



WELCOME

Welcome to the Winter 2022 edition of RCRG ezine

We hope you find this edition of the ezine useful when preparing for the season ahead.

What can we do to prepare for severe weather as we head into winter?

In a recent Met Office study, 42% of the public across the UK said they had been caught out by winter weather in the past, but there are many simple actions that people can take to help prepare for the coldest months of the year.

The impacts include not being able to leave the house or get to work on time, running out of crucial supplies, structural damage and blocked guttering or drains. Only 22% of people surveyed clear their gutters in preparation for winter and only 7% mentioned checking their properties for risk of flooding.

The Met Office's [WeatherReady](#) web pages bring together expert advice from carefully selected partner organisations to help

people prepare for and respond to winter weather. A wide range of advice articles can be found on the Met Office website, including top tips and regional advice on flood preparedness.

Find out more about what you can do to get ready for the winter weather at: [WeatherReady - Met Office](#) or join the conversation on social media using [#WeatherReady](#).



Contents

Autumn/Winter 2022

Page

- 1 Getting #WeatherReady
- 2 Keeping an eye on the weather
- 3 Power cut ready
- 4 Fuel poverty – where to get help
- 5 Completion of the Shimna River Flood Alleviation Scheme
- 5 DFI River's 'Capital Projects Viewer'
- 6 Fire safety vigilance and the cost-of-living
- 7 Are you 'lagging' behind?
- 7 Stop a scam by spotting it!
- 9 #BeSafeOnline in new cyber safety campaign
- 9 NI Water rural wastewater improvements
- 10 Avoiding festive fatbergs this Christmas!
- 10 The Herbert Protocol
- 12 Winter vaccination programme under way
- 14 Resuscitation strategies through community resilience
- 13 #SafeFoodHacks
- 14 Help to save energy and money
- 14 Consider switching energy supplier to save money on bills
- 15 Emergency Numbers

Keeping an Eye on the Weather

The Department for Infrastructure (Dfi) was delighted to host a meeting of the 'Public Weather Service Customer Group' in November 2022. This was the first opportunity for the Group to meet in Belfast since its last meeting in 2019.

Understanding and responding to weather events is crucial for warning people of extreme weather. The Met Office provides a coherent range of weather information and weather-related warnings that enable public and professional bodies to make informed decisions in their day-to-day activities. This is used to mitigate against the impact of adverse weather, and for the protection of life, property and essential infrastructure.

The Met Office is a government agency owned by the **Department for Business Energy & Industrial Strategy** (BEIS). Its core role is to ensure delivery of services to the public and the commercial sector through the UK's Public Weather Service. The Met Office's **Public Weather Service** (PWS) provides weather information and severe weather warnings to help the UK government, businesses, emergency responders and the public to make informed decisions. **The Public Weather Service Customer Group** (PWSCG) is an independent body responsible for overseeing the PWS on behalf of the public and the public sector users of PWS outputs.

The meeting included multi-agency representation from: local government, emergency preparedness groups, the NI



In photo from left to right:
Lisa Martin – Met Office, John Wylie – Met Office, James Shapland – BEIS, Will Lang – Met Office, Eli Johnson – BEIS, Duncan Potts – Chair of PWSCG, Kim Shillinglaw – Independent Member, Paul Riches – BEIS, Alison Wood – Met Office

Fire and Rescue Service, the Public Health Agency; Dfi Roads and Dfi Rivers and emergency planners from other organisations. As well as providing a forum for an exchange on recent weather experiences and good practice, discussions focused on how the local public weather service might be improved to provide better awareness and resilience for communities and organisations responding to increasing and sometimes devastating weather events.

Power Cut Ready



“ We work all year round to ensure the network performs to the highest standard, as well as making sure we are as storm ready as possible. It’s important though that customers think about how to prepare in case of a power cut. We particularly want customers within the agricultural industry, rural communities and those who have critical healthcare needs, to take the necessary steps to ensure that any duration of power cut is manageable. ”

As we head into the winter season, NIE Networks is calling on domestic, business and agricultural customers, to make preparations for the winter ahead.

NIE Networks is working all year round to ensure the electricity network remains in a safe and reliable condition, but severe weather can cause significant damage and so they want customers to think ahead in case of a power cut.

Alex Houston, Network Operations Manager for NIE Networks, wants to ensure that every customer is winter ready, particularly those who are more vulnerable or reliant on power.

Customers can take a number of actions to prepare for an unexpected power cut.

