

# **KEMNAY COMMUNITY COUNCIL COMMUNITY RESILIENCE PLAN**

## **1a CONFIDENTIALITY AGREEMENT**

**THIS DOCUMENT AND THE INFORMATION HEREIN IS PROVIDED IN CONFIDENCE FOR THE SOLE PURPOSE OF KEMNAY COMMUNITY COUNCIL COMMUNITY RESILIENCE PLAN AND MAY NOT BE DISCLOSED TO ANY THIRD PARTY OR USED FOR ANY OTHER PURPOSE WITHOUT THE EXPRESS WRITTEN PERMISSION OF THE AUTHOR OF THIS DOCUMENT.**

**PLEASE KEEP A HARD COPY OF THIS PLAN IN YOUR PERSONAL EMERGENCY BOX**

## **1b OVERVIEW**

### **About this Plan:**

The purpose of this Plan is to make our community better prepared in the event of an emergency such as severe weather, flooding or any major incident, but also has the aim to develop the general resilience of our community. Bringing together help and skills in supporting and assisting our community to prepare and recover following an event or incident is vital, but so too is the need to support members of our community as they face challenges in their daily lives.

A copy of the complete Plan, including Appendices containing personal contact information and skills/assets of each volunteer, will be held by Kemnay Community Council and will not be freely available. This Plan will be used to call for assistance from the community and will be reviewed on an annual basis to ensure that it is up to date and accurate.

A copy of the Plan, without Appendices, will be available on the village website [www.kemnay.info](http://www.kemnay.info)

# **KEMNAY COMMUNITY COUNCIL COMMUNITY RESILIENCE PLAN**

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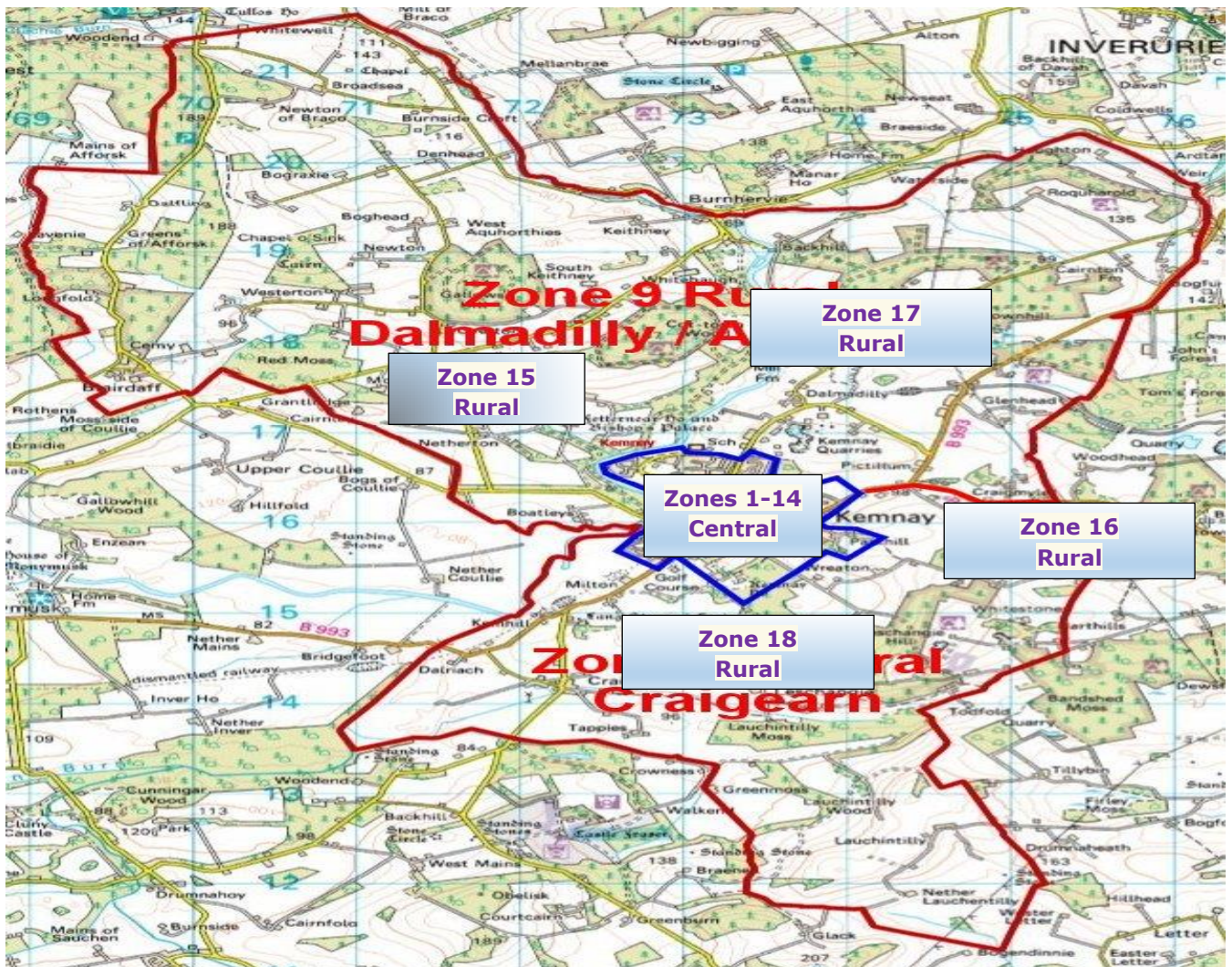
<i>Appendix A</i>	<i>Additional Contacts</i>
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## 3 PLANNING FOR A MAJOR INCIDENT

There is an opportunity for all within the community to assist with tasks from, for example, helping to install flood gates, place sandbags, clear snow, to providing first aid or transporting people to places of respite. The volunteers will take part in an initial exercise to evaluate the outcome and success of the plan following operation and with a repeat exercise to take place on an annual basis.

