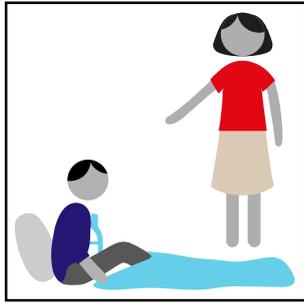
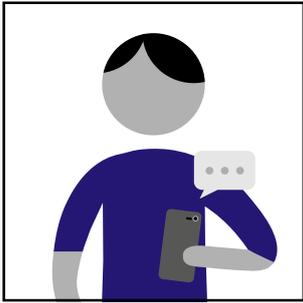
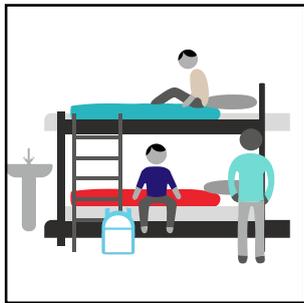
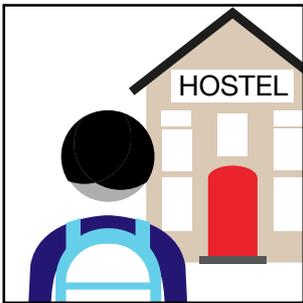


Staying safe on the streets



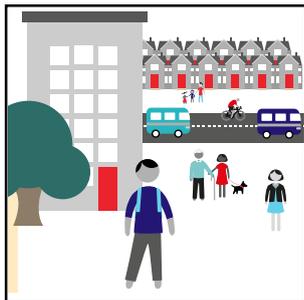
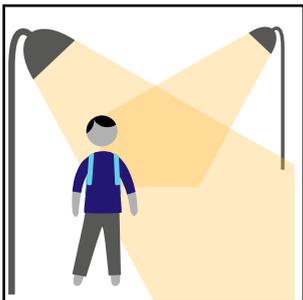
Get help

Your [local council](#) might have to help you. If you register with [Streetlink](#) they can put you in contact with help in your area.



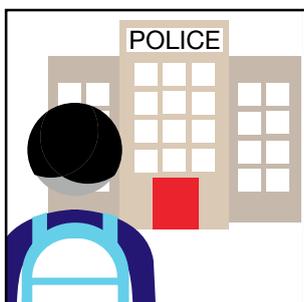
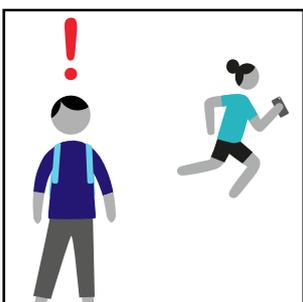
Emergency shelter

Hostels or night shelters might have rooms or floor space for the night.



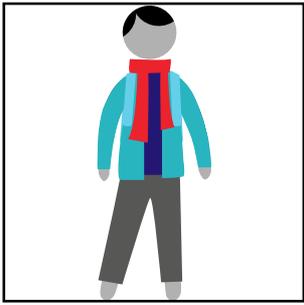
Keep safe

If you have to sleep out, try to find a brightly lit, sheltered place, where other people are. Stay away from isolated areas.



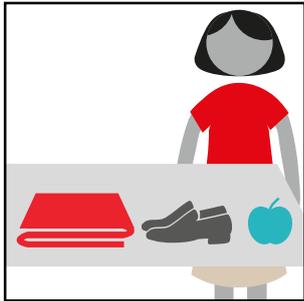
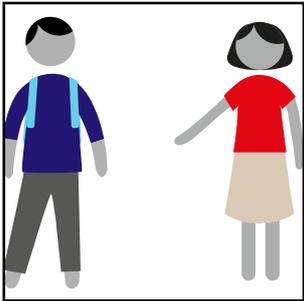
Report crimes

If your property is stolen, or if you are assaulted or attacked, you should always report it to the police.



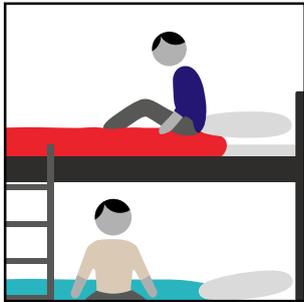
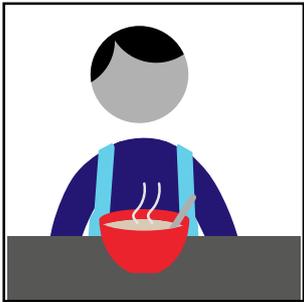
Keep warm

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 and dry.



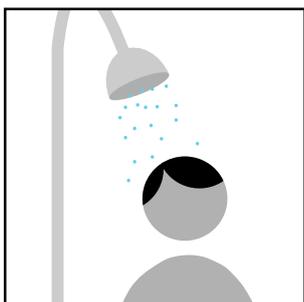
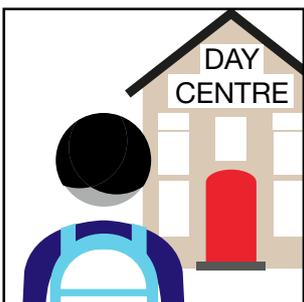
Ask for essential items

Hostels and outreach teams might be able to give you essential items such as sleeping bags, toiletries, underwear, blankets, clothes and shoes.



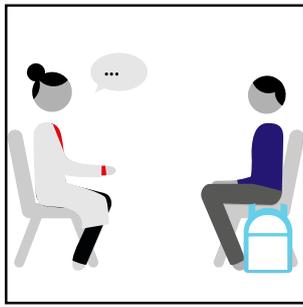
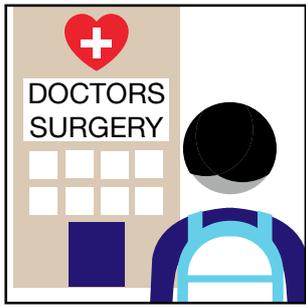
Eat hot food

Try to eat or drink something hot before going to sleep. A soup run could provide you with a hot meal.



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.



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.



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.

For further advice

Visit: sheltercymru.org.uk

Call: 08000 495 495

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

Shelter Cymru is a registered charity No. 515902