- ✓ **Locate your trip switch;**
- ✓ **Stock up on battery powered lights, and;**
- ✓ **Have the NIE Networks Customer Helpline number, [03457 643 643](tel:03457643643), easily to hand.**

The NIE Networks website also provides the facility to report a power cut online and access to Powercheck which provides reliable and real time information about a power cut.

Customers who are dependent on life supporting medical equipment are encouraged to register on the NIE Networks Medical Customer Care Register to receive regular updates during a power cut.

For more top tips on getting winter ready, to access Powercheck, or to report a power cut, please visit, www.nienetworks.co.uk

Fuel Poverty – Where to get help

By January 2023, it is estimated that over half of households in the UK (15 million) will be in fuel poverty – spending over 10 per cent of net income on fuel. In Northern Ireland, this figure could be over 70%. This means that over 1.4 million people here will be struggling to afford their energy bills (Bradshaw & Keung, 2022).

The crippling cost of living is pushing people in Northern Ireland into making increasingly desperate decisions from week-to-week. We hear heart-breaking stories of people skipping meals, turning off their heating, sitting in the dark with no electricity and making their own sanitary products because they simply can't afford to manage any other way.

It is important to know there is help available. There are many organisations from the statutory, voluntary and community sectors who can help. The following websites and helplines will provide a starting point:



WHERE TO FIND INFORMATION:

Local Councils

A good start is with your local council website. Check their website for local advice on:

- Energy efficiency schemes,
- Oil stamp saving schemes and community oil buying clubs,
- Grants and assistance,
- Renewable energy,
- Community based programmes (e.g.: Keeping Warm, Keeping Well | Mid and East Antrim Borough Council).

Some Councils are now running 'Warm Spaces' and 'Warm Welcome' schemes (e.g.: [A Safe, Warm, Well-come | Mid and East Antrim Borough Council](#)). Check your council website and look out for your local community groups who may be holding events.

Children and Families

The Children and Young People's Strategic Partnership website has a range of useful information and organisations who can help. The Cost of Living Crisis resource provides details of targeted resources and support for families and children struggling with the current cost of living crisis. This document is live and will be updated regularly.

[Cost of Living Resource – Children and Young People's Strategic Partnership \(CYPSP\) \(hscni.net\)](#)

AdviceNI

AdviceNI is an independent advice network. Their website provides information and advice on a range of current issues including:

- cost of living payments,
- crisis support,
- energy bill support,
- energy efficiency and,
- income maximisation.

They will also help you to find an advice agency in your local area:

- Website link: [Welcome to Advice NI | Advice NI](#)
- Website link to cost of living and crisis support page: [Crisis Support | Advice NI](#)

Make the Call

The Department for Communities' 'Make the Call' Service supports vulnerable people to access benefits and other support services they are entitled to but which they have not been claiming. Click the link to find out more:

[Unclaimed benefits? Make the call | nidirect.](#)

NI Direct

The NI Direct cost of living website gives important help, information and signposting with regard to energy costs, your income and families and children: www.nidirect.gov.uk/campaigns/cost-living

Emotional Support

Leaflets on emotional and practical support are available from the following organisations:



Completion of the Shimna River Flood Alleviation Scheme

The Shimna River Flood Alleviation Scheme in Newcastle has been successfully completed.

The £6.3m scheme was planned and developed by the Department for Infrastructure with support from Aecom Consulting Engineers. As project managers, Aecom oversaw the successful delivery of the works by contractors Dawson WAM Ltd. Construction commenced in October 2021 and was completed within the planned 12-month programme.

Newcastle has experienced several flooding events over the last 40/50 years and was

identified as one of twenty most significant flood-risk areas in the **NI Flood Risk Assessment**. Severe flooding in 2008 and 2020 caused damage to homes, businesses and schools. The primary aim of the project was therefore to deliver an economical, environmentally and socially sensitive scheme, that would alleviate the flood risk from the Shimna River for 312 properties.

The Shimna River scheme saw the construction of 1,430m of flood defences which included four reinforced concrete walls and embankments, finished with a range of materials that blend sympathetically with the surrounding area. The work extended from the new bridge on the Bryansford Road, upstream into Tipperary Wood and downstream into Island Park. Following the flooding in 2020,

it was identified that a blockage at the new bridge increased the severity of flooding, therefore a roughing grille was incorporated into the scheme upstream of the bridge in Tipperary Wood, mitigating the risk of blockages from large branches and debris.

As a result of the flood alleviation measures, the risk of flooding in the area has been greatly reduced with additional benefits that include: improved access through the park and the Ulster Way; a new picnic area; an improved junction design for pedestrians; and newly planted native trees and vegetation in public areas.



