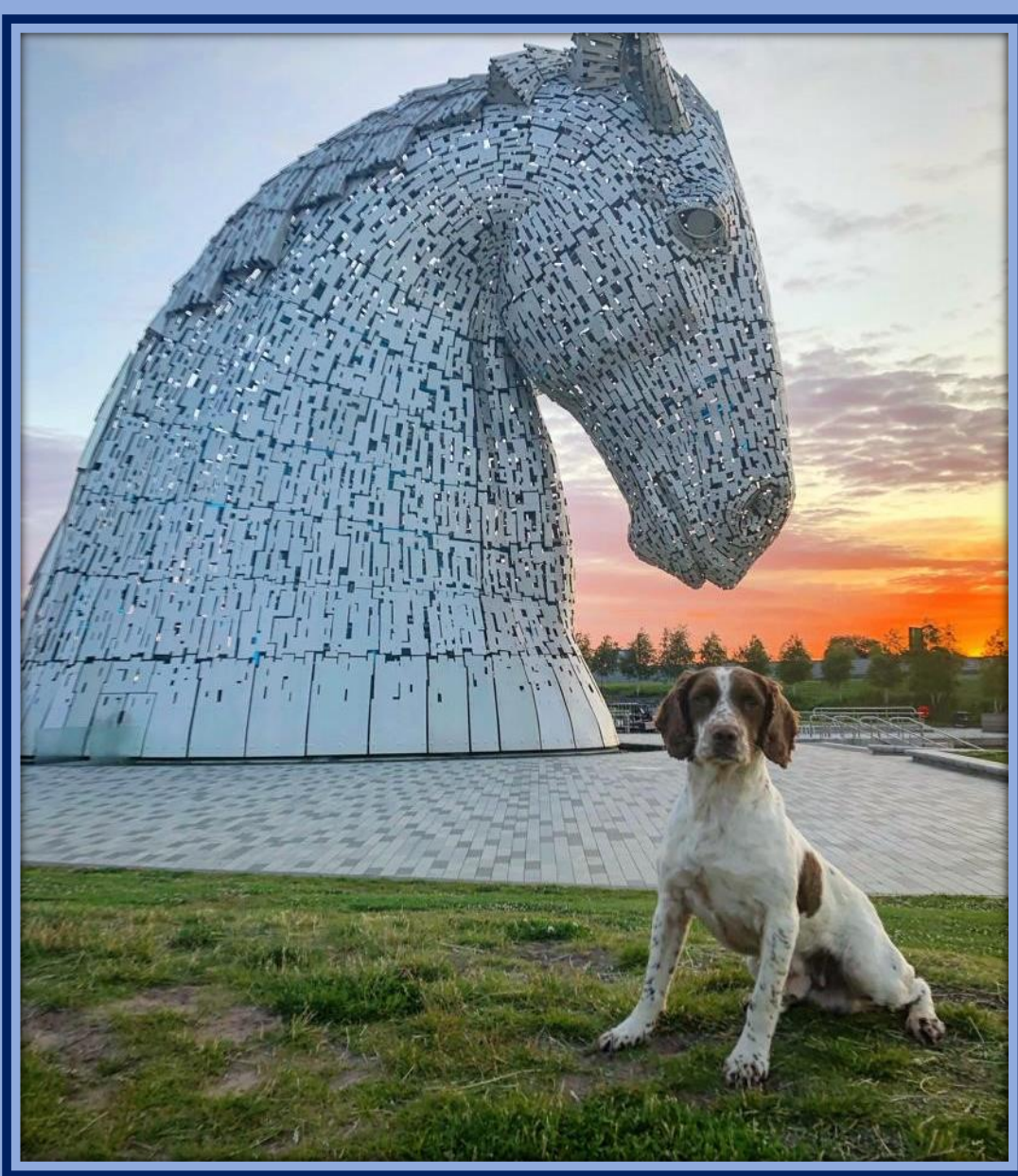
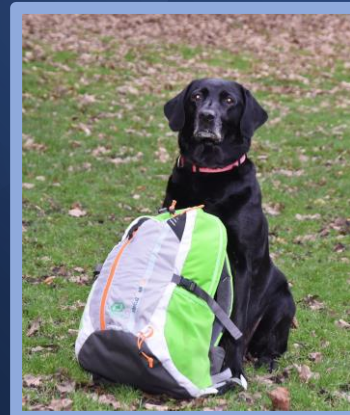
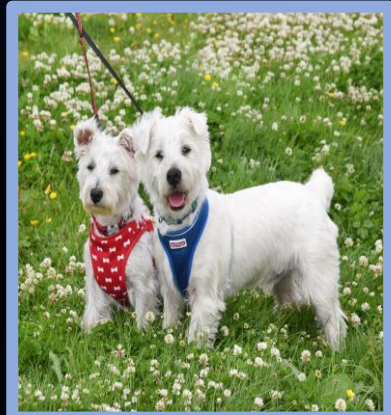


2024 Resilient Dogs Calendar

links and tips for individuals and communities to support themselves and others through challenging situations.

Where possible we have provided the internet links to important and helpful information. Just search in your internet browser to access additional information



January 2024

Community Risk Register 2023



Did you know that all potential risks in the East of Scotland are consolidated into the Community Risk Register. This is held by the Scottish fire and Rescue and can be found on this website

[Community Risk Register | Scottish Fire and Rescue Service \(firescotland.gov.uk\)](https://firescotland.gov.uk)



JANUARY 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



February 2024

In an emergency it is always good to know where to go for information and welfare. Falkirk council can open emergency centres, but did you know communities can also open a community emergency hub? We are currently working with the Scottish Community development Centre to work with communities to devise bespoke community emergency plan, and provide training. Find out more here

[Resilience planning - Community resilience | Falkirk Council](#) and at [About us | SCDC - We believe communities matter](#)

COMMUNITY EMERGENCY HUB

A Place for Communities to coordinate, converge and help each other during and after an emergency.

A community hub aims to:

- Provide helpful information.
- Create a safe space where members of the community can help each other.
- Solve problems with what the community has available.

You can also find out more about community resilience at Ready Scotland


[Help your community prepare for challenges \(ready.scot\)](#)

FEBRUARY 2024

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26	27	28	29			


March 2024

Feel content in your own home knowing you have your own emergency plan


 **Safer Scotland**
Scottish Government

Are you prepared?


A home emergency kit is one of the best ways to deal with the unexpected

Light 


- Torch
- Batteries

Communication 


- Mobile phone (make sure it is fully charged)
- Radio

Health 

- First Aid Kit
- Medicine
- Blankets/warm clothes
- Toiletries

Food/drink 

- Ready to eat food
- Baby food/pet supplies
- Bottled water

Your important items 

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

For more suggestions for your emergency kit, see [ready.scot](https://www.ready.scot)



Find out more at [Advice for emergencies in Scotland \(ready.scot\)](https://www.ready.scot)

MARCH 2024

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April 2024

April Showers bring forth May flowers, rain fall can also bring severe weather warnings



Learn more about the weather at the met office and sign up for weather warning alerts

[Learn about weather - Met Office](#)
[Guide to email alert service - Met Office](#)

APRIL 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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May 2024

Shout it From the roof tops! Communication is Key.
Make a contact list of important people including your local GP, school
and insurance provider.

- Emergency services: **999**
- Non-emergency: **101**
- NHS24: **111**
- Loss of power: **105**
- Gas emergencies: **0800 111 999**
- Scottish Water: **0800 077 8778**
- Floodline Scotland: **0345 988 1188**

Once you know you and your family are safe, check on your
neighbours and vulnerable people living close by

Stay informed on all things Falkirk, including emergencies at
[News - Social media | Falkirk Council](#)