When an **Amber** or **Red** weather warning is issued, reminders about potential consequences and the need to get prepared will be widely publicised via social media and village noticeboards.

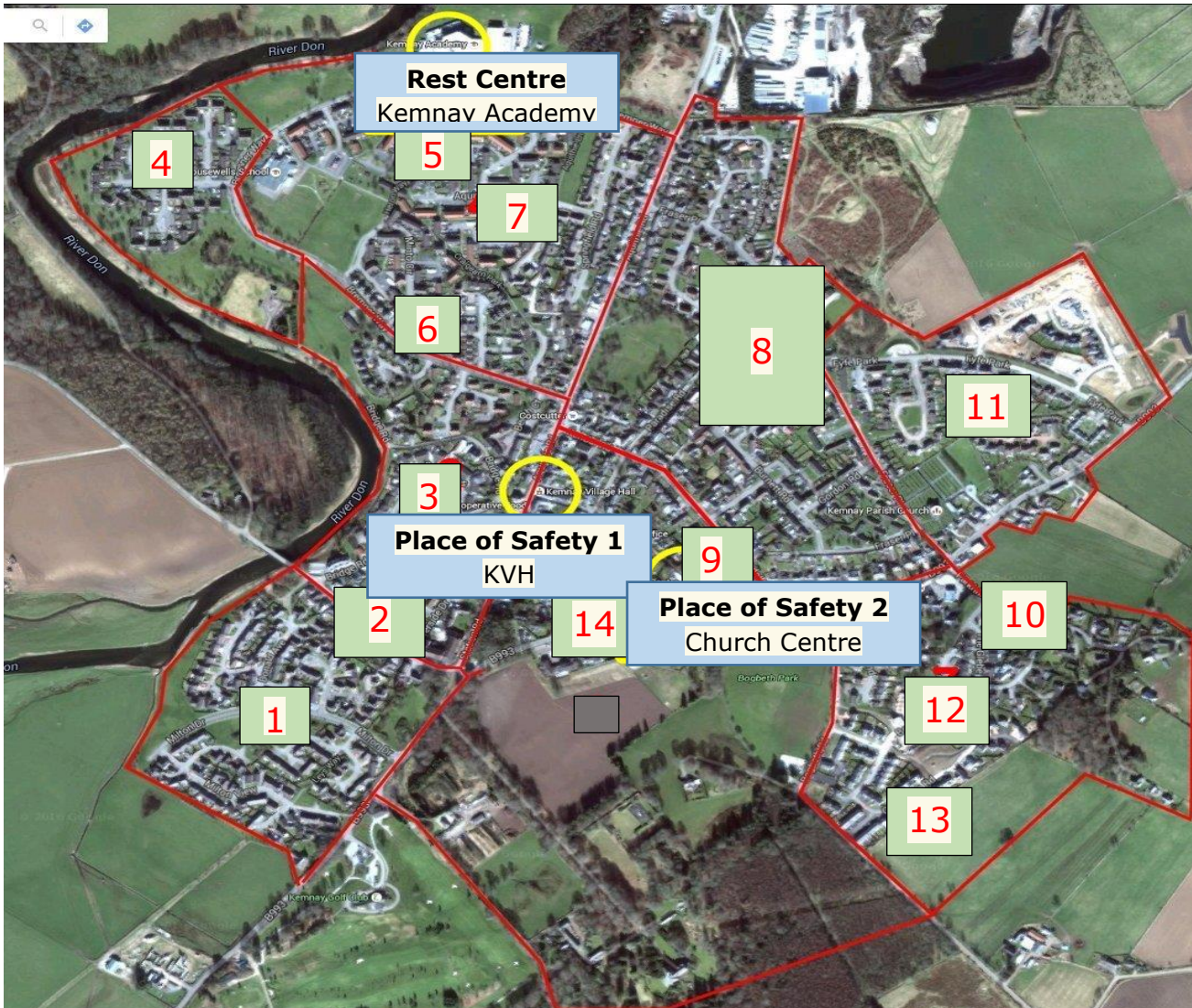


Geographical Description of Area: Kemnay: Inverurie, Aberdeenshire, Scotland, UK  
Geographical Co-ordinates: Latitude: 57.23 N Longitude: 2.45 W Elevation: 407 ft /124 m.  
Population: c<5,000 (2016)

KCC Website: <http://www.kemnay.info/>

# KEMNAY COMMUNITY COUNCIL COMMUNITY RESILIENCE PLAN

## 4 KEMNAY VILLAGE MAP & ZONES



Zone	Area Name	Zone	Area Name	Zone	Area Name
1	Milton Meadows	7	Aquithie (village)	13	Wellpark
2	Riverside (1, 2)	8	Fraser Place (1,2,3)	14	Village Centre
3	Boat Croft	9	Victoria Terrace	15	<i>Fetternear (Rural)</i>
4	Kembhill Park	10	Parkhill	16	<i>The Horner/Benview (Rural)</i>
5	Alehousewells	11	Fyfe Park	17	<i>Dalmadilly / Aquithie (Rural)</i>
6	Bremner Way	12	Bogbeth	18	<i>Craigearn (Rural)</i>

