

# Good Practice in PPNs

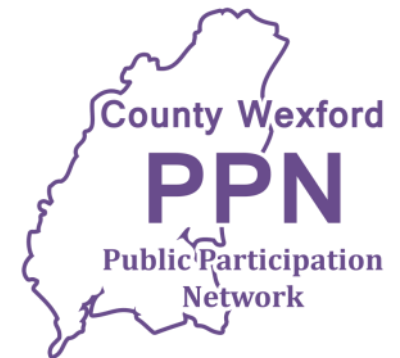


## Resilient Communities

*Presented by*

*Annette Dupuy*

*PPN Support Officer, Wexford PPN*



# What is Community Resilience?



Fundamental to the concept of **Community Resilience**, is that individuals and communities can use their strengths to, 'Prepare' for 'Respond' to and 'Recover' from emergencies.

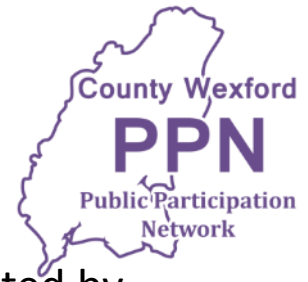
These emergencies may be weather related, health related etc.

This isn't about doing the job of the emergency services it's about supporting you, your family, and your community by making sensible preparations **now** to be self sufficient during an emergency.

Community Resilience encourages local communities to engage in innovative activities that enhance their resilience.



# Wexford Community Resilience Group



Wexford Community Resilience Group is a **cross agency committee** facilitated by Wexford County Council, and working together since late 2018.

The committee has a diverse mix of groups all engaged to work together to make communities more resilient.



Membership of the committee is broad and includes partners such as Wexford Emergency Services, including Wexford County Council, the HSE, an Garda Síochána, National Ambulance Service, Order of Malta, Red Cross, Wexford Civil Defence and Wexford PPN (Public Participation Network) in partnership with Wexford GAA, Wexford IFA, Society of Vincent De Paul, Muintir na Tíre, Wexford Marine Watch and Meals on Wheels.



**A 'one-stop-shop' for community resilience activity**

# Aims & Objectives



The **aim of the group** is to...

Promote a safe, sustainable, and resilient community through practical planning, for risk mitigation (prevention) preparedness and recovery in the community in County Wexford and stakeholders.

The **objectives** of the Wexford Community Resilience Group are:

- To take an active role in the **advancement of community resilience**, through community safety and awareness campaigns and activities.
- To undertake an active role in **disaster recovery planning** through the promotion of an informed and engaged community.
- To develop and deliver **emergency management arrangements** that has a practical application and direction, to the community and stakeholders.

# So what has happened so far?



The group have already undertaken a number of initiatives to increase community resilience.

- Resilience workshops
- 'Preparing for the Unexpected' Guide
- Community CFR training.

# Resilience Workshops



In November 2018 a series of four public workshops were held with communities



Introducing the Community Resilience concept and committee and to get communities on board – highlighting opportunities to make their community more resilient



Listen to community learnings from recent experience of severe weather & community suggestions. Group work to identify concerns and opportunities.

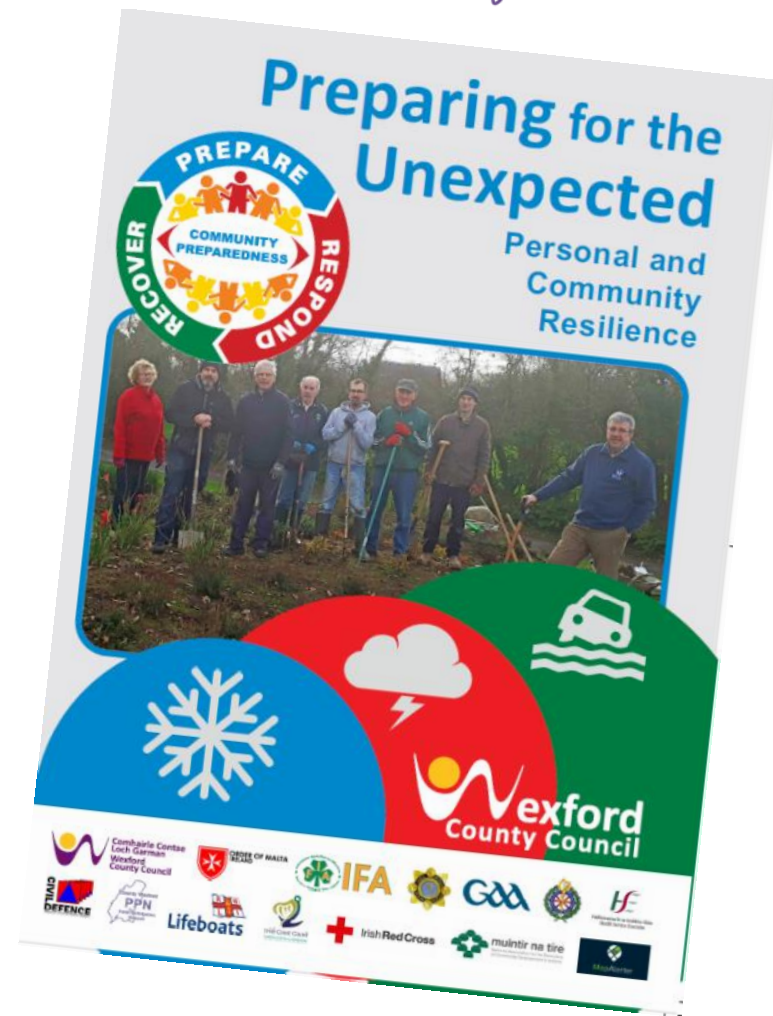
# Preparing for the Unexpected Guide



**Preparing for the Unexpected** is a written guide to help you prepare for emergencies such as severe weather events.

The guide was developed by the Community Resilience Committee and tested in a Wexford County Council Staff Focus group, facilitated by Annette Dupuy, Wexford PPN. This allowed for design review and revision prior to launch.

