



POD PROGRAM
Cover Sheet
Support docs list

This list outlines the documents you have in your Get Prepared kit.

| Name |
|---|
| 1 • Action Plan template |
| 2 • Get ready flood safe factsheet |
| 3 • Local flood impact doc |
| 4 • Eight-tips-storms-poster |
| 5 • Take 5 risk analysis document |
| 6 • Emergency kit postcard |
| 7 • Check on your neighbours fact sheet |
| 8 • Get ready checklist |
| 9 • Having a buddy document |
| 10 • Feedback form |



The Neighbourhoods Project
Get Prepared / 10 • FEEDBACK FORM

Thank you for participating in this Get Prepared event.
We hope it was a positive experience for you.

We want to receive your feedback so we can keep improving as well as measure the impact of these event . Please complete this quick form and let us know your thoughts (your answers will be anonymous).

If you prefer to do it online use one of these links...
<https://forms.gle/48UZ5m7tvamh1JPf9>



| | |
|--|---------------------|
| Which training event did you attend? > | Get Prepared |
| Which date? > | |
| Which neighbourhood are you from? | |

| During the Event... | All of the time | Most of the time | Some of the time | Not really |
|--|-----------------|------------------|------------------|------------|
| 1 I enjoyed myself | | | | |
| 2 I was satisfied with the content | | | | |
| 3 I was treated with respect | | | | |
| 4 I was satisfied with the presenter/s | | | | |
| 5 I felt supported around my experiences | | | | |

| As a result of the Event... | Definitely agree | Somewhat agree | Just a bit | Not at all |
|--|------------------|----------------|------------|------------|
| 6 I feel more connected with my neighbours | | | | |
| 7 I feel better in myself than before | | | | |
| 8 I feel more optimistic about the future | | | | |
| 9 My skills have improved, enhancing my ability to support myself and others | | | | |
| 10 I am more confident in my ability to deal with future disasters as part of a community response | | | | |
| 11 I feel more confident to participate in future neighbourhood activities | | | | |

PLEASE TURN OVER AND COMPLETE THE BACK AS WELL



The Neighbourhoods Project
Get Prepared / 10 • FEEDBACK FORM

| | |
|--|--|
| What was most useful about the session? | |
| What would have made the session better? | |
| Any additional comments regarding the content, the logistics, the overall event. | |

Thank you for taking the time to share your feedback

Getting your household and property prepared for possible natural disasters, can be overwhelming and challenging to navigate alone. This is where having a buddy for accountability can be a valuable asset. In this document, we explore the value of having a buddy and how it can greatly enhance our ability to implement a plan for getting prepared.

1. What is a Buddy?

A buddy is an individual who shares a common goal or objective and collaborates with you to achieve it. In this context, a buddy serves as a partner who provides support, encouragement, and most importantly, holds you accountable for completing the necessary actions on your Get Prepared Action Plan..

2. What are the benefits of having a Buddy?

- ✓ **Mutual Support:** You can lean on each other during the preparation process. When faced with challenges or uncertainties, having a buddy offers a source of motivation, guidance, and assistance.
- ✓ **Increased Accountability:** By having a buddy, you create a sense of responsibility to follow through on the agreed-upon actions. A buddy can help you to stay on track and fulfil your commitments.
- ✓ **Knowledge, Equipment and Skill Sharing:** You both bring unique experiences, knowledge, equipment and skills to the partnership. By sharing and exchanging these things, you can both improve your capacity to deliver on your plan.
- ✓ **Emotional Support:** Having a buddy provides a listening ear, empathy, and reassurance.

3. Being a Buddy

When being a buddy, you might want to consider certain qualities that you can contribute to a successful partnership. Look at this list and work on the qualities that are important to you.

- Commitment = you know the importance of being prepared and are dedicated to taking action.
- Reliability = you turn up to agreed meetings and activities and follow through.
- Trustworthiness = you can be trusted with sensitive information and respect confidentiality.
- Supportive nature = you are supportive, encouraging, constructive and positive.
- Good communication skills = you are a good listener, communicate clearly, and express openly.
- You offer your skills, equipment and knowledge to the partnership
- Flexibility and Adaptability = you can adjust plans, strategies, and timelines as needed.
- Problem-Solving Abilities = you think critically, offer creative solutions, and contribute to overcoming hurdles.
- Continuous Improvement i.e. you are open to feedback, have a growth mindset and a willingness to learn and improve.

4. Having an Accountability Agreement

To make the most of the buddy system, you might like to establish an agreement. This agreement sets clear expectations, defines roles, and outlines the commitments both buddies make to each other. Here are some key components to consider:



- What is the outcome we both want from the buddy relationship?

