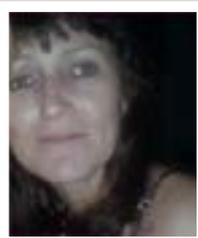


the
FREE
mag for
homeless
people

the Pavement

September / October 2017





Helen Montgomery

Age at disappearance: 45

Helen has been missing from Wirral, Merseyside since 6 August 2008.

If you think you can help the search, please call or text Missing People on 116 000, or email 116000@missingpeople.org.uk.

Helen, we're here for you whenever you need us.

Call. Text. Any time. Free. Confidential. Open 24/7 Call – 116 000



Steven Street

Age at disappearance: 51

Steven has been missing from Waltham Forest, London since 23 June this year.

If you think you can help the search, please call or text Missing People on 116 000, or email 116000@missingpeople.org.uk.

Steven, we would love to hear from you.

Call. Text. Any time. Free. Confidential. Open 24/7 Call – 116 000



Inside out

This month we're looking at the issue of prisons. Not everyone who is homeless will ever experience the criminal justice system. But it makes it more likely, especially if you end up on the streets. About a third of homeless people have been in prison. There's also the other side of the coin – leaving jail can mean you end up homeless. We look at the facts, and highlight how you can get help. Plus: have a read of our uplifting feature on how hill walking can save your life.

The Pavement team
news@thepavement.org.uk
twitter.com/ThePavementMag

the Pavement

www.thepavement.org.uk

London/Scotland:

Issue 110 / September–October 2017

Published by *The Pavement*, Registered Charity Number 1110656, web@thepavement.org.uk.

Managing editor: Karin Goodwin karin@thepavement.org.uk **Web editor** Val Stevenson val@thepavement.org.uk

Reporters: Mat Amp, Marco Biagini, Jake Cudsi, Jane Evans, Catherine Heath, Lydia House, Katharine Hibbert, Jamie Jackson, Ian Kalman, Katherine Paterson, Raynor Winn **FTGU reporters:** John Doran, Jeremy Hayden, Stephan Morrison, Mahesh Phewan, Julz Watt.

Photographers: Lisa Boyd, Eddie Ngugi, Ilisa Stack, Alex Withers, Jamie Jackson **Design:** Marco Biagini

Special thanks to Jerry and Cheryl for their contributions.

London Co-ordinator: Mat Amp london@thepavement.org.uk **Scotland Co-ordinator** Marco Biagini scotland@thepavement.org.uk **Fundraising** Bram Glieben fundraising@thepavement.org.uk

The List directory: Val Stevenson val@thepavement.org.uk **Distribution:** london@thepavement.org.uk or James Blakely

Cover image: 'A Sharp Exit' was painted by an inmate at HMP Edinburgh, and won the Koestler Trust's Commended Award for Painting. See p16 for more.

Image courtesy of the Koestler Trust

Contents

About Us	4
Prison to streets.....	5–8
Inside experience	9–12
Cartoon	10
Prison art.....	13–15
Prison explosion.....	16–17
Alternative highs	19–21
News.....	21–27
Healthy lungs.....	28–29
Housing Rights	30–31

The List..... 1–16
(homelessness services information insert)

The Pavement is written for your entertainment and information. Whilst every effort is made to ensure the accuracy of the publication, *The Pavement* cannot be held responsible for the use of the information it publishes. The contents should not be relied upon as a substitute for medical, legal or professional advice. *The Pavement* is a forum for discussion, and opinions expressed in the paper are not necessarily those of *The Pavement*.

The Pavement (print) ISSN 1757-0476
The Pavement (online) ISSN 1757-0484

The Pavement: A magazine for homeless readers

The Pavement is a small charity founded in London in 2005. A combination of listings, news, views and cartoons, this little mag for a homelessness readership came into existence because it fulfilled a need.

Now we produce free magazines for homeless and insecurely-housed readers in London, and Scotland.

In London alone, we deliver 5,000+ copies of *the Pavement* to over 70 hostels, day centres, homeless surgeries, soup-runs and libraries. We use volunteer journalists and photographers to create exclusive content that's written with our readers in mind.

We also train, support and encourage people with experience of homelessness to contribute, and help find ways of taking their writing to wider audiences.

We believe that sleeping rough is physically and mentally harmful but reject the view that a one-size-fits-all approach to getting people off the streets works.

We are funded by a mixture of small trusts and grants, alongside donations. We are grateful to Fareshare for their help with distribution.

From the Ground Up (FTGU)

This is a partner project between *the Pavement* and Groundswell, an award-winning charity that helps homeless people take control of their lives. It is funded by Comic Relief.

Our From the Ground Up participants receive support and training to help them create content for the magazine and website that tells the stories about homelessness that matter to them. They then raise these issues with policy makers and practitioners at our action days, aimed at driving change.

www.groundswell.org.uk

Get involved

Volunteer: we are always looking for volunteer journalists with experience. We particularly welcome those who've been homeless, and we will try to place you on a suitable programme offering training and support. We also urgently need volunteers to help us check listings and fundraise. Get in touch with karin@thepavement.org.uk to find out more.

Fundraise or donate: we provide magazines free to homeless people to help them at moments of crisis, as well as giving them the information they need to move on. We value our independence and have no statutory funding. But we need your support. Please donate what you can: www.thepavement.org.uk.

From prison to the streets

Why do so many people end up homeless after leaving prison?

Leaving prison is a difficult time. There are so many adjustments to make: family to make up to; friends to reconnect to... and you may need to negotiate with some who could cause you harm.

And there are questions running through your mind: if you got clean inside, will you make it now you're out? Are your benefits sorted? Will employers ever be able to see past criminal convictions?

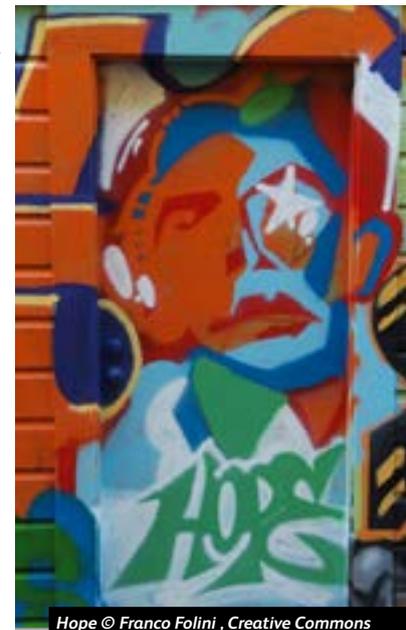
It's also time to find a new home. That's not easy. If your sentence was 13 weeks or more, your housing benefits will stop.

This means that for many people going to prison, pre-existing housing will no longer be available on release from prison.

If family and friends are not on your side, and the council doesn't assess you as priority need, where do you go?

According to the Chain data – information centrally gathered about rough sleepers in London – 71 people on the streets of the UK capital gave their last settled address as prison.

