Preparing for, and Recovering from Emergencies

Resource Directory

GET READY
Blue Mountains

blue mountains City Council

Acknowledgement of Ngurra

The City of the Blue Mountains is located within the Ngurra (Country) of the Dharug and Gundungurra peoples. Blue Mountains City Council recognises that Dharug and Gundungurra Traditional Owners have a continuous and deep connection to their Country and that this is of great cultural significance to Aboriginal people, both locally and in the region.

For Dharug and Gundungurra people, Ngurra takes in everything within the physical, cultural and spiritual landscape – landforms, waters, air, trees, rocks, plants, animals, foods, medicines, minerals, stories and special places. It includes cultural practice, kinship, knowledge, songs, stories and art, as well as spiritual beings, and people: past, present and future.

Blue Mountains City Council pays respect to Elders past and present while recognising the strength, capacity and resilience of past and present Aboriginal and Torres Strait Islander people in the Blue Mountains region.

To truly honour the past and respond to the future in an honest and meaningful way, Blue Mountains City Council recognises the past and ongoing injustices from dispossession, displacement, disadvantage and discrimination experienced by the Dharug and Gundungurra people, and the broader Aboriginal community in what is now the Blue Mountains Local Government Area.

Acknowledgements

"This is a Bush Fire Community Recovery and Resilience Fund project through the joint Commonwealth/State Disaster Recovery Funding Arrangements."

Disclaimer

"Although funding for this product has been provided by both the Australian and NSW Governments, the material contained herein does not necessarily represent the views of either government."

Address for Correspondence

Blue Mountains City Council
Emergency Management and Resilience Team
Locked bag 1500 Katoomba NSW 2780
Phone: 02 4780 5000
Email: **council@bmcc.nsw.gov.au**

blue mountains City Council

How to use this directory

Introduction

This directory is a compilation of services provided by state and other organisations that provide guidance and advice in the prevention, preparation, response and recovery to, and from emergencies.

It is designed to enable you to better understand how an emergency could affect you, and those around you, and, become better prepared, by following these five simple steps:

1. **Know your risk** – think about the area you live in and the individual circumstances that could affect your decisions in a disaster
2. **Plan for what you will do now** – talk with your family or support people and plan for what you will do in an emergency, remember to include your pets.
3. **Get your home ready** – keep up general home maintenance and check all your insurances.
4. **Be aware** – know what to do and who to connect with to stay informed if there is an emergency in your area.
5. **Look out for each other** – share information with your family, friends, neighbours and those who may need additional assistance.

FIRE
www.rfs.nsw.gov.au

1. Assessing your risk **7**

2. Plan and prepare for what you will do **11**

Home and bush fire safety 12

Extreme Weather, Storms and Flood 13

Health emergency – heatwave, pandemic 14

Animals and environment 15

Children and young people 16

Aged and disability support resources 17

3. Be aware and stay informed **19**

Reliable information sources 20

Mobile apps 21

3. Additional support services **23**

Culturally and linguistically diverse resources 24

Business and Not for Profit organisations 25

Infrastructure disruptions 26

5. Looking out for each other **27**

Mental health and wellbeing 28

Social, emotional and cultural support 29

Recovering after disasters 30

SW RURAL
RE SERVICE
OPERATIONS
OFFICER
PLANNING
NOT SWING ON CHAIRS

Assessing your risk

If you require Police, Fire or Ambulance dial 000

Blue Mountains Emergency Dashboard
emergency.bmcc.nsw.gov.au

Assessing your risk

What you need to know about

Home fire safety

Building fire safety

Workplace fire safety

fire.nsw.gov.au/

Know your risk

Enter your suburb to find out local information on your level of risk

ses.nsw.gov.au/local-information

Know your warnings

Understand what the storm and weather warnings mean

ses.nsw.gov.au/storm-resources/before-a-storm/know-your-warnings/

Know your risk

Do you live on bush fire prone land?

