



# Coping with Wet Weather

The effects of wet weather can affect our normal daily life and our physical and mental health and well-being. It can be caused by heavy rainfall, snow melting and overflowing becks and rivers. You can be better prepared for the effects of wet weather by following the advice below.

## How to help reduce the risk

Tick when complete

- Clean your drains and gutters regularly to remove blockages and prevent them overflowing.
- Don't pave over your garden with block paving. Planning permission is needed for front gardens unless you use permeable paving like gravel.
- Capture rainwater in a water butt or container to use in drier weather.
- Plant bedding plants and place a mulch over the soil to prevent water run off.
- If you have a yard or patio include plant pots or tubs – these will help soak up some of the rainfall. If you have a garden, try to add a pond.
- Avoid walking or driving on grass and bare earth. It will compact the soil and prevent it absorbing water.

## Coping with flooding

- Check to see if where you live is a flood risk area at [www.environment-agency.gov.uk](http://www.environment-agency.gov.uk)
- Keep valuable and personal items upstairs or somewhere high and move furniture and electrical items to safety.
- Check on vulnerable neighbours.
- Avoid driving through water and if you do, test your car brakes.



# Coping with Damp in the Home

Damp and condensation in the home encourages the growth of mould and can increase the risk of asthma and other respiratory illness. If not dealt with, it can also cause a lot of expensive damage to your home and possessions. You can be better prepared for the effects of household damp by following the advice below.

## How to help reduce the risk

Tick when  
complete

### Damp

- Check there are no leaks from the roof or gutters, rainwater pipes or other pipes, rotten or leaking window sills or damaged/cracked brickwork.
- Remove rubbish or soil piled up against outside walls as this could cause dampness from the ground to get into the walls and floors.
- Make sure you know where your water stopcock is in case you need to turn the water off quickly, e.g. in the event of a burst pipe.

### Condensation (This gets much worse in cold weather, whether it is raining or dry).

- Ventilate rooms, particularly the kitchen and bathroom, to remove moisture by keeping air vents clear, opening windows or using extractor fans.
- Insulate, draught proof and adequately heat your home.
- When running a bath, add hot and cold water at the same time, try to keep the door closed, and then open a window when you have finished to let steam out.
- Avoid drying clothes on radiators and use a clothes horse/rail instead.
- Use pan lids on saucepans when cooking (this also reduces cooking time!)

For further advice please contact us on 01642 243183 or email [oneplanetmbro@menvcity.org.uk](mailto:oneplanetmbro@menvcity.org.uk)

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