



COMHAIRLE NAN EILEAN SIAR

# **Cùm Sàbhailte Gheamhradh Seo**

## **Keep Safe This Winter**

### **SEVERE WEATHER GUIDANCE FOR THE WESTERN ISLES COMMUNITY**

#### **(Including Emergency Contact Details)**



**2023 – 2024**

**\*Accessibility Checked\***

Information collated by: Jaclyn Campbell, Jane Gibbons, Jean MacDonald, Frank Creighton, Murdo A Mackay



## COMHAIRLE NAN EILEAN SIAR

### Contents

1. Introduction	3
2. An Important message about Falls Prevention	3
3. Be Prepared for Winter: Essential things you may need at home	6
3.1 Beware of Scammers	6
4. Keep Warm - Keep Well	6
5. Be the Chief Executive Officer of your own health	7
5.1 Eating Well	
5.2 The adverse effects of alcohol	
5.3 The importance of good mental health and where to seek help if you need it.	
6. Venturing out? Be – Bright Be Seen !	10
6.1 Walk Safely	
6.2 Run Safely	
6.3 Cycle Safely	
6.4 Swim Safely	
6.5 Drive Safely (Including details on CnES Road Gritting Schedule)	
7. Infection prevention: avoiding Winter bugs Electrical Safety & Fire Prevention	11
8. Supporting your vulnerable neighbours	13
9. Power Cuts - Be Prepared – Top Tips	13
10. Fire Prevention	14
Appendix 1: Flu and Covid 19 Vaccines – How to protect yourself this Winter	19
Appendix 2: Useful Contact Details	19
Appendix 3: List of Western Isles Food Banks	21



## COMHAIRLE NAN EILEAN SIAR

### 1. Introduction

Comhairle nan Eilean Siar has developed this Severe weather guidance for the Western Isles Community. The information contained within this resource will help you make informed choices on how to keep safe and keep well this Winter.

Contained within these pages are handy tips to keep you safe at home and when venturing out: Healthy eating advice, nurturing your mental wellbeing whilst avoiding physical illness; looking out for vulnerable neighbours; and who to contact should you require additional information or assistance. Preparation is key: taking a few simple steps now and planning could make things a lot easier, and, crucially, safer for you this winter.

### 2. An Important message about Falls Prevention

A key message we would like to promote this year is one falls prevention.



As the temperature drops over the winter months it is important for us all to stay active whilst avoiding trips and falls. Not all falls can be avoided but there are some simple steps that can be taken to reduce your risk.

In 2022/23, there were just over 54,700 emergency admissions for unintentional injuries. This represents 1 in 10 of all emergency admissions in Scotland. In 2022, unintentional injuries led to 2,677 deaths.

Falls were by far the most common cause of emergency admissions for unintentional injuries in children, for both males and females, accounting for (42.8%) of the 5,601 emergency admissions in 2022/23.

Please see the link below for the most up-to-date Public Health Scotland data which was published on the 10<sup>th</sup> of October 2023:

[Unintentional injuries - Hospital admissions year ending 31 March 2023 and deaths year ending 31 December 2022 - Unintentional injuries - Publications - Public Health Scotland](#)



## COMHAIRLE NAN EILEAN SIAR

### Keep on Your Feet This Winter!

As the temperature drops over the winter months it is important for us all to stay active whilst avoiding trips and falls. Not all falls can be avoided but there are some simple steps that can be taken to reduce your risk.

Comhairle nan Eilean Siar would like to share with you the following handy tips on staying on your feet:

#### General Advice

- Eyesight – regular sight checks are vital. Always keep glasses clean.
- Hearing – balance can be affected by changes in hearing. Talk to your GP if you feel this is an issue for you.
- General health – if you're over 65, having an annual check of your health and medication is important. Some subtle changes can make a huge difference to your balance.
- Medication – ensure you are taking your medication correctly and at the right time. See your nurse or GP if you are unsure.
- Foot care and Footwear – all footwear should be checked regularly to ensure it remains supportive and well fitting. Velcro closures are often safer than slip on shoes. Slippers which enclose the foot are safer than slip-ons. Ask for a referral to a podiatrist if you have difficulty finding appropriate footwear.
- Exercise – regular appropriate exercise helps to maintain good balance and reduce the risk of falls.

#### At Home

- A well-lit, clutter free environment is a safer one.
- Tidy away any trailing cables
- Rugs need to be non-slip and free from curling edges!
- Floor coverings should be checked regularly for worn areas, especially on stairs.
- Always turn a light on at night when getting up.
- If in doubt about the safety of your home, the Home Safety Project offers a free home safety survey to anyone who is over 60 or registered disabled.
- Consider having a FAIRE alarm if you feel you may be at risk.

#### Outside

If you require a walking aid, ensure it is well maintained. The rubber stopper (ferrule) on the end of sticks, crutches or frames should be checked regularly for wear – there should be plenty of tread left. Ensure it is not clogged with stones or other debris! Carry a mobile phone to ensure you can get help if required.

Plan ahead: Hurrying can mean lower levels of concentration and less awareness of hazards. Try to take your time, especially in bad weather.



## COMHAIRLE NAN EILEAN SIAR

### **In the event of a fall... KEEP CALM!**

If you can't get up, try to stay warm and as comfortable as possible until help arrives.

Following any fall, try to work out what may have caused it and make any changes necessary to reduce the risk of it happening again.

Please also see: - **Up and about: Taking positive steps to avoid trips and falls.**

[Up and about: Taking positive steps to avoid trips and falls - Publications - Public Health Scotland](#)



## COMHAIRLE NAN EILEAN SIAR

### 3. Be Prepared for Winter: Essential things you may need at home:

- A list of your own emergency contact numbers
- A fully charged mobile phone.
- A battery-operated torch and spare batteries (or a wind-up torch)
- Essential medicines, toiletries, and a First Aid kit
- A three day 'Winter Store' including bottled water and food stuffs that won't go off.
- Spare glasses or contact lenses.
- Pencil, paper, a pen knife, and a whistle
- A battery powered radio – tuned in to your local station.
- Copies of important information, such as any medication you may currently be taking, situated beside the name of your G.P. and an emergency family/friend contact number.
- A sufficient supply of your current medications to ensure that you don't run out during any period that chemists may be closed.

#### 3.1 Beware of Winter Scammers

Scammers can target you at any time of the year but around Christmas a lot of fraudsters are working overtime in an effort to take advantage of people looking to spend money. There are many ways to spot scammers but sometimes they can be difficult to recognise. Citizens Advice Scotland have a useful guide to help you spot scams and what to do about them [Scams - Citizens Advice](#) .

### 4. Keep Warm – Keep Well

Hypothermia is a physical condition that occurs when the body's core temperature falls below a normal 98.6° F (37° C) to 95° F (35° C) or cooler. Think of hypothermia as the opposite of heat stroke. Cold water dangerously accelerates the onset and progression of hypothermia since body heat can be lost 25 times faster in cold water than in cold air. Hypothermia affects the body's core – the brain, heart, lungs, and other vital organs. Even a mild case of hypothermia diminishes a victim's physical and mental abilities, thus increasing the risk of accidents. Severe hypothermia may result in unconsciousness and possibly death.



## COMHAIRLE NAN EILEAN SIAR

- Wear as many layers of thin clothing as comfortable as opposed to a few thick ones. Natural fibres such as wool and cotton are best.
- Maintaining a healthy diet is also extremely important in providing the necessary fuel to keep our bodies warm and healthy in the winter months.
- Try to maintain an even temperature of 18 - 21 degrees centigrade (65 – 70 degrees Fahrenheit) in all rooms in your home. If this is not possible, keep one room warm and use that during the cold weather.
- Use draft excluders and curtains at doors and windows, but don't block up air vents as heating appliances require fresh air in order to work correctly.
- Keep on the move— either through light chair exercise or just walking around the room. This will do wonders for your circulation as well as keeping you warm.
- Take hot food and drinks as often as you can.
- Keep your spirits up. If you find yourself stuck in the house for a few days pick up the phone and have a chat with your friends and family.
- And REMEMBER; if you feel unwell or are at all worried; seek help from your doctor, friends, and neighbours.

### **5. Be the Chief Executive Officer of your own health**

#### **5.1 Eating Well**

Many people worry about heating their home in winter, but diet is also extremely important in providing the necessary fuel to keep our bodies warm and healthy in winter months.

Top Tips:

- Try to eat a good variety of foods, including something from each of the 5 food groups each day.
- Eat regularly.
- Make the effort to have at least one hot meal a day. Soup is nutritious, warming, and inexpensive to make or buy as are tins of beans.
- Include high fibre foods e.g., wholemeal bread, fruit, vegetables, wholegrain cereals etc. to reduce the risk of constipation.
- Take hot drinks throughout the day, especially one before bedtime.



## COMHAIRLE NAN EILEAN SIAR

- Make sure you drink enough fluid. Aim for 6-8 cups per day of a variety of fluids e.g., tea, coffee, fruit juice, water, squash etc. If you live alone, it can be easy to fall into the habit of surviving on bread and butter as there is “no one to cook for.”

It is important to make food a priority and continue to eat well when cooking for one. Cooking a large meal and freezing in individual portions to reheat later helps. Another tip is to cook casseroles/one pot meals rather than cooking meat, potatoes, and vegetables separately, this means that you will have less washing up to do.

It is also important to be prepared for the winter by making sure that you have a well-stocked supply of basic essentials to reduce the need to go outside in cold weather, or in case of extreme weather. Here are some suggestions:

### Freezer

- Bread/rolls
- Vegetables
- Fruit
- Meat
- Fish

It would also be handy to have some pre-prepared frozen meals (either homemade or shop bought) stored in the freezer for days you are not feeling well or in a rush for a meal.

### Cupboard:

- Vegetables tinned in water.
- Fruit tinned in juice.
- Dried fruit
- Long-life fruit juice
- Tinned soup
- Pasta
- Rice
- Tinned or dried potatoes
- Crackers, crispbreads, oatcakes etc.
- Cereals/porridge oats

UHT milk powdered milk Tinned milk puddings Tinned beans and pulses dried pulses – lentils, broth mix etc. Tinned meat e.g., ham, corned beef

Tinned fish Nuts Tea, coffee, hot chocolate etc. Vitamin D and calcium supplement

Throughout life, vitamin D is essential for keeping bones healthy. Vitamin D is found in some foods e.g., oily fish, salmon, mackerel, kippers, and sardines. It is recommended that you take a vitamin D supplement which contains between 7 and 10 micrograms every day. For quick and easy recipe ideas see the ‘Healthy Eating on a Budget’ sheet, available from the





## COMHAIRLE NAN EILEAN SIAR

Department of Nutrition and Dietetics at the Western Isles Hospital or online at [www.wihb.scot.nhs.uk](http://www.wihb.scot.nhs.uk). Why not ask a friend to pick one up for you.

### 5.2 The adverse effects of alcohol

Medication and alcohol if you take medication be aware that alcohol can seriously interfere with its effects. Sedatives, tranquilisers, sleeping pills, painkillers and cold cures can be dangerous when taken with alcohol. Always check with your doctor or pharmacist before drinking alcohol if you are taking medication.

Remember: Alcohol lowers your body temperature

Alcohol has a reputation for warming us up on cold days because it makes us feel warmer when we drink it. However, this is untrue; alcohol actually leads to heat loss in the body. Thanks to that dram, we are in fact getting colder, not warmer. Alcohol does nothing to warm us up and is a quick way to get hypothermia in a cold environment. Try having a warm drink, rather than an alcoholic one, to warm you up and help you sleep.

If you have difficulty with memory, balance, or co-ordination, they can become worse when you drink alcohol. For alcohol information and support, please visit:

<https://www.outerhebadp.com/>

### 5.3 The importance of good mental health and where to seek help if you need it.

Whether you're looking or simply to feel more positive and energetic, there are plenty of ways to take control of your mental health.

We know that sometimes, despite trying hard to keep ourselves strong our mental health can become so low that we struggle, and some people may struggle with thoughts of suicide. If you or a friend or family member is struggling with thoughts of considering suicide, you might be afraid to bring up the subject. But talking openly about suicidal thoughts and feelings can save a life.

Do everything in your power to get a suicidal person the help he or she needs. Call a crisis line for advice. Encourage the person to see a mental health professional or take them to a doctor's appointment. Be proactive.

If you continually experience stress, depression, or anxiety, remember that professional help exists to support you. Here is a selection of mental health helplines that could help you:

- Breathing Space 0800 83 85 87 (6pm - 2am): <https://breathingspace.scot/>
- Mind – 0300 123 3393
- SANE – 0845 767 8000
- Young Minds (helpline for parents) – 0808 802 5544



## COMHAIRLE NAN EILEAN SIAR

### 6. Venturing out? Be – Bright Be Seen!

#### 6.1 Walk Safely

Pedestrians are particularly vulnerable road users. You need to make sure you can be seen clearly in dark conditions and bad weather. Clothes with reflective colours are a good choice, as are reflective materials that will warn any approaching vehicles of your presence. You can also improve visibility with clip-on reflectors, arm bands and stickers on clothes or bags. When using a bike make sure that it has lights fitted to the front and rear so other traffic can see you. Parents wanting to make sure their children are safer on the roads should make sure they can be seen especially at night and on dark bad weather days by wearing something bright and reflective.

#### 6.2 Run Safely

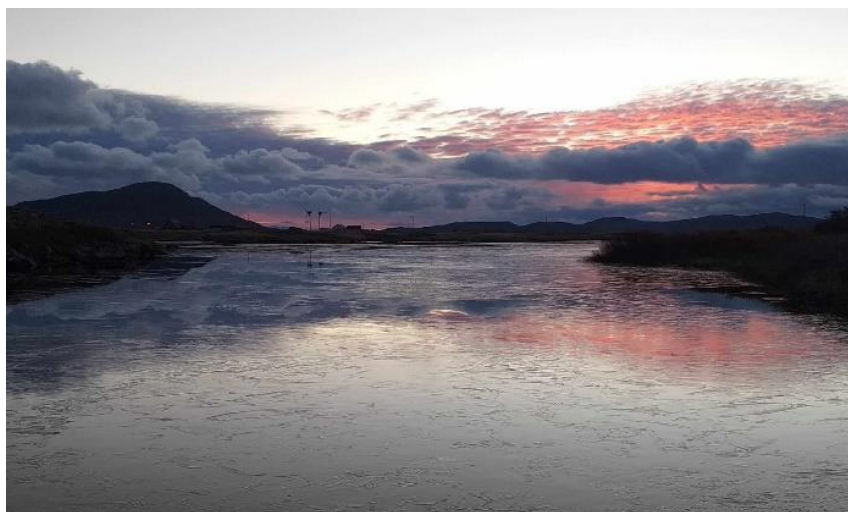
Joggers too are vulnerable. It is particularly important that Running clubs and individual joggers' risk-assess their route and just how visible they are; fluorescent vests and head torches should be regarded as essential kit throughout the winter period.

#### 6.3 Cycle Safely

Cyclists should make themselves visible to other vehicles on the road by wearing fluorescent and reflective clothing. Ensure the lights are working before every journey. It is an offence to cycle at night without a white front light, a red back light and red reflector at the back.

#### 6.4 Swim Safely

As Incredible as it may seem, winter open water swimming is becoming an increasingly popular pastime in the Western Isles. Swimming in the sea during the winter can come with its own dangers. Colder temperatures, more dangerous waves and currents can all make open water swimming riskier in the winter. Following the necessary winter water safety advice is essential. Please refer to: <https://rnli.org/safety/choose-your-activity/open-water-swimming>





## COMHAIRLE NAN EILEAN SIAR

### 6.5 Drive Safely

Motorists should check their lights to ensure that they are correctly aligned clean and working. Lights that are not adjusted properly can dazzle other road users, and in turn this may cause an accident. Fog lights must only be used when visibility is seriously reduced.

#### Is your car winter – ready?

Remember “POWER” It’s a useful reminder....

**P** PETROL

**O** OIL

**W** WATER

**E** ELECTRICS

**R** RUBBER (TYRES AND WIPERS)

For Information on Comhairle nan Eilean Siar Road Gritting Schedule and additional safe-driving advice, please refer to the following:

<https://www.cne-siar.gov.uk/roads-travel-and-parking/roads-maintenance-winter-gritting/>

<https://www.cne-siar.gov.uk/roads-travel-and-parking/roads-maintenance-winter-gritting/winter-travel-advice/>



## COMHAIRLE NAN EILEAN SIAR

### 7. Infection prevention: avoiding Winter bugs

Hand hygiene: washing your hands thoroughly is one of the most effective ways to avoid picking up or passing on Covid - 19 Norovirus, colds, and flu.

