



JOINT CIVIL AID CORPS

NATIONAL CIVIL DEFENCE

Joint Civil Aid Corps Charitable Trust - Registered Charity No. 1160699
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JCAC is a non-profit organisation with its own charitable trust

BRITAIN READY - HOUSEHOLD PREPAREDNESS

GET SAFE

STAY CALM

GET INFORMATION

JCAC – Who We Are & What We Do

The Joint Civil Aid Corps (JCAC) is a UK volunteer civil defence organisation dedicated to helping communities stay safe, informed, and resilient during modern emergencies. They support households with practical preparedness advice, community training, and calm, clear guidance when everyday systems are disrupted. JCAC works alongside local authorities and emergency services, helping ordinary people build confidence, protect vulnerable neighbours, and strengthen community resilience across Britain.

Why Preparedness Matters

Modern life faces a lot of challenges - global instability, cyber outages, floods, wild fires, health emergencies, economic shocks. We depend on fragile systems — electricity, gas, water, mobile networks, digital banking, fuel, food logistics. When one fails, others often follow.

Prepared households:

- Stay safer, calmer and obtain reliable information
- Cope better under stress
- Recover faster
- Reduce pressure on emergency services
- Support vulnerable neighbours

Preparedness is **not hoarding**, **not fear**, and **not expecting disaster**. It is simply **common sense**.

Most Likely UK Household Risks

- **Pandemics** — illness, supply chain issues, isolation
- **Severe Weather & Flooding** — storms, heatwaves, wild fires, snow, power cuts
- **Cyber Attacks** — disruption to electricity, fuel, banking, mobile networks
- **Terrorist Incidents** — transport disruption, cordons, communication overload
- **Infrastructure Failures** — power, water, telecoms, banking outages
- **Supply Chain Disruption** — supermarkets running out of essentials

How You Will Be Warned

- **Mobile Emergency Alerts** — loud alarm + full-screen instructions
- **Met Office Weather Warnings** — Yellow (aware), Amber (prepared), Red (take action)
- **Local Authority Alerts** — radio, council websites, verified social media
- **BBC Radio (FM/AM)** — essential if digital networks fail
- **Key numbers:** 999 (emergency) • 112 (emergency) • 111 (NHS) • 101 (police non emergency) • 105 (power cuts) • 0800 111 999 (gas) • Floodline 0345 988 1188.
Local Power Network 0800 316 3105

For more information or how to become a JCAC volunteer, please contact your local officers:

JCAC London - Email: london@jcac.org.uk

Or visit our website: www.jcac.org.uk

PRACTICAL ACTIONS FOR HOUSEHOLDS

1. Create a Safe Room

Most emergencies do **not** require evacuation. Staying indoors is usually safest.

Choose a room with few windows, few external walls, ground floor, enough space, toilet if possible)

Stock it with water (2-3 litres per person), tinned food + opener, torch, batteries, radio, power bank (eg Belkin 10K), first aid kit, blankets, medications, copies of essential documents (eg passport)

2. Build a 7-Day Preparedness Box

- Bottled water - 3 litres per person per day + purification tablets
- Food - tinned/dried, high energy snacks, baby food, tea and coffee, pet food
- Warmth - blankets, thermal clothes, sleeping bags, hot water bottles
- Lighting - Torches, batteries, candles, matches
- Sanitation - Bin bags, bucket, wet wipes, toilet paper, hand sanitiser
- Communications - Radio, written contact list, power bank, copies of ID and key documents

3. Prepare a Grab Bag (in case of evacuation)

- Water
- Snacks
- Medications
- Important documents
- Torch
- Radio
- Charger + power bank
- Weatherproof clothing
- Cash
- Map
- Copies of ID
- Pet supplies

Know your **meeting point**, **route**, and who needs extra help.

4. Psychological & Digital Resilience - Stop - Breathe - Think - Act

- Small actions restore control.
- Support others with calm, short instructions — especially children. Calm tone matters.
- Digital safety:
 - Verify information
 - Update devices
 - Strong passwords
 - Offline backups
 - Conserve battery during outages
 - If networks fail, try SMS, use wi-fi, move to open space for signal, conserve battery

5. Community Strength

- Prepared households create prepared streets
- Prepared streets create prepared towns
- Prepared towns create a **more resilient Britain**.
- Preparedness is **responsibility**, not alarm.