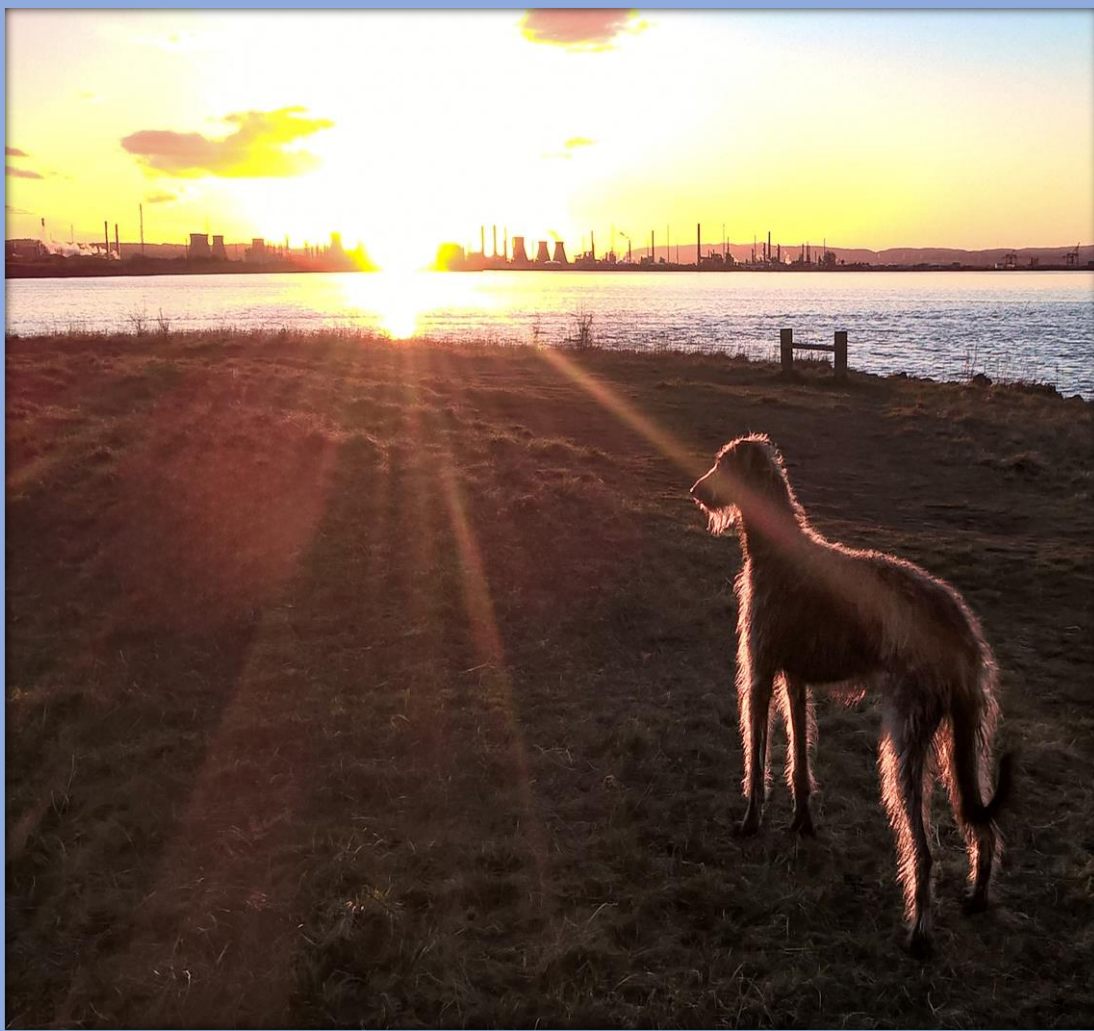


MAY 2024

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June 2024

The emergency warning system at Grangemouth is tested on the first Wednesday of June and December.



Picture by Joh Kerr photographer guru

Emergency Instructions

GO IN, STAY IN AND TUNE IN!

Community Warning - When the sirens are activated:

- 1 Immediately go indoors.
- 2 Shut all external doors and windows and all other means of ventilation.
- 3 Extinguish all naked lights.
- 4 If possible, go to an upper floor.
- 5 Tune into your local radio station, e.g.
BBC Radio Scotland FM 92-95 MHz
MW 810 KHz
Central FM FM 103.1 MHz
Real Radio FM 100-101 MHz
Police Scotland Facebook and Twitter
- 6 Unless you have a real need for emergency services, DO NOT use the telephone or mobile telephones until the ALL CLEAR is sounded to ensure lines are kept free.
- 7 Co-operate fully with the instructions given by the emergency services.
- 8 Remain indoors until you hear the ALL CLEAR or until you receive instructions from the Police.



Prepared by the Grangemouth Major Incident Control Committee (MICC)

Find out more information at [My CMS - MICC Grangemouth](#) and at [Grangemouth Community | INEOS](#)

JUNE 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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July 2024

Here comes the sun- hopefully, we are in Scotland!

Do

- ✓ keep covered up during the summer months – especially when the sun is at its hottest (11am to 3pm)
- ✓ cover up with a long-sleeved shirt
- ✓ wear a hat with a brim or flap that protects the ears and neck
- ✓ wear sunglasses to protect your eyes from damage
- ✓ get into the shade when the sun is at its hottest (11am to 3pm)
- ✓ use sunscreen of at least SPF 30 (sun protection factor 30) to protect against UVB
- ✓ use sunscreen on any part of the body you can't cover up
- ✓ apply sunscreen as directed on the label
- ✓ use a sunscreen with at least 4-star UVA protection
- ✓ re-apply sunscreen regularly
- ✓ always re-apply sunscreen after being in water

learn more about keeping safe this summer at
[Keep yourself safe in hot weather \(ready.scot\)](https://www.ready.scot)
and
[Summer health | NHS inform](https://www.nhs.uk/summer-health)