### KEMNAY VILLAGE 'PLACES OF SAFETY'

The following centres have cooking and toilet facilities and will be available in the event of any emergency or major incident:

Rest Centre (Major incidents only, as designated by Aberdeenshire Council; operated by Aberdeenshire Council)	Place of Safety 1 (operated by KCC Resilience Group)	Place of Safety 2 (operated by Kemnay Parish Church)
<b>Kemnay Academy</b> Bremner Way, AB51 5FW <a href="http://kemnayacademy.aberdeenshire.sch.uk/">http://kemnayacademy.aberdeenshire.sch.uk/</a>	<b>Kemnay Village Public Hall</b> 8 Aquithie Road, AB51 5SS <a href="http://www.kemnayhall.co.uk/location.htm">http://www.kemnayhall.co.uk/location.htm</a>	<b>Kemnay Church Centre</b> Church Lane, AB51 5QP <a href="http://kemnayparish.church/wp/locations/kemnay-church-centre/">http://kemnayparish.church/wp/locations/kemnay-church-centre/</a>

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**5 KEMNAY VILLAGE RISK ASSESSMENT – Major Incident**

<b>Risks - including likelihood</b>	<b>Impact on Community / Vulnerability</b>	<b>What Can Resilient Community Group do to prepare?</b>
Major Flood from the River Don on 7/8th Jan 2016 may re-occur	Flooding of streets, properties and businesses  Drain Flooding causing 'at risk' properties  Damage to cars  Contaminated Water	-Encourage residents in 'at risk' Zones to improve home flood defences -Encourage residents to routinely monitor and report blocked drains – ie 'adopt a drain' outside your house and report to AC -Monitor River Levels -Encourage residents in 'at risk' streets to park cars on high ground -Distribute sandbags (stored in container at Birley Bush Community Garden – See Appendix) -Zone Contacts in place to assist with heavy lifting items such as sandbags, flood gates or barriers -Arrangements for support vehicles -First Aid support -Work with Aberdeenshire Council on evacuation plan
All Severe weather events may become more frequent due to climate change	Risk to safety of residents  Damage to homes and businesses  Disruption of delivery of food supplies	-Check warnings from SEPA / Met Office -Open planned respite centre(s) and assist with transportation of residents to centres  -Identify those who may need help and assistance -Suitable Zone Contacts in place to assist with tasks such as clearing of snow  - Arrangement with Local Stores  -In prolonged adverse weather conditions, consider central collection of refuse by Aberdeenshire Council
<b>Any Major Incidents, eg:</b> Severe Flooding Utility Failure (Gas / Elect / Water) Major Fire Chemical Spill Aeroplane Incident Road Traffic Accident Radiation Terrorism	Loss of ingress/egress Disruption of transport links Damage to homes and businesses Loss of Communication Loss of Gas, Electricity and Water	-All of the above may apply -Assist with delivery of supplies and fuel to the community -Availability of Analogue telephones and radios (ie which do not rely on mains electricity) -Contact and work with Utility Companies
Virus Outbreak (as experienced with Covid-19 in 2020/22)	Need to self-isolate Lockdown restrictions	-Many of the above may apply, especially assisting with delivery of supplies & offering support to affected members of the community
In the event of a major incident, any of the above may apply		

## 6 VOLUNTEERS – LINES OF COMMUNICATION

Aberdeenshire Council Duty Emergency Response Co-ordinator  
Emergency Services  
Local Assistance



KCC Lead Co-ordinator  
KCC Deputy Lead Co-ordinator  
KCC Medical First Aider(s)



Community Resilience Group Members  
Zone Contacts\*:

1. Milton Meadows
2. Riverside 1 / Riverside 2
3. Boat Croft
4. Kembhill Park
5. Alehousewells
6. Bremner Way
7. Aquithie (Village)
8. Fraser Place 1 / Fraser Place 2 / Fraser Place 3
9. Victoria Terrace
10. Parkhill
11. Fyfe Park
12. Bogbeth
13. Wellpark
14. Village Centre
15. Fetternear (Rural)
16. The Horner/Benview (Rural)
17. Dalmadilly / Aquithie (Rural)
18. Craigearn (Rural)

\*See Appendix A

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## **7 VOLUNTEERS ROLES AND RESPONSIBILITIES**

### **LEAD KCC CRP CO-ORDINATOR / DEPUTE CO-ORDINATOR**

- Telephones or group texts the Zone Contacts, Community Resilience Group Members and Local Assistance Volunteers
- Sends KCC e-mail alert
- Communicates with all groups / emergency services, ie Police, Aberdeenshire Council, Local Assistance
- Liaises with Zone Contacts and CRG members throughout the emergency

### **KCC CRP ZONE CONTACTS**

- Check on residents in designated streets & advise\* as required
- Seek additional assistance for those who may need help with heavy lifting items, such as sandbags, erecting flood gates, installation of pumps, clearing snow
- Feedback any information required to be communicated or call for additional general volunteers to CRP Lead Co-ordinator / Depute Co-ordinator

*\* eg. Direct to Place of Safety, if necessary; provide emergency equipment & supplies, where possible; give updates on the ongoing situation*

#### ***Important Note:***

- **In the event of any emergency, the first priority is YOURSELF**
- **Volunteers provide resilience support until the emergency services arrive**
- **Volunteers on duties/patrol should ensure that they have adequate PPE (ie clothing/footwear)**
- **Volunteers should not place themselves in any danger and should ideally travel in pairs using a 'buddy system'.**
- **Heavy Machinery operators / Drivers - volunteers MUST operate under their own Insurance.**  
Volunteers advised to check with own insurers.
- **Volunteers conducting manual tasks should be aware of correct manual handling tasks as follows:**  
<http://www.hse.gov.uk/toolbox/manual.htm>

All Volunteers in the community may also assist with recovery duties, such as clean-up and removal of personal property flood defence items.

