

2022

Final Programme

CONTACT

Resilience Direct Discussion Space [link](#)

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Dear Colleagues,

We are delighted to present you with the 2022 #30days30waysUK September is Preparedness Month Programme, now in its 8th edition.

While the daily themes are now fixed, we are still finalizing online discussion content which also brings in the overarching weekly topics.

Rather than live stream on twitter as initially suggested, we are now working to organize 'round-table' panels involving a range of cat 1 & 2 stakeholders, NGOs and others. Sessions will be live and recorded each Friday morning via zoom for posting in the afternoon:

02 Sep 'Intro session' & day 1-3
09 Sep 'Understand Risk' & week 1 themes
16 Sep 'Make a plan' & week 2 themes
23 Sep 'Prep checks' & week 3 themes
30 Sep 'Prepared Community' & week 4 themes, wrap

Invites follow and if you can make yourself available, please get in touch. Discussion threads are on Resilience Direct for those who prefer.

For background on #30days30waysUK please visit our about us and partner pages at 30days30waysUK.org.uk

Northampton & London, 01 August 2022

Joanne Maddams | co-founder, Emergency Planning & Business Continuity Manager, West Northamptonshire Council

Monika Al-Mufti | co-founder, DRR/ERC

"The COVID-19 pandemic has also highlighted the critical role of the public in preparing for and responding to crises... Preparedness advice for the public: (1) understand the risks (2) take steps to prepare (3) know how to respond (4) help with recovery..."

National Risk Register 2020

"Building the UK's national resilience: to establish a 'whole-of-society' approach to resilience so that individuals, businesses and organisations all play a part... As part of this we will improve government communications to the public on preparedness..."

Integrated Review 2021

"Active communication with the public about risk is a crucial element of a comprehensive resilience strategy... there is no evidence that providing the public with risk and resilience information leads to panic amongst the population ... [the NRR] profile must be increased through an active and continuing media campaign inc. via social media..."

House of Lords, Select Committee on Risk Assessment and Risk Planning, 2021

Since 2015, #30days30waysUK 'September is Preparedness Month' aims to boost personal and collective resilience and preparedness through **daily themed all hazard information** based on the National Risk Register (NRR), resources links and activities. Dissemination is via social media. The approach uses **positive psychology**, humor, and **gamification** to engage and inspire the public to "get equipped, make a plan, be informed".

Rather than being simply directive, #30days30waysUK uses memes and narrative to

- connect and facilitate the understanding of risks
- empower personal preparedness through easy steps
- inform personal and collective resilience

Daily risk/preparedness themes are discussed under hashtag #30days30waysUK throughout 'September is Preparedness Month' across a wide range of partners. This enables the public to follow along at their leisure, accessing free resources such as informative video, household emergency plan leaflets and templates.

Best practice examples and suggestions are linked throughout this programme. Our [image bank](#) is open. In addition you may want to refer to the [@30days30waysUK](#) (branched) master threads on twitter ([2021](#) and [2020](#)) and last year's [2021 programme](#).

2022 discussion slides via <https://bit.ly/30DaysMay22>.

Programme calendar2022 – full size version [google drive](#).

2022 SEPTEMBER						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				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	

Adaptable week task

Make your plan

Prepared

Resilient

Safe

Secure

© RiskCalendarPages.com

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1 Month Countdown

1st August, final programme published

3 Day Active Countdown

29/30/31 August: (re-) introduce #30days30waysUK, encourage email sign-up and bingo download (via 30days30waysuk.org.uk/join)

Suggestion: create a #30days30waysUK landing page you can refer to e.g. [Northamptonshire](#), [Staffordshire](#), London [webarchive](#), Thames Valley Police [webarchive](#)

More information via 30days30waysuk.org.uk/about-us



01 Sep (Thu)

WhatEmergency

Scope

What if? What is/not an emergency? Introduction to hazards, risks, past events, local risk registers and resilience information; official early warning [Emergency Alerts](#).

Lead & Key Partners

LRFs, local government & partners, community organisations

Suggestion for Partners

- Showcase past events, local risk
- Link to your community risk register & resources
- Use 30days30waysUK video resources ([YouTube](#))

Hashtags

Part of [#30days30waysUK](#); [#PreparednessMonth](#)
[#UnderstandRisk](#); [#PlanAheadUK](#)

Key Messages

- Emergencies can happen with little or no warning
- Knowing about local risks informs & empowers
- Heed warnings, follow official advice (trusted networks will be discussed tomorrow on day 2)
- Help will arrive but may take some time, there is much you can do personally to be better prepared for all kinds of emergencies (looking forward to more on 'prepared home' day 12, 20, 21, 22)



Examples

[@30days30waysUK](#) [2020](#), [2021](#)

[#30days30waysUK](#) [2020](#), [2021](#)

[#UnderstandRisk](#)

Global [@PrepareCenter](#), [@UNDRR](#)
US [@fema](#), [@CDCgov](#)
UK [@ReadyScotland](#)



02 Sep (Fri)

TrustedNetworks

Scope

Find and follow credible, trusted resources for emergency and crisis information. Factcheck. Misinformation, fake messages confuse with potentially serious consequences. Fight misinformation, report phishing and fraud. Take care before you share.