Even more – 86 people or 3 per cent of rough sleepers – said that the



Hope © Franco Folini, Creative Commons

reason that they were homeless was that their jail sentence had come to an end.

(The most common reasons are eviction and family breakdown). 1,856 had experience of serving time in prison, a rise from 1,779 the previous year. In Westminster alone, 40 per cent of people sleeping rough have been in prison.

The Scottish Government revealed that in 2016–2017, six per cent of all applications for assistance with housing came from people being released from prison/ hospital/ care or another form of institution.

It's even worse for women, three out of five of whom will end up homeless on release from prison. Last year it emerged that female prisoners leaving Bronzefield prison in Surrey were being given tents and sleeping bags on release.

Christine Buntrock, operations manager of Turning Point Scotland, which supports offenders leaving prison, says: "In our experience, housing and the risk of homelessness is a significant issue for people leaving prison.

"We believe more support should be available for people preparing to leave custody and once they return to their community."

Daniel Lee, from London, knows what it's like to find yourself street homeless after time in prison. He says he was lucky – he had family and friends who helped him out until he was back on his feet.

But through his job as a case-worker in Ipswich for the St Giles Trust, a charity that supports offenders, he has met plenty of people who are not so fortunate.

Working with offenders from a local bail hostel, he is meant to help people access training, support and a job. But, in fact, an increasing amount

of time is spent helping people with housing issues.

Many find themselves at the end of their stay in the hostel with nowhere to go. And if they don't have a local connection, the council will refuse to house them. The only option open at that stage is to try to secure the rare bits of funding available to help people to get a deposit for a private let, along with enough to pay the rent until housing benefit comes through.

It's not easy. "If your basic needs are met, then you can function," he says. "You can't expect anyone who is homeless to get a job." Yet that's what homeless people have to do to prove a local connection if they don't already have one. If they cannot, they could be sent back to the area they come from. "Some people are happy to back to the area they came from," he says. "But some just can't.

"They don't want to go back to their old life or they will be in danger – some have had death threats."

He is working with a young man who has just completed a four-year sentence but can't go back to his home town because death threats have been made against him.

The police don't want to know, says Lee, and neither do the council. He has managed to get him into a

night shelter but doesn't know what this 21-year-old's next step is.

"If there was more funding for people who have just been released from prison, it would be such a big help," he says.

Crisis agrees, calling for more government money for Help to Rent schemes which offer tenants support and help reassure the landlord that the rent will be paid. They are also calling for a national rent deposit scheme, pointing out that there is a "help to buy" government scheme – why not help to rent?

There are plenty of support schemes out there but not all work, and reoffending rates remain high. As Christine Buntrock of Turning Point points out: "People are also spending a long time in temporary accommodation, reducing availability to other service users.

"Until someone has an address, the initial claim for ESA benefits is difficult, as they state you must have an address. That wait for financial support also increases the risk of homelessness and reoffending."

The answer seems so simple: priority housing for everyone leaving prison and support to make that housing into a home while they get back on their feet.

Anything else is criminal.

Karin Goodwin / Katherine Paterson

Get help: www.stgilestrust.org.uk

Priority need

When applying to the council, you need to show why you are in a priority need group. Some local councils may treat you as being in 'priority need' after prison or remand, but only if you can show how this has made you vulnerable. NB In Scotland the council has no priority need category. The council should take into account mental illness, learning or physical disability, background in care, the armed forces or if you are fleeing violence.

Intentionally homeless

If you were evicted from your previous home because of criminal or antisocial behaviour, or because of rent arrears, or gave up your home while in prison, the council may decide you are intentionally homeless. You can appeal this decision and get advice. In Scotland, the council should house you while it investigates.

What area?

A local connection can be established by living, working, or having immediate family in the area. Time spent in prison in an area does not give you a local connection with the area the prison is in. However, if you fleeing domestic violence you can apply to any council.

Experience: the insider

Jerry* spent over two years at Wandsworth Prison before finishing his sentence at the Isle of Sheppey. But while prison can be hard to deal with, he claims there are things you can do to help you avoid homelessness and get back on track after release.

** We agreed to change the writer's name to protect his identity.*

Prison can be a tough ride but mostly it's grotty and boring. I witnessed my fair share of violence, threats and riots. But depending on how you handle it, the experience can be a productive one.

While I was in jail, I got involved in everything I could: education for IT classes, employability, and I spent nearly 18 months working on the prison radio at Wandsworth. There are no guarantees, but when I got stuck in and contributed, great things happened. After a year, I was promoted to senior broadcast producer.

I learned so much and kept my brain engaged, which kept me optimistic for the future.

Prison isn't just full of junkies and armed robbers. There are also white-collar criminals, people convicted

of tax frauds, film credit fraud, and people who did not expect to end up in prison for things they did at work. I talked to all sorts of guys. I'm friendly, and I met a lot of people from all walks of life.

When it comes time to leave prison, it's worth making contact with the people in your whole life's network of friends to find someone and somewhere that has an extra room where you could feel secure.

If you're homeless leaving jail, your options are a council flat, a hostel or the street. But in all honesty, it's difficult enough in the current climate for single mothers with kids to find social housing, so really don't count on that.

When I was sentenced, I effectively disappeared from society. I couldn't pay my rent and lost the flat I had a lease on. Even my bank account was closed, despite efforts to contact them, and I had no savings.

I did, however, have the good fortune to be offered a stable, secure and long-term home to go to after I left jail, courtesy of a long-time friend who happened to have a spare room in the house she owns. It was an amazing ray of hope, and it gave me such confidence and peace of mind. Without her, I would have been homeless on release.

Not everyone is so lucky. If you have no support from family or friends, you will need to go and see the prison's resettlement department



Prison Bars © Fiatlux, Flickr

for help with benefits and housing in the months leading up to your release. Help them help you because they are far more likely to contribute more when they see you making the effort.

Even though I had a place to stay, I still had to get my benefits sorted.

It's paramount that you get your application sorted before you leave prison as there can be a uncomfortable wait for Universal Credit. It's paid in arrears, so expect to wait a few weeks for an appointment and another couple of weeks for payment. Seriously, just get this sorted before you leave jail: it will save you a lot of pain and stress.

Persevere and don't let small set-backs put you off your stride. Listen: they don't hate prisoners – they just don't like bitterness and being barked at. So just be nice, stay cool and keep asking for the appointment or whatever else it is that you need.

Some regions have houses of multiple occupancy, decent houses where you can find a single room in a shared home. Benefits will cover your rent, so why not find somewhere that you want to live by going on easyroommate.com or Gumtree, or just search 'rent a room' in wherever it may be. If, for some reason you can't do this before you leave jail, ask a friend or family member to help you.

If you cannot find a security deposit, ask for the Prison Funders Directory where you will find a number of organisations willing



"He's smoking again!"

