TEMPLATE 1 · PRINT IT, FILL IT IN BY HAND

# EVERY NUMBER, ON ONE PAGE.

Almost nobody knows their family's numbers by heart any more. When the phones die, this page still works. Fill it in in pen, date it, and keep a copy in every wallet and school bag, in the grab bag and by the door.

**Date:** _____ ☐ Wallets ☐ School bags ☐ Grab bag ☐ By the door

| WHO | NAME | NUMBER |
|---|---|---|
| **Adult 1** | | |
| **Adult 2** | | |
| **School or nursery**<br>one row for each child | | |
| **School or nursery** | | |
| **Contact outside your city**<br>everyone texts them | | |
| **Neighbour**<br>from your block or street | | |
| **Neighbour** | | |
| **Meeting point near home**<br>a place, not a number | | |
| **Meeting point further away**<br>a place, not a number | | |
| LOCAL | | |
| **GP surgery** | | |
| **Pharmacy** | | |
| **Masjid** | | |
| **Masjid funeral service**<br>or burial society | | |
| **Water company** | | |
| **Council** | | |

## NUMBERS THAT DON'T CHANGE

| | | |
|---|---|---|
| **Power cut** | Free. England, Wales and Scotland | 105 |
| **Gas emergency** | If you smell gas. Free, 24 hours | 0800 111 999 |
| **NHS 111** | Urgent health advice. Option 2 for mental health | 111 |
| **Samaritans** | Anyone who needs to talk. Free, day or night | 116 123 |
| **Childline** | Children and young people. Free, 24 hours | 0800 1111 |
| **Report Fraud** | Scams and fraud. Was Action Fraud | 0300 123 2040 |
| **Emergency** | When a life is at risk | 999 |

Check it once a year, **and whenever a number or a school changes.**

**He taught by the pen.** (Al-'Alaq 96:4)

Numbers checked 1 November 2026. Power cut 105: Be Ready (beready.campaign.gov.uk); in Northern Ireland call 03457 643643. Gas: National Gas Emergency Service via SGN (sgn.co.uk). NHS 111 option 2: nhs.uk; this is the England service. Samaritans: samaritans.org. Childline: NSPCC (nspcc.org.uk). Action Fraud became Report Fraud on 4 December 2025 and kept the same number (reportfraud.police.uk); in Scotland, report fraud to Police Scotland on 101.