

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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