Lead & Key Partners

LRFs, local government & partners, community organisations

Suggestion for Partners

- [SHARE](#) ; [THINK](#) before you post; 5Ws; [EUdisinfo](#);
- Follow Friday #ff : tag/link to your trusted partners
- Report misinformation online [WHO](#) (& collab UKgov)

Hashtags

Part of [#30days30waysUK](#); [#PreparednessMonth](#);
[#TrustedNetworks](#) [#FF](#)
[#TakeCareBeforeYouShare](#) (Pause [UNESCO](#), [UN](#))

Key Messages

- Spot misinformation: SHARE checklist
- Fight misinformation: pause, [#TakeCareBeforeYouShare](#)
- Report misinformation online

Examples

[@30days30waysUK](#) [2020](#), [2021](#)

[#30days30waysUK](#) [2020](#), [2021](#)

[#TakeCareBeforeYouShare](#)

03 Sep (Sat)

MentalHealth



Scope

Good mental health/hygiene is fundamental; stress affects everyone; recognize the signs, access support & self-care; NHS services, UKHSA mental health first aid courses ([adult](#), [young people](#)); September is also National Suicide Prevention Month

Lead & Key Partners

NHS, UKHSA, LRFs, local government & partners, charities & community organisations

Suggestion for Partners

- Share tips & national resources: [NHS: Every Mind Matters](#) (Mind Plan) | Scot [Clear Your Head](#) | Wales [How are you doing?](#) | NI [Mental Health](#)
- Promote local resources (link & tag)
- 'Test your stress' by [BeMindful](#)
- [Action for Happiness](#) Calendar & App

Hashtags

Part of [#30days30waysUK](#); [#PreparednessMonth](#)
[#MentalHealth](#) [#EveryMindMatters](#) [#ItsOkNotToBeOK](#)

Key Messages

- Mental hygiene – look after your mental health
- It's ok not to be ok
- Access support and learning locally and online
- Check on friends & family

Examples

[@30days30waysUK](#) [2020](#), [2021](#)

[#30days30waysUK](#) [2020](#), [2021](#)

[#EveryMindMatters](#)



04 Sep (Sun)

WeatherAware

Scope

Be informed: Know what's coming, follow #WeatherAware; sign up to [Met Office email alerts](#), download the [Met Office weather app](#); know what actions to take: stay back from stay safe (coast), secure temporary structures or garden items (Storm Ciara 2020 [@DailyRecord](#)), [ColdWeatherAlerts](#), [Heat-health Alert Service](#), Met Office [Driving in Severe Weather](#), [Health and wellbeing](#);

Lead & Key Partners

Met Office, LRFs, local government & partners, community organisations

Suggestion for Partners

- What a difference a day makes - weather then/now
- Promote Met Office app & [@metofficeUK](#) warnings feed
- Met Office Weather Warriors resources ([7-11](#)) ([11-14](#))

Hashtags

Part of [#30days30waysUK](#); [#PreparednessMonth](#)
Be [#WeatherAware](#) [#PlanAheadUK](#)

Key Messages

- stay informed [#WeatherAware](#), sign up for warnings
- heed warnings, stay safe – check friends & family
- planning a trip? Check ahead, prepare accordingly

Examples

[@30days30waysUK](#) [2020](#), [2021](#)

[#30days30waysUK](#) [2020](#), [2021](#)

[@MetOfficeNI](#)/[@MetOfficeLearn](#)
[2020](#)

[#WeatherAware](#)



05 Sep (Mon)

FloodAware

Scope

Flood risk, personal & property flood preparedness, food safety after a flood ([FSA guidance](#))

Lead & Key Partners

EA, FSA, LRFs, local government & partners, community organisations

Suggestion for Partners

- Local/National #floodaware #PrepareActSurvive
- Link to your community risk register & resources
- Food Safety after a flood
- Share your local best practice examples

Hashtags

Part of #30days30waysUK; #PreparednessMonth #FloodAware #PrepareActSurvive #PlanAheadUK

Key Messages

- Check your flood risk, sign up for alerts, call floodline
- Never walk or drive through flood water
- Know what to do – 3 levels of warnings: Flood alert = prepare, Flood warning = act, Severe flood warning = survive

Examples

@30days30waysUK [2020](#), [2021](#)

#30days30waysUK [2020](#), [2021](#)

[#FloodAware](#)

06 Sep (Tue)

SafeEscape



Examples

@30days30waysUK [2020](#), [2021](#)

#30days30waysUK [2020](#), [2021](#)

[#SafeEscape](#)

Scope

Safe evacuation day & night, hazard check, clear fire escape routes, safe assembly points, get out stay out call 999.