Before delivering care, don't just do a quick wash, but take a couple of minutes to wash each finger, in between your fingers, around your nails, the palms, the wrist and back of your hands.





## COMHAIRLE NAN EILEAN SIAR

### 8. Supporting your vulnerable neighbours

Here are a few things you can do to help vulnerable people in your own community:

- Keep an eye out for a vulnerable person – offer to lend a helping hand with shopping or other essential tasks.
- Consider the value of making your phone number available to someone you think may need assistance.
- If you have not seen elderly neighbours leave the house for a few days, check to see if they are alright.
- If able, You could offer to clear ice or snow from a neighbour's pathway
- Seek out volunteering opportunities in your area.
- Get together with others in your community to work out how collectively you can minimize the effects of bad weather in your area.

### 9. Power Cuts - Be Prepared – Top Tips

- Having a well-stocked emergency kit at home will help until things get back to normal. This includes things like a battery operated or wind-up torch and a battery powered or wind-up radio.
- Keep mobile phones, laptops or tablets fully charged - so you will have use of battery power for a short time at least if there is a power cut.
- A non-main powered landline telephone will help you stay in touch during any disruptions to your power supply. A cordless landline may not work because the base station needs power to operate and may not have a back-up battery.
- Have the telephone numbers you might need to hand. Download the Ready Scotland smartphone app to store all your emergency contacts in one place.
- Get your friends and family thinking ahead and learn the steps that can be taken to be prepared. Education Scotland's Ready for Emergencies website has information to help you do this.

#### Special requirements

- The utility companies work closely with local authorities to make sure that vulnerable people get the support they need during any disruptions to normal service.
- You should let your supplier know if you have a disability or are chronically sick, or you depend on a continuous supply of power for medical equipment or mobility equipment such as stair lifts and hoists.
- You should also contact your supplier if you are visually impaired or have hearing difficulties, or you are of state pensionable age, or you have other specific requirements.
- If you have elderly relatives or neighbours who might need help during a power cut, please check up on them.



## COMHAIRLE NAN EILEAN SIAR

link for planned power outages – [Planned power cuts in your area | UK Power Networks](#)

Please Note: If you have a prevailing health condition you may wish to sign up for priority services : [National Grid - Benefits of being on our register](#)

**Please Note:** Useful link to use during power cuts (it is an app also) [Power Track \(ssen.co.uk\)](#)  
Available on android and IOS.

### 10. Fire Prevention

As people will undoubtedly seek alternative methods of heating their homes this winter it is vital that all paraffin, gas, or electric heaters are well maintained; especially ones you may not have used for some time.

Check your heater before you plug it in. If the cable is frayed or you can see scorch marks on the casing, don't use it. If you turn it on and you can smell burning or see smoke, unplug it straight away.

Similarly, with dark evenings approaching, a few candles scattered around the room can add a warm glow to your home. But with candle fires resulting in hundreds of casualties each year.

If you choose to use candles, to prevent fires from starting in your home, you should make sure they are kept away from flammable materials like curtains. Place lit candles away from pets and children and always remember to put them out when you leave the room, even for a moment. Even with these precautions, accidents can still happen. So please be on your guard.

Remember: Always have an interlinked smoke alarm system in your home (i.e., if one goes off, they all go off)

Fire and smoke alarms: changes to the law Scottish Government

<https://www.gov.scot/publications/fire-and-smoke-alarms-in-scottish-homes/>

The new law has come about because of the Grenfell fire in London in 2017, and it applies to all Scottish homes.

Please Note: It is the property owner's responsibility for meeting the new standard.

What each home needs

Every home must have:

- one smoke alarm in the living room or the room you use most.
- one smoke alarm in every hallway and landing
- one heat alarm in the kitchen



## COMHAIRLE NAN EILEAN SIAR

All smoke and heat alarms should be mounted on the ceiling and be interlinked.

If you have a carbon-fuelled appliance – like a boiler, fire, heater, or flue – in any room, you must also have a carbon monoxide detector in that room, but this does not need to be linked to the fire alarms.

If an area is open plan, one alarm can cover the whole room provided it can be located where it is no more than 7.5 metres from any point in the room. If your space includes a kitchen area it should be a heat alarm rather than a smoke alarm.

How long you have to install the alarms?

The new law came into force on 1 February 2022, but it provides flexibility for people to fit the necessary alarms within a 'reasonable period' after this deadline.

No one will be criminalised if they need more time, and there are no penalties for non-compliance. However, we would encourage everyone to install these alarms, which can help save lives.

10.1 Fire safety at home: Advice from Scottish Fire & Rescue Service

<https://www.firescotland.gov.uk/your-safety/at-home/winter-safety/>

Using portable heaters

- Keep your heater away from animals and children.
- Don't plug your heater into an extension lead.
- Don't sit right next to your heater.
- Be careful where you place your heater.
- Don't leave your electric heater on unsupervised.
- Don't put things on top of your heater.
- Keep heaters away from curtains and furniture and never use them for drying clothes.
- Unplug or switch off portable heaters when you go out or go to bed.
- Secure portable heaters in position to avoid the risk of them being knocked over.
- Only use gas or paraffin heaters in well-ventilated areas. Heaters consume oxygen and in enclosed spaces can produce harmful gases and/or cause carbon monoxide poisoning.
- Fit a Carbon Monoxide detector in all rooms containing gas or paraffin heaters.
- Always change gas cylinders in the open air. Never change gas cylinders in an enclosed space.
- Make sure your heaters are well maintained.





## COMHAIRLE NAN EILEAN SIAR

### Carbon Monoxide (CO) Poisoning

Heating and cooking appliances fuelled by coal, smokeless fuels, wood, oil, and gas can cause CO poisoning. You should have a carbon monoxide detector fitted in any room where there is a carbon-fuelled appliance (such as boilers, fires (including open fires), heaters and stoves) or a flue.

Being able to recognise the early symptoms of carbon monoxide poisoning will save your life.

- These symptoms are similar to flu, with nausea, dizziness, tiredness, headaches, stomach, and chest pains all key indicators.
- Since October 2010, a carbon monoxide detector is mandatory with every new stove installation.
- Remember a carbon monoxide detector is NOT a substitute for regular maintenance and chimney sweeping.

### Wood Burning/Solid Fuel Stoves

Every year, Scottish Fire & Rescues Service are called out to respond to a number of incidents involving these heating systems.

Chimneys and flues serving solid fuel appliances should be swept regularly. Check our chimney sweeping section for guidelines regarding the fuel used. Only use the fuel recommended by the solid fuel appliance manufacturer. Approved fuel lists are available from HETAS, Tel: 0845 634 5626 or visit [www.hetas.co.uk](http://www.hetas.co.uk) . Household refuse must not be burnt.

- Use well-seasoned, air-dried (preferably a minimum of 6-12 months) wood. Use a wood moisture meter to test your wood before burning. A recommended moisture level for firewood should be 20% or lower.
- Do not run the appliance at low output for extended periods such as overnight. Do not damp down to save relighting in the morning.
- If the wood burner has been used at a low output for an extended period, this should be followed by a controlled high burn for at least 30 minutes to dry out any creosote and to warm up the chimney again.
- Always ensure you follow the operating and maintenance instructions provided with the appliance.
- Do not stack logs or place any other combustible materials immediately adjacent to the stove, boiler, or heater. The Fire and Rescue Service have been called to fires caused as a result of logs being stored against the hot external surface of wood burners.
- Children should be educated about the dangers of fire and should not be permitted near hot surfaces.
- Use a protective fire guard that is suited to the design of the stove within your property.
- Empty and check the ash can every day.
- Always use a metal non-combustible ash can.





## COMHAIRLE NAN EILEAN SIAR

- Flue ways at the back of a boiler should be cleaned once a week, but always let the fire go out and allow ashes to cool before cleaning.
- Again, make sure you have a carbon monoxide detector.

### Using electric blankets

- Never leave an electric blanket switched on when you are in bed unless it is marked 'suitable for all night use.'
- Ensure your electric blanket is tested and serviced in accordance with manufacturer's guidance, in particular after the guarantee runs out. Manufacturers often recommend testing blankets every 3 years.
- Check the blanket, plug and flex regularly for damage (e.g., fraying fabric, scorch marks, exposed wires). If you're in any doubt, don't use the blanket.
- Store electric blankets safely – roll them, don't fold them.