See Page 24 for our news story on how the smoking ban is causing prison riots

to help. Make the applications yourself. I know many guys that were successful at getting grants and contributions for a variety of needs, including a security deposit.

On release, the relief soon gave way to anxiety, and with £47 in my pocket I felt powerless and bewildered. I hadn't managed to deal with my benefits in prison and as a result I had to get online and complete an application for the new 'Universal Credit.' I really regretted not doing it while I had the time on the inside.

Probation will help you with anything prison or sentence-related. They even helped me with the miraculous speeding ticket I managed to get while I was inside. Don't be afraid to ask them for help. That's what they are there for.

Don't expect any miracles from the job centre, but be proactive. Send out CVs and tap into whatever network you have, both personal and professional. I contacted the people that ran the radio at Wandsworth, and to my surprise, they're keen to hire me.

It's important to apply some guerrilla tactics to your job search. Some companies happily employ ex-offenders – seek them out. Or get involved in a voluntary project that may connect you to further opportunity. The options you have are limited, but use your imagination and creativity to make connections.

Persevere. Don't give in to depression or self doubt. Just click 'NEXT!' in your mind.

I realised straight away how 'alive' I felt without alcohol whilst in jail. Now, I wake up earlier with lots more energy, and feel more motivated to act on my goals. The sooner you get over the temptation to 'party' and manage to crack on without a hangover, you will notice the benefits.

I volunteered to write this article and its liberating to share my story and get stuck in to something constructive. Try writing for something, talk to people, find a vocation and start contributing, because when you share yourself with others you'll become motivated and connected. That's when good things will start to come back to you.

There's a book I read in jail called *The Go-Giver* by Bob Burg & John David Mann. It's a fast read, and a wonderful little parable with an upbeat philosophy about life and work. I recommend it.

Read between the lines and you'll find a powerful message that imparts wisdom and guidance. I wish you the very best on your journey, and hope that you find the success that you deserve. Go forth.

Experience: the outside inner

Cheryl has spent the last 10 years in and out of Scotland's main women's prison

Sometimes when I was homeless, I used to deliberately go out to get arrested. I would shoplift or commit a breach of the peace; a bed or a hot meal seemed like a better option for me than sleeping rough. I know now that it actually made my situation worse.

I think I would try to be sent to prison for attention and support, because when you're on drugs and homeless, no one is looking out for you. On the outside, all doors get closed, whereas in prison, you get accounted for.

You can go in to prison on a Methadone prescription but fellow inmates introduce you to other drugs when you're there. You get random drug tests and if they see a dirty sample, they take you off your Methadone – just like that, with no period to ease you off. This happened to me, and I started to have fits.

When you first get sent to prison, it's scary. You hear scary stories about sexual violence and you worry about who you're going to be sharing a cell with. But it's actually not as bad as you think.

It doesn't matter what crime a person has committed: if they can get their hands on drugs, they become everybody's best pal. Drugs hold so much power in there because

so many women are craving them. In recent months, the prison service has introduced Through Care workers who help you with accommodation on your release and with your further treatment options. My Through Care worker helped me get into rehab.

I've now realised that I was taking drugs to suppress my insecurities.

I hadn't thought I was affecting anyone else by going in and out of prison and by my drug taking. I would blame anyone and everyone and say that it was their fault I was taking drugs. I didn't accept that it was my own insecurities and selfishness that was making it happen.

I've learned that all my behaviour has been about my own need for acceptance. I am now involved with Jericho, which is a recovery programme. I've been involved in a performance with them and it has given me the best buzz I've ever had... and that was without drugs. I've been doing group therapy sessions three times a week. It's made me be really honest, which I haven't been for years.

Ultimately I would like to be connected with my kids again and be able to maintain a tenancy. The first thing for me is to continue to be drug free and in control of my recovery.

Inside out: Prison art on show

The British sculptor who created the iconic Angel of the North has curated an major exhibition of the work of prison artists serving time.

Antony Gormley, one of the UK's most famous artists, has put together prison arts charity the Koestler Trust's 10th annual exhibition. Held at the Southbank Centre in London from 21 September till 15 November, the works are by detainees in the UK's prisons, secure hospitals and immigration removal centres as well as by ex-offenders in the community.

The Koestler Trust is the UK's best-known prison arts charity. It runs the annual Koestler Awards to motivate people to take part in the arts and to show off the talent of people in the criminal justice system.

The works selected for the exhibition come from over 7,000 pieces of fine art, design, writing and music entered into this year's Koestler Awards. Some of the artworks are for sale, with proceeds being divided between Victim Support, the Koestler Trust and the artists themselves.

Ex-offenders have also been trained and employed by the trust to provide guided tours and staff pop-up shops at the exhibition.

Antony Gormley, curator, said: "Art is a place in which you can do what you like. In the words of one prisoner: 'in our minds, we can always be free'."



Top: *A Little Bit of Everything*
HMP YO1 Cornton Vale © Koestler Trust

Bottom: *Portrait of Girl in Blue Dress*,
HMP Barlinnie © Koestler Trust



Painting from Memory, HMP Shotts, Silver Award for Theme: Journey © Koestler Trust



Evolution, HMP Shotts © Koestler Trust

I want this work to say something to all of us outside about what it feels like to be a detainee, inside."

Sally Taylor, chief executive of the Koestler Trust, said that she was "thrilled" to have Gormley curate the show. "He is an inspirational figure and much-loved artist both for our entrants and for the general public," she added. "We anticipate with great excitement a unique, provocative and thoughtful approach to the curation of the exhibition."

As well as the Angel of the North, a 20-metre steel winged "angel" in Gateshead, Gormley is known for Another Place, a sculpture involving 100 cast iron figures facing towards

the sea on Crosby Beach near Liverpool.

In 1994 he was awarded the Turner Prize and was quoted as saying he felt guilty and embarrassed to have won.

A separate exhibition by Koestler Trust Scotland will open at Glasgow's Tramway exhibition space on 10 November. It is to be curated by Jenni Fagan, who wrote about the care system in *The Panopticon*, a reference to Jeremy Bentham's 18th century concept for a prison designed so inmates could be unknowingly observed.

Karin Goodwin

Population Explosion

Prison numbers are at an all-time high. The prison population of England and Wales rose by about 90 per cent to just over 85,500 between 1990 and 2016. In Scotland, the increase was 62 per cent, to just under 7,500.

Here are some ideas to reduce numbers:

1. Reform drug laws and improve access to addiction services

Drugs offences account for 15 per cent of all prison sentences (nearly 20 per cent for under-18s), and the figures for theft are about the same. Many argue that number would fall drastically if we both addressed both our drug laws and made sure that rehab was available to everyone who needs it.

Get help: If you want to address drug or alcohol problems, calling your GP or local drug treatment service is a good place to start.

Ask your support worker or call the drug helpline on **0300 123 6600** for information.

If you're clean and ready to take the next step, why not volunteer for a drug reform charity such as Transform and help other people overcome their addictions (you may need to disclose your criminal convictions to join): www.tdpf.org.uk

2. Offer better mental health services

About 70 per cent of prisoners have two or more diagnosable mental health conditions when they enter prison, according to the Prison Reform Trust.

Many have been unable to get the help they need in the community – black and ethnic minority groups struggle, in particular, and are 40 per cent more likely to get help after being sentenced than through a GP referral.

Get help: If you are struggling with your mental health, speak to your GP and ask for a referral. Even if you are homeless, all GPs should register you.

Mental health charity Mind is also a good source of information: www.mind.org.uk

3. End prison sentences under six months

Recent figures show that 57 per cent of those who had served less than six months in prison went on to re-offend.

The Criminal Justice and Licensing (Scotland) Act 2010 introduced “a presumption” against prison sentences of less than three months, limiting them to when there is no other option. But it still happens. In 2015–16, 4,066 individuals were

given prison sentences of less than three months – equivalent to nearly 30 per cent of all prison sentences.

What you can do: Volunteer to help build a fairer criminal justice system – you could mentor a young person, or help at on a community justice project.

Don't let having a criminal record put you off. Lived experience can be an advantage in some roles.

Find out more at the Prison Reform Trust: www.prisonreformtrust.org.uk/GetInvolveduk

4. Value family contact

Keeping close family ties can help prevent reoffending. However, due to distance or circumstance some family members will be unable to see or speak to their loved one as often as they can, if at all.

There are no official figures, but it is estimated 200,000 children in England and Wales and 30,000 children in Scotland have had a parent in prison.

Families have noted that having a loved one in prison makes it feel like they are also serving a sentence. In August, Reform Scotland called for pilots looking at innovative ideas for increasing contact.

Get help: Many prisons have family visiting facilities – ask what is available. Family Lives has good

advice: <http://tinyurl.com/yapwexff>
In Scotland you can visit www.familiesoutside.org.uk

Check with the prison about local support groups too.

5. Stop locking up women

About 80 per cent of women who go to prison commit non-violent offences. They are twice as likely as men to have no previous convictions. But, it is claimed that women receive harsher treatment from the criminal justice system than men for equivalent crimes.

They are often victims too. According to the Prison Reform Trust, not only have half of women in prison experienced domestic violence, 53 per cent suffered abuse while they were children. Women are also nearly twice as likely to suffer from depression as men in prison.

Get help: Women in Prison is a good starting point to find out more about the help on offer:

www.womeninprison.org.uk.

Treasures Foundation offers accommodation via a referral process for women with a history of offending and addiction – treasuresfoundation.org.uk

In Glasgow, Tomorrow's Women offers everything from prison gate pick-up to mentoring, trauma support and more: <http://tinyurl.com/y7rhkww8>



**Supporting The Pavement.
Supporting you.**

We proudly support The Pavement to give you independent journalism and advice.

dmg::media

Daily Mail **The Mail** **Mail Online**

Mailplus **METRO**

Alternative highs

Raynor Winn met ex-offenders who went walking and found it saved their lives.

I was at the lowest point, homeless, with no hope for the future when I decided to go for a walk. By the time I stopped 600 miles later, it had literally changed my life.

Not only had it given me the space and time to come to terms with the life-changing events I had gone through, it had also given me a sense of inner strength that would help me rebuild my life. Walking such a long distance, with a rucksack on my back that contained everything I needed to survive, empowered me in a way that nothing else has.

I discovered I wasn't the only one to experience this transformation when I met the project manager of ACE, a Caritas Care charity project, who was also walking the path with a very large rucksack on her back.

She described ACE as a 'through the gate' charity, which operates on a self-referral basis for prisoners from all over the country. The project prepares ex-offenders for release and supports them as they return to the community.

The charity is also the home of the Men After Prison group (MAP). The group is run by men who have lived through the issues that leaving prison presents and with the help of the ACE project, have



Walking Boots © Pexels

worked through drug and alcohol dependencies and recovered to a point where they're rediscovering life.

The men chose to begin a walking group, taking long hikes in the mountains of the Lake District.

This gave them time to walk and talk with others in the same situation, a space to think about new lives and ways forward, giving each other the support they needed to continue to strengthen their mental health and sense of well-being. So much so that ACE could see the power of this form of green therapy and developed it into yet another one of the charity's projects: Alternative Highs.

ACE trained some of the MAP men to become mentors, known as the ambassadors, with the aim of working with young people from the



Plants and trees produce chemicals that help us manage our stress levels © Pexels

most vulnerable estates, whose lives mean they're at risk of falling into anti-social behaviour and drugs.

The MAP mentors, working with the partner charity 1 Life to Live, take the young people into the mountains and countryside. Through walking, kayaking and outdoor experience they show them how to find a new 'alternative high' and with it an alternative way of living.

But this is a two-way experience. Not only are the young people benefitting, but the ex-offenders too. By sharing their prison stories and the life experiences that brought them there with the young people, they're helping to prevent those teenagers from making the same mistakes, while at the same time turning their most negative of

memories into something positive.

So what is it about a walk in the wilderness that can change lives in this way?

How can putting one foot in front of another save people from the point of despair and turn ex-offenders into community mentors?

It seems too simple: after all, it hardly needs teams of specialists or expensive equipment, just a pair of boots and a green path. But scientists may be on the way to finding the answer to that. Studies have found that walking in the countryside is far more beneficial than in an urban setting, but why would that be?

It's been known for a while that undertaking an activity in a green setting can be soothing, but it seems it can actually trigger a physical

response. Chemicals emitted by plants, known as secondary metabolites, can cause our levels of adrenaline, the human stress hormone, to drop when we're exposed to them.

And when the stress levels fall it becomes easier to find a way through the problems. This in turn reduces feelings of anger and aggression, and can even prevent heart attacks.

Whatever the cause, in my experience the beneficial effects of a long walk in the countryside are undeniable.

After a few days of walking I found I was letting go of anxieties I thought I'd carry for a lifetime. An even longer walk can make you push your boundaries to discover that you're capable of so much more than you thought possible.

It's at that point, as I found myself, that your long walk can actually save your life. Or as one MAP ambassador trying to explain the feeling of testing his own comfort zones, said: "It's unbelievable, a real alternative high."

Raynor Winn

Walking groups and outdoor activities

• ACE at Caritas Care

Lancashire

– www.caritascare.org.uk
– 01772 732 313

Explore the countryside. Walking boots and waterproofs available on loan

• Barony Contact Point

Edinburgh

– www.baronyha.org.uk/
– 0345 140 7777

Contact Point offers daily activities including a walking group every Tuesday and a swimming group every Wednesday.

• Forestry Commission

UK-wide

– <http://tinyurl.com/yak9n7rf>
– 01420 526 191

Training and work experience in forest maintenance activities - good step towards a sustainable job.

• Outdoor Muckers

UK-wide

– www.outdoormuckers.co.uk
– twitter.com/outdoormuckers

Funds support for training in outdoors careers/ activities/ pursuits for people experiencing homelessness.

Prison system: worst state for 60 years

The prison system is more 'chaotic and dangerous' than it has been for 60 years, according to a high profile former prisoner.

Eric Allison, who has been the *Guardian* newspaper's prison correspondent since 2003, was first sent to prison at just 14 and in total has spent 16 years behind bars, all for theft-related offences.

He lived through the prison riots in Parkhurst, Strangeways and Hull, but claims that the situation is now "bleak" as prisons become increasingly over-crowded and violent.

His comments come after a new report by Peter Clarke, the Chief Inspector of Prisons, which notes "startling increases on all types of violence" in England and Wales' prisons.

Clarke's report states that violence levels in prison have worsened significantly in the last year. Murder and suicide in prisons is at a 25-year high, with a 27 per cent increase in all assaults in the last year. He also claims that none of the young offenders units he inspected were safe for the young people serving time in them.

In the 12 months leading up to March 2017, 113 prisoners took their own lives and six murders occurred. Normally only one or two prison murders happen every

year. Numbers of deaths in Scottish prisoners – 28 last year and 16 already in 2017 - are also "shocking", according to campaigners.

The use of drugs has also risen sharply, with drugs seized almost 30 times a day in prisons in England and Wales in the year leading up to March 2017. Inspectors found that 63 per cent of prisoners said it was "easy to get drugs" and 22 per cent of prisoners said they had begun taking drugs inside prison.

The report also states that prisoners are being kept locked in their cells for up to 23 hours per day.

The recommendation is that prisoners should be unlocked for 10 hours a day, but the current low levels of staffing means that prisoners are being kept in their cells for their own safety.

In his comment piece in the *Guardian*, Allison notes that he experienced a 'better environment' in prison following the 1991 Woolf report, written by former chief justice Harry Woolf, which recommended a better prison system.

"But I say, hand on heart, I have never seen the system in such a chaotic and dangerous state as it is now," he continues.

He told the *Pavement* that society needed to reconsider its "culture of

revenge" and question whether our "someone-must-pay mentality" is really addressing the problem of anti-social behaviour. "It is bleak," he told us. "I hear horror stories all the time, but the public are seem to be so anaesthetised to it that it is not enough that a prisoner dies due to neglect. It doesn't seem to result in any action being taken.

"We know that it's not working – look at the re-offending rates.

"Honestly, I think that it's worse than when I was young."

And he stressed that prisoners should speak out and complain if they felt they were being mistreated.

"Prisoners can speak out and they can legitimately complain," he added. "There are people who care, and there are people who can help."

He also urged people to make the most of opportunities available inside including education and rehab support.

Justice Secretary David Lidington meanwhile has pledged that reforms are under way to make prison safer and has acknowledged the need for more staff.

"The work to make our prisons true places of reform and rehabilitation is already under way – and it will continue unabated," he said.

Lydia House & Karin Goodwin

How to complain

- **Prison Advice Service (PAS):**
UK-wide Tel : 0845 430 8923
Open on Mon, Wed & Fri
From 10am–1pm & 2pm–5pm

Free legal advice and information to prisoners throughout England and Wales regarding their rights, conditions of imprisonment. Freephone number is available from Prison.

- **The Independent Prison Monitor**
Scotland Tel : 0131 244 8482
Open on Mon–Fri, 9am–5pm

A 'watchdog' group who make sure prisons are properly run and will investigate complaints from prisoners. A prisoner can ask to speak to an independent prison monitor at any time via a freephone number or request a form.

- **Prison Ombudsman**
UK-wide Web: www.ppo.gov.uk
UK-wide Tel: 0845 010 7938
Scotland Web: www.spspo.org.uk
Scotland Tel: 0800 377 7330

Contact the Ombudsman if you have already made an internal complaint against a prison service but are not satisfied with the outcome. The Ombudsman advisors can often give you advice on how make a new complaint.

News in Brief

Deportation risk continues

The Home Office has been covertly using a data map created by the Greater London Authority to deport vulnerable rough sleepers across Britain, according to a report from *the Observer*.

The data map, called 'Chain – the Combined Homelessness and Information Network' - tracks sensitive and deeply personal information, such as the nationality, gender and mental health of a rough sleeper.

After a number of requests for the map, the Home Office was granted access in September 2016 for a period of six months before homeless charities found out and raised concern.

The news follows the introduction of new guidance for immigration enforcement in 2016, allowing the deportation of EU nationals on the basis that they are sleeping rough.

Liberty, the human rights group, has made an official complaint to the European Commission.

Martha Spurrier, Liberty director, said: "Now even people forced to sleep on the streets will be frightened to seek support. Who knows where else the Home Office's poisonous tentacles have reached?"

"The government must come clean and end these secret deals or we will look to challenge them in court."



Greater London Authority headquarters

© Adrian Pingstone

Smoking ban causes prison riots

Efforts to make prisons smoke-free are causing concern amongst prison staff. While prisons were excluded from the smoking ban of 2007, many prisons are phasing out tobacco in order to reduce the risk of second-hand smoke.

In Scotland, smoking will be officially banned in all prisons from November 2018.

However, riots in HMP Drake Hall in Staffordshire and rising levels of violence in HMP Cardiff following smoking bans have led staff to raise concerns that a smoking ban will cause a rise in violent incidents, vandalism and possession of contraband tobacco.

Proponents of the ban have promised that they will work closely with the NHS to help prisoners quit smoking safely.



Homeless Glaswegian women will receive free sanitary products © Ryan Kaldari

Free sanitary products in Glasgow

Homeless women in Glasgow are to receive free sanitary products from the charity Simon Community Scotland.

The SCS will supply its 'street teams' with the sanitary products. The teams also carry food, needle exchange and sleeping bags.

The move follows an increase in the number of homeless women in Glasgow. The sanitary pack comes accompanied by a pamphlet detailing access to wider services concerned with healthcare and housing across the city.

The packages – labelled 'period friendly pax' – are available in numerous locations such as homelessness services and day

centres. Monica Lenon MSP said she was delighted by the news, which she claimed was about "human rights and dignity."

Homeless numbers to double

Homeless charity Crisis has predicted that unless the government takes swift action, the number of people homeless in Britain will double to a figure they project could be as high as 575,000.

The research, undertaken by Heriot-Watt University on behalf of Crisis, also forecasts those sleeping rough will more than quadruple to 40,100, having been estimated at 9,100 in 2016.

The report also says that London is likely to account for more than half the number of homeless living in England by 2041.

Crisis believe affordable housing will allay the figure. Chief executive Jon Sparkes said: "With the right support at the right time, it doesn't need to be inevitable".

Over 200 empty Welsh houses

A huge 224 council houses in Swansea were empty on 21 July, according to a Freedom of Information request delivered on that date.

The news arrives as charity group The Wallich's Rough Sleepers

Intervention Team warned over a “worrying increase” in the number of homeless people across Wales.

The FOI also revealed that 12 council properties had been empty for up to six months, *Wales Online* has reported.

A spokesperson for Swansea council defended the number, claiming the figure was merely a “snapshot in time” and that on average there are only 60 council properties available for allocation weekly. Homelessness in Swansea currently increases by 21 per cent annually.

Homeless people build flats

A community project in Wrexham is assisting homeless military veterans to build their own homes.

Working together with builders and contractors, the veterans are constructing 16 new flats in the town.

The project, organised by the Community Self Build Agency, aims to instil new skills from plastering to woodwork, ultimately leading to future employment for the veterans.

Wrexham council backs the scheme, which involves homeless veterans aged between 23 and 52.

Daniel Williams, who served in Afghanistan where he was diagnosed with post-traumatic stress disorder, is one of those involved in the project.

Williams told *BBC News* that the



Builder at work © Kenneth Allen

project was his “best experience” since leaving the army and said he was looking forward to “getting a trade at the end of it”.

New building strategy in LA

A pilot project has been approved in Los Angeles that encourages homeowners to build second houses on their land to accommodate homeless people.

The project is one of Los Angeles County’s 47 strategies to eradicate homelessness, which has increased by 23 per cent in the past year, according to the *Los Angeles Daily News*.

Participating homeowners can receive up to \$75,000 to build a second home, or up to \$50,000 to refurbish existing buildings on their land to make them legally habitable.

Homeless athlete wins bronze

Three-time Olympic gold medallist Tianna Bartoletta revealed that she has been homeless for the past few months.



Player warms up for Homeless World cup © Lisa Boyd

The 31-year-old American track athlete alleged that she was forced to flee an abusive relationship, *the National Post* has reported.

Despite her ordeal, Bartoletta collected a bronze medal in the long jump at the London IAAF World Championships this August.

“I still have no actual address, all to give myself a chance at having a life and the love I deserved — one that didn’t involve fear or fighting, threats, and abuse,” Bartoletta revealed on Instagram following her podium finish.

New type of shelter in Manchester

A homeless shelter is being set up in the outskirts of Manchester that hopes to revolutionise the way such accommodation operates

The shelter, previously known as ‘Kashmir House’, has surveyed the

city’s homeless people seeking to understand what services they need.

The 15 rooms will operate at a much cheaper rate than other local shelters, aiming to allow residents to save up for a new house of their own. Maria Marsden, the shelter’s interim manager, told *the Manchester Evening News*, “Supported accommodation costs around £230, £240 a week.

“They would have to pay that unless they got other benefits – and Jobseekers will only give them up to £70 a week. So, basically, they’re no better off in work.”

Three of the rooms will house a dedicated support worker alongside the person staying there, offering support in the hunt for their own accommodation.

Homeless World Cup kicks off in Oslo

The 2017 round of the Homeless World Cup began on 29 August at the Rådhusplassen city square in Oslo, Norway. The competition invites players from 54 countries across the globe who share the experience of homelessness.

The Big Issue reported that last year’s competition, held in Glasgow, raised around £10m for various projects all over the world that provide employment opportunities to homeless people.



Room to Breathe

Good breathing is essential to a good quality of life, but lung health can be a big issue for homeless people.

When you see a medical professional you often only have a short time with them.

Make the most of your time and go in armed with this check-list:

1. Do you have any of the following issues?

- Regularly feel breathless
- Coughing
- Coloured phlegm
- 'Rattley' chest
- Wheezy Breath
- Pain when you breathe

2. How long have you had these issues?

3. How many health issues / disabilities am I aware I have?

4. What medication am I on?

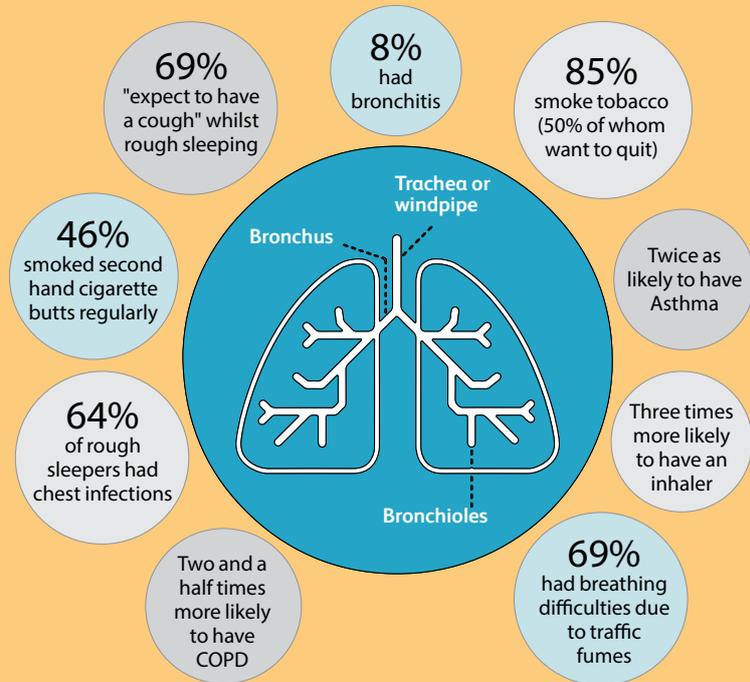
5. Do I have pain anywhere?

6. My current housing situation:

7. Do I smoke? How much?

8. Do I use drugs? Which ones?

Groundswell spoke to 330 people experiencing homelessness about their breathing problems. They found:



Top Tips

- **Get Vaccinated**
Ask a health professional for your flu jab (every autumn) & pneumonia jab (just once)
- **Watch where you sleep**
If you're sleeping out, avoid pigeon droppings and mould if you can
- **Avoid fumes if possible**
Sleeping and sitting out on busy roads can make it difficult to breathe

Housing in Scotland : Your Rights

All councils in Scotland have a duty to help you when you're homeless. If your own local council thinks you are homeless, they legally have to help you find a home: to help you find temporary accommodation right away, and then to help you find a home of your own in the long-run. If the council thinks you **might** qualify to be registered homeless then they have to find you a temporary home whilst they check you are eligible. If you have applied to the wrong council, they have to point you in the right direction.