In appropriate circumstances, loud halers may also be used as village alerts.

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### **8 Risk Assessment for Community Resilience Activities – FOR CO-ORDINATOR GUIDANCE ONLY**

To minimise risks to volunteers and the public, the community resilience coordinator organising the activities of volunteers should assess the risks involved which could cause injury and consider what controls can be used to reduce risks.

The following approach is suggested as a useful guide for coordinators. This is not an exhaustive list and can be augmented as required. Should an accident occur, any insurance claim will be more likely to be successful where the activities involved had been risk assessed, the risk assessment recorded in writing and any controls identified to reduce risks applied and recorded.

Steps to follow: 1/ identify likely hazards 2/ consider who might be harmed and how 3/ consider and write down the controls to reduce or eliminate the likelihood of someone being harmed 4/ review and update the risk assessments as you go along.

<b>What hazards?</b>	<b>Who might be harmed and how?</b>	<b>What needs to be done?</b>	<b>Actions by who?</b>	<b>Actions by when?</b>
Slips/trips/falls	Volunteers shovelling snow/assisting others to place of safety/checking on neighbours etc slipping/tripping resulting in fractures/sprains/head injuries etc.  Members of public accessing places of safety / evacuating slipping/tripping resulting in fractures/sprains/head injuries etc.	- Where possible, register volunteers before tasking name/address/telephone number. Ask if any medical conditions limit manual activities. -Check that volunteers are wearing suitable PPE. -Volunteers to work in pairs with a charged mobile phone or other means of communication. -Walking aids utilised if underfoot conditions icy/slippery and access paths to be treated as required (salt/grit). -Volunteers to be mobilised only where appropriate equipment available eg torches/shovels. -Volunteers hours of activation to be monitored and restricted as required (no more than 12 hour shift or less in severe weather). -Brief all volunteers before mobilisation including direction on minimising risks to self, appraising coordinator of developments and backing off if uncomfortable with any situation. -Inspect access options to place of safety and treat/signpost/light as required.	Community Coordinator to ensure actions listed are applied and recorded.  <b>Venue Key Holder</b>	Appropriate actions to be implemented prior to tasking volunteers with communications and monitoring ongoing as necessary.  Prior to accepting evacuees.
Ill health	Volunteers participating in intense exercise eg shovelling/lifting sandbags etc suffering cardiac arrest/stroke etc  Volunteers/evacuees suffering from hypothermia	-Register volunteers before tasking - contact details, and check if any medical conditions limit activities. -Allocate appropriate tasks to volunteers to take account of health/age/working environment -Volunteers hours of activation to be monitored and restricted as required (no more than 12 hour shift or less in severe weather). -Ensure all volunteers wearing suitable PPE -Volunteers to work in pairs with a charged mobile phone or other means of communication. -Volunteers hours of activation to be monitored and restricted as required (no more than 12 hour shift or less in severe weather).	Community Coordinator to ensure actions listed are applied and recorded.  Community Coordinator to ensure actions listed are applied and recorded.	Appropriate actions to be implemented prior to tasking volunteers with communications and monitoring ongoing as necessary.
Poor manual handling	Volunteers participating in intense exercise eg shovelling/lifting sandbags etc suffering back injuries/muscle strain etc	-Provide basic manual handling briefing to volunteers including: avoiding lifting heavy weights, testing weight before lifting, avoiding twisting while lifting, lifting with legs and not back, use appropriate equipment and share lifting of heavier items.	Community Coordinator to ensure actions listed are applied and recorded.	Appropriate actions to be implemented prior to tasking volunteers
Verbal/Physical Assault, Public Order	Volunteers physically assaulted – injuries including bruises/sprains, fractures. Volunteers verbally abused - resulting in emotional stress and psychological trauma.	-Register volunteers before tasking name/ address/ telephone number etc and confirm if any medical conditions limiting activities before tasking -Volunteers to work in pairs with a charged mobile phone or other means of communication -Allocate appropriate tasks to volunteers to take account of health/age/working environment -Brief all volunteers before mobilisation including direction on <b>minimising risks to self, appraising coordinator of developments and backing off if uncomfortable with any situation.</b> -Indoors volunteers never be left alone – always operate in pairs. - <b>Volunteers to be briefed to follow directions from the emergency services at all times.</b>	Community Coordinator to ensure actions listed are applied and recorded.	Appropriate actions to be implemented prior to tasking volunteers with communications and monitoring ongoing as necessary.



