

# A trusted neighbourhood support plan

## ACTION CHECKLIST

**Build a small support network with people you already trust: agree check-ins, practical tasks and boundaries before a crisis. Share verified information and safe assistance without advertising stockpiles or exposing vulnerable people's locations. Do not organise untrained rescues or assume outside supplies will arrive.**

### [ ] Agree who participates

Ask consent and include people who may need help with movement, medication or communication. Do not publish a public list of vulnerable households.

### [ ] Assign realistic tasks

Choose check-in, charging, water transport or childcare tasks people can perform safely. Do not assign dangerous repairs, rescues or conflict-zone travel.

### [ ] Choose backups

Have another contact and a written way to reconnect if phones fail. Make sure no essential task depends on one person being present.

### [ ] Set boundaries

Agree what can be shared, how decisions are made and what people cannot safely offer. Do not promise supplies or transport you do not have.

### [ ] Review together

Practise a short check-in and update the plan after household needs change. Keep information current and private.

## WATCH FOR

Mutual aid should never require handing over identity documents, leaving children with strangers or entering a dangerous building.

## IF HELP IS UNAVAILABLE

Start with a few trusted people and one useful task. If no network exists, use your household plan and independently verify any offer before relying on it.

Updated 2026-10-02 | Civilian educational guidance. Seek qualified help when reachable and safe; do not delay immediate protective action.

Full guide: <https://ospreyzero.com/preparedness/community-support/>

Household emergency plan · official guidance