

# Winter Weather Roadshow



## Kirkbymoorside, 11th March 2015 PROGRAMME

### 10:00 Registration and refreshments

### 10:30 Welcome and Introduction

Leah Swain from Rural Action Yorkshire will introduce today's topics and give an overview of some of the initiatives and projects which are helping to tackle winter weather.

### 10:45 Workshop 1. Choose either:

#### A: Community Consultation

How do you ensure that Community Engagement is inclusive? How do you reach the isolated and vulnerable residents? What methods can you use to effectively engage? Come and learn tips and ideas, and share your experiences and ideas with Rural Action Yorkshire.

#### B: How cold weather affects health

Do you know how to spot someone at risk from a cold home? This workshop will be run by the Red Cross and RAY and give practical advice on helping vulnerable residents.

### 11:30 Workshop 2. Choose either:

#### C: Emergency Planning

Is your community prepared? How can you make your community and its residents more resilient? This workshop by North Yorkshire County Council will have lots of ideas about developing local groups of volunteers to help in times of severe weather, flooding, accidents, or power cuts.

#### D: Setting up a local action group

Hovingham Action Group will talk about how they are addressing local needs by involving over 100 volunteers in activities such as tackling snow-clearing and running a community cafe. Also discover how a thermal imaging camera is making a difference in Kirkbymoorside.

### 12:30 Lunch and marketplace

There will be more opportunities to speak to partners.  
Residents are also welcome to attend.

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# Keep Warm, Keep Well

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## Afternoon sessions: a warm welcome for all

The afternoon's session is aimed at local residents, carers, volunteers and anyone who would like advice on keeping warm and well in winter.

### 13.00-13.30 Chair exercises or Winter Car Checks

Choose which session you would like to join in with. Have a go at some chair exercises which are suitable for everyone and will give you ideas for keeping mobile at home. Or get under the bonnet of our car and find out which basic checks you need to do when driving in the winter. Do you have the right emergency kit packed for a winter journey?

### 13.30-14.00 Tips for Keeping Warm at Home

This workshop will be full of tips and advice for eating well in cold weather, avoiding moisture and damp and using your heating system more efficiently.

**14.00-15.00 Advice cafe.** Join us for tea and cake and get advice about staying warm during winter and sources of local help.

**Energy bill advice:** bring along a recent energy bill and the local Citizens Advice Bureau will help you find out how to check you're on the right tariff, or how you could switch suppliers.

## All the help and information in one place

The following partners and organisations are bringing officers and information to the event and will be available throughout the day:

Rural Action Yorkshire, North Yorkshire County Council, Ryedale District Council, Citizens Advice Bureau, The Red Cross, North Yorkshire Sport, Kirkbymoorside Environment Group.



More help online: [www.ruralyorkshire.org.uk](http://www.ruralyorkshire.org.uk)  
The RAY website has winter weather resources for parish councils and community groups.