It might simply be to support each other to implement your action plans. Or you may wish to start with something more manageable like the completion of a key action from the plan e.g. cleaning the gutters or creating an emergency kit, or If that works well, then you might choose to continue onto the next action/s in the plan

- What activity might we do as buddies?

You might want to have meetings to check in with each other and see how you are going. You might want to work together on actions that you both need to do e.g. help each other clean out your gutters.

- What are our expectations of each other, what are our responsibilities?

An honest discussion about expectations at the beginning can prevent problems later on. A simple list of do's and don'ts can help. (e.g. latest hour for phone calls, confidentiality, what happens if a tool breaks while you are borrowing it)

- How long do we envisage the buddy relationship lasting?

Set a trial period. The trial period could be month to month, with a review at each month.

- How often shall we meet and how much time commitment is involved?

Decide if you will combine face to face meetings with phone calls and messenger/ what's app. Will your time together include specific activities? How often will you meet? i.e. weekly / fortnightly / monthly.

- What if it doesn't work?

Recognise that like all relationships, a buddy relationship may not fulfill all our expectations. It could be helpful to agree at the beginning, that if either person for any reason, wants to end the buddy relationship, they are free to do so without blame and resentment.

- Do we need a written agreement?

Are you agreeing to try the buddy relationship? Do you need time to think about it? Sometimes it can help both parties if you have something in writing to which you have both contributed and agreed. Check out the attached template to see if it suits your needs. Remember a formal agreement is not absolutely necessary, if you feel more comfortable with a more informal relationship.

- Action

Prepare a plan for the next month, including any meetings, venues, activities and outcomes.



BUDDY AGREEMENT

We _____ and _____

have agreed to enter into a buddy relationship

While the intention of this buddy relationship is to support each other to implement our
Get Prepared plans, we have agreed to the following...

- Outcome/s > e.g. To support each other to create an emergency kit
- Duration of the buddy relationship > e.g. 4 months with a 1 month trial
- Buddy activities > e.g. check in What's App messages plus co-working activity.
- Likely frequency of activities > e.g weekly check in + monthly co-working activity
- How shall we communicate > e.g. What's App
- Special features of the buddy relationship > e.g. dos and don'ts

Date: _____

Signatures

Buddy # 1: _____

Buddy # 2: _____



Get Ready Checklist



1

KNOW YOUR RISK

- ☐ I know the risk of natural hazards likely to affect where I live, work and travel



2

PLAN NOW FOR WHAT YOU WILL DO

- ☐ I have discussed what to do in an emergency with my household and co-workers
- ☐ I have completed an emergency plan for my home and/or business
- ☐ I have shared and practiced my plan with family, neighbours and colleagues



3

PREPARE YOUR HOME AND BUSINESS

- ☐ I have cleaned my gutters, downpipes and drains and fixed any leaks in my roof
- ☐ I have trimmed trees that overhang my property
- ☐ I have stored loose items and items are raised above potential flood levels
- ☐ I have checked my insurance policy is current and adequate
- ☐ I have made an emergency kit, refresh it annually and know what items to take if evacuated



4

BE AWARE

- ☐ I understand where to find weather and emergency service warnings
- ☐ I know the natural warning signs for disasters likely to affect me
- ☐ I know the key triggers to prepare and act safely in the face of natural disasters



5

LOOK OUT FOR EACH OTHER

- ☐ I share information on risk with neighbours
- ☐ I will check to see if anyone needs assistance during a natural hazard
- ☐ Our neighbours, friends and family share information and warnings



StormSafe Fact Sheet

Check on your neighbours

Helping those in need

Neighbours can include people in your street, unit block or wider community. There may be some people in your community who need more help than others in an emergency situation.

Think about people in your neighbourhood who may need your help, for example:

- Older people living at home by themselves
- People with disabilities or illnesses
- Single parents with young children
- Large families
- New members of the community
- People that are isolated

Good neighbours help each other!



Take steps to prepare NOW!

Storms can happen anywhere and at any time. It is important to prepare now and stay prepared all year round.

- ✓ Maintain yard and balcony
- ✓ Clean gutters
- ✓ Trim branches
- ✓ Fix roof damage
- ✓ Check insurance
- ✓ Prepare an emergency plan

Ways you can help your neighbours

- ✓ Help your neighbour prepare an emergency plan and put together an emergency kit
- ✓ Make sure your neighbours have information about weather warnings
- ✓ Help secure their property before a storm after you have secured your own
- ✓ Check that they are OK after the storm has passed

Put together
an emergency
kit!



