

Ask for advice to help stamp out scams

You can now ask advice about scams when visiting a Post Office. Remember, if you can spot a scam, you can stop a scam and if it seems too good to be true, it probably is.

Counter staff

If you're worried that you might have been contacted by scammers, you can tell Post Office counter staff. They will advise if the request you have received is unusual or if it's a scam they have come across before.

Scams are not simply an issue for older or vulnerable people, they can happen to anyone regardless of age.

Unfortunately there's a scam out there with each of our names on it.

Scammers' sophistication and ability to exploit complex technology has developed over the years. They continue to groom vulnerable victims through sometimes even the threat of arrest or prosecution.

You can find out more advice and information about scams at this link:

Report a scam

Many people who are scammed feel they are to blame to falling for it, but it's not their fault.

Reporting scams is vitally important, as:

- it helps catch fraudsters
- it can help to alert others and prevent them from falling victim

If you have – or know someone who has – been a victim of a scam or fraud, no matter how small, you should report it to the [PSNI](#), [online to Consumerline](#) or [Action Fraud](#).

More useful links

Search your symptoms online to get

health conditions information

Date published: 20 February 2019

If you need information or advice about symptoms, the A to Z online search can help you find out about hundreds of health conditions and illnesses.

Using the A to Z

The A to Z can help you find high-quality, trusted information on a variety of conditions. This can make it easier for you to manage your condition yourself or to know when, and how, to seek help from a healthcare professional.

You can search using symptoms you may be having or using the name of a condition if you already know it.

You can also browse the entire A to Z list of health conditions.

More than 600 conditions and illnesses are listed on the site, with more being added.

You can find the A to Z search at this link:

Links to GP surgeries, community pharmacies and other health and social care services are also available.

More useful links

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Feedback

Would you like to leave feedback about this page? [Send us your feedback](#)

[Book forest park camping or caravan](#)

site online

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You can book camping or a caravan site online in some forest parks. It means you can check availability, make and manage bookings, and make payments at a time of your own convenience.

Forest parks

There are several forests with sites and facilities for camping and touring vehicles.

The online booking is available for:

- Tollymore Forest Park
- Castlewellan Forest Park
- Drum Manor Forest Park
- Glenariff Forest Park

You can find out more, including how to book, at this link:

If you're camping or touring in public forest parks, the person making the booking must read the site rules and make sure that others in their group also follow the rules.

Facilities such as drinking water, hot showers, toilets, chemical toilet disposal points, and electricity hook-up points for touring vehicles are provided at main stay sites in forest parks.

More useful links

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New arrangements for Court business due to take place at Bishop Street on Monday

Date published: 20 January 2019

The Lord Chief Justice has made the following directions in relation to the listing of court business which was due to be dealt with at Bishop Street Courthouse on Monday 21 January 2019:

1. In relation to Crown Court business involving trials and juries, these matters have been adjourned until Tuesday 22 January at Bishop Street. All jurors who were due to attend Bishop Street Courthouse on Monday 21 January 2019 should not attend on that date but should attend instead on Tuesday 22 January 2019.
2. All other Crown Court business (non-trial or jury business) will now be dealt with at Coleraine Courthouse on Monday 21 January.
3. The Magistrate's Courts business listed for Bishop Street will now be dealt with at Strabane Court No 1 on Monday 21 January.
4. The County Court Equity business listed for Bishop Street will now be dealt with at Strabane Court No 2 on Monday 21 January.

There will be no court office services available at Bishop Street Courthouse on Monday 21 January 2019. Court lists have been updated and are available online at: <https://onlineservices.courtsni.gov.uk/publiccourtlists/>

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Icy weather warning – information and

advice

Ice could make surfaces, including untreated roads, pavements and cycle paths, difficult in some areas. Adjust your driving according to the conditions. Reduce your speed and drive with extra care, even when roads have been gritted.

Weather warning

A [weather warning](#) for ice has been sent out by the Met Office.

Weather warnings from the Met Office let the public and emergency services know about potentially hazardous conditions.

You can find out more about weather warnings on [the Met Office website](#).

Plan your journey

You should always plan your journey and check the latest weather and travel advice.

If the conditions are bad or a weather warning is in place, ask yourself whether you really need to travel – or if you can delay your journey until conditions improve.

If you must travel, plan your journey carefully.

Emergency numbers

You should note the following numbers in case of emergency:

- Emergency services – 999 or 112
- Northern Ireland Electricity Networks – 03457 643 643
- NI Gas Emergency Service – 0800 002 001
- Northern Ireland Water Waterline – 03457 440 088
- Flooding Incident Line – 0300 2000 100
- Housing Executive – 03448 920 901

Report an issue with ice

If you want to report an issue with ice, you can do so online at this link:

Roads information

However carefully you plan your journey, things can go wrong. An accident or bad weather could mean that a road is closed for a time.

You can get up-to-date traffic and roads information at the following link:

School closures

You can find information about school closures at this link:

Public transport

You can find the latest information about bus and rail services on the [Translink website](#).

Local councils

If local council services are affected by adverse weather, the latest information should be available on council websites.

Frozen or burst pipes

There is information about how to reduce the risk of frozen pipes and what to do if a pipe bursts at the following link:

Health advice and checking on elderly or vulnerable people

There is information about keeping warm, staying as healthy as possible, and checking in on elderly or vulnerable relatives, friends and neighbours during cold weather on this page:

Forests and country parks

You can find updates about forest and country parks on the [forest news and events](#) or [country parks](#) pages.

Power cuts

If adverse weather causes power cuts, you can get the latest information at this link:

If your power is off and you want to report it or get more information, contact:

Flooding

If any flooding happens, you can report it by phoning the Flooding Incident Line on 0300 2000 100.

There is general flooding advice on this page:

Contact numbers for agriculture or environment issues

If you have concerns about agricultural issues, animal welfare, water pollution, or rural support you can find contact details on the [DAERA website](#).

Drive to suit the conditions

During adverse weather, you should:

- clear ice off all windows, lights, number plate, and vehicle roof before you set off
- make sure the mirrors are clear and windows are de-misted thoroughly
- use at least dipped headlights in poor visibility
- keep well back from the road user in front
- be extra cautious at road junctions where road markings may not be visible
- be prepared for the road conditions to change over relatively short distances

Even after roads have been treated in winter, driving conditions may remain challenging, especially if the road location and layout mean there is a high risk of ice. Be aware that ice forms more easily on:

- hilly or exposed roads
- roads that pass under or over a bridge
- roads shaded by trees or buildings

Try not to brake suddenly in icy conditions – it may lock up the wheels and you could skid.

If you start to skid:

- release the brake pedal fully or ease off the accelerator
- steer into the skid
- as you straighten, steer back along the road

You can find out more about driving in wintry conditions at this link:

Check and service your vehicle

You can reduce your chances of breaking down by [regularly servicing your car](#). You should also:

- top up anti-freeze and screenwash
- check for wear and tear on wiper blades (replace them as soon as they start to smear rather than clean windows)
- make sure your battery is fully charged (batteries last between two and four years – replace yours if it's no longer reliable)
- keep tyre pressure at the manufacturer's recommended level and check you

have at least 1.6mm across the central three-quarters of the breadth of the tread and around the entire circumference

- wipe dirt and spray off headlamps and make sure all bulbs are working

You can find out more on the [vehicle maintenance page](#).

Winter kit

During winter you are advised to carry a winter kit in your vehicle. It should include:

- ice scraper and de-icer
- torch and spare batteries (or a wind-up torch)
- in-car phone charger
- warm clothes and blankets
- high-visibility vest or jacket
- boots
- first aid kit
- jump leads for the car battery
- empty fuel can
- a shovel (if there's a chance of snow)
- road atlas
- sunglasses (the low winter sun and glare off snow can be dazzling)
- two reflective warning triangles

If you're planning a long trip or if severe weather is forecast, you may want to also have in your car:

- any medication you need to take regularly
- food and a thermos with a hot drink

Driving and walking in flooded areas

Do not travel in heavy rainstorms unless absolutely necessary.

In flooded areas, drivers should not:

- enter flood water that is moving or is more than four inches deep
- under any circumstances, drive through fast-flowing water as the car could be swept away

In more shallow but passable water:

- slow down
- avoid creating bow waves which can damage your car engine; and
- remember to test the brakes after leaving the water

Do not attempt to walk through flooded areas. Even shallow water moving fast can sweep you off your feet and there may be hidden dangers such as:

- open drains
- damaged road surfaces

- submerged debris; or
- deep channels which can result in serious injury or, in the worst cases, death

If you do become stranded in flood water and you feel there is a risk to life, dial 999 for emergency assistance.

More useful links