



Sheffield Swift Rescue

✉ sheffieldswiftrescue@gmail.com

🌐 sheffieldswiftnetwork.org

☎ 07850 799 891



What to do if you find a grounded Swift, Swallow or House Martin

These birds are Red Listed and precious - each one counts. They need specialist care, so do not take them to a general wildlife rescue or try to feed or launch them yourself. If you find a swift, please act quickly - time is critical, and immediate help can make all the difference

[Watch this YouTube video for visual guidance](#)

Immediate Rescue Steps

1. Wear gloves and gently pick up the swift.
2. Place in a ventilated box lined with a tea towel and kitchen roll on top.
3. If it's cold, add a warm (not hot) water bottle or wheat bag under the towel.
4. Take photos: head-on and from above.
5. Weigh using kitchen scales if possible.
6. Do not feed or offer water - it could be fatal.
7. Keep it in a quiet, dark room away from noise/pets.

Next Steps

Send these details immediately to a contact detailed below

- Photos (head-on and top view)
- Weight
- Your postcode/contact details
- Incident description (e.g., "cat attack")

Local Contacts (Sheffield area):

- Sheffield Swift Rescue **WhatsApp only 07850 799891**
- [Swift SOS- Coordinating Rescues \(Swifts, Swallows and Martins\)](#)

National Support:

- [Swift SOS- Coordinating Rescues \(Swifts, Swallows and Martins\)](#)
- [Swift First Aid & Carers list UK](#)