### Candles

safety tips from: <https://www.thirteengroup.co.uk/news/candle-fire-safety-week>

- Never leave lit candles unattended
- Put burning candles out when you leave the room, and make sure they're out completely at night.
- Place your candles carefully. Make sure they are on a flat surface, out of the reach of pets and children.
- Keep them away from flammable objects like curtains, furniture, bedding, and books.
- Don't move candles once they are lit.
- Do not burn several candles close together as this might cause the flame to flare.
- Burn candles in a well-ventilated room, out of drafts, vents. This will help prevent rapid or uneven burning, soot, and dripping.
- Always put candles in a heat resistant holder
- Always have a working smoke alarm in your home
- Make sure that everyone in your home knows what to do in the event of a fire.

### Other home safety tips

- Leaving cookers unattended or being distracted while cooking is the most frequent cause of fire in the home. Never cook hot food while under the influence of alcohol or drugs. Make sure you have at least one heat alarm in the kitchen in your home.
- Most fatal fires are caused by smoker's materials. Don't smoke in your chair if you've been drinking or you're feeling tired. If you do feel tired smoke outside or stand up and smoke at a window or outside door.
- Check your smoke and heat alarms are working. Replace batteries if necessary.
- Unplug fairy lights or other electrical Christmas decorations when you leave the house or go to bed. Find out more festive safety tips.
- Extinguish all candles before you go to bed. Never leave a burning candle in a bedroom.



## COMHAIRLE NAN EILEAN SIAR

- Be especially careful with night lights and tea lights, which can get hot enough to melt plastic. Always put candles on a heat resistant surface/holder.

### GET YOUR FREE HOME FIRE SAFETY VISIT:

We want to make sure your home is as safe from fire as it can be. During a Home Fire Safety Visit we will help you spot possible fire hazards, sort out a fire escape plan and provide information about smoke, heat, and carbon monoxide alarms. The process only takes about 20 minutes, and their advice and help could save your life.

- call 0800 0731 999.
- text 'FIRE' to 80800
- call your local fire station.
- complete our online form.



## COMHAIRLE NAN EILEAN SIAR

### Appendix 1: Flu and Covid 19 Vaccines – How to protect yourself this Winter.

Scottish Government Winter Vaccination Programme 2023 to 2024: COVID-19 and seasonal flu deployment plan. Please refer to the following:

[https://www.sehd.scot.nhs.uk/cmo/CMO\(2023\)15.pdf](https://www.sehd.scot.nhs.uk/cmo/CMO(2023)15.pdf)

### Appendix 2 Useful Contact Details

General Support

FAIRE (Comhairle nan Eilean Siar Out of hours Service)	01851701 702
Age Scotland Helpline	0845 125 9732
Citizens Advice Bureaux (CAB)	01851 705727
Trading Standards	01851 822694
British Red Cross (Western Isles)	01851 702897
Samaritans	08457909090
Western Isles Advocacy	01851 701 75
Western Isles Woman's Aid	01851 704 750

#### HEALTH

Western Isles Hospital – Stornoway	01851 704704
Uist and Barra Hospital – Barra	01870 603 603
St Brendan's Hospital – Barra	01871 812021
Western Isles Health Promotion Department	01851 702 712
Department of Nutrition and Dietetics - Western Isles Hospital	01851 708 279

#### HOUSING

Hebridean Housing Partnership	0845 603 9180
-------------------------------	---------------

#### TRAVEL


Stornoway Bus Station	01851 704327
Scottish Citylink Coaches	08712663 333



## COMHAIRLE NAN EILEAN SIAR

CalMac (Reservations)	08705 650 000
ScotRail	08457 484 950
Loganair	03448002855

## TWITTER LINKS

During severe weather, responders often issue updates live on  (formerly Twitter)

If you have an Account, you can access alerts at the following:

COMHAIRLE NAN EILEAN SIAR

[https://twitter.com/i/flow/login?redirect\\_after\\_login=%2Fcne\\_siar](https://twitter.com/i/flow/login?redirect_after_login=%2Fcne_siar)