Lead & Key Partners

LRFs, FRS, local government & partners

Suggestion for Partners

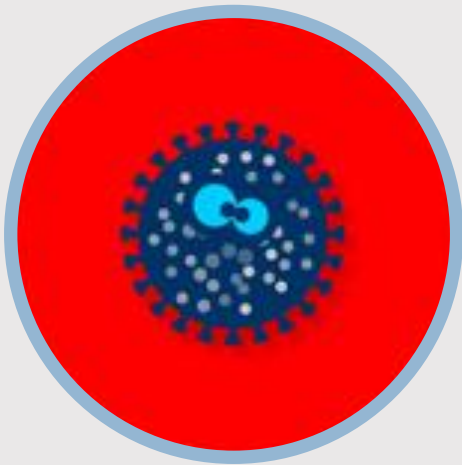
- Share resources ([NorfolkFire](#), [StaffsFire](#), [CheshireFire](#))
- Promote local resources, free fire safety checks
- Showcase your local best practice examples

Hashtags

Part of [#30days30waysUK](#); [#PreparednessMonth](#) [#SafeEscape](#)
[#FireSafety](#)

Key Messages

- regular hazard checks save lives
- have a fire escape plan – best route is your normal route plus an alternative
- communicate and practice your plan with the family
- in an emergency, get out stay out call 999



07 Sep (Wed)

StopTheSpread

Scope

Stop the spread of germs, Covid and beyond, hand washing, hand hygiene, use of face masks.

Lead & Key Partners

Health, LRFs, local government & partners, community organisations

Suggestion for Partners

- share good hand hygiene & handwashing resources
- share your local best practice examples
- Global Handwashing Day resources & First State of the World's Hand Hygiene report ([UN](#))

Hashtags

Part of [#30days30waysUK](#); [#PreparednessMonth](#)
[#StopTheSpread](#)

Key Messages

- Hands spread germs
- Proper hand hygiene kills germs inc. covid, norovirus etc.
- Facemasks limit the spread of respiratory germs

Examples

[@30days30waysUK](#) [2020](#), [2021](#)

[#30days30waysUK](#) [2020](#), [2021](#)

[#StopTheSpread](#) [#WashYourHands](#)

[#handwashing](#)

[UN hand hygiene](#)

USA: CDC hand hygiene [FAQ](#)

UK: [NHS hand hygiene](#)

[@LincolnshireEP](#) Tom Dick Harriet
campaign ([blog](#))

[@NorthantsEPTeam](#) [Numpties](#)

NHSSouthamptonshire
Handwashing Gangnam Style [video](#)

08 Sep (Thu)

CyberSafe



Examples

[@30days30waysUK](#) [2020](#), [2021](#)

[#30days30waysUK](#) [2020](#), [2021](#)

[#CyberAware](#) [@cyberawaregov](#)

[#actionfraud](#) [@actionfrauduk](#)

[#TakeFive](#) [@TakeFive](#)

[@UK_SIC](#)

Scope

Stay safe online, secure devices, report suspicious activity e.g. email phishing scams, social media content

Lead & Key Partners

LRFs, local government & partners, community organisations

Suggestion for Partners

- Share / link to official advice, top tips
- Share best practice

Hashtags

Part of [#30days30waysUK](#); [#PreparednessMonth](#) [#CyberSafe](#)
[#CyberAware](#) [#ActionFraud](#) [#TakeFive](#)

Key Messages

- Fraud and cybercrime are ubiquitous, stay informed to avoid becoming a victim
- Update devices, layers of security
- Know who to report fraud and suspicious content

09 Sep (Fri)

PowerCut



Scope

Power cut safety and preparedness, call 105, priority registers, candle fire hazard, extended outages fridge/freezer food safety; battery backup, power bank, safeguard sensitive equipment UPS

Lead & Key Partners

Electricity providers, network operators, FSA, LRFs, local government & partners, community organisations

Suggestion for Partners

- Share top tips for power cut preparedness, foodsafety
- Share / link to power cut info & resources inc. app & PSR
- Your rights, compensation and limits (e.g. freezer content)

Hashtags

Part of #30days30waysUK; #PreparednessMonth #PowerCut

Key Messages

- Power cut? Check trip switches, call 105
- Know how to contact your provider for questions
- Priority services registers
- Know food safety, consider an Emergency Kit

Examples

@30days30waysUK [2020](#), [2021](#)

#30days30waysUK [2020](#), [2021](#)

#powercut

[ENA](#) advice, [Powercut 105](#),

@SPEnergyNetwork

[26Nov21](#) | [17Feb22](#) |

@ssencommunity

[14Feb22](#) | [16Feb22](#) | [17Feb22](#)

@ElectricityNW [16Feb22](#) | [18Feb](#)

@wpduk [16Feb22](#)

@UKPowerNetworks [17Feb22](#)

USA:

[CDC](#) food safety power outages

[FDA](#) Food & Water Safety



10 Sep (Sat)

FirstAid (World First Aid Day)

Scope

Anyone can learn first aid, the public is responder 0 and crucial before responders arrive, first aid saves lives; first aid also for older adults, children, babies and pets. [IFRC World First Aid Day](#) WFAD2022 celebrates first aid and volunteering.

