



NEWS RELEASE

Issued 27 June 2017

New Emergency Planning guide for Cumbrian households

ACTion with Communities in Cumbria (ACT) is encouraging households across the county to consider how to be better prepared in the event of an emergency and has produced a simple Household Emergency Plan leaflet to help.

Families and households can better cope with emergencies by preparing in advance and working together as a team. The leaflet suggests practical action you can take at home, including: having a plan; what to put in an emergency 'grab bag'; how to stay informed; and responding to an incident.

ACT's Chief Executive Lorraine Smyth said "These leaflets are for everyone to consider how to keep themselves safe in an emergency. We're offering to provide, free of charge, enough leaflets for communities to distribute to every household. We hope this will be of interest to all communities, whether or not they're already involved in local activity to improve resilience.

"As well as helping to distribute the household leaflet, parish councils and other community groups can help to spread the word at local events, meetings, and in local newsletters.

"If you are interested in looking at Community Emergency Planning, and how to do more to discuss and plan for improved community resilience, we can help there too. Just get in touch and we'll be happy to help."

The Household Emergency Plan leaflet is available on ACT's website here:

<https://tinyurl.com/ya6n5kvx>. For free copies to distribute in your community, or for more information, please contact ACT on Tel: 01228 817224 or Email: info@cumbriaaction.org.uk

You can also pick up your free copy of the leaflet and chat with ACT staff at the following Cumbrian Shows: Skelton Show on Saturday 1st July; Ulverston and North Lonsdale Show on Wednesday 26th July; Appleby Show on Thursday 10th August; Dalston Show on Saturday 12th August; and Keswick Show on 28th August.

This work is part of 'Rebuilding Together', a three year BIG Lottery funded programme to build the resilience of people, communities, and organisations in Cumbria, helping them prepare for events similar to the devastating floods of December 2015. The programme is led by Cumbria CVS and delivered in partnership with ACT and Cumbria Action for Sustainability (CAFS).

- Ends -

Photo:



ACT Development Officers, Rose Lord and Hellen Aitken, with the new Household Emergency Plan leaflet

Further press information available from:

Lorraine Smyth, ACTION with Communities in Cumbria – Chief Executive Officer
Tel: 01228 817224 Email: info@cumbriaaction.org.uk

Dani Hudson, ACTION with Communities in Cumbria – Office Manager
Tel: 01228 817224 Email: danihudson@cumbriaaction.org.uk

Notes to Editors:

ACTION with Communities in Cumbria (ACT)

- ACT is the community development organisation and Rural Community Council for Cumbria.
- ACT champions community and rural issues and supports communities to plan for their future, develop projects, work with others, and influence and change policy.
- ACT's work focuses on helping people and communities achieve their aspirations; we provide practical advice and support and deliver training. Through a variety of partnerships we are also able to represent the interests of communities locally, regionally, and nationally.
- ACT is registered in England as Voluntary Action Cumbria, Charity Registration Number 1080875, Company Number 3957858.
- For more information, please visit ACT's website: www.cumbriaaction.org.uk