## **KEMNAY COMMUNITY COUNCIL COMMUNITY RESILIENCE PLAN**

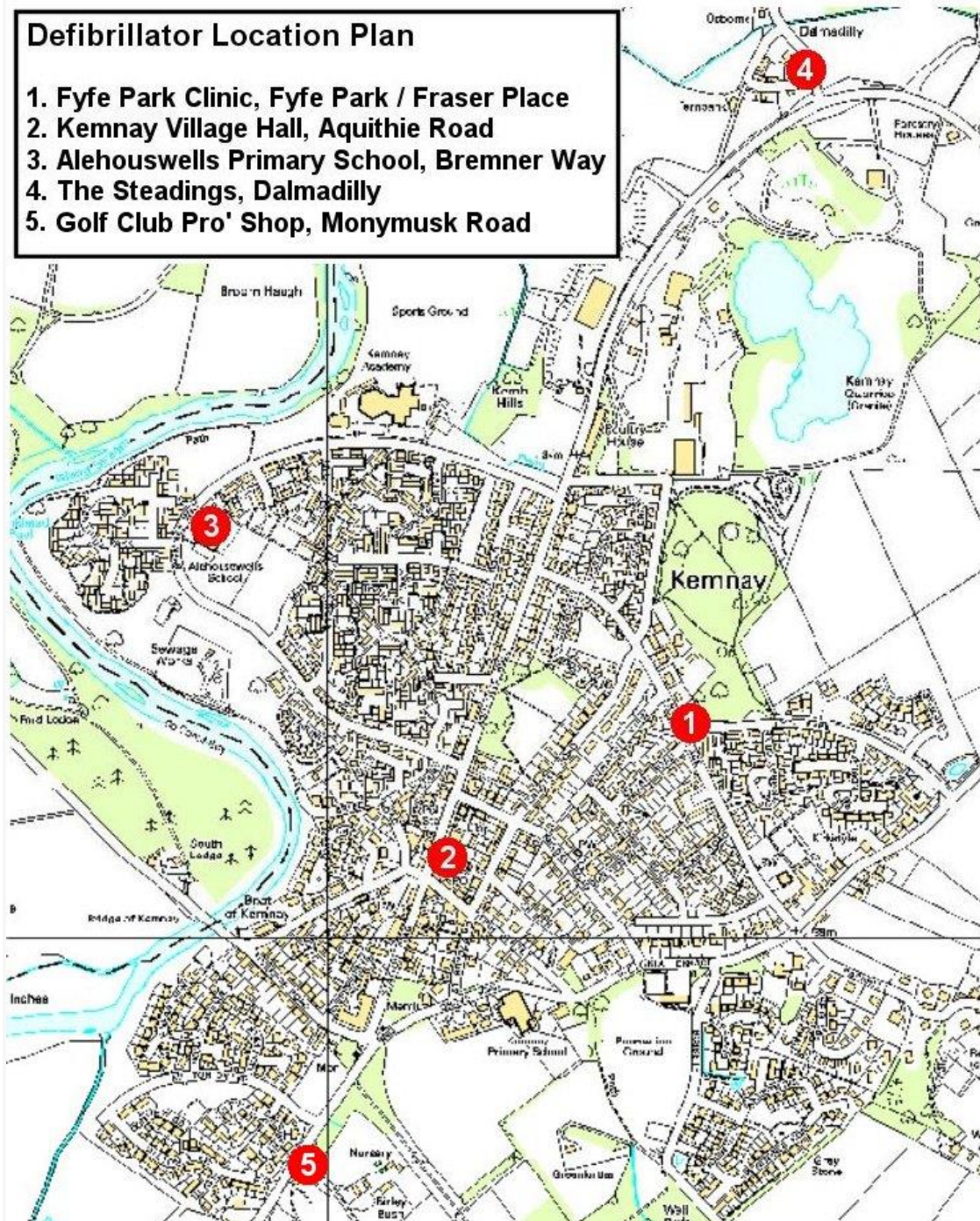
### **9 PUBLIC ACCESS DEFIBRILLATORS (PADs)**

Having access to a defibrillator has been shown to be potentially life saving.