Think about the area you live in, how will this affect bush fire behaviour?

rfs.nsw.gov.au/plan-and-prepare/know-your-risk

Community Safety and Prevention

Crime prevention

Your community

Policing in the community

Victims of crime

police.nsw.gov.au/safety_and_prevention

Assessing your risk

Prepare for health emergencies

Information on how to help prevent health emergencies

health.nsw.gov.au/healthyliving/Pages/awareness-and-prevention.aspx

---

The representative body of the general insurance industry in Australia

What you need to know about

General Insurance

How to avoid underinsurance

Codes pf practice

insurancecouncil.com.au/consumers/help-in-disasters/

What you need to know about

Insurance and disasters

Recovering from a disaster

understandinsurance.com.au/recovering-from-a-disaster

Building in bushfire prone lands

fpaa.com.au/Web/Web/Skills/Building_and_Planning_in_Bushfire_Prone_Areas.aspx

---

1.8
1.4
1.2
1
1.8
1.6
1.4

Plan and prepare for what you will do

If you require Police, Fire or Ambulance dial 000

Blue Mountains Emergency Dashboard
emergency.bmcc.nsw.gov.au

Home and Bush Fire Safety

Home Fire Safety

Smoke alarms

fire.nsw.gov.au/page.php?id=80

Home Safety Visits

fire.nsw.gov.au/page.php?id=9316

Fire Escape plan

fire.nsw.gov.au/page.php?id=883

Fire Danger Ratings and Total Fire Bans

rfs.nsw.gov.au/fire-information/fdr-and-tobans

Hazard Reductions

rfs.nsw.gov.au/fire-information/hazard-reductions

Download your Bush Fire Survival Plan

rfs.nsw.gov.au/plan-and-prepare/bush-fire-survival-plan

My Fire Plan

Start here and make your bush fire plan

myfireplan.com.au/

Protect yourself from bush fire smoke

health.nsw.gov.au/environment/air/Pages/bushfire-protection.aspx

---

Extreme Weather, Storms and Flood

Home emergency plan

seshomeemergencyplan.com.au/

Current SES community advice

ses.nsw.gov.au/

NSW weather warning summary

bom.gov.au/nsw/?ref=hdr

7 day forecast searchable map

bom.gov.au/nsw/forecasts/map7day.shtml

Maintaining health after floods and storms

health.nsw.gov.au/emergency_preparedness/weather/Pages/storms-and-floods.aspx

Health Emergency

Preparing for health emergencies

health.nsw.gov.au/emergency_preparedness/Pages/default.aspx

Planning and Preparedness resources

health.nsw.gov.au/emergency_preparedness/planning/Pages/default.aspx

Public Health Alerts

health.nsw.gov.au/Infectious/Pages/default.aspx

Heat wave

health.nsw.gov.au/environment/beattheheat/Pages/default.aspx

Health tips for hot weather

health.nsw.gov.au/environment/Publications/beat-the-heat-keep-healthy.pdf

---

Western Sydney Regional Organisation of Councils

Heat smart - turn down the heat resources

wsroc.com.au/projects/project-turn-down-the-heat/turn-down-the-heat-resources-4

RediPlan

Preparing for emergencies and disasters

Resources to help *redcross.org.au/emergencies/resources/*

Prepare for what life throws at you - big or small

redcross.org.au/globalassets/corporatecms-migration/downloads/pdfs/disaster-plan/red-cross-rediplan-disaster-preparedness-guide.pdf

---

Animals and Environment

Supporting land holders during emergencies

lls.nsw.gov.au/help-and-advice/emergency-and-biosecurity

For children to prepare their pets

ses.nsw.gov.au/media/3665/greater-sydney-local-land-services_20pp-a5-booklet_kids-passport_generic.pdf

---

Emergency Advice

wires.org.au/rescue/emergency-advice

wires.org.au/

Prepare for and keep your animals safe during an emergency

rspcansw.org.au/what-we-do/disaster-and-alerts/

SES – Get Ready Animals

ses.nsw.gov.au/get-ready-animals/get-ready-animals-splash-page/get-ready-animals/

National Park Closures

nationalparks.nsw.gov.au/alerts/alerts-list

Helping wildlife in emergencies

environment.nsw.gov.au/topics/animals-and-plants/native-animals/helping-wildlife-in-emergencies

---

Walking track and reserve closures

bmcc.nsw.gov.au/walking-tracks

Bushland Management

bmcc.nsw.gov.au/environment/bushland-management

Children and Young People

Birdies Tree

Information and resources to help young children and families grow through natural disasters and disruptive events.