Lead & Key Partners

Health, (air) ambulance, BRC / SJA volunteers, CitizenAid, LRFs, local government & partners, community organisations

Suggestion for Partners

- Share first aid tips, volunteering opportunities
- Promote first aid apps and other free learning
- Promote first aid kit & contents

Hashtags

Part of [#30days30waysUK](#); [#PreparednessMonth](#) [#FirstAid](#) [#FirstAidForAll](#) [#WFAD2022](#)

Key Messages

- Anyone can learn first aid, update and upgrade your skills
- Knowing First Aid saves lives
- Up to 59% of deaths from injury can be prevented by giving first aid before responders arrive ([BRC](#))
- Have a First Aid Kit handy (home, leisure, travel etc.)

Examples

[@30days30waysUK](#) [2020](#), [2021](#)

[#30days30waysUK](#) [2020](#), [2021](#)

[#FirstAidForAll](#) [#WFAD2022](#)

IFRC [GlobalFirstAidCentre](#)

USA [@CDCemergency](#) [27Feb](#)

[@ThecitizenAID](#) [app](#)

[@BritishRedCross](#) apps [FirstAid](#) & [Baby and Child](#)

11 Sep (Sun)

GiveBlood



Examples

[@30days30waysUK](#) [2020](#), [2021](#)

[#30days30waysUK](#) [2020](#), [2021](#)

[#GiveBlood](#)

[@GiveBloodNHS](#) [@givebloodscot](#)

[@GiveBloodNI](#) [@WelshBlood](#)

Scope

Blood donation – donated blood is vital for a variety of life-saving procedures including accidents and emergencies.

Lead & Key Partners

Health, (air) ambulance, blood bikes, LRFs, local government & partners, community organisations

Suggestion for Partners

- Share regional / local blood donation info & resources
- Showcase blood donation, surge capabilities

Hashtags

Part of [#30days30waysUK](#); [#PreparednessMonth](#) [#GiveBlood](#)

Key Messages

- Blood is always needed, almost anyone can donate
- Register to give blood
- The blood you donate saves lives, builds community resilience

12 Sep (Mon)

ReadyHome



Scope

Is your home ready? Plan focused introduction day to all hazard Household Preparedness with additional themed days 20/21/22 September. Personal preparedness matters and depends on individual needs, home checks, template plans, min. 3 days emergency supplies, emergency kit, do not store fuel e.g. [NFCC Sep21](#)

Launch date of 2022 UK Household Preparedness [Survey](#)

Lead & Key Partners

LRFs, local government & partners, health, community organisations

Suggestion for Partners

- Share CRR & local templates and leaflets
- Share 30days30waysuk.org.uk/individuals resources
- Support 2022 UK Household Preparedness [Survey](#)

Hashtags

Part of [#30days30waysUK](#); [#PreparednessMonth](#) [#ReadyHome](#) [#PlanAheadUK](#)

Key Messages

- Individual/family needs vary, personal preparedness matters, make your plan today
- Get equipped, make a plan, stay informed
- Support vulnerably family members and neighbours
- Take part in the UK household preparedness survey

Examples

@30days30waysUK [2021](#)

#30days30waysUK [2021](#)

(2021 context was #ReadyHome as a final check on 29Sep near campaign end)

@ReadyScotland | [#ReadyHome Household preparedness UK](#)

AUS [GetReadyQueensland](#)

CAN [GetPrepared.gc.ca](#)

USA [Ready.gov](#)

NZL [Get Prepared](#)

13 Sep (Tue)

BeBrightBeSeen



Scope

THINK – be bright be seen; road safety, cycling, running, hiking also water sports; hiviz car safety kit items

Lead & Key Partners

Road Safety Partnerships, Highways, SAR, ambulance, health, LRFs, local government & partners, community organisations

Suggestion for Partners

- Be Bright Be Seen materials
- Showcase hiviz clothing and items

Hashtags

Part of **#30days30waysUK**; **#PreparednessMonth**
#BeBrightBeSeen **#RoadSafety**

Key Messages

- Hiviz items are cheap and save lives
- Adults, kids, pets, outdoor, school travel etc. contexts
- Bright colors insufficient – fluorescent/reflective items

Examples

[@30days30waysUK 2020](#)

[#30days30waysUK 2020](#)

[#BeBrightBeSeen](#)

14 Sep (Wed)

Diversion - Offline Entertainment



Scope

Fun day. Offline entertainment and comfort items
Check in on #30days30waysUK Bingo progress