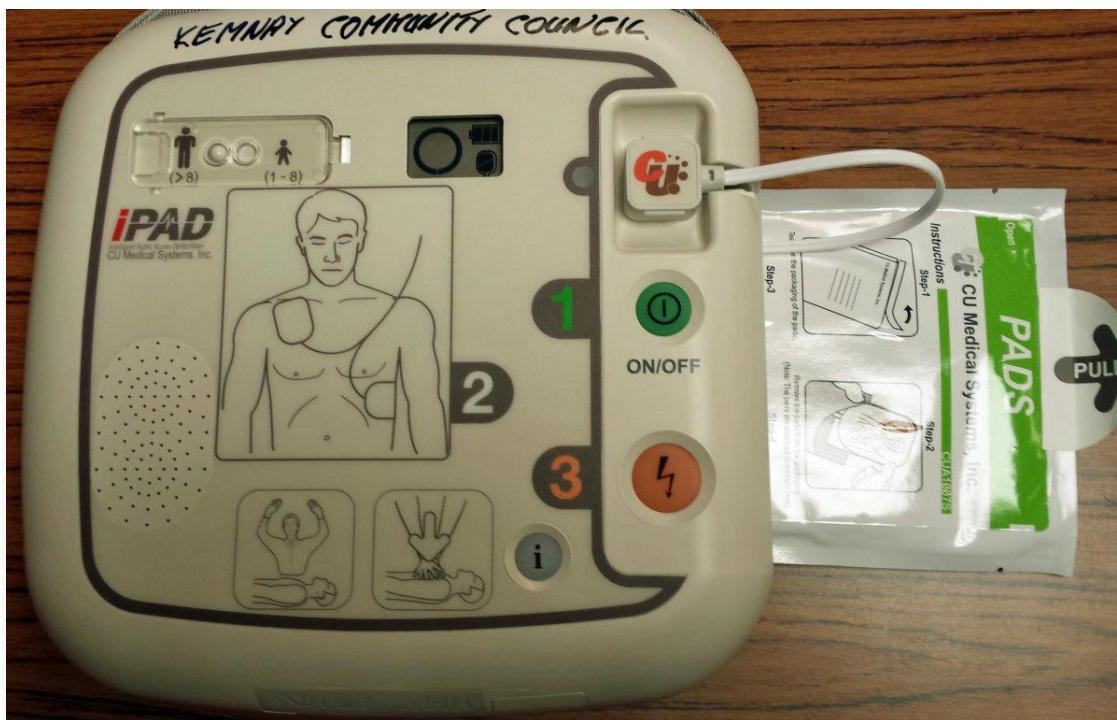
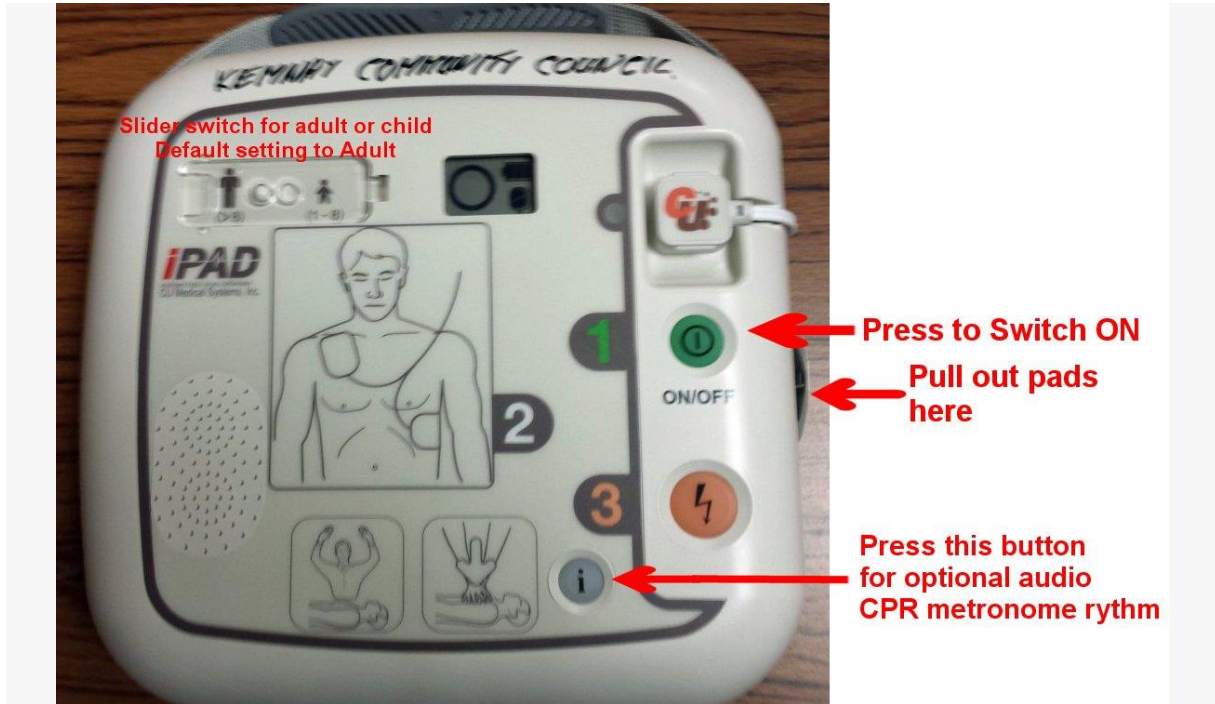
Through fundraising efforts, KCC funds the purchase and ongoing maintenance of the units which are located around the village. A volunteer PADs Co-ordinator looks after the units with the guidance and oversight of the Scottish Ambulance Service, which keeps a record of their location to share with members of the public in the event of a cardiac emergency.

The Co-ordinator's duties are:

- to keep relevant records and co-ordinate with the SAS
- to oversee the volunteers who check the units every month
- to order and replace essential items when required, passing invoices to KCC Treasurer
- to report regularly to KCC



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### **10. LEND A HAND KEMNAY / COMMUNITY LARDER**

In response to the Covid-19 pandemic in 2020, volunteers set up a community resilience group to support people facing the challenges of reduced income, shielding, illness, Covid restrictions and lockdown. KCC offered to assist his group – Lend a Hand Kemnay – by making it part of KCC’s resilience planning. This enabled the group to access funding streams and benefit from the community council’s financial accounting and insurance cover. The group was given access to Kemnay Village Hall to set up a community larder, from which it distributed food parcels to those in need.

Post-pandemic, food resilience remains a major issue and this, along with the national drive to reduce food waste, has led to the decision that Lend a Hand Kemnay should transition to a Community Larder, although assistance with shopping & prescription collection, etc will still be available on a limited basis (eg for someone who is self-isolating).

### ***Kemnay Community Larder***

Become a **Friend of the Community Larder**.

Open to all, it costs **£5** annually (payable in instalments, if preferred) to become a Friend.

You can then **SHARE, DONATE, EXCHANGE, BUY** food and household items.