childrens.health.qld.gov.au/our-work/birdies-tree-natural-disaster-recovery

Resources for parents and caregivers

redcross.org.au/emergencies/resources/resources-for-parents-and-caregivers

Resources for teachers

Pillowcase project

Helping children and young people cope

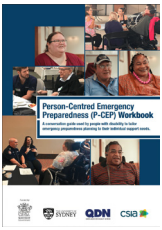
redcross.org.au/parents-teachers

Triple Zero Kids Challenge

Educational game and resources for children

kids.triplezero.gov.au

Aged and Disability Support resources



Person Centred Emergency Preparedness (P-CEP)

Collaborating 4 Inclusion

collaborating4inclusion.org/

Deaf Society

deafsociety.org.au/

youtube.com/watch?v=nSq3aG5yozU&list=PLqVbcZygkVsut0xyuRjqRkyuzG6MRR2-N

Redi Plan Easy English

redcross.org.au/globalassets/corporatecms-migration/downloads/pdfs/disaster-plan/easy-english-rediplan-accessible.pdf

---

NDIS support

ndis.gov.au/

1800 800 110

Be aware and stay informed

If you require Police, Fire or Ambulance dial 000

Blue Mountains Emergency Dashboard
emergency.bmcc.nsw.gov.au

Reliable Information Resources

Blue Mountains Emergency Dashboard

emergency.bmcc.nsw.gov.au
facebook.com/GetReadyBM

Get Ready Blue Mountains Facebook

For preparedness information and events near you.
NOT FOR EMERGENCY INFORMATION

---

abc.net.au/radio/sydney/

Live Traffic NSW

livetraffic.com/

Download the App

iOS
apps.apple.com/au/app/live-traffic-nsw/id447303817

Android
play.google.com/store/apps/details?id=com.livetrafficnsw&hl=en_AU&gl=US

Hawkesbury City Council

disaster.hawkesbury.nsw.gov.au/

Penrith City Council

penrith.disasterdashboards.com/dashboard/overview

Mobile Apps

Get Prepared

Apple iOS *apps.apple.com/au/app/get-prepared/id1292194053*

Android *play.google.com/store/apps/details?id=au.org.redcross.getprepared*

First Aid

Apple iOS *apps.apple.com/au/app/first-aid-by-australian-red/id696880972*

Android *play.google.com/store/apps/details?id=com.cube.gdpc.fa*

Emergency plus

Apple iOS *apps.apple.com/au/app/emergency/id691814685*

Android *play.google.com/store/apps/details?id=com.threesixtyentertainment.nesn*

Emergency plus Hazards near me app

Hazards Near Me shows current information about local emergencies, including flood, bushfire and tsunamis, and advice on what to do to stay safe.

Apple iOS *apps.apple.com/au/app/hazards-near-me-nsw/id370891827*

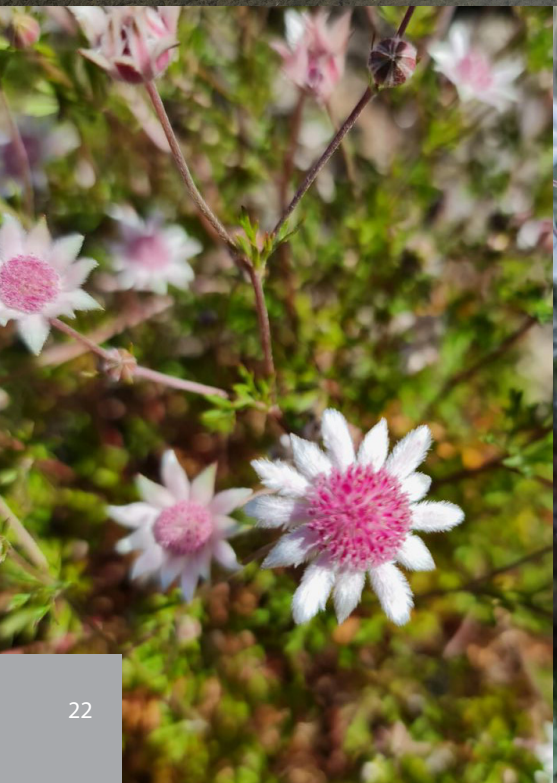
Android *play.google.com/store/apps/details?id=au.gov.nsw.rfs.firesnearme.nsw&hl=en_AU*

BOM app

Download the BOM Weather app for access to hourly and 7-day forecasts, radar and warnings.

