

Midlothian Older People's Assembly

**Working in partnership with Older citizens in Midlothian
for a safe and warm Winter.**

MY WINTER PLAN

If we are affected by severe weather this winter, it is important to have a plan should you feel isolated or become stranded at home. The following will help you compile a list of useful information that you should keep handy and refer to should the need arise.

- **Pick at least two friends or relatives who will agree to call you to check that you are okay:**

Name:	Phone No:
Name:	Phone No:
Name:	Phone No:

- **Check the weather forecast so you can be prepared for bad weather:**

My local radio station is:	It is on frequency:
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- **Keep a list of important telephone numbers:**

Emergency Services	Dial: 999
NHS 24	Dial: 111
SEPA Floodline	Dial: 0345 988 1188
My doctor	Dial:

My plumber	Dial:
My insurance company	Dial:
My Local Authority	Dial:
My social worker or care worker (if you have one)	Dial:

• **Pack an small emergency kit.** It can be a good idea to prepare in advance should there be severe weather and a power cut. You may not be able to go to the shops or have groceries delivered. You may want to think about stocking some essentials...

- battery radio with spare batteries, or a wind up radio
- first aid kit
- bottled water and ready to eat food/ tinned food and tea/coffee
- candles and matches (be particularly careful with these and remember to extinguish all naked flames before going to bed).
- pet supplies (food and litter)
- additional toiletries
- additional medications
- manual can opener
- thermos flask
- hot water bottle
- extra blankets
- hat, gloves and scarves
- reading materials, puzzles, crosswords etc
- additional pay- as-you- go meter cards
- additional mobile phone credit (and ensure your phone is charged)
- grit or salt for melting ice on paths/doorsteps

Remember to keep this list in a safe place so you can refer to it if necessary.