Shimna River Flood Alleviation Scheme

Dfl River's 'Capital Projects Viewer'

Dfl Rivers has recently increased its capital investment in a renewed flood alleviation and existing assets' refurbishment programme. To help promote this significant work, Dfl Rivers has now launched a new 'Capital Projects Viewer.'

The increase in investment has three main drivers which include: Dfl River's '**Flood Risk Management Plans**', Dfl River's '**Asset Management Plans**' and the '**Living with Water Programme**'.

In previous years Dfl Rivers invested approximately £7m annually in capital works. In the most recent financial year, this increased to over £20m. The increased level of investment will help Dfl Rivers achieve its key aim of reducing damage to property and the risk to life because of flooding from rivers and sea.

Communication is an important part of the management of complex construction projects. The aim of the new viewer is therefore to broadcast clear and concise key information to a wide range of interested stakeholders from one centralised location.

The GIS (Geographic Information System) format provides benefits for Dfl Rivers and other users. The platform caters for both technical and non-technical users and the information can be tailored to individual user preferences. It allows the use of geo-located photography and aerial video footage giving greater detail for visual media. Each project has its own 'story-map' with background information, scheme benefits, an events' timeline and project updates. Each project story-map is updated with new developments as they come online.

As the information is readily available, up to date, detailed and easily consumed on multiple platforms, it is intended that the service will aid collaboration between inter-governmental teams.

To access the viewer, follow the link: [Capital Projects Viewer](#).

Fire Safety Vigilance and the Cost-of-Living

Northern Ireland Fire & Rescue Service (NIFRS) wants to ensure that people don't put themselves at additional fire risk when dealing with rising expenses as the cost-of-living soars.

NIFRS is concerned that fire risks will be further amplified as people adapt the way they heat their homes or use electrical products to deal with increased costs.



AIDAN JENNINGS

Assistant Chief Fire & Rescue Officer, explains:

Many people are under significant pressure at the minute as the cost-of-living increases. Many households may be in fuel poverty and may put themselves at additional fire risk to deal with rising costs. As a fire and rescue service, we want the community to know that we are here to support you. We want to make sure you are doing all you can to stay safe during this difficult time. While we understand that affordability is a major issue for many, there are simple steps you can take to reduce the risk of fire in your home:



In trying to reduce heating bills, please keep warm safely

If you are using portable heaters and electric blankets, make sure they are in good working order. If you are planning to use a fire you haven't used in a while, make sure a suitably trained person services your chimney beforehand.

Ensure you have working smoke and carbon monoxide alarms fitted

If you don't have working alarms, this can impact your ability to notice a fire and escape quickly – especially at night. As a minimum you should have a working smoke alarm on each floor of your house but consider additional alarms in the most used rooms, such as living rooms and bedrooms.

Don't leave cooking unattended

If you must leave the kitchen, turn the cooker off and take the saucepans off the heat.

We offer free 'Home Fire Safety Checks' to those more at risk from fire

I would encourage those who are eligible to avail of this service this winter. Please check in with neighbours, family members and friends who are more at risk from fire and make sure they are doing all they can to stay safe during this time. If you think they could benefit from one of our free Home Fire Safety Checks, please refer them to our website.

There are resources available to help support you if you are struggling with rising costs

Charities such as 'National Energy Action' (NEA) can provide help and advice. The Consumer Council recently launched a series of consumer information videos that provide energy advice and support to help households this winter. You can also visit the [Cost of Living | nidirect](#) website to help find what support is available."

Are you 'lagging' behind?

Winter is almost here and it's time to check if you are 'lagging' behind your neighbours when it comes to protecting your pipework.

Homes and businesses should have their pipes well insulated to protect against the damage that burst pipes can cause.



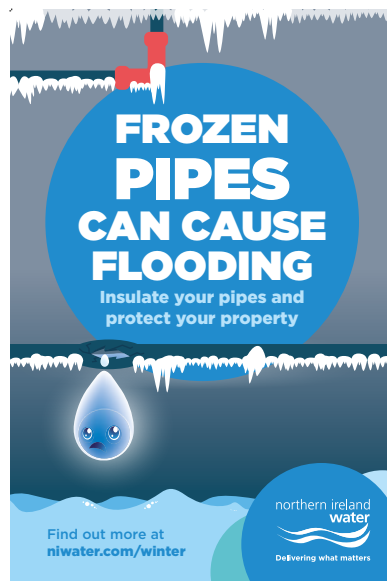
A NI WATER SPOKESPERSON COMMENTS:

We are asking the public to prepare their properties against the effects of freezing temperatures. A burst pipe can cause your property to lose water supplies and can lead to extensive damage. We are asking you to check that your pipes are lagged and that existing lagging is secure. Insulating your pipework is essential for protecting your water supply and that of your neighbours. It's also important that everyone knows where the stop valve is located. The stop valve lets you turn off the water supply in your property to prevent further damage if you have a burst pipe.