Apple iOS *apps.apple.com/au/app/bom-weather/id1100096880*

Android *play.google.com/store/apps/details?id=au.gov.bom.metview*



Additional Support Services

If you require Police, Fire or Ambulance dial 000

Blue Mountains Emergency Dashboard
emergency.bmcc.nsw.gov.au

Culturally and Linguistically Diverse

tisnational.gov.au/en/Non-English-speakers

embracementalhealth.org.au/

Social, emotional and cultural wellbeing resources for First Nations People

wellmob.org.au/

blackdoginstitute.org.au/resources-support/for-aboriginal-and-torres-strait-islander-peoples/

Translated fact sheets

fire.nsw.gov.au/page.php?id=207

Translated Fact Sheets

rfs.nsw.gov.au/resources/factsheets/translated-fact-sheets

Business & Not for Profit Organisations

Building small business resilience

Preparing for and recovering from disasters

smallbusiness.nsw.gov.au/help/common-questions/get-ready-for-disasters

Get Ready Business:
Five step guide to preparing for disasters

smallbusiness.nsw.gov.au/resources/guides/get-ready-business-five-step-guide

---

Community Business development

resilientready.org

---

understandinsurance.com.au/types-of-insurance/business-insurance

---

businessbm.com.au

Donate what is needed

givit.org.au

GIVIT
goods for good causes

Infrastructure Disruptions

Blue Mountains Emergency Dashboard

Emergency Information

emergency.bmcc.nsw.gov.au

Trains and roads

Public transport travel alerts

transportnsw.info/alerts#/metro-train

Live traffic NSW

livetraffic.com/

Sewer and water

sydneywater.com.au/

24 hour faults

13 20 90

Telecommunications

Telstra

13 22 00 (8am-8pm Mon-Fri AEST)
telstra.com.au/support

NBN co. Freecall 1800 687 626
nbnco.com.au/support

Outages

endeavourenergy.com.au/outages

Stay safe around electricity

endeavourenergy.com.au/safety

24 hour faults 131 003

General enquiries 133 718

Looking out for each other

If you require Police, Fire or Ambulance dial 000

Blue Mountains Emergency Dashboard
emergency.bmcc.nsw.gov.au

Mental health and wellbeing

Mental Health Line

1800 011 511

Kids Help Line (5-25)

1800 551 800

kidshelpline.com.au/

Youth Beyond Blue (12-25)

1300 22 46 36

beyondblue.org.au/who-does-it-affect/young-people

Life Line (24 hour Support) 14 11 14

Textline 0477 13 11 14

lifeline.org.au/

Helping you find the right mental health support in the Blue Mountains: *mentalhealthhelp.com.au*

OR

Head To Health Hotline 1800 595 212

For a range of services including COVID-19 support, Bushfire Support or Finding a Doctor:

nbmphn.com.au/Community

National centre of excellence in post-traumatic mental health

phoenixaustralia.org/

Headspace

Headspace Katoomba offers young people aged 12-25 a welcoming environment where they can access free and confidential mental health support.

headspace.org.au/headspace-centres/katoomba/

Social, Emotional and Cultural Support

Useful links and resources for Blue Mountains parents and Carers

strongerfamilies.net.au/

Disaster recovery support, outreach, parenting programs and counselling for children

gatewayfamilyservices.org.au/

neighbourday.org/

relationships.org.au/

Mountains Community Resource Network

Community Support Services, Neighbourhood centres and other community not for profit organisations

mcrn.org.au/

Blue Mountains Food services

Meals on Wheels

NDIS programs

My Aged Care approved social support

bmfs.org.au/our-services

Recovering After Disasters

Let others know you are safe during major emergencies

register.redcross.org.au/

BMCC Recovery Information

bmcc.nsw.gov.au/recovery

National Emergency Management Agency

nema.gov.au

NSW Reconstruction Authority

Disaster Ready Fun

nsw.gov.au/departments-and-agencies/nsw-reconstruction-authority

---

Donate what is needed

givit.org.au/

---

blue mountains
City Council