Lead & Key Partners

LRFs, local government & partners, community organisations

Suggestion for Partners

- Fun, lighthearted day – get creative
- Disruption can lead to waiting time, not just kids get bored and frustrated
- Share tips on offline entertainment

Hashtags

Part of #30days30waysUK; #PreparednessMonth #neverbored
#staybusy

Key Messages

- Disruption can lead to waiting
- Include suitable offline entertainment in your household emergency preparedness plan and kit

Examples

@30days30waysUK [2018](#), [2019](#)

#30days30waysUK [2018](#), [2019](#)





15 Sep (Thu)

ReadyKids

Scope

Household emergency preparedness with and for children. Age appropriate activities e.g. [BRC Pillow Case project](#) (7-11), [CUIDAR](#) project;

Lead & Key Partners

LRFs, local government & partners, community organisations, youth groups, libraries, schools

Suggestion for Partners

- Involve children and young people in planning
- Share local/national/intl. children's resources
- Share 30days30waysUK.org.uk/kids content

Hashtags

Part of [#30days30waysUK](#); [#PreparednessMonth](#) [#readyKids](#) [#preparedKids](#) [#BePreparedNotScared](#) [#PlanAheadUK](#)

Key Messages

- Involve children and young people when planning and preparing for emergencies in age-appropriate ways
- Teach children when and how to call for help
- Discuss and practice your family emergency plan

Examples

[@30days30waysUK](#) [2020](#), [2021](#)

[#30days30waysUK](#) [2020](#), [2021](#)

[#readyKids](#) | [#preparedKids](#)

[WhatIf-guidance.org](https://whatif-guidance.org)

CAN [EP for Children](#)

NZL [What's the Plan Stan](#)

USA ready.gov/kids



16 Sep (Fri)

PreparedPets

Scope

Emergency Preparedness for animals, animal welfare, leave no one behind, safe evacuation/shelter, local arrangements, pet first aid

Lead & Key Partners

LRFs, local government & partners, animal welfare organisations

Suggestion for Partners

- Showcase past events, local risk
- Link to your community risk register & resources
- Use 30days30waysUK video resources ([YouTube](#))

Hashtags

Part of [#30days30waysUK](#); [#PreparednessMonth](#)
[#PetPreparedness](#) [#PreparedPets](#) [#PlanAheadUK](#)

Key Messages

- Preparedness must include the animals in your care
- Pet First Aid, Pet Preparedness items

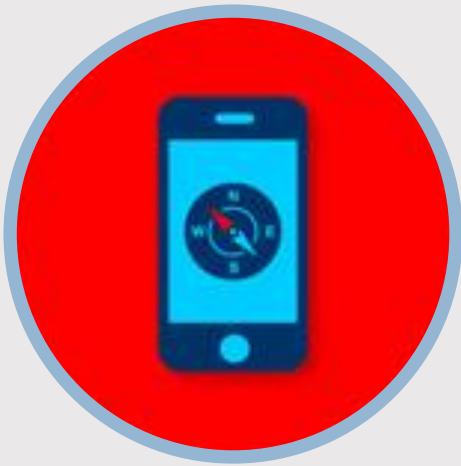
Examples

[@30days30waysUK](#) [2020](#), [2021](#)

[#30days30waysUK](#) [2020](#), [2021](#)

[#PetPreparedness](#)

[#PreparedPets](#)



17 Sep (Sat)

PreparedApp

Scope

Useful apps for health, safety, preparedness & first aid, “digital grab bag”, offline content e.g., maps, mark safe feature social media, ICE.

Lead & Key Partners

App providers, LRFs, health, emergency services local government & partners, community organisations

Suggestion for Partners

- Showcase & link to apps
- Apps limitations (power, network) spare charging

Hashtags

Part of #30days30waysUK; #PreparednessMonth
#PreparedApp #PlanAheadUK

Key Messages

- Many useful and live saving apps are available
- Assemble a personalised ‘digital grab bag’
- Update phone (or card) ICE contacts
- Know how to use ‘mark safe’ features on social media

Examples

@30days30waysUK [2020](#), [2021](#)

#30days30waysUK [2020](#), [2021](#)

[#PreparedApp](#)

@what3words @ThecitizenAid
@GoodSamApp @NHSCOVID19app



18 Sep (Sun)

ChooseWell

Scope

Health service choices & resources: self-care, pharmacy, GP, local NHS, A&E; online services, NHS111online, [NHS app](#).

