

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

**Keep
Warm
Stay Safe**

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



#KeepWarmStaySafe



Follow us on:



Or via email:

safeguardingpartnership@swindon.gov.uk



Contents

The hyperlinks will assist you to navigate this document and to identify what information is most relevant for you/your agency/service.

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Keep Warm, Stay Safe



- 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.

Warm & Safe Wiltshire



- Warm and Safe Wiltshire is your council backed service offering advice and support on keeping safe and warm at home.
- Providing free telephone advice
- Funded insulation and heating improvements
- Further information can be found on this webpage: [Warm and Safe Wiltshire](https://www.warmandsafe.org.uk)
- Contact: Tel: 0800 038 5722
Email: warmandsafe@cse.org.uk



Swindon Citizens Advice

- Provide a range of information and support such as financial wellbeing e.g. benefits advice, debt support and budgeting help.
- Webpage: [Cost of Living – Swindon Citizens Advice](#)
- Main Website: www.citizensadvicewindon.org.uk
- How to contact:
 - via the website [Contact Us – Swindon Citizens Advice](#)
 - Telephone: 0808 2787 813



Local Information and Resources

Swindon Borough Council webpages which provide useful information and resources:

- [Staying safe and warm in cold weather](#)
- [Help if you're struggling with living costs](#)
- 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](#)
- Household Support Fund: [Household Support Fund](#)

Severe Weather Emergency Protocol (SWEP)

What is SWEP? During extreme weather, the Severe Weather Emergency Protocol (SWEP) is activated to help keep people safe. SWEP provides emergency accommodation known to be sleeping rough, ensuring support gets to the people most at risk as quickly as possible.

Support is available all year round. Outside of SWEP, the rough sleeper team continue to offer help every day. Not everyone is able to accept accommodation or support straight away due to mental health challenges, addiction, past trauma or personal circumstances. Our teams keep engaging, offering help and building trust.

Severe Weather Emergency Protocol (SWEPEP)

Worried about someone who's begging or appears to be sleeping rough?

You can make a real difference by alerting StreetLink. Just follow the steps on the [StreetLink website](#) or app and share the person's location, the time you saw them and anything else that might help (e.g., gender, approximate age, appearance). Your alert goes straight to the SBC outreach team, who will locate the person, assess their needs and offer appropriate support.

Please note: change isn't always immediate.

Outreach work can take time, and the support pathway looks different for everyone. We work in a trauma-informed, person-centred way, meaning one size never fits all but support *is* being offered.

Local Information and Resources

- Advice if you are homeless: [Homelessness](#)
- Website: [Swindon's Homeless Charity](#)
- Shelter:
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](#)

Local Information and Resources



- **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: <https://www.wscf.org.uk/about/surviving-winter/>
- 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. A free UK wide service – click on this link to find out more or register:

[The PSR - The Priority Services Register \(PSR\)](#)

- [Dorset & Wiltshire Fire Service | Your safety \(dwfire.org.uk\)](#)



Image by FreeP!k

Other National Resources



- British Red Cross: [How to keep warm this winter: cost-effective tips](#)
- HM Government information and leaflets
 - [Keeping warm and well: staying safe in cold weather](#)
 - [Cost of living support: Overview](#)
 - 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](#)
- [Cold weather communications toolkit and Cold-Health Alerts](#)
- [National Energy Action \(NEA\) | Warm and Safe Homes](#)
- [Six tips for staying safe and warm in cold weather](#)

Other National Resources



The information below relates to babies and children:

- [Keeping baby warm in Winter | Ask DadPad](#)
- [Cold weather | The Lullaby Trust](#)
- [The safest room temperature for babies - The Lullaby Trust](#)
- [Winter Safety Tips for Children | Save The Children](#)
- [Child Accident Prevention Trust](#) offers safety advice on a range of topics.
- ICON: <https://iconcope.org/>
- Research by UNICEF and NSPCC [Opening Doors: Access to early childhood services for families impacted by poverty in the 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](#)
- [Mental Health Foundation | Everyone deserves good mental health](#)
- MIND: webpage - [Home - Mind](#) and [What is seasonal affective disorder \(SAD\)? – Mind](#)
- Action Mental Health: 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](#)
- [YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)
- Information/resources for May safeguarding theme 2025 [SSP Safeguarding theme May 2025 - Mental Health Awareness](#)

Email signature

If appropriate, please add the text below to your email signature

Swindon Safeguarding Partnership's Theme for January 2026 is

Keep Warm, Stay Safe

**Keep
Warm
Stay
Safe**

Find out more by visiting the SSP Events webpage

[Events - Swindon Safeguarding Partnership](#)

or follow us on

@SwindonSafegua1

#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

[Feedback on SSP Monthly Safeguarding Theme 2026](#)

or scanning the QR code.



It will take you two minutes!

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Or using the QR code.



You can ask to be removed at any time by emailing safeguardingpartnership@swindon.gov.uk