

THE Cairn Resilience & Welfare Group



07702 242100

www.cairn-resilience.co.uk



Dumfries & Galloway Resilience and Community Safety staff recommend local community Resilience Groups, provide local residents with advice in planning for individual household emergencies. Our Group has already drawn up a general 'Resilience Plan' for a generalised community emergency at the Cairn. That plan has been lodged with D&G Council, the ward officer and even your local Community Council.

But Remember – if there is an emergency with a likelihood of danger to life or serious injury **Dial 999**. Our Group is not here to replace those professional emergency services.

So, in addition to the general community Resilience Plan for the Cairn, we aim to help local householders prepare for an individual household emergency. This might just mean a useful list of telephone numbers which you can keep handy, and/or a wee list of things to remember if you need to leave your house for a bit – so stick it on your fridge door...or where ever.

Turn this page over to see the list of telephone numbers and things to remember. It'll be your list of **"who you gonna call"**.



"Who you Gonna Call"

Useful Call-out ☎ Numbers & Notes:

Key Telephone Contact Numbers:

**Remember if 'danger to life' or
'serious injury' Dial 999**

NHS 24 **111**

(urgent medical Care advice)

Scottish Power **105**

(Power cuts etc)

BT Openreach **0800 023 2023**

(Landline phone problems)

Scottish Water **0800 077 8778**

(water leak/supply issues)

Police Scotland **101**

D&G Council **030 3333 3000**

(during out of hours press 1 "care call")

General Resilience Group Help & Advice:

☎ **07702 242100**

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Personal ☎ Numbers, etc

Doctor:

Joiner/Builder/Handyman etc:

House Insurance Tel:

House Insurance Policy Number:

Car Insurance Tel:

Reminders etc:

If needing to leave the house urgently, take:

Mobile & Charger

Handbag/wallet

Prescriptions

House Keys

Coat, Hat, etc, etc

Provide for Pets

Other Notes: