Suffolk Prepared

Are you Winter Prepared?



Four simple checklists for winter

- Check your home
- Check your health
- Check your travel
- Check on others

Winter isn't just about the weather.

Start your winter preparations now.

About this booklet

Frosty mornings and cosy nights are part of what we love about winter. But the same season can bring ice and snow, heavy rain and flooding, power cuts and long spells of bitter cold. These conditions can disrupt our homes, affect our health, make journeys harder and leave some of our neighbours struggling. Older people, young children, those with long-term health conditions and anyone on a tight budget can be hit hardest, and the effects are often felt across whole communities.

The good news is that a little preparation now can make a big difference later. Most of it is simple, quick and low cost. The difference between coping and struggling during a disruption often comes down to a few small steps taken early.





This booklet brings together practical checklists to help you prepare your home, your health, your travel and the people around you. Work through the checklists at your own pace. You don't need to do everything at once, so start with the actions that matter most to you and your loved ones. Tick off each item as you go and come back to the booklet whenever the weather changes.

Share it with family, friends and neighbours too. Everyone deserves to know what winter could bring and what to do about it. Talking about winter plans together means you can spot who might need extra help and make sure no one is left to face the cold alone.

For more tips and guidance, visit suffolkprepared.co.uk.

1. Check your home.

Winter weather can put extra pressure on our homes and cause power cuts that leave us without heating or light. Use this checklist to spot small issues early and put simple supplies and plans in place.

- [ ] Clear gutters and drains, and check your roof for loose or damaged tiles.
- [ ] Ensure your chimney is swept after the summer and before use.
- [ ] Service your boiler.
- [ ] Keep your home heated to at least 18°C.
- [ ] Know how to turn off your gas, water and electricity.
- [ ] Stock up before severe weather arrives: medication, long-life food that needs no cooking or fridge, drinking water and a tin opener.
- [ ] Prepare for a power cut: a torch, a battery or wind-up radio, spare batteries and charged power banks.
- [ ] Sign up to the Priority Services Register if you're eligible. It's free and gives extra support from energy and water companies during outages.

Access our full household prepared checklist here.

2. Check your health.

Colder weather can bring extra health challenges, especially for older people, young children and anyone with a long-term condition. This checklist covers practical steps to help you stay well and know where to turn for help.

- [ ] Take up your winter vaccinations if you're eligible.
- [ ] Check you have enough of your regular prescription medicines and order repeat prescriptions in good time.
- [ ] Eat regular, balanced meals and drink plenty of fluids.
- [ ] Stay active and stay connected with others.
- [ ] Your local pharmacy can help with common conditions. Use NHS 111 (111.nhs.uk) for urgent advice that isn't an emergency, and call 999 in an emergency.
- [ ] If you rely on electrically powered medical equipment, sign up to the Priority Services Register (PSR), talk to your healthcare professional, and have a back-up plan for how you'd use your equipment during a power cut.
- [ ] For more advice, help to stay warm and guidance on choosing the right service, visit: www.norfolkandsuffolk.icb.nhs.uk/winter

3. Check your travel.

Snow, ice, flooding and congestion can quickly disrupt a journey, whether you're commuting locally or travelling further afield. A few simple checks before you set off can help keep you safe and reduce delays.

- [ ] Check the weather forecast and any severe weather warnings before you travel.
- [ ] Check your vehicle is winter-ready, including tyres, lights, battery, oil, coolant and screenwash.
- [ ] If possible, try to keep your fuel tank at least half full.
- [ ] Allow extra time and be prepared for delays from snow, ice, flooding or congestion and consider if the journey is essential during such disruptions.
- [ ] Never drive through floodwater, as it can be deeper or faster-flowing than it looks. Check our Flood Smart Living guide that provides a range of measures that could be implemented, targeted at your catchment, your community and your home
- [ ] If you drive an electric vehicle, keep your battery well charged, as cold weather drains it faster. Allow extra range for diversions and unplanned delays.

Access our full car prepared checklist here.

4. Check on others.

Winter is easier to get through when communities look out for one another, and small actions can make a big difference to someone who may need extra support. Use this checklist to think about who might need help and how you'd stay in touch if phone or internet signals fail.

- [ ] Offer practical help such as collecting shopping, prescriptions or other essential supplies to neighbours or friends.
- [ ] Check on people who may need extra support: older people, those living alone, people with health conditions or medical equipment, and families with young children.
- [ ] Reach neighbours who aren't online by sharing paper information or paying them a visit.
- [ ] Keep a list of important contacts and encourage others to do the same.
- [ ] Agree who you can turn to for help and who can turn to you for assistance.
- [ ] Consider joining local groups or volunteer within your community. You can find more about voluntary roles on Volunteer Suffolk.

Suffolk Prepared

www.suffolkprepared.co.uk

#WinterPrepared