There are lots of simple things that homes and businesses can do to prepare for a freezing winter, and there's no time like the present to get started:

- ✓ **Wrap up pipes and water tanks with lagging**
High street DIY stores have everything you need; the thicker the lagging the better the protection.
- ✓ **Fix dripping taps**
Even a small trickle can result in a frozen pipe.
- ✓ **Find your property's stop valve and make sure you can turn it off**
Most are under the kitchen sink – if you have one of our stop-valve tags, wrap this around it.
- ✓ **Keep the name of an approved plumber handy**
Type in your postcode at www.watersafe.org.uk to find your nearest accredited plumbing business.



If you want a little extra help preparing your home for winter, visit www.savewatersavemoney.co.uk and type in your postcode to order a FREE winter stop valve tag and flyer.

Visit niwater.com/winter-proof-your-home for further advice on how to protect your property this winter.

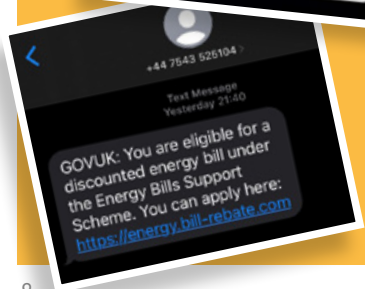
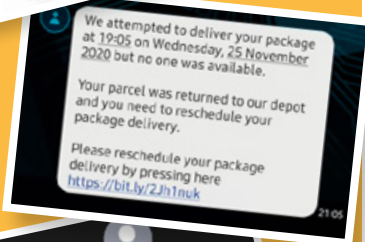
Stop a Scam by Spotting it!

Scams seem to be everywhere these days, and scammers are getting increasingly clever about how they target us. It's a sad fact of modern life that we're all having to learn to live with and need to protect ourselves against scams of all kinds.



Scams can have serious financial and emotional consequences for victims.

The best defence is a good offence, so keep yourself informed and read on!



How To Spot a Scam

Scams are getting more sophisticated and you may notice new scams popping up related to current events and taking advantage of a recent news cycle. The text messages opposite are examples of scams, one of them is claiming to be from the Energy Support Scheme with an invitation to click a link. This is very tempting, especially for those of us worried about paying for heat this winter: but very risky.

Take a beat and think before tapping a link.

A quick google search will flag these examples as fake. **Most of us know not to click on a link from an unknown number or email address**, but some scams are much harder to spot.

Think about the following:

- **If it's too good to be true, it probably is.** For example, if you get a message that you've won the lottery (even though you didn't play).
- Scammers may ring you with some unexpected news about your savings / broadband/mobile/insurance, etc. **They will try to pressure you into making a quick decision** about moving money or sending money. Don't fall for it!
- Scammers may even **pretend to be a friend or a member of your own family who needs urgent help.** Always speak to the person directly to confirm - don't rely on digital communications.

How to Avoid a Scam

There are some simple steps you can take to protect yourself. Remember:

If you are unsure about anything, ring a trusted family member or friend or call **Action Fraud on 0300 123 2040** to ask.

- **Do not be pressured into giving out your details.** No matter how "urgent" the caller says the situation is. That pressurised approach is one way to spot a scam.
- Scammers want to get your personal information, such as your name, date of birth, bank details. **Never give out personal details or money** to anyone you don't know and trust.
- If you get an email or text message from a company you do business with, and you think it's real, **it's still best not to click on any links.** Instead, contact them using a website you know is trustworthy. Look up their phone number on the internet. Don't call an unknown number they gave you via email or text message.
- **Pay online by credit card if possible.** This will give you extra protection.
- Make sure your **software** on all your devices is **up to date.**
- **Use strong passwords for all your online accounts.** Don't use the same password for everything.

If You Have Been Scammed

If you are the victim of a scam, please follow these steps:

- **Protect your information.**
 - **Call your bank immediately** if you think you have been scammed.
 - **Change your passwords** for any accounts you think have been hacked.
 - **Update software** on all devices to ensure that you are protected against online viruses.
- **Report the scam directly to Action Fraud** on 0300 123 2040 or online at www.actionfraud.police.uk/reporting-fraud-and-cyber-crime.
- **Report the scam to Consumerline on 0300 123 626.** Scams which are reported to Consumerline may be passed on to the Northern Ireland Trading Standards Service.
- **Get support** if you feel anxious, fearful, or guilty after being scammed. **Victim Support NI** is an independent charity which helps people affected by crime.