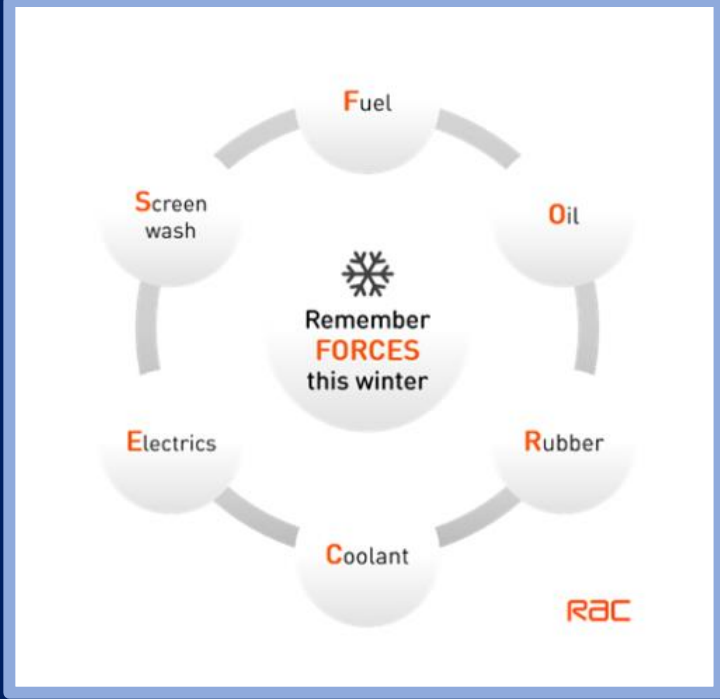


JULY 2024

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August 2024



find out more about vehicle preparedness at

[6 simple checks to prepare your vehicle for winter - Met Office](#)

AUGUST 2024

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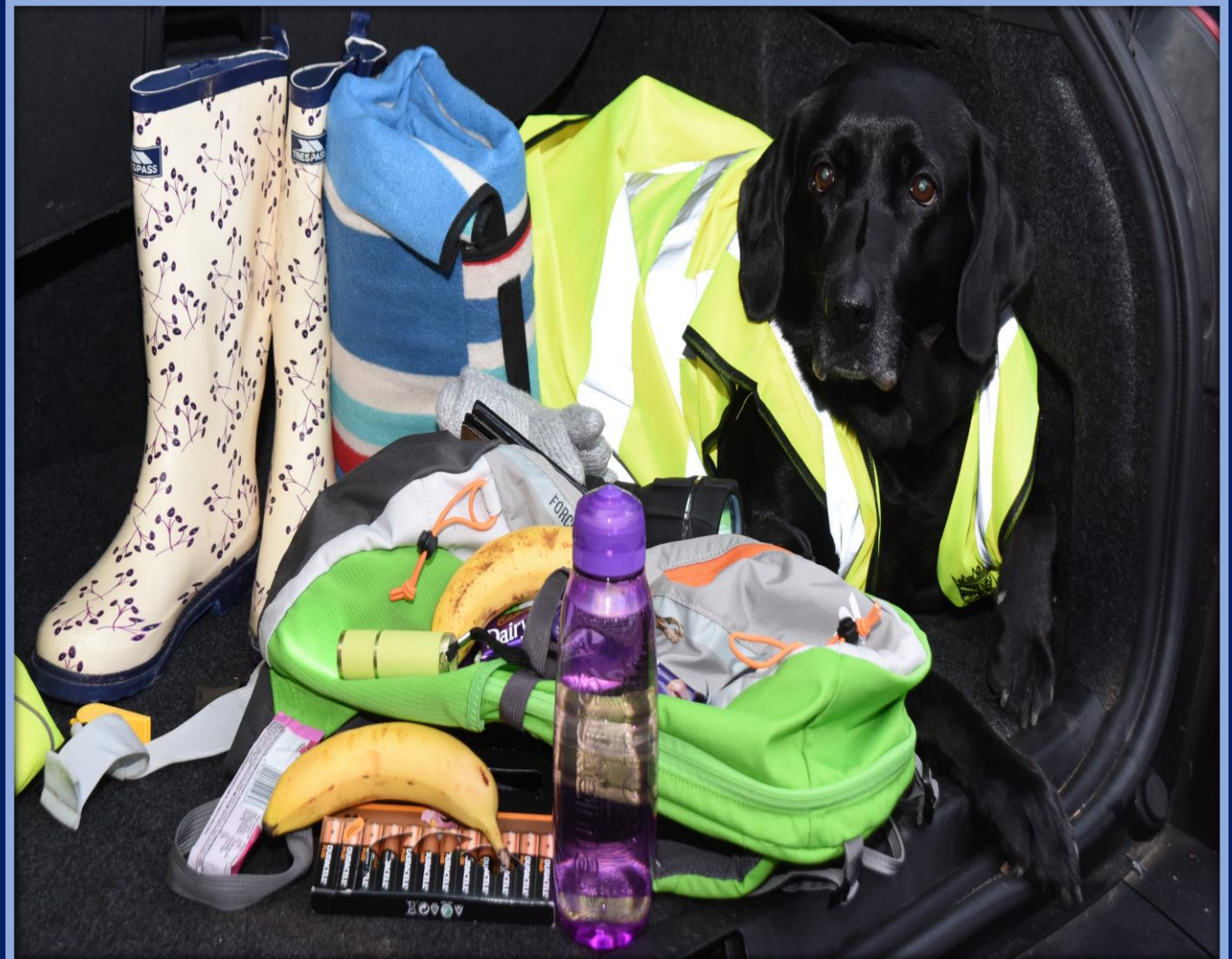
September 2024

