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WHAT KEEPS YOU AWAKE AT NIGHT?

Is it the next disruption? Your family's safety? Whether your pets will be ok? Take control. Plan. You'll sleep better.

Ever thought about what you'll do the next time there is a disruption to everyday life? In today's environment it's not 'if', it's 'when'. Staffordshire's next flood, storm, prolonged power cut will happen. It's 100% certain. But, where and when?

We hope it doesn't affect you, but if it does ...

Who will you call? What will you do first?

Will others be able to help you? Will your community rally round?

The emergency services will try to help, but it's hard to help everyone at the same time. So you may need to wait a while for them.

Disasters will happen. You can't control when. But, you can control what you do about them. And you can control if you plan now, or fumble about when it hits.

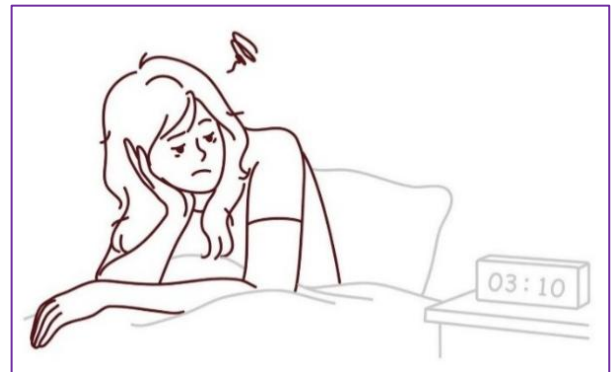
People and communities in Staffordshire that have done a bit of planning are more relaxed before a disaster, know what to do during it, and recover quicker because of their planning.

But, you don't need to plan alone. You can do it with your family or a friend. Someone you trust, who is there for you, who you work well with. You'll feel better for being prepared with someone who has your back.

And, planning doesn't need to take hours. Fit it into your normal activities. A family meal, a coffee, a walk in a Staffordshire park.

So, what are you waiting for? The next disaster might be a bit late to start thinking. And, it could be tomorrow, yet we all hope it's not.

To help you sleep better we share 7 one page 'how to' guides. You may want to go further in your planning, but these are a great place to start.



So, what can you do?

Reduce your anxiety. Plan a little to help a lot.

If you're concerned about how your family will cope in the disaster, then read:

- **My family, our emergency plan** and hold a 10-minute chat over dinner to agree how to prepare your family. (#2 of 7)

If you're concerned about how your community can organise itself to help each other, then read:

- **My community, our emergency plan** and chat with friends to decide how you can help each other. (#3 of 7)
- **My community, our resources** and walk around your place to identify useful resources in a disaster. (#4 of 7)

If your plan is to run a Community Emergency Hub then read:

- **Community Emergency Hub: What is it?** to learn about what that involves. (#5 of 7)
- **Community Emergency Hub: Before a disaster happens?** to agree what you and friends should put in a Hub Box. (#6 of 7)
- **Community Emergency Hub: Once a disaster happens** to learn what to do in the first 3 hours of a disruption. (#7 of 7)

Plan while you have the time. You'll sleep better, will feel more in control, and you'll recover better when the disaster passes.

Staffordshire is safe. But you will never, ever regret being more prepared for the next disaster.

Read our guide on how to start a family emergency plan (#2)



Read our guide on how to start a Community Emergency Hub in Staffordshire (#5-7)

