



Local community self- resilience information sheet

- Police / Fire / Ambulance / Coastguard Emergency – 999
- Police – non-emergency – 101
- East Sussex Fire Safety Check 0800 177-7069
- NHS Helpline – 111
- Gas Emergency Call Centre – 0800 111999
- Electricity Emergency UK Power – 105 or 0800 316-3105
- Southern Water Leaks Line – 0800 820999
- British Red Cross – 0844 871-1111
- Samaritans – 116123
- Age UK – 0800 055-6112
- Citizens Advice Brighton and Hove – 0300 330-9033
- Shelter helpline – 0808 800444
- Neighbourhood Watch – 01273 306441
- St Margaret's Church – 01273 301632 Our Lady of Lourdes Church – 01273 302903
- Rottingdean Village Hall – 01273 301540
- Whiteway Community Centre – 01273 307431
- Brighton Buses – www.buses.co.uk
- RSPCA – 0300 123-4999
- Brighton & Hove City Council - 01273 294900
- Rottingdean Parish Council **click here**– nicky.jackman@rottingdean-pc.gov.uk
(07722 462697 answer-phone - leave message)

Deans Resilience Group:

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Helpful hints all year

- Keep a torch handy with some spare batteries.
- Test your fire and carbon monoxide alarms.
- Keep your boiler regularly serviced.
- Keep a store of non-perishable foods e.g. tinned soup, cereal bars, water
- Keep your mobile phone charged.
- Keep food, drink and an emergency kit in your car e.g. blankets.
- Register at www.ukpowernetworks.co.uk for priority service & support in the event of a power cut.
- If there is someone old, frail or vulnerable near you give him or her a call.
- Keep an up-to-date list of your medications
(Lions 'Message in a bottle' in fridge)

Helpful hints in cold weather

- Wrap up warmly – several layers of thin clothes.
- Keep your main living area at least 21cC & your bedroom 18C.
- Identify the warmest room in your house and go there.
- Have hot drinks and warm food regularly.

Helpful hints in hot weather

- Draw shades / curtains.
- Open windows but be security conscious.
- Avoid the heat outside between 11.00am – 3.00pm
- Drink water regularly.
- Have a cool bath / shower or splash yourself with cold water.
- Identify the coolest room in your house and go there.
- Wear loose, cool clothing, plus hat and sunglasses if going outside.

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