

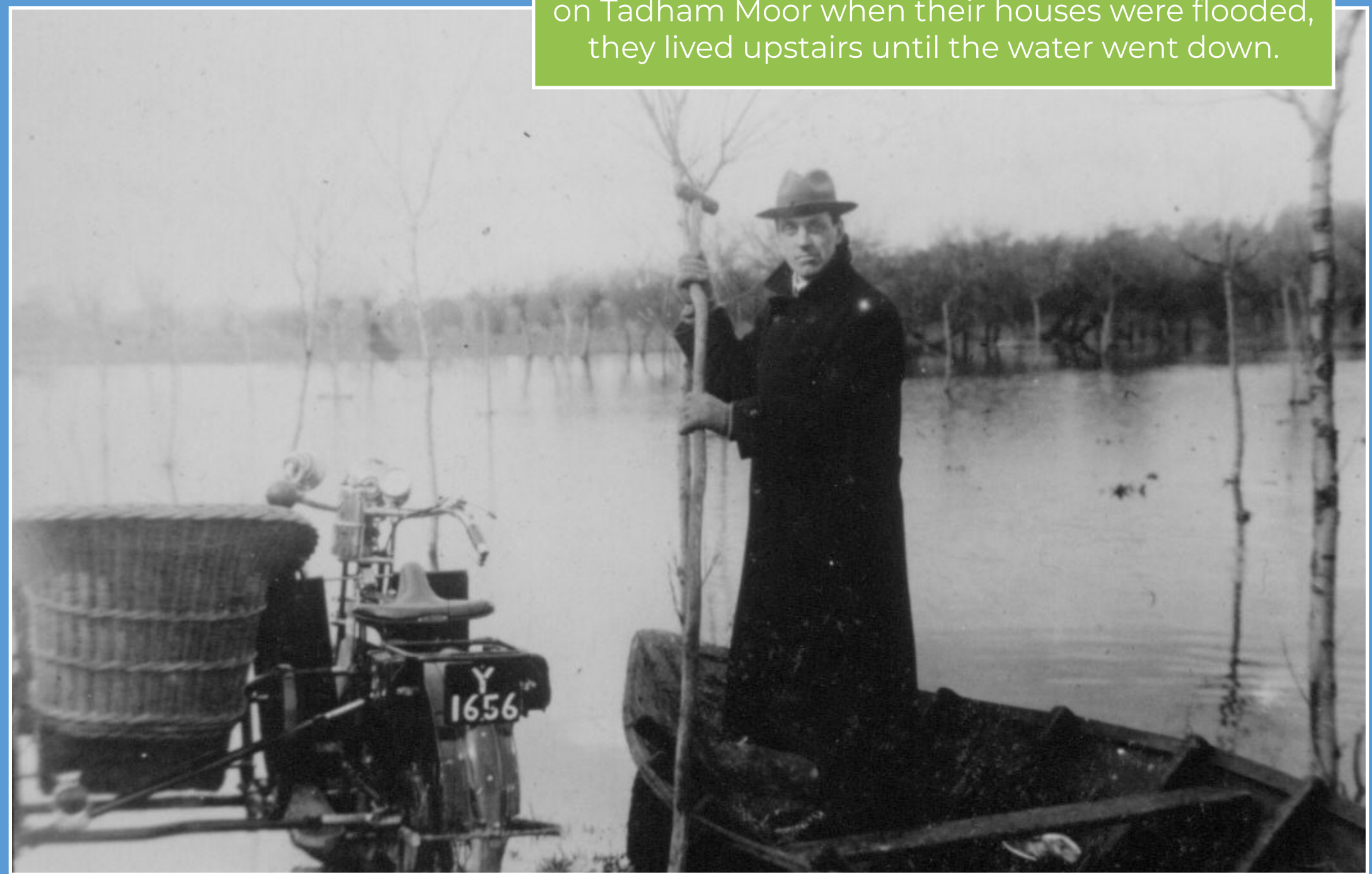


People & Water

People and water go back a long way. Scratch the surface of history, and you'll find tales of floods that are not just stories of destruction, but of people and communities adapting and bouncing back.

One in six properties in the UK is now in an area with a significant risk of flooding. We're not going to stop living near water, and we can't stop all flooding no matter what we do. But we can support each other, and be better prepared for flooding when it does happen. Many community flood and resilience groups in Somerset are doing an amazing job of helping people, and it can be rewarding and fun to be involved with one.

Dr Bracey Wedmore's doctor in 1913: Visiting people on Tadhams Moor when their houses were flooded, they lived upstairs until the water went down.



Climate change can also be difficult to process, whether you live at flood risk or not. For those that do experience flooding, the emotional effects can last for years.

Talking with someone can make a big difference, whether a friend, family member, or professional. You can self-refer to Somerset Talking Therapies through their website or by phoning 0300 323 0033, or your GP can make a referral. People whose emotional health has been directly affected flooding will be seen as a priority. www.somersetalkingtherapies.nhs.uk

More Resources

- **Environment Agency Flood Alerts:** Free text, voice or email alerts. www.gov.uk/sign-up-for-flood-warnings
- **Somerset Prepared:** A multi-agency partnership that delivers advice, support and training to help enhance local resilience to emergencies, as well as offering a small grants scheme. www.somersetprepared.org.uk
- **Know Your Flood Risk:** Resources on how to plan and prepare for flooding. Mary Dhonau, who runs the site, knows first hand what it means to be flooded. www.knowyourfloodrisk.org.uk
- **National Flood Forum:** A charity which supports people at risk of flooding. <https://nationalfloodforum.org.uk>
- **The Flood Hub:** Although focused on the North West, lots of resources including on natural flood management. <https://thefloodhub.co.uk>