promote ideas of resilience and preparedness through easy, fun games and activities. It aims to boost personal resilience and preparedness for individuals of all ages by setting a daily challenge for those participating to undertake. See [www.bit.ly/30days-30waysUK](http://www.bit.ly/30days-30waysUK) for more details

There is an increased risk of Newcastle Disease infecting poultry and other birds.

Humans aren't normally affected, but people in direct contact with infected birds may develop a very short-term eye infection, which passes without treatment.

The disease was last confirmed in Great Britain in 2006.

The following link provides more information on:

- how to spot Newcastle disease
  - what to do if you suspect it
- and
- measures to prevent its spread.

[www.bit.ly/newcastle-disease](http://www.bit.ly/newcastle-disease)

Newcastle disease is a notifiable animal disease. If you suspect it you must report it immediately by calling the Defra Rural Services Helpline on 03000 200 301. Failure to do so is an offence

Please be vigilant!

## Ticks and Lyme Disease Your health, your choices

### Lyme disease

Lyme disease is a bacterial infection that can be spread to humans by infected ticks. It's usually easier to treat if it's diagnosed early.

### Symptoms of Lyme disease

Many people with early symptoms of Lyme disease develop a circular red skin rash around a tick bite.



The rash can appear up to 3 months after being bitten by a tick and usually lasts for several weeks. Most rashes appear within the first 4 weeks.



- a high temperature, or feeling hot and shivery
- headaches
- muscle and joint pain
- tiredness and loss of energy

### Most tick bites are harmless

Only a small number of ticks are infected with the bacteria that cause Lyme disease. A tick bite can only cause Lyme disease in humans if the tick has already bitten an infected animal.

But it's still important to be aware of ticks and to safely remove them as soon as possible, just in case.

Ticks that may cause Lyme disease are



found all over the UK, but high-risk areas include grassy and wooded areas in southern England and the Scottish Highlands.

Not everyone with Lyme disease gets the rash. Some people also have flu-like symptoms in the early stages, such as:

Public Health England

### Enjoy the outdoors but 'be tick aware'

- ticks can transmit microbes that cause infections such as Lyme disease
- you could be exposed to ticks whenever you spend time outdoors, including when in your garden or the local park
- ticks mainly attach to animals, but sometimes they may bite you or your family
- you can prevent tick bites by walking on clearly defined paths, using insect repellent and performing **regular tick checks**
- some tick bites can result in infection, so it is important to remove ticks safely and as quickly as possible
- the safest way to remove a tick is by using a pair of **fine-tipped** tweezers or a tick removal tool
- **contact your GP or dial NHS 111 promptly if you begin to feel unwell with flu-like symptoms or develop a spreading circular red rash. Remember to tell them you were bitten by a tick or have recently spent time outdoors**

Small compared to some penny coin

Tick in the environment | Tick attached to skin | Lyme disease bull's-eye rash | Tick found under hair

For more information, search for the phrases 'ticks' and 'Lyme disease' on these websites: [www.nhs.uk](http://www.nhs.uk) [www.gov.uk](http://www.gov.uk)

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# The Devon Emergency Planning Service

# DEPS

The Devon Emergency Planning Service (DEPS) provides a single and sustainable emergency planning service to its local authority partners.

Formed in April 2016 in response to concerns over the eroding of expertise and increasing demands on the time of district council officers with responsibility for emergency planning, the service aims to ensure that all partners have plans that are consistent, up to date and reflect current legislation and best practise; that staff are trained to deliver the plans; that the partnership can speak as a single voice to influence others on behalf of Devon and that information coming from national or local networks is shared to enable all partners to implement any necessary changes. All of this will make Devon more resilient.

Since being formed by Devon County, Exeter City Council, Mid Devon, North Devon, South Hams, Teignbridge and West Devon we have been joined by both Torbay Council and most recently Plymouth City Council.

DEPS will not be involved in the response phase of any incident, but will ensure

that all partners are in a position to respond effectively and in partnership.

The service aims to establish:

- a common templates for all plans
- a shared understanding of the skills required in each council to ensure that the response function can be fulfilled
- support for business continuity and recovery plans
- guidance to districts on information coming from the Local Resilience Forum (LRF) and nationally
- engagement with the LRF and partners across the County and more widely
- identification of best practice in relation to emergency planning and embedding that into the service
- support in the lead up to events
- provision of training to embed plans for all partners

- ways of generating income that will be used to the benefit of the Service
- a project plan that will focus on key objectives for each year which will be agreed by all partners

The key elements for a successful service are:

- Retaining and building on existing skills and knowledge
- Not replicating skills or knowledge that are already available
- Being a service that can speak for Devon
- A strong governance with all partners having a voice to influence work plans and the business model.

## Be safe on the water



With miles of sometimes dangerous coastline and thousands of boating enthusiasts in the county this new app might be of interest. The RYA SafeTrx app monitors your boat journeys and alerts emergency contacts should you fail to arrive on time. This app is freely available to anyone who wants to be safer afloat. It is free to download and there is no charge to use it.

You can enter your journey details

directly from your smartphone and set off knowing that should you not arrive by the time given, a nominated emergency contact will be alerted and advised to initiate appropriate action.

Where an emergency contact calls HM Coastguard about an overdue trip, they will have access to your location and SafeTrx trip data through a secure SafeTrx server.

More details [www.bit.ly/RYA-App](http://www.bit.ly/RYA-App)

A video explaining how the app works is available here

[www.bit.ly/safetrx-app](http://www.bit.ly/safetrx-app)



## Becoming Resilient Event

Big thanks to all those who were able to attend the latest event in June at Morchard Bishop. Planning for the next event is already underway. If you need a reminder of what went on or feel you missed out you can view the presentations from that date and

previous events as well as loads of other useful resources.

[www.bit.ly/becoming-a-resilient-community](http://www.bit.ly/becoming-a-resilient-community)



# Business Emergency Resilience Group



BERG is an initiative of His Royal Highness The Prince of Wales, Duke of Rothesay. BERG's objectives are to ensure all businesses are resilient.

See video link [www.bit.ly/we-are-resilient](http://www.bit.ly/we-are-resilient) and website [www.bit.ly/busibusiness-emergency-resilience-group](http://www.bit.ly/busibusiness-emergency-resilience-group)

Many communities rely on local businesses for their services and provision of jobs to local residents. Often when a natural disaster hits a community the impact is hard and if a business is not prepared or resilient then it may not recover and become insolvent. This cascades through the community as jobs and local amenities/ services are lost.



## Reporting an emergency on the highways that needs immediate attention

call 0345 155 1008. An emergency is 'something that is very likely to present an imminent threat to life or serious injury or serious damage to property.' Otherwise please use <http://soc.devon.cc/qCCct>

If the incident is on the M5, A30, A303, A35 or A38 contact Highways England on 0300 123 5000

## Further information and support

For assistance with community Emergency Planning your first point of contact is your City, District or Borough Emergency Planning Officer.

You will find them listed below for reference and remember they are all there to help you!

Don't forget, the Devon Communities Together website has lots of useful information for both individuals and communities:

- [www.devoncommunities.org.uk](http://www.devoncommunities.org.uk)
- [What we do](#)
- [Devon Community Resilience Forum](#)

## Useful information:

CLEAR Plan	<a href="http://www.dcisprepared.org.uk/a-clear-plan">www.dcisprepared.org.uk/a-clear-plan</a>
Floodline	0345 988 1188
Environment Agency	<a href="http://www.gov.uk/flood">www.gov.uk/flood</a>
Consumer Council for Water	<a href="http://www.ccwater.org.uk">www.ccwater.org.uk</a>
National Flood Forum	<a href="http://www.floodforum.org.uk">www.floodforum.org.uk</a>
Blue Pages Directory	<a href="http://www.bluepages.org.uk">www.bluepages.org.uk</a>
Association of British Insurers	<a href="http://www.abi.org.uk">www.abi.org.uk</a> or 020 7600 3333
British Insurance Brokers Association	<a href="http://www.biba.org.uk">www.biba.org.uk</a> or 0870 950 1790
Royal Institute of Chartered Surveyors	<a href="http://www.rics.org/flooding">www.rics.org/flooding</a>
Know Your Flood Risk campaign	<a href="http://www.knowyourfloodrisk.co.uk">www.knowyourfloodrisk.co.uk</a>

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