

Each month we will be focusing on a different safeguarding theme to raise awareness and signpost to resources.

**Keep  
Warm  
Stay Safe**

For January 2025, our theme is  
**Keep Warm** and **Stay Safe.**

 **#KeepWarmStaySafe**

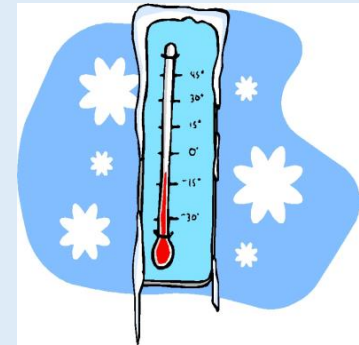


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Follow us on:



Or via email:

[safeguardingpartnership@swindon.gov.uk](mailto:safeguardingpartnership@swindon.gov.uk)



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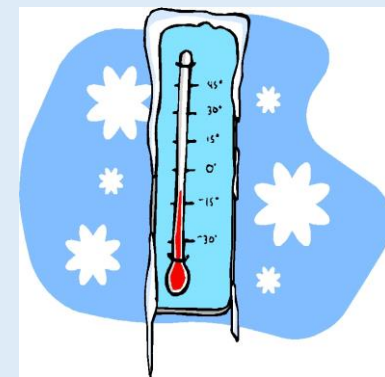


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# Keep Warm, Stay Safe



Image by FreeP!k

- As it gets colder, life can become more challenging to stay safe and keep warm.
- It may be particularly challenging for example, for those who are very young, older people, those living alone or no support or chronic health conditions.
- You may be homeless or a rough sleeper.
- There is a range of information and resources for residents of Swindon to live in warmer, safer and healthier homes.
- Please view the slides in this presentation to find out more. This is not an exhaustive list.



**#KeepWarmStaySafe**



# Local Information and Resources

Swindon Borough Council webpages which provide useful information and resources:

- [Staying safe and warm in cold weather | Swindon Borough Council](#)
- [Help if you're struggling with living costs | Swindon Borough Council](#)
- Cost of living: <https://www.swindon.gov.uk/costofliving>
- Worrying about money: <https://www.worryingaboutmoney.co.uk/swindon>
- **Live Well Swindon** – Speak to Live Well about their cost of living support 01793 465513 or visit their website [Live Well Swindon | Swindon Borough Council](#)
- Website: [Warm and Safe Wiltshire - Centre for Sustainable Energy](#)
- [Warm and Safe Wiltshire | Swindon Borough Council](#)
- Household Support Fund: [Household Support Fund | Swindon Borough Council](#).



**#KeepWarmStaySafe**



# Local Information and Resources

- Advice if you are homeless: [Homelessness | Swindon Borough Council](#)
- Website: [Swindon's Homeless Charity](#)
- Shelter:  
[https://england.shelter.org.uk/housing\\_advice/homelessness](https://england.shelter.org.uk/housing_advice/homelessness)
- A number of community venues across Swindon, known as Welcome Spaces, are available to residents to spend time, stay warm and feel safe through the winter period and beyond. [Check the list and opening times](#)



**#KeepWarmStaySafe**



# Local Information and Resources



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- **Swindon WOW Guide:** listing of activities suitable for older people, including but not limited to those living with dementia and their carers. Access the list of events by signing up on this webpage [Swindon WOW Guide | Home Instead Swindon and Vale of White Horse](#)
- [NHS England — South West » Keep warm and well this winter](#)
- Wiltshire Community Foundation: [What we do | Wiltshire Community Foundation - Surviving Winter 2024/25 | Wiltshire Community Foundation](#)
- Website: [Stay warm - but also stay safe - News - Wiltshire & Swindon Prepared](#)
- Swindon Carers Centre: <https://www.swindoncarers.org.uk/>



# Some National Resources

## Age UK

- [How we help older people stay safe and warm at home | Age UK](#)
- [How to Keep Warm in Winter | Age UK](#)
- [Winter advice for the elderly | Age UK](#)
- [SPREADTHEWARMTH.pdf](#) (booklet contains useful information)

