

# Staying safe on the streets : 10 Top Tips

1. **Get help** : Your [local council](#) might have to help you. If you register with [Streetlink](#) they can put you in contact with help in your area.
2. **Emergency shelter** : Hostels or night shelters might have rooms or floor space for the night.
3. **Keep safe** : If you have to sleep out, try to find a brightly lit, sheltered place, where other people are. Stay away from isolated areas.
4. **Report crimes** : If your property is stolen, or if you are assaulted or attacked, you should always report it to the police.
5. **Keep warm**: Wear lots of layers of clothing. Use something as a barrier between yourself and the ground, such as a sheet, blanket, cardboard or newspaper. Stay sheltered.
6. **Rough sleepers packs** : You might be able to get a rough sleepers pack from a local hostel. If you stay in a place where homeless outreach teams visit, they might provide you with food, sleeping bags, blankets and shoes etc.
7. **Eat hot food** : Try to eat or drink something hot before going to sleep. A soup run could provide you with a hot meal.
8. **Day centres** : During the day, try to find your nearest day centre – it will help you keep warm and you might be able to get a hot meal, have a shower, clean your clothes and charge your phone.

9. **Look after your health** : Register with a doctor. You can do this even if you don't have a permanent address – just register with a 'care-of' address. Some day centres have visiting doctors, nurses, dentists and opticians.
  
10. **Don't keep valuables on you** : Find a safe place for them. Some day centres will store them for you. It's safer than keeping them with you.

### **Further advice**

send us an email at

<https://sheltercymru.org.uk/email-advice/>

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Information contained in this factsheet is correct at the time of publication. Please check details before use.

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