Lead & Key Partners

Health, LRFs, local government & partners, community organisations

Suggestion for Partners

- Showcase/link to local 'choose well' resources
- Share NHS111 online content

Hashtags

Part of [#30days30waysUK](#); [#PreparednessMonth](#) [#ChooseWell](#) [#Think111First](#)

Key Messages

- Think you need A&E [#choosewell](#) [#think111first](#)
- Need urgent health support [#choosewell](#) [#think111first](#)

Examples

[@30days30waysUK](#) [2020](#), [2021](#)

[#30days30waysUK](#) [2020](#), [2021](#)

[#ChooseWell](#) | [#Think111First](#)

[Choosewellmanchester.org.uk](#)

[111.nhs.uk](#) | [nhs24.scot](#)
| [111.wales.nhs.uk](#) | [online.hscni.net](#)

19 Sep (Mon)

MedicineCheck

Scope

Home medicine cabinet / first aid kit check, store medicine properly, safe disposal of out-of-date medication, replace expired medication; home 'drugs bust'

Lead & Key Partners

Health, LRFs, local government & partners, community organisations

Suggestion for Partners

- Showcase/share [NHS medicine cabinet](#) resources
- Showcase/share [NHS First Aid Kit](#) resources

Hashtags

Part of [#30days30waysUK](#); [#PreparednessMonth](#) [#ChooseWell](#)
[#DrugsBust](#) [#medicinecabinet](#)

Key Messages

- Review your personal medicine cabinet
- Stock, store, dispose of medications responsibly
- NHS medicine cabinet advice

EXPIRED



Examples

@30days30waysUK [2020](#), [2021](#)

#30days30waysUK [2020](#), [2021](#)

20 Sep (Tue)

Household Preparedness | GrabBag

Scope

All hazard household preparedness emergency supplies focused day, grab bag, depending on individual needs; min. 3 days household preparedness supplies are recommended to cover 5 core areas: first aid & hygiene, food & food preparation, tools & PPE, shelter & warmth, light & comms.

Builds on 'ReadyHome' intro day 12;
Revisit [UK household preparedness survey](#)

Lead & Key Partners

LRFs, local government & partners, community organisations

Suggestion for Partners

- Share your local 'Are you prepared?' content
- Share top tips
- Promote [UK household preparedness survey](#)

Hashtags

Part of [#30days30waysUK](#); [#PreparednessMonth](#)
[#HouseholdPreparedness](#) [#GrabBag](#) [#EmergencyKit](#)
[#PlanAheadUK](#)

Key Messages

- Personal preparedness matters
- Get equipped, make a plan, be informed
- Home supplies and grab bag in case of an evacuation
- Take part in the UK household preparedness survey



Examples

[@30days30waysUK](#) [2021](#)

[#30days30waysUK](#) [2021](#)

[#HouseholdPreparedness](#)





21 Sep (Wed) World Peace Day

Cook Off

Scope

Fun day. We're bringing CookOff back! Midweek cooking challenge using only household emergency supplies. Additional challenge: cook off grid. Food & cooking safety. Nutritious food as store cupboard options and grab bag items.

World Peace Day: Sharing food builds community & peace.

Lead & Key Partners

Everyone! LRFs, local government & partners, community organisations

Suggestion for Partners

- Fun day, get creative
- Showcase your cook off, share low-cost recipes

Hashtags

Part of **#30days30waysUK**; **#PreparednessMonth** **#CookOff**
#HouseholdPreparedness **#PlanAheadUK**

Key Messages

- Have fun creating delicious food using home stores

Examples

@30days30waysUK [2018](#), [2019](#)

#30days30waysUK [2018](#), [2019](#)

@KitCookOff

22 Sep (Thu)

ReadyHomeCheck



Scope

All hazard household preparedness utility shut-off and winter-ready safety checks focused day (NRR2020, p.16), winter ready home checks inc. gutters and drains to avoid flooding, avoid freezing pipes

Lead & Key Partners

Electricity, gas & water providers, housing, LRFs, local government & partners, community organisations

Suggestion for Partners

- Showcase & share resources for safe utility shut off
- Showcase & share home winter ready resources

Hashtags

Part of **#30days30waysUK**; #PreparednessMonth
#UtilityShutOff #GasSafety #WinterReady

Key Messages

- Know how to locate your gas, water, electric
- Know when and how to turn off utilities safely in an emergency
- Smell Gas? Open doors and windows, turn off gas at meter (unless it's in a basement), don't use electric switches or naked flames, call 800 111 999

Examples

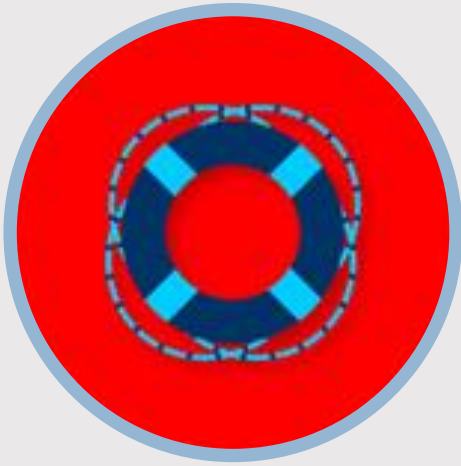
@30days30waysUK [2021](#)