FOR EMERGENCY HELP IN FLOOD,
STORM AND TSUNAMI CALL

132 500



For more info: stormsafe.com.au



#NSWSES



/NSWSES



/NSWSES

Principal Partner



**Prepare now
for flood, storm
and tsunami**

Your Emergency Kit



Your emergency kit contents

- ✓ A portable radio with spare batteries
- ✓ A torch with spare batteries
- ✓ A first aid kit
- ✓ Candles and waterproof matches
- ✓ Important documents including emergency contact numbers
- ✓ Copies of any emergency plans
- ✓ A waterproof bag for valuables

If you have to evacuate, add to your emergency kit

- ✓ Medications
- ✓ Supplies for your baby or any other people in your care
- ✓ Appropriate clothing and footwear
- ✓ Food and drinking water

Keep your emergency kit in a waterproof storage box.
Check your emergency kit regularly and restock any out-of-date items such as batteries.

For more information: www.stormsafe.com.au



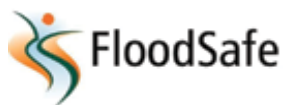
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Get Your Kit Together!

Putting together an Emergency Kit for all Hazards

Why do I need an Emergency Kit?

Plan what you will do in an emergency with the family. One practical measure you can take right now is to put together an Emergency Kit to keep in your home or business in case you are ever affected by an emergency situation like a flood or storm.

Try to think of items you might need in the following situations:

- if the power was off for a few days
- you needed to evacuate your home in an emergency situation; or
- local access to your property was blocked

Important items for your Emergency Kit:

- A portable radio with spare batteries – to receive emergency information
- A torch with spare batteries
- A first aid kit with supplies necessary for your home or business
- Candles and waterproof matches
- Important papers including emergency contact numbers
- Copies of any emergency plans – so you and the family take agreed actions in an emergency

If evacuation is likely or required, place the following items in your Emergency Kit:

- A good supply of required medications
- Any special requirements for babies and the disabled
- Suitable food and drinks

Keep your emergency kit in a waterproof storage box so items do not get wet. Check your Emergency Kit regularly and restock any out-of-date items such as batteries.

Handy Hints



Consider a portable stove or enough gas for the BBQ to cook meals.



Make sure you can carry all the items if you need to leave the house in an emergency.



FOR EMERGENCY HELP IN FLOOD,
STORM AND TSUNAMI CALL

132 500



Scan the QR code to save
132 500 to your phone.

For more info: floodsafe.com.au



#NSWSES



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/NSWSES

Principal Partner



TAKE 5 BEFORE YOU START

1



Stop, stand back, observe

2



Think through the task

3



Identify hazards

4



Assess and control risks

5



Continually monitor risks



8 TIPS

YOU CAN DO NOW TO PREPARE FOR STORMS

1 MAINTAIN YARD AND BALCONY



Secure or put away items that could blow around in strong winds

2 CLEAN GUTTERS



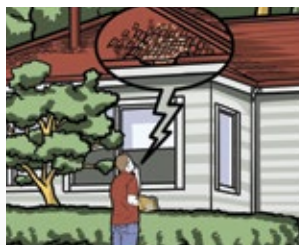
Clean your gutters, downpipes and drains regularly to prevent blockages

3 TRIM BRANCHES



Trim trees and branches that could potentially fall on your home or property

4 FIX ROOF DAMAGE



Fix any damage to your roof including broken or missing tiles

5 CHECK INSURANCE



Check your insurance policy is current and adequate

6 PREPARE AN EMERGENCY PLAN



Make a plan for your family that outlines what you would do in an emergency

7 PREPARE AN EMERGENCY KIT



Prepare an emergency kit in case you lose power or need to leave your home

8 LISTEN TO LOCAL RADIO



Listen to your local radio station and other media for weather warnings



| | |
|--|--|
| 1. What area does our pod cover? | |
| 2. How many households are within the pod? | |
| 3. What are the flood and storm risks in our pod? | |
| 4. Where are the points of impact? e.g. water covers the road, landslides occur | |
| 5. What are the locally known triggers for escalating action in relation to storms and floods? | |
| 6. How do we communicate with each other about these triggers? | |
| 7. What else do we need to know? | |



Get Ready for Floods

With the following 5 Steps

- 1 Know your flood risk** Think about the area you live, work or travel in, and how floods could affect you, your family, home or business
- 2 Plan now for what you will do** Sit down with your family or co workers and discuss what you would all do in a flood. Together you could complete an Emergency plan and practice it.
- 3 Prepare your home and business** Know what you will do with your property and possessions if there is a flood. Place items in an Emergency Kit and check your home insurance policy.
- 4 Be aware** Know the triggers, warnings and natural signs of floods. Use these as triggers to act.
- 5 Look out for each other** Share information with family, friends, co-workers and neighbours. Help those who may need assistance.

Taken from the Get Ready document produced by SES.



| ACTIONS | BY WHO | BY WHEN | NOTES |
|---------|--------|---------|-------|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |