



Think CO Programme Summer 2025 E-newsletter



Welcome to the Summer 2025 Think CO e-newsletter from the Gas Safe Charity.

Summer has well and truly arrived in most parts of the UK over the last couple of weeks. The season of Barbeques, Wimbledon, Women's Euros, festivals, camping and holidays is well and truly with us. Though we have the boilers off and fires unused, CO is still a potential risk at this time of year. In your role as a CO aware worker or volunteer, you will be able to spot signs and take steps with your clients to ensure CO risk is minimised.

As ever, our e-newsletter showcases CO information and news, plus the resources available from the Think CO Programme.

Our aim continues to be to help you raise carbon monoxide (CO) awareness with the people you support in all our communities, as well as with your work or volunteering colleagues.



We continue to provide Think CO online training (there are Zoom workshops available all the way through to the end of September) - book here: [Free Think CO workshop](#).

Simon and Hilary

GSC is a registered charity and a company limited by guarantee registered in England and Wales.
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Pack Safe Appeal



Think CO has highlighted the Pack Safe Appeal ever since its launch last summer.

The Pack Safe Appeal was born out of a tragic and avoidable accident. Hudson Foley died at just 24 years of age while he was travelling overseas from CO poisoning in a homestay accommodation in Ecuador.

Hudson's mother, Cathy Foley, has created the Pack Safe Appeal to raise awareness of the dangers of carbon monoxide (CO) poisoning and to encourage anyone who travels, especially young backpackers, to pack a carbon monoxide alarm. The campaign also aims to galvanise the travel industry and to ensure all holiday providers ensure carbon monoxide safety in traveller accommodation.

For more information about the Pack Safe Appeal, click here:

<https://www.safertourism.org.uk/pack-co-safe>



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Pack Safe in action

We were told the real-life story below of how useful and reassuring having a CO alarm is when you're travelling.

The colleague mentioned in the story from Age UK learnt about Pack Safe whilst part of a face-to-face workshop Think CO ran in Bristol last year, so the Programme played a small part in the story too!

I have recently returned from a five-month journey across Southeast Asia, during which I had the opportunity to visit seven different countries. My journey took me through popular destinations like Thailand and Vietnam, but I was also eager to explore lesser-known spots within Sri Lanka, Laos, and the Philippines, where tourism wasn't as widespread.

Before I left, I watched countless videos on how to prepare, which routes to take and what items were essential to pack. After many lists, I was sure that I had packed everything possible that I may need whilst being away.

It wasn't until I had a chat with a close friend, Martin from Age UK, that I learnt about the Pack Safe Appeal—a cause founded in memory of Hudson Foley. Martin very kindly gifted me a carbon monoxide detector and made me promise to take it with me throughout my travels.

I never thought to pack a carbon monoxide detector, nor did I ever come across it in any backpacking videos or articles I read, however after my conversation with Martin and reading about the history of the Pack Safe Appeal, I took the detector.

This detector accompanied me for the entirety of the 65,295km journey and I am very grateful that it did. For most of my trip, I stayed in budget backpacker hostels where it was very common for no detectors to be on site. Even on the occasions where I treated myself to an Airbnb, nearly all listings stated no carbon monoxide detectors. Rooms were often small, old and poorly ventilated, therefore I found it a comfort knowing that I had the alarm on me.

Within the first month, whilst travelling on an internal flight in Thailand, airport security pulled me aside and queried me on what the device was. Luckily, they didn't confiscate it, however due to the language barrier it was difficult to explain.

I think any charity focused on raising awareness about carbon monoxide poisoning is doing very important work!

Thank you VCMA 😊 I just need to plan my next trip now!!!, Sophie



Importance of CO alarms when travelling taken up with FCDO

Linked to the issues Pack Safe is raising, the Chair of the All Party Parliamentary Group on Carbon Monoxide (APPCOG) Paul Davies MP, has written to Hamish Falconer MP, Parliamentary Under-Secretary of State at the Foreign, Commonwealth and Development Office, urging a revision of the FCDO's online travel guidance pertaining to carbon monoxide safety for Britons going abroad. The proposed changes highlight the importance of carrying a carbon monoxide (CO) alarm and outline the key cases in which it should be used.



EXCLUSIVE

News > Scottish News

LOCH HORROR Tragedy as couple found dead in tent after 'carbon monoxide poisoning' near stunning Scots beauty spot

Adele's shattered mother Anne paid a heartfelt tribute

Kevin DUGUID, News reporter
Published: 21:28, 12 Jun 2025 | Updated: 12:58, 13 Jun 2025



Recent incidents

A tragic reminder: Adele Tait and Craig, both in their 40s, died of suspected carbon monoxide poisoning while camping near Loch Awe. Portable gas stoves or heaters used inside tents can be deadly without ventilation. Even a small disposable barbeque will give off carbon monoxide as it cools.

A key safety message is to carry a battery-powered CO alarm when staying in temporary or unfamiliar accommodation.

2. CO Leak Hospitalises Nine – Smethwick, March 2025



Nine people were hospitalised after a suspected CO leak in a Smethwick residential area. Fire crews evacuated five homes. This incident shows how interconnected properties, especially flats or terraced homes, can share hidden dangers.



Top Think CO tip - Start Conversations in Summer



Most CO incidents in the home happen in winter, but summer is the perfect time to start conversations. Gas servicing engineers have more availability, and residents are more open to visits. Use warm weather check-ins to raise awareness before heating season begins.

Zoom workshops

For you – we continue to run free, hour-long online workshops every month, with the current schedule taking us through to the end of September 2025.

Attending a workshop will enable you to know what CO is, its sources signs and symptoms, as well as how to prevent CO poisoning risks. We aim to make them as informative, engaging and as interactive as possible. To book, click [Free Think CO workshop](#)

zoom

Join a Meeting

Sign In



Risk Assessments for front line staff and volunteers

We are currently working with a unitary local authority to co-produce a short risk assessment, specifically aimed at someone undertaking an initial visit that a home support/social care worker might make and what actions to take if CO risks are identified. If you are interested in learning more about this work, please get in touch on

thinkco@gassafecharity.org.uk

Gas Safe Week 2025 – 8th-14th September

This year, Gas Safety Week will be taking place on 8th-14th September – marking its fifteenth year. Every year is centred around a theme, this year's theme is Looking after your home, friends, and family. It encompasses the idea that everyone has a role in



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keeping the nation gas safe. Whether you are directly responsible for your own household's or your tenants' gas safety, you may have wider responsibilities such as looking after elderly relatives or older children who are at university/moved into their first home, or even if you are not directly responsible for gas safety, you can still share information and knowledge with others, showing that we can all make a difference.

In addition to the overall theme, each day focusses on a different topic, for example, carbon monoxide or renting. This enables supporters to align messages at the same time and drives momentum throughout the whole week.

The toolkit is a great asset for the week that will be available soon.



Think CO resources – all free

1. E-learning

Anyone can register for the Think CO e-learning course by sending your name and email address to e-learning@gassafecharity.org.uk. The course is accessible all year round.

2. Zoom workshops

There is a schedule of one-hour Zoom workshops currently available to June 2025. To book on click on this link: [Free Think CO workshop](#)



3. Face-to-face workshops

If you would like to discuss arranging a face-to-face workshop in your area, please contact us on thinkco@gassafecharity.org.uk

4. Materials

We have a range of guides/leaflets that can be downloaded via this link including our new translated leaflets in 15 different community languages: [Gas Safe Charity](#)

Let us know if your organisation would be interested. Contact thinkco@gassafecharity.org.uk for more information.