To get help from your local council, you must:

1. be legally homeless, now or within 28 days, meaning you:
 - have no accommodation at all
 - cannot access your home
 - live in a violent household
 - live in an overcrowded home
 - live in an unclean or unsafe home
 - live in a B&B, hostel or refuge
2. be born in the UK or European Economic Area (EEA), or have family living there
3. not have chosen to be homeless
4. have a connection with the local council you are applying to:
 - to find out if you have a local connection visit **Shelter Scotland's** website linked below
5. if you are from outside the EEA, you need to have the right to live and work in the UK

Shelter Scotland
Citizens Advice Bureau (CAB)
National Domestic Violence Helpline
Govan Law Centre (Glasgow)
Glasgow City Council
Edinburgh City Council

If you have nowhere to sleep tonight, and nowhere else to turn, contact:

1. Your local council:
 - Glasgow: **0800 838 502**
 - Edinburgh: **0800 731 6969**
2. Simon Community (Glasgow):
 - **0800 027 7466 (Free, 24 hr)**
3. Streetwork (Edinburgh)
 - **0808 178 2323 (Free, 24 hr)**
4. Shelter's advice helpline:
 - **0808 800 4444 (Free, 9-5 Mon-Fri)**
5. Police Scotland:
 - dial **101** (not 999)

If your application is rejected:

- you should appeal the decision if you think it is wrong. The council must find you temporary accommodation whilst they look at your appeal
- the council legally has to direct you towards local homeless charities

Visit www.thepavement.org.uk for a full PDF version of this page, with more detailed information on your housing rights.

Housing in England : Your Rights

Your local council does not always have to help you find emergency accommodation if you are homeless. English local councils run a '**priority need**' system which was originally set up to make sure that the most vulnerable homeless people are helped first. However, the 'priority need' system can negatively affect many 'single-homeless' people who do not have the same rights to emergency housing as others do.

To get emergency housing from your local authority you must:

1. be legally homeless meaning you:
 - have no roof over your head now, or in the near future
 - have not chosen to be homeless
 - are fleeing from domestic abuse
 - have been released from prison or hospital with nowhere to go
 - live in overcrowded or hygienically unsafe accommodation
2. be 'eligible for assistance', meaning you:
 - have the right to live in the UK
 - can receive housing benefit
3. be in 'priority need' meaning you:
 - are 'vulnerable'
 - have children who depend on you
 - are pregnant
 - are homeless due to a fire, flood or other disaster
 - are 16-17 years old

For free help with your emergency housing application:

1. Streetlink
 - Phone: **0300 500 0914**
2. Shelter
 - Web: england.shelter.org.uk
 - Phone: **0808 800 4444** (8am-8pm Monday to Friday, 8am-5pm weekends)
3. Citizens Advice Bureau
 - Web: www.citizensadvice.org.uk
 - Phone: **03444 111 444**
4. UK Government
 - Web: <https://www.gov.uk/homelessness-help-from-council>

If your application is rejected:

- you should appeal the rejection if you think it is wrong. You have 21 days to appeal this decision
- Shelter and Citizens Advice Bureau can help you with your appeal

Short Term Emergency Housing

- emergency nightshelters will allow you to stay there for 1 or 2 nights
- **No Second Night Out: www.nosecondnightout.org.uk** (via Streetlink)
- 'cold' and 'winter' shelters are open in winter
- **Womens Refuges are available for women fleeing domestic violence** (Call the National Domestic Violence Helpline on **0808 2000 247** if you are experiencing domestic violence or abuse.)

Visit www.thepavement.org.uk for a full PDF version of this page, with more detailed information on your housing rights.

KEY TO ALL SERVICES

A	Alcohol workers
AC	Art classes
AD	Advocacy
AH	Accommodation/housing advice
B	Barber
BA	Benefits advice
BE	Bedding available
BS	Bathroom/showers
C	Counselling
CA	Careers advice
CL	Clothing store
D	Drugs workers
DA	Debt advice
DT	Dentist
EF	Ex-forces
EO	Ex-offenders
ET	Education and training
F	Food
FF	Free food
FC	Foot care
IT	Internet access
L	Laundry
LA	Legal advice
LF	Leisure facilities
LS	Luggage storage
MD	Music/drama
MH	Mental health
MS	Medical/health services
NE	Needle exchange
OL	Outreach worker links
OW	Outreach workers
ST	Step free access
SH	Sexual health advice
TS	Tenancy support

Email changes and suggestions to:
val@thepavement.org.uk

ADVICE

ADVICENOW

www.advicenow.org.uk/

Info on rights & legal issues from over 200 UK websites.

AH, AD, BA, LA

ASYLUM AID

020 7354 9264; www.asylumaid.org.uk/;
info@asylumaid.org.uk

Tue: 1–4pm

Free legal advice & representation.

Phone, email or visit the website.

AD, LA

BETHNAL GREEN LEGAL ADVICE CLINIC

University Hse, 104 Roman Rd, E2 ORN
020 8980 4205; www.legaladvicecentre.org.uk/

[openinghours.html](http://www.legaladvicecentre.org.uk/openinghours.html)

Mon & Wed: 10–12am (drop-in); Tue & Wed: 5.30–7pm (drop-in); Thu: 6.30–8pm (drop-in)

Arrive early. Employment & debt. More info on website.

BA, DA, LA

BRIXTON ADVICE CENTRE

167 Railton Rd, SE24 OLU

020 7733 7554; brixtonadvice.org.uk/

Mon–Thu: 10am–3pm

Specialist advice on welfare benefits, housing, employment & debt. Website

has good info on homeless health services. All advice sessions are on a first come, first served basis.

AH, AD, BA, DA, ET, LA

CAMDEN CAB SERVICE LEGAL ADVICE

141a Robert St, NW1 3QT

03444 889 626; www.camdenabservice.org.uk/
Mon–Fri: 10am–4pm
Immigration, nationality & employment.
LA

CAVEAT SOLICITORS

363 Ripple Rd, Barking, IG11 9PN
0203 249 1177; <http://www.caveatsolicitors.com/>; freephone: 0800 050 9730
Mon–Fri: 9.30–11.30am (free legal helpline – 020 3249 1179)
Housing, homelessness, immigration etc.
LA

CENTRE 70 PRO BONO CLINIC

46 Knights Hill, W Norwood, SE27 0JD
020 8670 0070; www.lawworks.org.uk/legal-advice/individuals/centre-70-pro-bono-clinic
Mon: 7–9pm (appointment only)
Initial advice, written advice & form-filling. Covers debt, employment, housing etc.
AH, DA

CITIZENS ADVICE BUREAU

www.citizensadvice.org.uk
Free info & advice on legal, financial & other problems. Go to the website to find your nearest branch.
AH, BA, DA, LA

COMMUNITY LEGAL HELPLINE

0845 2 699799; info@communitylegalhelpline.org.uk
Mon–Fri: 10am–5pm
Text (07867794620 – ring back service)

KEY

A Alcohol workers
AC Art classes
AD Advocacy
AH Accommodation/housing advice
B Barber
BA Benefits advice
BE Bedding available
BS Bathroom/showers
C Counselling

or email in your preferred language to get a translator if your English is not good enough to work with the UK legal system.
AD, LA

CROYDON LEGAL ADVICE CENTRE

79 Park La, Croydon, CR0 1JG
020 8767 2777; www.swllc.org/index.php
Mon: 7–9pm (once a month – phone);
Tue & Wed: 7–9pm
Registration begins around 18.30, so please arrive early. Covers employment, immigration, housing etc. You must ring in the afternoon on the day you wish to attend – areas of law to be addressed change weekly.