Don't get stuck in a Beast from the East- be travel ready for winter
Having an emergency kit in the car means that you are always prepared

Emergency Kit Basic List

- A first aid kit;
- Battery jump leads;
- A torch and spare batteries;
- A map for unplanned diversions;
- A blanket;
- A reflective warning sign.

Find out more at [Prepare travel disruption and delay \(ready.scot\)](#)
and plan your journey at [Traffic Scotland | Trunk road traffic updates & route planner](#)



SEPTEMBER 2024

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October 2024

Sign up to Floodline for
advance warning



• Do's & do not's during a flood:

1. Do not walk, drive or swim through flood water.
2. Do avoid any form of direct contact with flood water as it could be contaminated.
3. Do not use any electrical appliances.
4. Do move to higher ground and wait for the emergency services to find you.
5. Do co-operate with emergency services and your local authority who are responsible for co-ordinating relief measures.

Floodline | Scottish Environment Protection Agency (SEPA)

OCTOBER 2024

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21	22	23	24	25	26	27
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November 2024

Be prepared if you experience a power cut

Smell gas? 0800 111 999
National Gas Emergency Number

POWER CUT?
CALL 105



Keep the following items within easy reach when preparing for a power outage:

- A torch with charged batteries or a wind up dynamo torch. You can also buy battery-powered lights that plug into a power socket and come on automatically during a power cut.
- Candles - these are useful but be careful where you put them and keep them out of the reach of children.
- At least one phone that doesn't run off of the mains supply; i.e. an analogue telephone or mobile.
- A fully charged power bank, so you may be able to receive updates on the incident via your mobile phone.
- A battery-powered radio and fresh batteries, as you may be able to receive updates on the incident.
- A warm blanket.
- Portable heaters - they act as a good alternative to heating systems which often don't work during a power cut. However, take care where you put them and never leave children alone with them.

[How to respond if your utilities cut out \(ready.scot\)](#)

[Are you ready for winter? | SGN Your gas. Our network.](#)

[SGN winter care leaflet](#)



NOVEMBER 2024

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December 2024

Get tips on how to prepare on severe winter weather at ready Scotland and the met office

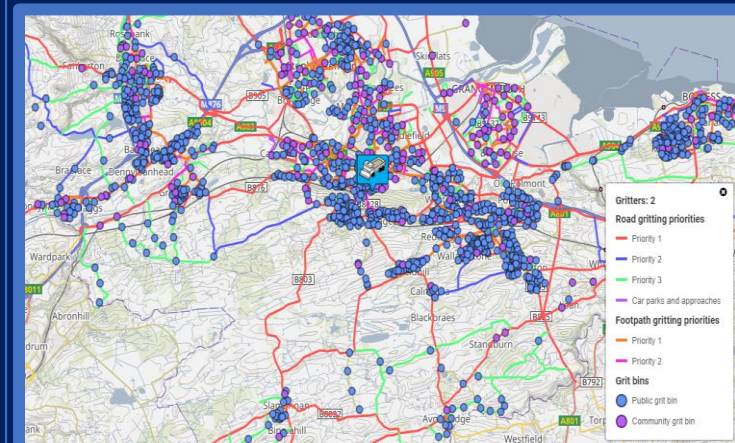
[Protect your home against snow and ice \(ready.scot\)](#)

[How to deal with Scotland's weather \(ready.scot\)](#)

[UK weather warnings - Met Office](#)

Follow your local gritter or find out where grit boxes are located on Falkirk on the gritting map

[Roads, parking & transport - Gritting map | Falkirk Council](#)



DECEMBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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23	24	25	26	27	28	29
30	31					

Resilient Dogs Calendar feedback
form

