

12. Loss of water supply

This does sometimes happen to properties at the top of Michel Dene Road and on The Link and is usually caused by a power failure. Those residents likely to be affected should consider keeping an emergency store of bottled water. If the problem persists contact the Parish Council which can arrange an emergency supply.

13. Emergency Box; suggested contents -

- a torch and spare batteries, candles & matches
- a few tins of food that do not need heating
- bottled water, fruit juice & long life milk
- a first aid kit, routine medication (sufficient to last a few days)

14. Who to contact in an Emergency

Use 999 for any Emergency

To alert the Parish Council phone:-

Chair: Mike Keller	422091	19 Summerdown Lane
Vice Chair: Brian Greenwell	423799	4 Warren Lane, Friston
Tim Bryant	422442	Old Vicarage Cottage, Crowlink Lane, Friston
David Clarke	07753121083	34 Michel Dene Road
Ian Haydock	423920	3 The Brow, Friston
Phill Hill	423990	Linden Mead, off Upper St
Amanda Hookham	422180	5 Michel Close, East Dean
Paul Seeley *	422361	24 The Ridegeway, E/Dean
vacancy		
Parish Clerk Katrina Larkin	811870	The Old Cottage, Lewes Rd., Laughton
email (not 24/7)	n/a	edfpc1@gmail.com
* also Chair of the Residents' Assocn		

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Emergency Plan - Self-Help Guide

This note is to give Residents information about the Village Emergency Plan and how people can, to some extent, help themselves when difficulties arise. Because the village is rather remote and can be isolated in bad weather and at other times, it is important that an Emergency Plan exists. It is best to be prepared as soon as possible so that we can help ourselves at least for a limited time. The Plan covers various situations which might occur and which could cause difficulties for people. It describes what has been planned to deal with these. Most people won't need to see the Plan although it is on the Parish Council's website and hard copies are held by Parish Councillors and some others (see 14)

Here are some suggestions about what YOU should do in an emergency and who you should contact. Also we suggest a few precautions that you could take.

1. Sickness or Injury (Life Threatening)

Dial 999, listen to the advice that the operator gives you then give what help you can. Do NOT 'phone one of our Community First Responders - if one is on duty they will be automatically alerted. In the case of chest pain with collapse use a defibrillator, if available; open the box and follow the audible instructions. There is a defib in the Village Hall (on the right as you enter the inner lobby) and one in the Barn Stores (in the store room to the right of the counter). If you have been unable to contact the emergency services then contact the Parish Council (see 14)

2. For medical Help fast (but not life threatening)

Contact the NHS through your GP or by dialling 111. Should the call to the GP or to 111 then be assessed as an emergency it will be treated as if a 999 call has been made – ambulance clinicians will be sent and emergency advice given on the 'phone.

3. Road Traffic Accident

Dial 999 and listen to the advice given. Make sure that you are not in any danger yourself then give what help you can (see also 1). Ask someone to help control traffic.

4. Closure of the A259

Whether this is due to weather conditions or a road traffic accident do not add to the problem by putting yourself in danger. Dial 999 if personal injury is involved.

5. Ice or Heavy Snow

Reduce the risk of accidents by staying indoors and do not go out on foot unless it is essential. Do not use a vehicle unless it is a 4x4 or has snow tyres or similar. Some snow moving equipment is available locally and the Parish Council and the Residents' Association have a list of volunteer drivers with 4x4s. So if you get stuck let us know. If poor weather is forecast obtain some grit or join Team Grit. Treat your garden paths and the area in front of your house. Stock up in advance with provisions (see 13) and ensure that you have adequate heating fuel before the onset of bad weather.

6. High Winds

If high winds are expected check fences, roofs and chimneys. Secure garden equipment. High winds often cause electricity and telephone failures and possible road closures. Again, stock up in advance with provisions (see 13) and ensure that you have adequate heating fuel before the onset of bad weather. Regular pruning of vulnerable trees can prevent damage to life and property.

7. Falling Cliffs

This is of concern to those living at Birling Gap and there are very few precautions that can be taken. Of course it makes sense to keep away from the edges of the cliffs as a fall can occur at any time. If you witness a fall 'phone 999 and then contact the Parish Council (see 14).

8. Vulnerable People

Keep an eye on vulnerable neighbours. If you are unable to give any help that is needed then contact Community Watch on 01323 423311/423101/423611 or the Parish Council (see 14)

9. Emergency Accommodation

The Parish Council keeps a list of local people who are willing to provide emergency overnight accommodation. Should a lot of people need such accommodation - for example a coach breakdown on A259 in extreme weather - the Village Hall would be used.

10. 'Phone out of use

Contact your landline, mobile phone or broadband provider. In an emergency you should still be able to call 999 on a mobile phone. If for whatever reason this is not possible then ask a neighbour to make contact with one of those people listed (see 14). This may require you to make a personal visit.

11. Loss of Electricity Supply

This can occur at any time of the year. Householders should always ensure that they have alternative lighting arrangements (torches or candles) and if they do not have a gas supply, then possibly a simple portable means of cooking. A battery operated radio will keep you abreast of weather conditions and road or school closures. (See also 13).