## Royal Voluntary Service

- [Stay Safe, Warm, and Well | Royal Voluntary Service](#)
- [Safe, warm and well guide for winter health and wellbeing | Royal Voluntary Service](#) this includes a short video clip.
- **[Priority Services Register](#)** if you have young children, are an older person or have a disability/health condition to ensure your utilities will be treated as a priority if there is a disruption to the service. Find out more by clicking on this link or to register: [The PSR - The Priority Services Register \(PSR\) is a free UK wide service which provides extra advice and support, including when there's an interruption to your electricity or gas supply - PSR](#)
- [Dorset & Wiltshire Fire Service | Your safety \(dwfire.org.uk\)](#)



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## Other National Resources

- British Red Cross: [How to keep warm this winter: cost-effective tips](#)
- HM Government information and leaflet [Keeping warm and well: staying safe in cold weather - GOV.UK \(www.gov.uk\)](#). There is also a British Sign Language (BSL) You Tube video: [Keeping warm and well: Staying safe in cold weather](#)
- [Stay warm and safe | FSHD Society](#)
- [10 ways to save energy this winter - Energy Saving Trust](#)
- [National Energy Action \(NEA\) | Warm and Safe Homes](#)

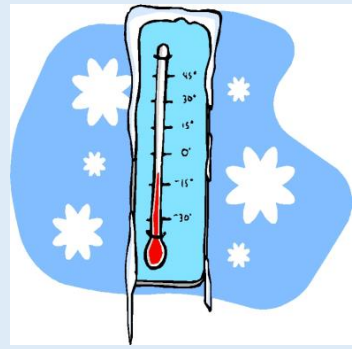


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# Other National Resources



The information below relates to babies and children:

- [Safer sleep in winter | Ask DadPad | Support for new dads](#)
- [Safer sleep in winter - The Lullaby Trust](#)
- [The safest room temperature for babies - The Lullaby Trust](#)
- [Winter Safety Tips for Children | Save The Children](#)
- [Child Accident Prevention Trust | A safer world for all our children](#) offers safety advice on a range of topics
- ICON: <https://iconcope.org/>
- Recently published research by UNICEF and NSPCC [Opening Doors: Access to early childhood services for families impacted by poverty in the UK - UNICEF UK](#)



# Mental Health

This may be a difficult time of year for some people and below are links to some websites/resources – *please note this is not an exhaustive list:*

- Swindon Borough Council website: [Where to get support with your mental health | Mental wellbeing | Swindon Borough Council](#) information for adults and 0-18's
- [Mental Health Foundation | Everyone deserves good mental health](#)
- MIND: Home webpage - [Home - Mind](#) and [What is seasonal affective disorder \(SAD\)? – Mind](#)
- Action Mental Health: Home webpage - [Home | Action Mental Health](#) and [Winter Wellness: Why the darker months affect your mood and what you can do to protect your mental health this winter: | Action Mental Health](#)
- [Welcome | Swindon & Gloucestershire Mind](#)
- [Contact Us | Samaritans](#)
- [Childline | Childline](#)
- Website: [Home - BeU Swindon](#)
- CAMHS: [Swindon | Oxford Health CAMHS](#) [Oxford Health CAMHS](#)
- [YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)
- See the information/resources collated for May safeguarding theme 2024 [Safeguarding theme May 2024 - Mental health awareness - Swindon Safeguarding Partnership](#)



# Email signature

If appropriate please add the text below to your email signature

Swindon Safeguarding Partnership's Theme for January 2025 is

**Keep Warm, Stay Safe**

Find out more by visiting the SSP Events webpage

[Events - Swindon Safeguarding Partnership](#)

or follow us on

X @SwindonSafegua1

**#Keep Warm, Stay Safe**

**Keep  
Warm  
Stay  
Safe**



# And finally...

Please let us know if the information and resources have been helpful to you.

You can give your feedback by clicking on the link below  
<https://forms.office.com/e/JmNsJdVqnt>  
or scanning the QR code.



It will take you two minutes!



# Are you on our circulation list?

Do you want to be kept updated about SSP related matters such as training, learning resources and our newsletter?

You can sign up to our circulation list circulation list by clicking on this link: <https://forms.office.com/e/f7CRNF6Wax>

Or using the QR code.



You can ask to be removed at any time by emailing [safeguardingpartnership@swindon.gov.uk](mailto:safeguardingpartnership@swindon.gov.uk)

