#### Self help and community in winter

Dear Resident

**Wickenby Parish Council** offers the following advice during a cold spell of weather.

Although much of the content on this sheet is common sense, it is designed as a reminder of the preparation needed, especially for those residents in the village who have never experienced the disruption adverse weather conditions can cause in a rural area.

## Self help tips for coping with heavy snow fall

1. Watch or listen to the broadcasted weather forecasts on the local radio and TV stations of any severe

weather in the area. Don’t presume it will miss the village.

1. Put a readily accessible kit together, including a torch, spare batteries, matches, candles, a picnic stove and full bottle of propane gas if possible, any cell phone is charged up, blankets, a thermos of hot water.
2. However difficult, try to have at least **ONE** hot meal a day. Soup from a vacuum flask or anything easily

 prepared for cooking on the picnic stove. Also plenty of hot drinks throughout the day

1. Make sure you have sufficient available essential foods in store, enough for several days at least. If the electricity is off for a long period, cover the fridge or freezer with blankets to prevent thawing.
2. If you are on medication, check you have sufficient supply for several days or make arrangements for these to be collected
3. Should you require **URGENT** medical assistance, apart from dialling **999** also dial **01673 885211** as

immediate help may be available whilst awaiting an ambulance or a First Responder. There are residents who have medical knowledge and/ or 4X 4 vehicles who are prepared to help if called upon.

 5) Check your house fuel supplies and arrange for a delivery if you need to .

1. Obviously do everything possible to stay indoors and keep warm once any snow starts building up,

especially those who are vulnerable, the elderly, the very young and those residents prone to illness

1. Where practical keep window curtains closed to retain heat in the room. If possible tuck the curtains

 behind a radiator. Drawing pin blankets over all doors to retain the heat in rooms

1. Even when indoors consider wearing extra layers of clothing including if necessary woollen gloves, a

neckscarf, woollen head cover, woollen stockings and or wrap a blanket around yourself. It doesn’t matter at extreme times what you look like

 **Going outside**

1. Try to avoid this if possible. If you decide to clear snow from around your property, check the weather

forecast first as a thaw may be imminent and could save you a lot of shovelling. Make sure you have easily available a spade and a brush indoors, **NOT** stuck in the garden shed. Only clear essential paths. It is unnecessary to clear the full width of the path or driveway at the first attempt. You can consider removing more snow when you feel you are able. **NB** Don’t overload your spade or shovel. Moving snow is strenuous work, and remember wet snow is much heavier than the powdery stuff. Remove further falls of snow as frequently as possible and practical, Sand or salt cleared areas. One tablespoon is adequate to cover a square metre of ground. **DO NOT USE HOT WATER a**s this could freeze

1. Be aware of the chill factor, especially if there is a wind blowing. Wear loose fitting but warm clothing

and sensible footwear. Rubber or plastic boots or leather soles can slip on cleared areas

 12) Undertake the task in easy stages, warming up between each stage if necessary

1. If you are clearing a path for yourself or a neighbour **DO NOT** place the removed snow onto any public

path or onto the road as you could leave yourself open to prosecution.

### Community Help

If you have elderly or incapacitated neighbours, please check they are OK. Don’t presume they can cope. Make sure you actually speak to them and offer what assistance you can, particularly if they have a dog that needs walking, or the electricity supply is cut off for a long period, or boiler frozen. Hot food and hot water for making drinks are essential to the elderly or infirm.

Any help from residents to clear public footpaths and roads etc. has to be totally voluntary. Insurance for undertaking such tasks is not yet available. There is no law preventing anyone from clearing snow or ice from public areas. There has been a lot of hype about the risk of being sued by persons alleging negligence against anyone clearing snow for the benefit of the public. The Law Society has ruled that no conviction would be upheld on any person undertaking voluntary snow clearing **PROVIDED** the work has been done sensibly, carefully and responsibly.

This village has known occasions when it has been cut off from major roads and it is at such times when we as a community should come together. Have you medical skills, own a 4X 4 vehicle, have a tractor with a scraper blade or bucket, or are fit to shovel snow and spread salt or grit? If you think you can offer your skills or time for the common good please e.mail **wickparcoun2004@yahoo.co.uk**or contact a Councillor The more people that can be called upon to help the easier becomes the task.

Hopefully these measures will not be necessary, but **BE PREPARED!!**