The guide was formally launched on Monday 11<sup>th</sup> February by Cathaoirleach of Wexford County Council, Councillor Keith Doyle. A copy of the guide was posted to each household in Wexford.



# 'Preparing for the Unexpected' Guide



A look at the guide.....

### Preparing for the Unexpected

This guide can help you prepare for emergencies such as severe weather, flooding or a flu epidemic. This isn't about doing the job of the emergency services it's about supporting you and your family by making sensible preparations now to be self sufficient during an emergency or evacuation.

Think about how you would keep warm if your heating failed or if the electricity or water was cut off. Consider how you would secure your home.

If it is not safe to go out in an emergency, the advice is usually to:

**GO IN** (go indoors and close all windows & doors)  
**STAY IN** (stay indoors)  
**TUNE IN** (to local radio, TV, internet, for information & advice)

If you have to leave your home, get out, stay out, and take others with you. Think of two meeting places. One near home and one further away, in case you can't get home or you get separated. Pick a friend or relative who lives out of the area who you will agree to call to say you are OK should you need to leave home. (Make sure this person knows).

**Remember**

- ✓ Get the flu vaccine
- ✓ Keep your phone charged
- ✓ Keep warm, eat well and avoid unnecessary travel
- ✓ Have enough prescription medicines to see you through
- ✓ Know how to turn off your electricity, gas and water in your home

My Emergency Contact	My Eircode/ Address
Family GP	Hospital
Neighbour	Pharmacist
Local Authority	Residents Association
Electrician	Plumber

### The Household Emergency Plan

Prepare a household emergency kit and keep enough food, water and other essentials to last for at least three days. Whether you have to stay in or get out, packing a small emergency kit will help you get through. Keep it safe in a waterproof bag where it's easy to reach.

#### Stay Home Kit

Battery operated radio with spare batteries

Torches, candles and waterproof matches

First Aid kit, toiletries and prescriptions

Contact details/ pencil and paper

Shovel, multi-tool knife and whistle

Fresh water and food supplies/pet food

#### Leave Home Kit

Mobile phone, charger and spare battery/power bank

Large plastic bags and duct tape

Keys, bank cards and cash, spare house/car keys

Clothes, strong shoes, hats and sleeping gear

Important identification documents

Books, playing cards and board games

### What can I do in my Community?

Check with neighbours and local community groups to see if there is anything you can do for the community in times of emergency. Check if the community has resources that may be available to you. A 4x4 vehicle in the community can help with essential food supplies and transport or a neighbour could help you with clearing snow and ice.

**Remember**

- ✓ Strengthening community links helps to improve preparedness
- ✓ Preparedness enables the community to come together
- ✓ Coming together leads to a better response in an emergency
- ✓ Central to this is neighbours knowing each other
- ✓ Knowing your neighbours and working together will ensure that vulnerable people in your community are prepared for the unexpected

Past incidents have shown that people already support and help each other during times of need.

Simple activities like getting together to clear snow and ice from paths or offering a helping hand to vulnerable neighbours can make all the difference.

Every day thousands of people need to attend hospital for life-saving treatments like dialysis.

If ice and snow caused a problem getting someone from their home to their hospital transport could your community get together to help?

If it is safe to do so you should check on neighbours and vulnerable people living nearby. Think about who they are?

Name:	Name:
Address:	Address:
Tel:	Tel:

Never do anything to put you or anyone else at risk. If you are in immediate danger dial 999 or 112.

Sign up for free text alerts for your area on [www.mapalserter.com](http://www.mapalserter.com)

**Wexford County Council Emergency Numbers**  
 053 919 6000 or 1890 666 777

For more information visit  
[www.winterready.ie](http://www.winterready.ie)



# Community CFR Training



Utilising connections made at the Community Resilience Group, **Wexford PPN** and other committee members - **Civil Defence, National Ambulance Service, and Wexford County Council** were involved in setting up a mass certified Community First Responder (CFR) Training Session at Wexford County Hall on 11<sup>th</sup> May 2019 in which 70 participants were trained.



Photo : Wexford Public Participation Network (PPN)

# Plans for the future



## Mapping Key Contacts for additional emergency support

- IFA contacts
- GAA Contacts
- Voluntary Emergency Services
- Community Group Leaders

## Fridge Magnet

- Fridge magnet to be developed with key contact info and space to include Eircode

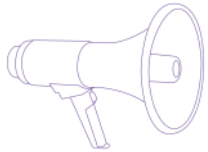
## Winter Ready

- Promoting Flu Vaccine
- Being winter ready
- Household tips

# Benefit for Wexford PPN



Involvement has been very positive for Wexford PPN.  
Key benefits included...



- Increased **awareness and understanding** of Wexford PPN and our role to a broader audience.



- Highlighted the **relevance** of Wexford PPN to agencies and developed direct contacts.



- **Relationship development** led to collaboration e.g. Community CFR training



- CFR training increased **community awareness** of Wexford PPN and recruited some new members.

## In Summary.....

The project highlighted the benefits of **cross agency collaboration** for both PPNs and the communities they serve. While the project took Resource Worker time and PPN Resources the benefits were significant.

# And Finally....



Should you be interested in finding out more about this project get in touch with Wexford PPN.

[wexfordppn@wexfordcoco.ie](mailto:wexfordppn@wexfordcoco.ie) or 053-9196553