You will be able to

- **donate** food & household items (although you don’t need to join to do this - the donation collection point is still operating at the Co-op.)
- **share** - you can choose up to **5 items free of charge** from the range of items given for sharing by food initiatives such as FareShare and also individual donations, including some fresh fruit & veg; you can also share fruit & veg you may have grown yourself
- **exchange** tins or packets of food for another item from the larder
- **buy** - use the larder as a shop, paying for items at an affordable cost from the ‘Buy’ shelves and from the fridge & freezer (see list below) and/or items from a selection of ‘Treats & Extras’

#### **\*From the Fridge:**

Cold meats/Bacon/Sausages  
Cheese      Yoghurt/Fromage frais  
Butter/Margarine      Eggs  
Pizzas/Quiches/Pies

**\*Subject to availability**

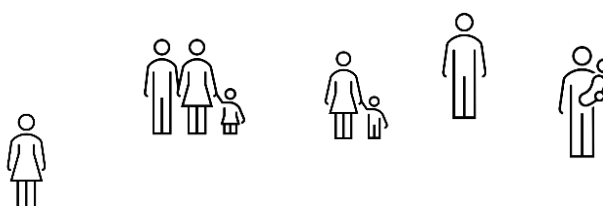
#### **\*From the Freezer:**

Chicken – diced/strips/roast  
Beef -diced steak/mince/burgers  
Fish - strips/fingers/fillets  
Veg - chips/mixed veg/peppers  
Variety of other & free items

#### **Opening Times:**

Tuesday morning:	9.30am – 11.30am
Thursday evening:	4.30pm – 6.30pm (M&S surplus food often available)
Friday morning:	9.30am-11.30am (M&S surplus food often available)

*Updated information will be posted on Lend a Hand Kemnay’s Facebook page.*



## **KEMNAY COMMUNITY COUNCIL COMMUNITY RESILIENCE PLAN**

### **11. KCC MEMBERS & ASSOCIATED RESILIENCE GROUPS**

<b>NAME / E-MAIL</b>	<b>CONTACT NO. &amp; ADDRESS</b> <i>Available in Appendix only</i>	<b>ZONE</b>	<b>VOLUNTEER STATUS / SKILLS</b>
Sue Wainman <a href="mailto:wainman.sue@gmail.com">wainman.sue@gmail.com</a>		4	<b>CRP Lead Co-ordinator; KCC member</b> Zone Contact (Z4): <b>KVH keyholder</b>
Fran Patrick <a href="mailto:dfpatrick@tiscali.co.uk">dfpatrick@tiscali.co.uk</a>		9	<b>CRP Deputy Lead Co-ordinator</b> Zone Contact (Z9); <b>KCC member</b> <b>Key Volunteer LaHK; KVH keyholder</b>
Suzanne Bunton <a href="mailto:suzbunton@gmail.com">suzbunton@gmail.com</a>			<b>CRG Member; KCC member</b> <b>Hospital Volunteer Drivers &amp; Family Support (Kemnay Parish Church)</b>
Pauline Paterson <a href="mailto:dancewand@hotmail.com">dancewand@hotmail.com</a>		3	<b>CRG Member; KCC member</b> <b>Depute Co-ordinator LaHK; KVH keyholder</b>
Daniel Johnston <a href="mailto:danothebaldyheid@gmail.com">danothebaldyheid@gmail.com</a>		9	<b>CRG Member; KCC member</b> Zone Contact (Z9)
Gaenor Berkin <a href="mailto:gaenor.berkin@gmail.com">gaenor.berkin@gmail.com</a>		2	KCC Chair
John Whittall <a href="mailto:whittall@dircon.co.uk">whittall@dircon.co.uk</a>			KCC Treasurer
Margaret Basley <a href="mailto:mbasley@uwclub.net">mbasley@uwclub.net</a>		4	KCC Member <b>Respite Assistance – Village Hall Committee &amp; KVH Keyholder</b>
Richard Lamplugh <a href="mailto:lamplugh@btinternet.com">lamplugh@btinternet.com</a>		2	KCC Member
Lee Aitken <a href="mailto:leeaitken22@gmail.com">leeaitken22@gmail.com</a>		3	KCC Member
Claire Stewart <a href="mailto:claire.gail.stewart.08@aberdeen.ac.uk">claire.gail.stewart.08@aberdeen.ac.uk</a>		4	KCC Member
Brian Cowie <a href="mailto:b.cowie296@btinternet.com">b.cowie296@btinternet.com</a>			KCC Member
Gabby Stevens <a href="mailto:gabbystecc@gmail.com">gabbystecc@gmail.com</a>		7	KCC Member
Janet Newberry <a href="mailto:jcbnewberry@aol.com">jcbnewberry@aol.com</a>		2	<b>Respite Assistance – Village Hall Committee &amp; KVH Keyholder</b>
William Elrick <a href="mailto:mmra.committee@gmail.com">mmra.committee@gmail.com</a>		1	<b>Milton Meadows-Residents Association</b>
Jim Buchan <a href="mailto:chairman@kpfq.org.uk">chairman@kpfq.org.uk</a>		3	<b>Kembhill Park Flood Group</b>
Morna Harper <a href="mailto:Morna.harper@btinternet.com">Morna.harper@btinternet.com</a>		11	<b>Stuart Crescent Residents</b>
Karen Stewart <a href="mailto:karen.stewart40@googlemail.com">karen.stewart40@googlemail.com</a>		4	<b>PADs Co-ordinator</b>

<http://www.kemnay.info/community/community-council-elected-members/>

**Note:** All Community Councillors are covered under AC/KCC Insurance for CRP tasks by being listed in this plan. All volunteers in the village who register to the KCC Plan will be covered by AC/KCC Insurance.