More Resources are available at:

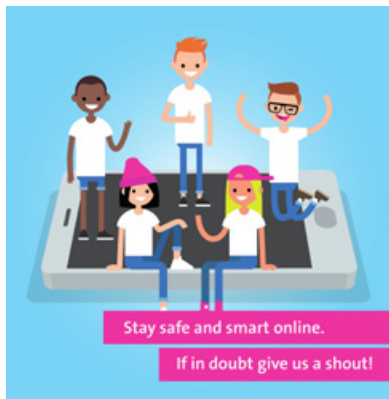
- Scamwise Partnership: www.nidirect.gov.uk/campaigns/scamwiseni
- The Little Book of Big Scams: www.nidirect.gov.uk/sites/default/files/2022-05/the-little-book-of-big-scams-5th-edition-psni-scamwise.pdf
- NI Cyber Security Centre: www.nicybersecuritycentre.gov.uk/
- Get Safe Online: www.getsafeonline.org/



**Supporting™
Communities**
Empowering Society

#BeSafeOnline in New Cyber Safety Campaign

An animated digital campaign to encourage children and young people to 'stay safe and smart online' was launched in October by Newry, Mourne and Down District Council.



The aim of the #BeSafeOnline campaign is to encourage responsible and safe use of the internet and social media in our communities. Children and young people can be exposed to risk and harm online which can leave them feeling upset, bullied and worried. This means rethinking online behaviour and asking children and young people to be vigilant – to think carefully about how they interact with people they know or strangers online.

The cyber safety awareness campaign was developed by the Council's Safeguarding Team in partnership with the 'Southern Health and Social Care Trust', 'South Eastern Health Social Care Trust' and 'Armagh City, Banbridge and Craigavon Borough Council'. The campaign highlighted the importance of privacy settings, sharing personal information, meeting with online strangers, handling cyber bullying, and what to do if someone makes you feel uncomfortable or scared.

The two Health Trusts are ensuring that their teams are on hand to support anyone who may need help or support when navigating the online world.

The key phone numbers are:

- **Southern Health and Social Care Trust: 028 3576 7100 and;**
- **South Eastern Health and Social Care Trust: 0300 100 0300.**

The campaign is also supported by a range of online resources which are available for download on the Council's corporate website: www.newrymournedown.org/safeguarding and other support services for children, young people and adults were signposted from there.

For further information on the #BeSafeOnline 'Cyber Safety' campaign and to view the digital animation please visit www.newrymournedown.org/safeguarding

NI Water Rural Wastewater Improvements

NI Water's 'Rural Wastewater Investment Programme (RWwIP)' – designed specifically to upgrade small wastewater treatment systems serving populations of up to 250 people – is now in its third period of capital investment. This will bring the amount invested to over £55m since the programme was initiated more than a decade ago.

Around one third of the total Northern Ireland population (approximately 600,000 people) live in rural areas. In the past, some of the wastewater infrastructure in these areas was designed to service only a handful of properties. In many cases the treatment facilities therefore consist solely of open concrete holding tanks dating back to the 1960s.

The RWwIP was set up in 2008 by NI Water, to work in partnership with technical consultants, 'McAdam', and contractors, 'B S G Civil Engineering', to undertake the refurbishment of some of the 900 rural wastewater treatment works.

The main aim of the RWwIP is to improve wastewater treatment in the most effective and sustainable way possible. This will bring about significant environmental benefits and cater for local development within rural

communities, while keeping the works fully functional and compliant during each upgrade.

This is exactly what's currently happening at Maglion Terrace in Banbridge, where NI Water and BSG Civil Engineering is installing a state-of-the-art, fully enclosed, wastewater treatment tank which will serve the local community for many years to come.



Maglion Terrace Wastewater Treatment Works, Banbridge.

NI Water is pleased to have completed over 180 RWwIP upgrades to date, delivering widespread environmental benefits and securing improved wastewater treatment for over 25,000 people across rural parts of Northern Ireland.