#30days30waysUK [2021](#)

[Nihe.gov.uk](#)

[Cadent](#) | [ThamesWater](#)

USA [Ready.gov](#)



23 Sep (Fri)

RespectTheWater

Scope

Safety & preparedness near and on the water inc. severe weather, float to live, drowning prevention, beach safety, inflatables

Lead & Key Partners

[Coastguard](#), [RNLI](#), [Met Office](#), local government & partners, community organisations

Suggestion for Partners

- Drowning prevention
- RNLI resources 'FloatToLive' and 'RespectTheWater'
- Share water safety tips

Hashtags

Part of **#30days30waysUK**; #PreparednessMonth
#RespectTheWater #FloatToLive #Think999CoastGuard

Key Messages

- See someone in trouble in the water, call 999 ask for fire service if you're in-land. At the coast ask for the coast guard
- Know #FloatToLive, always #RespectTheWater

Examples

@30days30waysUK [2020](#), [2021](#)

#30days30waysUK [2020](#), [2021](#)

@CoastguardTeam @RNLI

@MetOffice

[#FloatToLive](#)

[#RespectTheWater](#)



24 Sep (Sat)

DrivePrepared

Scope

Vehicle safety checks and winter-ready preparedness, never drive through flood water, vehicle first aid and emergency kits, road safety, check before you travel.

Lead & Key Partners

4x4 support, blood bikes, highways, gritters, road policing units, motoring associations, LRFs, local government & partners, community organisations,

Suggestion for Partners

- Share local winter driving resources
- Share tips on vehicle checks
- Share tips for driving in severe weather

Hashtags

Part of #30days30waysUK; #PreparednessMonth
#DrivePrepared #WinterReady #RoadSafety

Key Messages

- Check and equip your vehicle for safe winter driving
- Never drive through flood water

Examples

@30days30waysUK [2020](#), [2021](#)

#30days30waysUK [2020](#), [2021](#)

[#DrivePrepared](#) [#DriveToArrive](#)

[#WinterReady](#)

@transcotland [#GritterTracker](#)

@TheAA_Patrol @dharford79

25 Sep (Sun)

MovieNight



Scope

Fun day, disaster movies. We're bringing back Movie Night to ring in the final week #30days30waysUK! Today's theme Science Fiction, tomorrow Science Fact 'Space Risk'.

What did you think of 'Don't Look Up'? Believable/ridiculous comparisons, any useful lessons, or tips? Disaster films and documentaries based on actual events.

Lead & Key Partners

LRFs, local government & partners, community organisations

Suggestion for Partners

- Fun day, be creative
- Science fact / fiction & disaster movies
- Vote / quiz on favorite movies
- Share movie memes – guess the movie

Hashtags

Part of #30days30waysUK; #PreparednessMonth #MovieNight #DisasterMovie

Examples

@30days30waysUK [2017](#)

[@ifrc](#) (right/wrong disaster movie)

UCL [YouTube](#) it's not like a Hollywood movie

[UCLIRDR guest blog](#) Nigel Furlong

[UCL Fact or Fiction](#)

Scientist fact check disaster movies (Vanity Fair 2019, [YouTube](#))

26 Sep (Mon)

Space Risk (NEO)



Scope

Planetary Defense, Near Earth Objects (NEO), Space Risk.

Date coincides with projected [DART mission](#) impact (NASA), later followed by esa's [HERA](#). Asteroid risk is currently not on the NRR (only space weather) so raising awareness for asteroids and comets is important.

Lead & Key Partners

LRFs, local government & partners, community organisations

Suggestion for Partners

- Share UN/UK [AsteroidDay](#) resources
- UK and intl. impact events in the past

Hashtags

Part of [#30days30waysUK](#); [#PreparednessMonth](#)
[#PlanetaryDefense](#) [#NEOs](#)

Key Messages

- Do look up – why not become a citizen scientist

Examples

[@30days30waysUK](#) 2020, 2021

[#30days30waysUK](#) 2020, 2021

[@SpaceguardUK](#)
[@UKMeteorNetwork](#)
[@AsteroidWatch](#)

[Space Defense](#)
[StrategyTheSpaceGuardCentre](#)

27 Sep (Tue)

Risks abroad



Scope

What risk – intl. travel, health, safety and preparedness abroad, travel safety, FCDO advice, Run Hide Tell stay safe abroad, intl. emergency contacts

Lead & Key Partners

Health, pharmacies, LRFs, local government & partners, community organisations

Suggestion for Partners

- Share/link/tag current guidance and resources
- Top tips, suggested checklists, or template plans

Hashtags

Part of **#30days30waysUK**; **#PreparednessMonth** **#travelaware**

Key Messages

- Personal preparedness matters esp abroad **#travelaware**
- Sign up for official travel alerts
- Check your cover, get insurance

Examples

@30days30waysUK [2021](#)

#30days30waysUK [2021](#)

@fcdotravelgovuk

[#TravelAware](#)



28 Sep (Wed)

Kindness

Scope

Kindness is key, especially during this covid recovery period. Inspire Random Acts of Kindness. Kindness & mental health. Every day is #RandomActsOfKindness Day. World Kindness Day 13Nov2022.