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**12. SUPPORT SERVICES RESOURCES & CONTACT DETAILS**

<b>Police Scotland</b> <a href="http://www.scotland.police.uk/your-community/north-east/">http://www.scotland.police.uk/your-community/north-east/</a>	<b>Emergency No.:</b> <b>999</b>	Non Emergency No.: <b>101</b>
In an emergency where there is a threat to public safety, call emergency service <b>999</b> and ask for <b>Fire or Coastguard</b>		
<b>Aberdeenshire Council</b> <a href="http://www.aberdeenshire.gov.uk">www.aberdeenshire.gov.uk</a> Emergency Numbers: <a href="https://www.aberdeenshire.gov.uk/environment/flooding/emergency-contacts/">https://www.aberdeenshire.gov.uk/environment/flooding/emergency-contacts/</a> For help with flood defences (eg sandbags): Tel: from 8am - 6pm: <a href="tel:03456081205">03456 081205</a> and from 6pm - 8am Police Scotland on <a href="tel:101">101</a>	<b>Tel:</b>  <b>101 /</b>  <b>03456 081205</b>	
<b>SEPA Floodline Warnings</b> <a href="http://www.sepa.org.uk/">http://www.sepa.org.uk/</a>  Kemnay specific information: <b>21131</b> (direct dial number if you have Registered with SEPA) <b>e-mail: <a href="mailto:flooding@sepa.org.uk">flooding@sepa.org.uk</a></b>	<b>Tel:</b> <b>0345 988 1188</b>	
<b>NHS24 (Scotland):</b>	<b>Tel:</b> <b>111</b>	
<b>Scottish Water</b> Emergency Helpline Customer Helpline: 0800 0778 778 (open 24 x7). Text Relay: <b>18001 0845 601 8855</b> (For speech or hearing difficulty main centres have an induction loop for customers with hearing aids). <a href="http://www.scottishwater.co.uk/contact-us">http://www.scottishwater.co.uk/contact-us</a>	<b>Emergency No:</b>  <b>0845 600 8855</b>	Non Emergency No:  0800 0778 778
<b>National Gas</b> Emergency Contact Number (gas leak):	<b>Emergency No:</b> <b>0800 111 999</b>	
<b>Electricity: Scottish &amp; Southern Energy:</b> <b>FOR POWER OUTAGES DIAL 105</b> <a href="https://www.ssepd.co.uk/ContactUs/">https://www.ssepd.co.uk/ContactUs/</a>	Power Outages <b>105</b>	0800 300 999
<b>MET Office</b> - <a href="http://www.metoffice.gov.uk/">www.metoffice.gov.uk/</a>		
<b>XC Weather Reports</b> - <a href="http://www.xcweather.co.uk/forecast/Kemnay">http://www.xcweather.co.uk/forecast/Kemnay</a>		
<b>Ready Scotland</b> - <b>Preparing for Emergencies</b> <a href="http://www.readyscotland.org/">http://www.readyscotland.org/</a>		
<b>Scottish Flood Forum</b> - <a href="http://www.scottishfloodforum.org/">http://www.scottishfloodforum.org/</a>	Tel: 01698 839021	
<b>Northsound</b> <a href="mailto:news@northsound.co.uk">news@northsound.co.uk</a> Northsound 1: 96.9 FM Northsound 2: 1035 kHz	Tel: 01224 337 002	
<b>Original 106 FM</b> – local radio for Aberdeen & Aberdeenshire	Tel: 01224 293 800	
<b>BBC Radio Scotland:</b> 92.95FM 810 MW		
The above stations are also broadcast online, smartphone apps, Digital Audio Broadcasting or Digital Radio Signals may also be received by tuning into a Digital Car Radio		
<b>Kemnay Community Council Village Website:</b> <a href="http://www.kemnay.info/">http://www.kemnay.info/</a> <b>Kemnay Community Council Facebook Page</b> <b>All About Kemnay Facebook Page</b>		

## **KEMNAY COMMUNITY COUNCIL COMMUNITY RESILIENCE PLAN**

### **13. STORM ARWEN (Nov 2021) & EMERGENCY PLANNING**

When Storm Arwen hit, it soon became clear that this particular weather event brought challenges not really anticipated in the Community Resilience Plan. The failure of the communication networks and the overly optimistic information about the restoration of power made organising any sort of central community assistance very difficult.

The Community Resilience Group has met to discuss the way forward and is actively looking at ways of making our community response more robust. The CRG investigated the possibility of ensuring that Kemnay Village Hall can open in any eventuality. As a result, a generator has been purchased for the Hall. The Hall is now the guaranteed point of safety and is widely publicised as such, so people will always know where to come for warmth, food, information.

However, it remains true that resilience starts at home and everyone is encouraged to take all reasonable measures to protect their property from potential storm damage and flooding and to have an Emergency Box. A list of emergency numbers (see Section 12) and suggestions of what might be kept in the box are published annually in the village Newsletter:

#### ***Just in case. . . . .***

- Keep a list of emergency numbers close at hand
- Note this link to **Kemnay's Community Resilience Plan** which contains further useful information <https://www.kemnay.info>
- Put together an **Emergency Box** with basic first aid items; bottled water; energy bars; light sticks; torch; batteries; battery or wind-up radio; hand gel/wet wipes; maybe a small gas cooking/camping stove; a basic landline phone; power packs  
(See also the *Scottish Flood Forum Household Plan* at <http://www.scottishfloodforum.org/> and *Ready Scotland* at <http://www.readyscotland.org/>)