NHS WESTERN ISLES <https://twitter.com/NHSWI>

POLICE SCOTLAND <https://twitter.com/PSOSWestIsles>

SCOTTISH FIRE & RESCUE SERVICE [https://twitter.com/fire\\_scot](https://twitter.com/fire_scot)

NHS 24 (Call 111) <https://twitter.com/NHS24>

SCOTTISH WATER [https://twitter.com/scottish\\_water](https://twitter.com/scottish_water)

CALMAC SERVICE INFORMATION [https://twitter.com/CalMac\\_Updates](https://twitter.com/CalMac_Updates)

MET OFFICE WARNINGS <https://twitter.com/metofficeScot>

NHS INFORM <https://twitter.com/NHSinform>

SCOTTISH POWER <https://twitter.com/ScottishPower>

WESTERN ISLES WEATHER <https://twitter.com/IslesWeather>

TRANSPORT SCOTLAND <https://twitter.com/transcotland>

H M COASTGUARD <https://m.facebook.com/hmcoastguardwesternislesskyeandlochaber/>

READY SCOTLAND <https://twitter.com/readyscotland?lang=en>

SCOTTISH AND SOUTHERN ELECTRICITY NETWORKS

<https://twitter.com/ssencommunity>



## COMHAIRLE NAN EILEAN SIAR

### Appendix 3: List of Western Isles Food Banks & Community Fridge contact details

#### LEWIS & HARRIS

**GROUP:** Stornoway Food Club ( Contribution based) Currently based at the Golf Club, Stornoway. Open to the public: Tuesday and Friday 11:00am – 2:00pm. It provides a range of food from fresh, chilled, and frozen products.

**CONTACT DETAILS:** Iain Macdonald, Stornoway Golf Club – 01851 702240

**GROUP:** Eilean Siar Food Bank – Stornoway. 15 Keith Street.

Opening Times:

Monday 11am – 2pm

Wednesday 11:30am – 1pm

Friday 11am – 2pm

Call for all enquiries 07437 855920.

**CONTACT DETAILS:** [eileansiarfoodbank@gmail.com](mailto:eileansiarfoodbank@gmail.com)



**COMHAIRLE NAN EILEAN SIAR**

**GROUP; Stornoway North Community Fridge:** <https://www.cne-siar.gov.uk/news/2022/november/community-fridge/>

**CONTACT DETAILS:** Facebook: <https://www.facebook.com/groups/365126472476701/>

**GROUP:** Barvas Food Bank - Dalbeg – Port of Ness. Open to volunteers Tuesday – Friday. All food parcels are delivered. Call for all enquiries.

**CONTACT DETAILS:** Sarah Campbell – 07927236450

**GROUP:** North Lochs Food Bank

**CONTACT DETAILS:** Delivery available or can collect in person if preferred. Call 07548962704 for all enquiries.

**GROUP:** High Church - Stornoway

**CONTACT:** Call: Jann Skelly – 07985710410 for all enquiries Fiona Morrison – 07484357410

**GROUP:** The Learning Shop, 7 James street

**CONTACT:** Morag Fletcher: 07768463636

**GROUP:** Kinloch Food & Babby Bank - Lochs - Provide food parcels, vouchers for fresh food, utilities, and baby essentials available.

**CONTACT:** Call for all enquiries: 07775274469



## COMHAIRLE NAN EILEAN SIAR

**GROUP: Harris Food Bank - Food parcels are being distributed. Call for all enquiries. Harris Fire Service also accept food donations.**

**CONTACT:** North Harris – Mairi Maciver – 07717816471 [mairimaciver@cne-siar.gov.uk](mailto:mairimaciver@cne-siar.gov.uk)

South Harris – Kathryn Campbell – 07776490719

Scalpay – Kenny MacLeod – 07776490719

## **UIST & BARRA**

**Uist:** Volunteers there Monday 9 – 12.30 and Friday 2-4pm. Volunteers can deliver where necessary. Call Janet – 01870603130 for all enquiries

**Barra:** Organised via CAB. Volunteers can deliver food parcels where necessary. Call Kenneth MacLean 07432575945/01871810608 for all enquiries [Kenneth.maclean@barracab.casoline.org.uk](mailto:Kenneth.maclean@barracab.casoline.org.uk)

**ENDS**