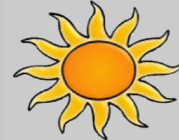


# EMERGENCY Management

Helping You To Help Yourselves  
Newsletter of the Emergency Planning Service

June 2010

## Heatwave Hot Hot Hot



**Heat-related illnesses and deaths are preventable yet annually many people succumb to extreme heat due to a variety of factors.**

People suffer heat-related illness when the body becomes unable to compensate and properly cool itself. The body normally cools itself by sweating. However, under some conditions, such as when there is high humidity or extreme heat, sweat will not evaporate as quickly, preventing the body from releasing heat quickly. Other conditions that can limit the ability to regulate temperature include old age, youth (age 0-4), obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn, and prescription drug use and alcohol use.

In these cases, body temperature rises rapidly. Very high body temperatures may potentially damage the brain or other vital organs. In extreme cases, excess

heat can lead to heat stroke, which can be fatal.

In periods of extreme heat everyone should remember the needs of friends, relatives and neighbours who could be at risk in hot weather. It is important for parents and those providing care to the elderly to be vigilant and take prompt action if they suspect in those they are caring for are suffering from the heat - heat exhaustion and heatstroke can develop without warning and both require urgent treatment.

In one hot spell in August 2003 in England, deaths in those aged 75 and over rose by 60%, with approximately 2000 total extra deaths than would normally be expected.

The main risks posed by a heatwave are:

- Dehydration - Not having enough water
- Overheating - Can make symptoms worse for people who already have problems with their heart or breathing.
- Heat exhaustion.
- Heatstroke - Can make people very ill and can sometimes be fatal.

More information is available in the NHS Heatwave guide on the Devon County Council website:

[http://www.devon.gov.uk/coping\\_with\\_a\\_heatwave2010.pdf](http://www.devon.gov.uk/coping_with_a_heatwave2010.pdf)

exercise  
**Watermark**

**Ex Watermark is being planned to run in March 2011 and will be one of the biggest exercises ever to take place nationally!**

Defra is counting down to Ex Watermark that will last for four days and will simulate flooding from a number of sources, including

rivers, the coast, surface water, rapid response catchments, groundwater and reservoirs.

Watermark will not only test multi-agency response to adverse weather conditions of selected category one and two responders, but through demonstrations, flood fairs and live tests will increase flood resilience and preparedness of individuals and communities across the UK.

The exercise will be split into national, regional and local play to allow a publicly engaging range of

flooding scenarios to be tested. Central (national) players will be involved in 'core' play, interacting with central government and COBR. Several methods have been used to form a strong scenario.

Day 1 will see the Devon, Cornwall and Isles of Scilly LRF Flood Plan being exercised in scenarios based on surface water and rapid response catchments.

More information is available on the website:

[www.exercisewatermark.co.uk](http://www.exercisewatermark.co.uk)

## ***Business Continuity Can be dependant on local resilience***

Whilst this newsletter usually concentrates on building a resilient local community by encouraging parish plans it is worthwhile considering that many communities depend on local businesses for employment and prosperity.

If the community is impacted, then the business is also impacted. Good business continuity planning therefore needs to take into account dependencies in



**Consider...**  
*80% of businesses affected by a major incident without a business continuity plan either never re-open or close within months.*

Employers can do much to reduce the vulnerabilities of their business by taking time to review their preparedness to deal with emergencies and put simple and often-inexpensive continuity measures in place. From the basics of identifying where a business is vulnerable to making sure they have suitable IT security such as passwords, and making sure key suppliers have plans in place to continue business if they are affected.

If local employers do not have a plan they can get the ball rolling by reading Business Continuity in the Community on the DCC website:

[http://www.devon.gov.uk/115426\\_emergency\\_business.pdf](http://www.devon.gov.uk/115426_emergency_business.pdf)

the local community and, for self preservation rather than for altruistic reasons, needs to become involved in helping enhance the resilience of the local community.

## ***Droughts***

**Every water company is required to have a Drought Plan. These plans set out the actions companies would take to ensure the continuation of supply of high quality drinking water.**

South West Water have their plan available on their website ([www.southwestwater.co.uk](http://www.southwestwater.co.uk)) and also some useful tips on saving water, such as:

- An average bath uses around 100 litres of water while showering typically uses half that.
- Older toilets can use nine litres per flush while new ones use just six. SWW are offering free water saving HIPPO bags or save-a-flush to fit by calling 0800 378 937.
- Run water slowly until warm water starts to come through.
- New dishwashers use 15 litres compared to 50 litres older units use.

Water conservation advice is available by calling 0800 378 937.

## ***Informed Prepared Together Project***

This very useful project is led by the Red Cross / EU Office in Brussels and is co-financed by the European Commission.

There is a particularly useful suite of community based resources including a validation exercise guide.

This guide will assist those people involved in supporting communities to improve their ability to plan for emergencies. It provides practical advice on organising an effective, participatory and interactive exercise at the local level. This is a 20-page A4 document.

There is wealth of information in the resource library to download and print on the website:

[www.informedprepared.eu](http://www.informedprepared.eu)



Led by  
**Red Cross / EU Office**  
**Bureau Croix-Rouge / UE**

## British Red Cross Vehicle Support

The British Red Cross Fire and Emergency Support Service (FESS) responds to an otherwise unmet need by providing practical and emotional support to individuals who have been affected by a domestic fire or a similar fire service incident e.g. domestic flooding.

The British Red Cross, working in partnership with Devon and Somerset Fire and Rescue Service and the local authorities is able to offer short-term support to those affected by domestic fires and road traffic collisions. Skilled volunteers provide the service. Features of the service include:

- Immediate temporary shelter in a specialist FESS vehicle.
- Assistance in seeking temporary accommodation.
- First Aid and Personal emotional support.

