

As part of the Rebuilding Together programme ACTion with Communities in Cumbria (ACT) is supporting communities across the county with Community Emergency Planning and resilience activities, to help them prepare for, respond to, and recover from an emergency.

## Resilience

Resilience is the ability to face challenges and recover quickly from them. Resilient communities work together, planning how to address challenges and encouraging local, personal and household resilience.

Resilience is not always about situations involving a 'blue light response' from the emergency services. Community resilience includes good neighbourliness in supporting those who may be more at risk

Getting together as a community to share experience from situations like the 2015 flooding - how people were affected, and how they responded - helps to identify the potential risks, and positive actions to encourage in the future.

ACT can help you to have these conversations to build community resilience and consider setting out the community response in a Community Emergency Plan.

## Community Emergency Plans

It is not the role of the community to take on the responsibility of the 'blue light response' agencies. However, a Community Emergency Plan can help you prepare for an emergency; organise neighbourly help during an incident; make appropriate links to emergency services and local authorities; and assist with recovery after the event.

ACT can help you to create an appropriate plan for your community, bringing together the experience of others, and providing guidance and a template plan to get you started. We can also help you make contact with the relevant agencies to access other support and services.

For more information about how we can support your community, contact us on:

Tel: 01228 817592

Email: [info@cumbriaaction.org.uk](mailto:info@cumbriaaction.org.uk)

Visit: [www.cumbriaaction.org.uk/WhatWeDo/CommunityEmergencyPlanning.aspx](http://www.cumbriaaction.org.uk/WhatWeDo/CommunityEmergencyPlanning.aspx)

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## Rebuilding Together

Rebuilding Together is a 3 year BIG Lottery funded programme to build the resilience of people, communities and organisations in Cumbria, helping them to prepare for events similar to the devastating floods of December 2015. The programme is led by Cumbria CVS and delivered in partnership with ACTion with Communities in Cumbria (ACT) and Cumbria Action for Sustainability (CAFS).



Cumbria CVS will provide support to voluntary and community organisations to help them develop resilience and continuity plans that minimise the impact of potential emergencies or disruption and will also provide support and training to individuals who may wish to volunteer to help respond in the event of an emergency. Visit: [www.cumbriacvs.org.uk](http://www.cumbriacvs.org.uk)



CAFS is helping people to adapt their homes and community buildings to cope better with increased rainfall and flooding, and use less energy. It is also supporting community projects to tackle climate change, a cause of extreme weather. Visit: [www.cafs.org.uk](http://www.cafs.org.uk)



**LOTTERY FUNDED**

## ACT champions community and rural issues

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