Lead & Key Partners

Health, LRFs, local government & partners, community organisations

Suggestion for Partners

- Share your #RandomActsOfKindness today and/or local stories

Hashtags

Part of #30days30waysUK; #PreparednessMonth
#PowerOfKindness #RandomActsOfKindness #MutualAid

Key Messages

- Make kindness the norm
- The PowerOfKindness is invaluable, especially in emergencies

Examples

@30days30waysUK [2019](#)

#30days30waysUK [2019](#)

@actionhappiness @RAKFoundation

[#PowerOfKindness](#)

[#MakeKindnessTheNorm](#)



29 Sep (Thu)

Volunteer

Scope

Voluntary organisations and social enterprises make a huge difference to UK resilience and preparedness. Many are not well known. This day aims to raise local profiles and showcase local projects.

Lead & Key Partners

Voluntary, Health, LRFs, local government & partners, community organisations

Suggestion for Partners

- Showcase/link to/tag local volunteer organisation
- Inspire singing up to volunteering

Hashtags

Part of **#30days30waysUK**; **#PreparednessMonth** **#volunteer**

Key Messages

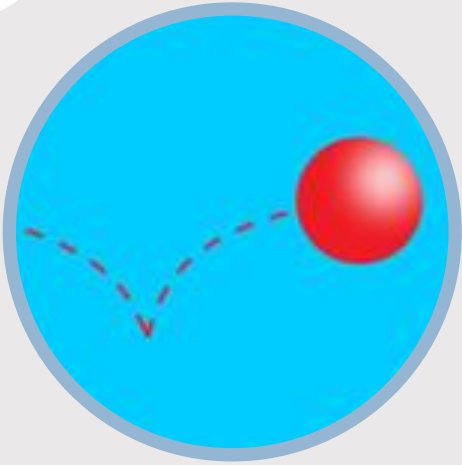
- Volunteering is crucial to better preparedness and community resilience
- Find and sign-up with an organisation near you

Examples

@30days30waysUK [2020](#), [2021](#)

#30days30waysUK [2020](#), [2021](#)

[#volunteer](#) [#GetInvolved](#)



30 Sep (Fri)

Finale – Review - ThankYou

Scope

Finale and wrap, best of, bingo review, survey reminder. Thank you and see you next year.

Lead & Key Partners

Voluntary, Health, LRFs, local government & partners, community organisations

Suggestion for Partners

- Sum up some of your core risk/preparedness messages
- Share key landing pages for your local resilience info

Hashtags

Part of **#30days30waysUK**; **#PreparednessMonth**
#BePreparedNotScared

Key Messages

- Take part in the UK household preparedness survey
- Thank you, see you next year

Examples

@30days30waysUK [2020](#), [2021](#)

#30days30waysUK [2020](#), [2021](#)

Annex – Resources

Alexander, D. 2019. Disaster myths blog: Common misconceptions about disaster

Deeming, H. 2017. Disaster Risk Reduction and the Sendai Framework - What does it mean for UK resilience practitioners. Emergency Planning College Occasional Papers

Dufty, N., 2020. Disaster Education, Communication and Engagement. John Wiley & Sons.

Developing a DRR Comms strategy collection, UNISDR Prevention Web

ICRC. 2017. How to use social media to better engage people affected by crises. Available at <https://media.ifrc.org/ifrc/2017/10/11/new-guide-social-media-ocha-ifrc-icrc/>

Pickering, C.J., O'Sullivan, T.L., Morris, A., Mark, C., McQuirk, D., Chan, E.Y., Guy, E., Chan, G.K., Reddin, K., Throp, R. and Tsuzuki, S., 2018. The promotion of 'Grab Bags' as a disaster risk reduction strategy. PLOS currents, 10.

Poljansek et. al. 2017. Science for Disaster Risk Reduction "Communicating Disaster Risk" pp 388-440

Wood, N. and Kenny, C., 2017. Communicating Risk. POST Parliamentary Office of Science and Technology, Research briefings

Wukich, C., 2019. Preparing for disaster: social media use for household, organizational, and community preparedness. Risk, Hazards & Crisis in Public Policy, 10(2), pp.233-260.

30days30waysUK website: <https://30days30waysuk.org.uk>

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Collaboration space on Resilience Direct:

<https://collaborate.resilience.gov.uk/RDService/home/108077/Welcome-to-30-Days-30-Ways-UK-RD-Page>

Open access google drive for graphics

https://drive.google.com/drive/folders/12BW_nayRpKES_LUh5DsgN8l8PtCL1Xcd