

## **Being Prepared - and ready for winter.**

### **Ready to help – being prepared as a community for bad weather**

With November around the corner, Yealmpton Parish Council wants us to be a well-prepared community, ready for the wintry weather ahead. There's a lot we can do to be prepared. We all need to be on the look-out for signs that something may be wrong, especially with elderly, ill or vulnerable neighbours. It could be milk bottles left outside, newspapers stuck in the letter box or curtains drawn all day. These could be signs that someone is in need of help.

### **Hints and tips for a warm, safe winter**

- Have your 'flu jab to protect yourself and others from 'flu – this is especially important this year as flu symptoms can mimic those of Covid19
- Check the weather forecast and plan ahead with supplies
- Look out for friends, relatives and neighbours who may be vulnerable to the cold
- Stock up with cold and 'flu remedies and any prescription medicines
- Make sure your heating system is in good working order
- Check you have plenty of fuel to tide you over any cold snap
- Stay warm with extra layers of clothing

### **If there is snow and ice**

- Most major roads are salted by the County Council
- We have grit bins at known trouble spots around the village
- Help clear away snow and ice from the pavements outside your house
- Yealmpton Parish Council supplies bags of salt to volunteers in most of our streets
- Consider keeping a snow shovel and a personal supply of salt for your drive