- Support with the care of children and pets.
- Use of shower and toilet facilities.
- Provision of clothing / toiletries / light refreshments.
- Use of telephone and camera to assist with insurance claims.

The service is delivered by Red Cross volunteers in the first few hours following the fire, or other incident, and supplements the activities of the statutory services. The volunteers are trained in such aspects as practical and emotional support, trauma management, moving and handling and first aid.

Volunteers work in co-operation with local fire services across the UK and are ready to



respond, particularly outside normal office hours. They will arrive at the scene of the incident within 90 minutes of call-out. The service is free to the people receiving it – all costs are met by voluntary donations to the British Red Cross.

For more information contact Rachael Hyde, Service Co-ordinator:

[RHyde@redcross.org.uk](mailto:RHyde@redcross.org.uk)

## Public Consultation on Community Resilience

The Cabinet Office has developed a package of documents about community resilience. The documents include guidance for individuals and communities on how to prepare for emergencies and a strategic national framework for community resilience, which sets out the Government's contribution to build and enhance community resilience across the UK.

The documents have been produced as a result of work with a range of stakeholder groups since November 2008. These included members of the public, local and national voluntary agencies, businesses, emergency responders and government departments.

The consultation aims to seek the views of anyone who is interested in being prepared to cope in an emergency at the individual and community level. Responses are welcome from both individuals and on behalf of organisations. As the documents are intended for use by the public, responses from the

general public are especially welcomed.

### Timescales



The Community Resilience Programme is a long-term programme leading to cultural and behavioural change across the country. It has been split into three phases:

**Phase 1** – Learning from those already engaged in community resilience activities and identifying good practice (November 2008 - February 2010)

**Phase 2 (current phase)** – Development of, and consultation on, key guidance documents, seeking validation from local experts on the content, approach and branding (February 2010 - June 2010)

**Phase 3** – Enabling local areas to use the guidance documents to target existing community groups, organisations and networks who are not yet engaged in

preparing for emergencies. Supporting and seeding local initiatives to build resilience by giving local communities opportunities and tools to be able to undertake resilience and preparedness activity. (June 2010 onwards.)

The consultation will close on **1 July 2010**. We aim to publish the Government response to the consultation and finalised documents in October 2010. The website is

[www.cabinetoffice.gov.uk/ukresilience/communityresilience.aspx](http://www.cabinetoffice.gov.uk/ukresilience/communityresilience.aspx)

Please submit your consultation responses by **1 July 2010** to:

[community.resilience@cabinet-office.x.gsi.gov.uk](mailto:community.resilience@cabinet-office.x.gsi.gov.uk)

or by post to: Community Resilience Team, Civil Contingencies Secretariat, 22 Whitehall, London, SW1A 2WH.

## County Emergency Planning Team Charity Run

Members of the Devon County Emergency Planning Team completed the 5K Michelmores Charity run in Exeter on 8th June.

Hospiscare is the main beneficiary for the second year and around 1,150 runners — the most the race has ever seen — took part in the 5 kilometre race, which is now in its 11th year.

A new route was designed for 2010 starting with a warm-up led by the Royal Marines on Exeter Quay and ending at the Double Locks for the traditional post-race party.

The team along with other runners recovered after the run with



family and friends enjoying refreshments and a jazz band in a garden party atmosphere at the Double Locks!

## Goodbye...



After many years service as Emergency Planning Officer for Exeter City and Mid Devon, Peter Brown is due to retire on 30 June.




Peter joined Exeter City Council more than 20 years ago following an Army career. He has provided a steady and knowledgeable lead to emergency planning throughout his time and will be missed by colleagues across the county.

Paul Bourton will be taking on the responsibility for Mid Devon in addition to his role with North Devon.

## First Point of Contact

Did you know your City, District or Borough Emergency Planning Officer is your first point of contact for assistance? You will find them listed below for reference. Remember they are all there to help you!

Also, the Devon County Council website has lots of useful information for both individuals and communities:

-  [www.devon.gov.uk](http://www.devon.gov.uk)
-  Safety and Emergencies
-  Emergencies

*Peter Dale became the District EPO for West Devon from 1 April 2010 in addition to his*

## Town & Parish Emergency Planning

Emergencies and/or natural disasters affect communities in different ways. A more resilient community is likely to recover more rapidly from such an event. Devon County Council has partnered with the Environment Agency and District Councils to deliver a series of workshops around the County. These workshops will provide initial guidance and information to help communities develop their own Emergency Plan.

The outline schedule for the Emergency Planning workshops currently being rolled out across the county is now in place. These multi-

agency events have received very positive feedback from all those attending the pilot sessions in East and West Devon earlier in the year. Invitations will be sent to Parishes in advance, so keep an eye on the post!

<b>East Devon</b>	<b>1 Jul 09</b>
<b>West Devon</b>	<b>15 &amp; 16 Sept 09</b>
<b>Torrige</b>	<b>2 &amp; 4 Mar 10</b>
<b>North Devon</b>	<b>8 Mar 10</b>
<b>Mid Devon</b>	<b>24 May 10</b>
<b>South Hams</b>	<b>23 Sept 10</b>
<b>Teignbridge</b>	<b>30 Sept 10</b>
<b>Exeter</b>	<b>Nov 10</b>

Teignbridge	East Devon	North Devon/ Mid Devon		Exeter/ Mid Devon	South Hams/ West Devon	Torrige
			<b>Helping you To Help Yourselves</b>			
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