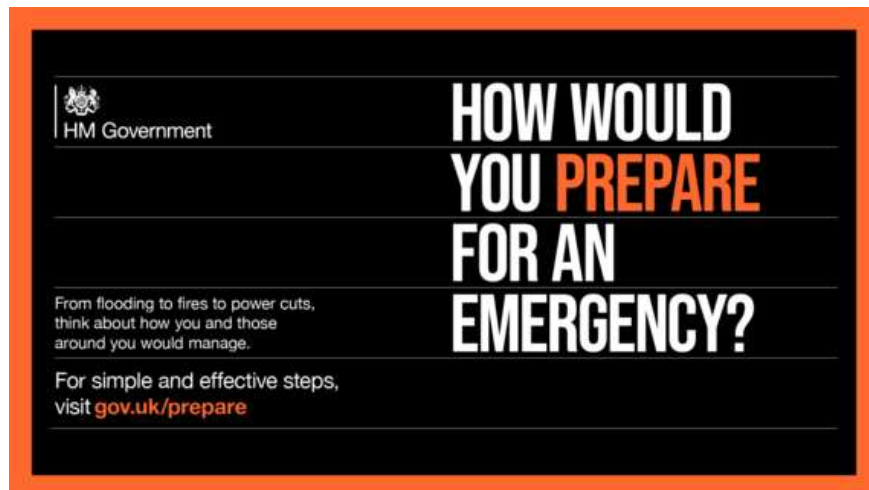


How would you prepare for an emergency?



In a newly launched website, the government is encouraging people to think about what they would do if they and those around them were exposed to risks ranging from floods to fires to power cuts.

The website provides simple and effective steps you can take to be more prepared.

Taking action in advance will make it easier to manage an emergency if it does happen.

[Visit the website](#)

£8,000 grant available for homeowners in flood risk zones



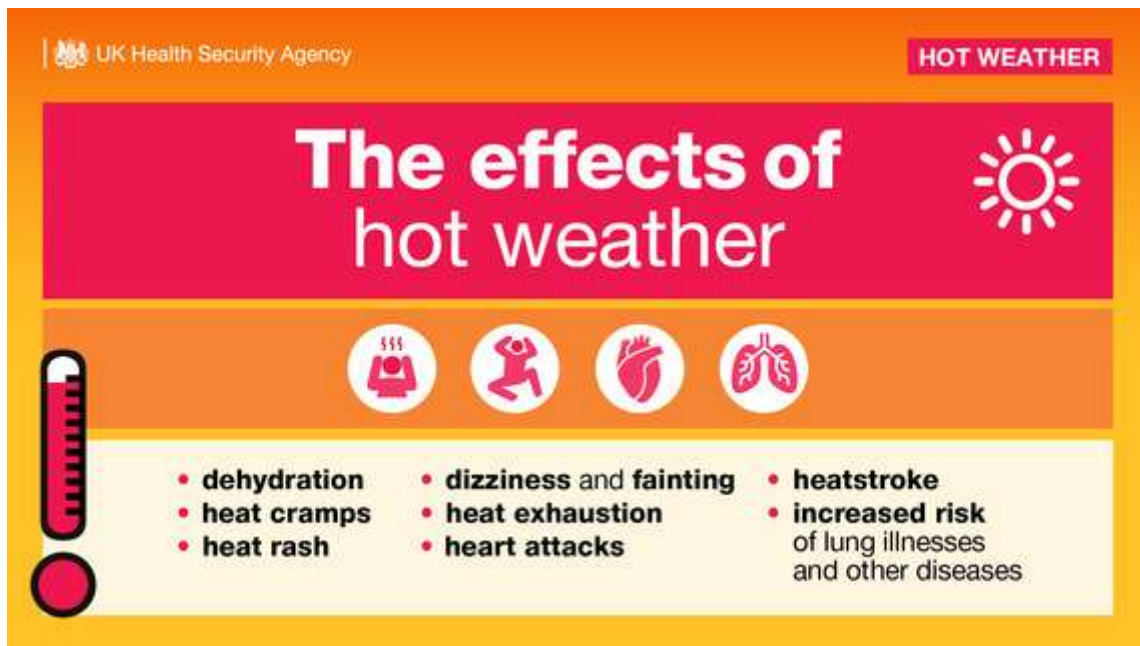
A new £8,000 grant has been announced for homeowners who have or may experience flood water entering their homes.

This is called a Property Flood Resilience Grant (PFR) and eligible residents could improve their flood defences with self-closing air bricks, reinforced flood doors, non-return valves, pumps and flood barriers, designed to help prevent water entering homes and mitigate damage in the event of a flood.

You can [check your property's flood risk online](#) to see if you are able to apply for the PFR.

[Apply now](#)

Staying safe during the heat



At this time of year most of us look forward to some warm, sunny weather and the chance to spend time outdoors, but it's important to remember that some people struggle to cope in the heat.

The good news is, we can all take precautions that allow us to enjoy the hot weather safely and help people who might be more vulnerable as the temperatures rise.

There's lots of information online to help you stay safe during hot weather. Visit the UKHSA and NHS websites on how to beat the heat and preventing heat exhaustion and heatstroke.

[Find out more](#)