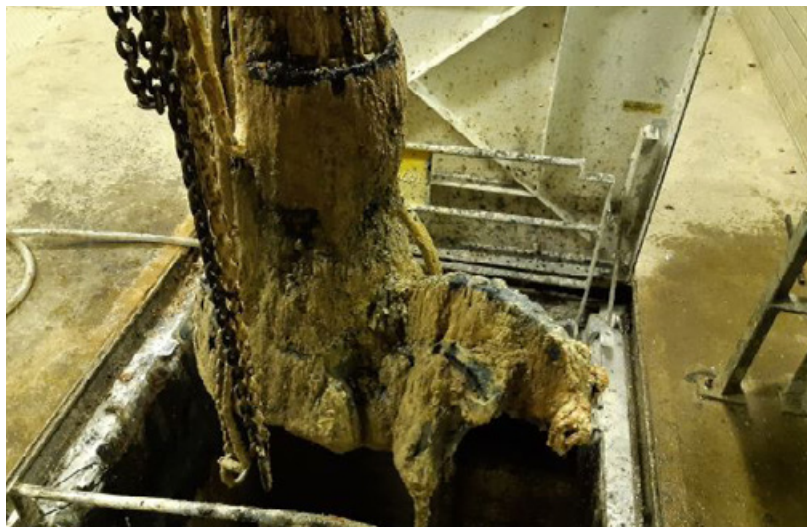
To keep these new modern systems operating as effectively as possible, NI Water ask that the public be mindful of what they flush.

Never flush wipes and only flush the 3 Ps – Pee, Poo and Paper!

Avoiding festive fatbergs this Christmas

As the festive season approaches many people will be starting to think of the Christmas dinner... but the cooking of the bird is only half the story! NI Water is appealing to the public to help keep drains clear over their festive period by not disposing of fat, oil or grease down the kitchen sink.

As fat, oil and grease cools, it solidifies; this can then create blockages in the sewerage system, which then often results in flooding of gardens and homes with untreated sewage. The effects can be devastating for homeowners and it costs NI Water thousands of pounds a year to clear the blockages.



The wastewater drains that run from each house are only a few inches wide and designed solely for human waste and bathroom tissue.

An NI Water spokesperson said:

“Fat, Oil and Grease (FOG) from those Christmas roasts is a major problem for us at this time of year. It’s not only FOG from home cooking that can be a problem; businesses also risk blocking their own drainage systems and this results in extra costs in clean-up efforts. Fat blockages can not only result in out of sewer flooding but also cause odour problems. Methods of disposal of FOG include: fitting a grease trap, using an enzyme dosing system or recycling.”

They concluded:

“NI Water is appealing to the public to help keep their drains clear over the festive period – and all year round – by not putting their FOG down the kitchen sink. Should you be on Santa’s naughty list, a festive fatberg could end up spilling onto your street, or worse; backing up into your home! Everyone has a role to play in keeping the drains clear and fat-free this Christmas!”

The best way to dispose of your cooking FOG once the turkey’s done is to let it cool and solidify, and then scrape it into the rubbish bin. You can also pour it into an empty bottle and take it to your nearest recycling centre.

To view the impact of FOG on sewers visit: www.niwater.com/fats-oil-and-grease-fog/

The Herbert Protocol

‘The Herbert Protocol’ was launched by the Police Service of Northern Ireland (PSNI) in partnership with Dementia NI, local Health & Social Care Boards and Policing and Community Safety Partnerships.

The Herbert Protocol is an initiative that helps locate a person with dementia if they go missing.

This is a simple risk-reduction tool consisting of a pre-completed form. The form contains vital information about a person with dementia that can be supplied to the Police at the earliest opportunity if that person is reported missing.

If you live with dementia, or care for someone who does, PSNI advise that you download the Herbert Protocol form from the PSNI Website at: www.psnipolice.uk/herbertprotocol.

You will then be required to provide relevant information about the person with dementia, including details, such as: a description and photograph; current medication; significant places in the person’s life they visit and their daily routine.

The form should be stored safely – either in electronic format on a computer or as a hard-copy printed version. It may need to be located quickly, at any time of day or night by the person who begins the initial search. The Police will ask for the form if the person

is reported as missing. The information will help the Police and other agencies locate the missing person as quickly as possible and return them to safety.

What do I do if someone I care for goes missing?

- Attempt to locate them**
If someone you care for goes missing you should make an attempt to locate them, especially if this is a pattern of behaviour.
- If you cannot locate them**
Contact the Police on 101 or 999 in an emergency.
- Police search**
Police will conduct a search for the missing person based on the information provided in The Herbert Protocol form, to find them as quickly as possible.



Every minute is crucial in a missing person search.

Winter Vaccination Programme Under Way

The winter vaccination programme – for COVID-19 boosters and flu vaccines – is now available.

The vaccines help to prolong protection already gained from initial COVID-19 vaccinations. The flu vaccine is needed every year, as the antibodies that protect from flu decline over time and flu strains change from year to year.

Dr Joanne McClean, Director of Public Health at the Public Health Agency, said:

“The programme will be rolled out over the coming weeks and months to eligible groups via GPs, community pharmacies, HSC Trusts and schools. I would urge everyone who falls into an eligible group to get ready for winter by taking up the offer of free vaccinations when available.”

People who are eligible for vaccination should receive an invitation from their GP surgery or they could enquire if the vaccines are available via a community pharmacy. Parents of children in primary-one to year-12 should look out for consent forms coming home in schoolbags, to sign and return.

Each trust will also have clinic arrangements for frontline HSC workers only and other eligible groups, such as under-18s and pregnant women.

Flu levels have been extremely low globally over the last two winters, mainly due to COVID-19 prevention measures. As a result, a lower level of population immunity against flu is expected this year. Flu strains also change continually and this, coupled with COVID-19, which is still with us, could potentially result in a real health threat, particularly for vulnerable members of the community.

Vaccines are the most effective way to prevent infectious diseases as they teach our immune system how to recognise and fight viruses. Being vaccinated against both viruses will not only help protect you and those around you from flu and COVID-19 this winter but also help to obviate the potential risk to public services within the Health and Social Care system.

For further information see: www.nidirect.gov.uk/wintervaccines

Winter vaccines - who is eligible

Where to get your vaccine	COVID autumn booster	Flu vaccine
GP's	<ul style="list-style-type: none"> • 50+ • 18-49 clinical risk group • Pregnant women • 18-49 who are carers • 18-49 household contacts of immunosuppressed 	<ul style="list-style-type: none"> • 50+ • 16- 49 clinical risk group • Pregnant women • Pre school children • 16-49 who are carers • 16- 49 Household contacts of immunosuppressed
Community Pharmacy	<ul style="list-style-type: none"> • Care home residents and staff 18+ • Frontline HSC workers 18+ • 50+ • Pregnant women 18+ • 18-49 who are carers 	<ul style="list-style-type: none"> • Care home residents and staff 18+ • Frontline HSC workers 18+ • 50+ • Pregnant women 18+ • 18 - 49 who are carers
HSC Trusts	<ul style="list-style-type: none"> • Frontline HSC workers • Pregnant women • 5-17 clinical risk group • 5-17 household contacts of immunosuppressed • 16-17 who are carers • Housebound via home visits • Non-frontline HSC workers who are 50+ or 18-49 in a clinical risk group 	<ul style="list-style-type: none"> • Frontline HSC workers • Pregnant women • Housebound via home visits • Non-frontline HSC workers who are 50+ or 18-49 in a clinical risk group
In school	<ul style="list-style-type: none"> • Children aged 5 - 17 who attend a special school 	<ul style="list-style-type: none"> • Children in primaries 1 to year 12

COVID-19 first, second and booster doses are still available to those who are not yet fully vaccinated.

Resuscitation Strategies through Community Resilience

Coronary heart disease is Northern Ireland's biggest killer, with 1 in 7 men and 1 in 10 women dying from this. Many of the deaths occur suddenly and out of reach of hospitals following cardiac arrest (when the heart stops pumping). The longer an attempted resuscitation is delayed, the worse the outcome. Survival is reduced by 10% for every minute of delay without CPR (cardiopulmonary resuscitation).

Due to the rural geography of Northern Ireland, ambulance response times can be extended, therefore there is an increasing need for local responders to provide a quick assessment and early intervention until advanced care arrives. 'Community First-Responder Schemes', if available, can provide help at the scene within minutes and make a real difference before an ambulance arrives. Community resuscitation saves lives.

A local response can be provided by everyone: the person standing next to the patient, a passer-by, or nearby professional.



Early stages in the chain of survival include:

- Making early emergency contact for help – **Call 999**
- **Starting CPR** - the act of providing the rescue breaths and/or chest compressions that can keep the person alive until professional help arrives.
- Accessing a maintained and registered **AED** (automated external defibrillator).

What can residents and organisations do?

- Support a 'Community First-Responder Scheme'.
- Attend or provide CPR training either in your local area or in your organisation.
- Find out if there is an AED in your area- check this webpage: www.defibfinder.uk.
- Support your local AED Guardians to ensure the AED is maintained and registered on the circuit: www.thecircuit.uk/.
- Contact the NIAS (The Northern Ireland Ambulance Service) or your Local Council and ask how you can get involved.

#SafeFoodHacks

According to the Food Standards Agency's (FSA) recent consumer insights tracker: 26% of participants changed the settings on their fridge and/or freezer, 29% lowered the cooking temperature for food, 30% reduced the length of time that food is cooked for and 67% used cheaper cooking methods.

With the food bill continuing to increase for many, the FSA has come up with some #SafeFoodHacks to help reduce both cost and waste during the autumn to winter period:

Set your freezer to -18°C and your fridge to 5°C

This will preserve foods for longer and save you money by reducing food waste.

Make the most of your leftovers

Let your leftovers cool down; put them in an airtight container or sealed bag; pop it in the freezer within 2 hours and; label with the date and contents to avoid UFOs (Unidentified Frozen Objects)!

Once defrosted; cook and eat within 24 hours

Always defrost in the fridge with a container underneath to catch any drips or at the bottom of the fridge.

Batch cook, portion and freeze meals

Batch cooking, portioning and freezing meals will save you a lot of time for the week ahead and money.

Hit the 'pause button' on food

Freeze fresh meat, bread, and ready meals right up to the use by date.

Freeze milk before its use-by date

Freeze milk before its use-by date for up to one month, leaving enough room for the carton to expand.



IMPORTANT REMINDER:

When testing food to make sure it is safe to eat, the "sniff test" isn't always the best method. Only use the sniff test for foods with a best before date. If the product has a use-by date, the sniff test is not reliable. People can't always smell the bugs that cause food poisoning.

If you are looking for some food inspiration this winter, check out our tasty, good value recipes at www.food.gov.uk/safety-hygiene/healthy-recipes.

All created with traffic light labelling in mind. The nutrients in each recipe per serving are rated green, which means they are low in fat, saturated fat, sugar and salt.

For more advice on storing food visit, [Chilling | Food Standards Agency](#)

Energy and Money

With energy bills being one of the biggest household expenses, the Consumer Council have put together some practical steps you can take to make the electricity and heating you use go further.

From being more energy efficient, understanding your bills better, reading your meters to switching supplier, these small changes could save you some money – which is good news for the planet and your pocket.

Check out the animations, free tips and tools at: www.consumerCouncil.org.uk/costofliving/energy

If you're struggling to pay your energy bills or to top-up your meter, please contact your supplier directly for help and support.

The Consumer Council is here **to help you save money and energy.**



Consider Switching Energy Supplier to Save Money on Bills

The Consumer Council is encouraging you to consider switching energy supplier to save money on your bills as the Energy Price Guarantee Scheme is now in place.

Electricity and gas suppliers across Northern Ireland have applied tariff reductions as part of the scheme, which reduces the unit costs of electricity and gas. This means some energy suppliers' prices are still much higher than others, so it's worth shopping around.

To take the hassle out of switching suppliers, the Consumer Council has created a free

online Energy Price Comparison Tool on its website. This lets you see all available tariffs from all suppliers in one place, allowing you to check which option provides the best energy deal for you.

Start comparing prices now at: www.consumerCouncil.org.uk/comparison/tool/begin





The Regional Community Resilience Group (RCRG) Newsletter – Keeping members weather ready

The Regional Community Resilience Group Newsletter aims to keep its members up to date on getting weather ready.

The Regional Community Resilience Group (RCRG) was formed in 2013 to help local communities prepare for and respond to weather related emergencies.

The group brings together Multi-Agency Partner Organisations from government, utilities and the voluntary sector to work for and with Communities at Risk of Severe Weather.

The RCRG aims to provide a forum to facilitate co-ordination, communication, partnership working

and capacity building on community resilience issues. The group is currently working with over 35 communities across Northern Ireland ready to inform and resource them and improve preparedness and community resilience measures.

Unfortunately, severe weather events will continue to occur but through good communication, accessible, reliable information and established practical measures, communities can and have applied self-help measures to reduce impacts and protect property.

This newsletter will be used to highlight important developments to enhance community resilience, provide an opportunity for communities to share experiences to the benefit of others and highlight key responder contacts to help readers to **Get Weather Ready!**

Partner Organisations:



Emergency Numbers

No matter how prepared we are for inclement weather, there's always the chance of an emergency at home. Here's a list of phone numbers you might find useful should the unforeseen happen:

Emergency Services:

999 or 112

Housing Executive:

03448 920 901

Northern Ireland Electricity Networks:

03457 643643

NI Gas Emergency Service:

0800 002 001

NI Water Waterline:

03457 440088

Flooding Incident Line:

0300 2000 100

For advice and information on dealing with emergencies visit:

www.nidirect.gov.uk/be-ready-for-emergencies

Problems with Roads & Streets:

www.nidirect.gov.uk/information-and-services/travel-transport-and-roads/problems-roads-and-streets