DUNCAN LEWIS SOLICITORS

Spencer Hse, 29 Grove Hill Rd, Harrow-On-The-Hill HA1 3BN
020 7923 4020; www.duncanlewis.co.uk/branchLocator_DL_WithMap.aspx
Mon–Fri: 9.30am–5.30pm
Free advice regarding homelessness decisions. Use the branch locator to find your nearest branch.
LA

ENFIELD CAB LEGAL ADVICE CLINICS

5 Vincent Hse, 2e Nags Head Rd, Ponders End, EN3 7FN
0300 330 1167; www.enfieldcab.org.uk/
Wed: 5.30–7pm (housing – fortnightly);
Fri: 10.30am–3.30pm (housing –

CA Careers advice
CL Clothing store
CO Drugs workers
DA Debt advice
DT Dentist
EF Ex-forces
EO Ex-offenders
ET Education/training
F Food
FF Free food

fortnightly; welfare rights – monthly)
Phone for appointment. Employment, housing, welfare rights, immigration etc.

ENFIELD EVENING ADVICE SERVICE

c/o Enfield Foyer, 279–281 Fore St, Edmonton, N9 0PD
0203 232 2135; www.ojnsolicitors.com/
Wed: 6–8pm (drop-in)
Initial legal advice, form-filling & guidance. Asylum, children, landlord & tenant issues, employment, debt, domestic violence, immigration, housing etc. Please arrive early.
DA, LA

HAMMERSMITH & FULHAM COMMUNITY LAW CENTRE

363 North End Rd, SW6 1NW
020 3080 0330; hflaw.org.uk/
Mon–Fri: 10am–1pm & 2–5pm; Tue: 5–7pm (immigration & nationality – no appointment needed)
Housing & homelessness, immigration & nationality problems etc for people who live or work in Hammersmith & Fulham. Please phone first.
LA

HARINGEY CITIZENS ADVICE BUREAU

14a Willoughby Rd, N8 0JJ
0300 330 1187; www.citizensadvice.org.uk/local/haringey/
Mon & Fri: 10am–1pm & 2–4pm
Appointments made after assessment at the drop-ins. Immigration advice. No

FC Foot care
IT Internet access
L Laundry
LA Legal advice
LF Leisure facilities
LS Luggage storage
MD Music/drama
MH Mental health
MS Medical/health services

interpretation service.

LA

HILLINGDON LAW CENTRE LEGAL ADVICE CLINIC

12 Harold Ave, Hayes, UB3 4QW
0208 561 9400; www.hillingdonlaw.org.uk/
Mon–Fri: 10am–5pm (appointments)
Asylum, children, domestic violence, employment, family issues, housing, immigration & benefits. Written advice, casework, representation & initial advice. Phone or visit the website.
LA

INDEPENDENT POLICE COMPLAINTS COMMISSION

08453 002 002; <http://www.ipcc.gov.uk/>
Mon–Fri: 9am–5pm
To make a complaint about the police or to find out more about making a complaint, phone, email enquiries@ipcc.gsi.gov.uk or visit the website.
LA

JOHN FISHER FREE LEGAL ADVICE CLINIC

270–72 High Rd, Willesden, NW10 2EY
0845 050 5250; www.lawworks.org.uk/legal-advice/individuals/john-fisher-free-legal-advice-clinic
Tue: 7–9pm (appointments); Thu: 9.30–12am (debt drop-in)
Assessment & appointment at drop-in. Consumer, employment, family & housing issues.
LA

NE Needle exchange
OL Outreach worker links
OW Outreach workers
SH Sexual health
TS Tenancy support
SF Step-free

LAMBETH LAW CENTRE LEGAL ADVICE CLINIC

Unit 4, The Co-Op Centre, 11 Mowll St, SW9 6BG

020 7840 2001; www.lambethlawcentre.org/

Mon: 6.30–8pm (appointment only);
Wed: 8.30–10.15pm (appointment only)

Asylum, debt, employment, immigration, benefits etc. Initial advice & representation for Lambeth people. Asylum advice for Greater London residents.

LA

LAWWORKS

<https://www.lawworks.org.uk/legal-advice-individuals/find-legal-advice-clinic-near-you>

Network of legal advice clinics. Go to the website, & type your postcode, city or town into the website.

LA

LONDON STREET RESCUE (THAMES REACH)

The Employment Academy, 29 Peckham Rd, SE5 8UA

020 7702 4260; www.thamesreach.org.uk/what-we-do/rough-sleeper-services/london-street-rescue/

Mon–Fri: 9am–7.30am; Sun: 7pm–midnight

Rough sleepers hotline for help with getting into accommodation.

AH

KEY

A Alcohol workers
AC Art classes
AD Advocacy
AH Accommodation/housing advice
C Counselling

B Barber
BA Benefits advice
BE Bedding available
BS Bathroom/showers
C Counselling

MARY WARD LEGAL CENTRE

10 Great Turnstile, WC1V 7JU

020 7831 7079; 020 7269 0292; www.marywardlegal.org.uk

Mon–Fri: 9.30am–5.30pm

020 7831 7079 (housing & welfare benefit) 020 7269 0292 (debt). Housing advice for people on low income/benefit (call in for assessment); welfare benefits for people who live, study or work in Camden; debt – must have at least 1 debt but anyone qualifies from any London borough; Free pro-bono legal advice sessions – call for assessment or see website.

AH, AD, BA, DA, LA

PLUMSTEAD COMMUNITY LAW CENTRE

36 Wellington St, Woolwich, SE18 6PE

020 8854 8848; www.pclc.org.uk/

Mon: 11am–12.30am (drop in – employment); Tue: 10am–1pm (phone advice – employment & benefits); Thu: 10–12am (phone advice – immigration)

Advice, casework & representation for welfare benefits, employment & immigration matters for people who live, work or study in Greenwich. Works with other local social welfare agencies. Outreach at other venues.

BA, LA

QUEEN MARY LEGAL ADVICE CENTRE

Legal Advice Centre, School of Law, Mile End Rd, E1 4NS

020 7882 3931; www.lac.qmul.ac.uk/
Tue: 6–8pm (appointments; term-time)

CA Careers advice
CL Clothing store
D Drugs workers
DA Debt advice
DT Dentist

EF Ex-forces
EO Ex-offenders
ET Education/training
F Food
FF Free food

Appointment & term-time only. Asylum, domestic violence, employment, family issues, immigration, LGBT hate crime etc. Pink law gives free & impartial advice to the LGBT community.

LA

RICHMOND LEGAL ADVICE SERVICE

Holy Trinity Church, Sheen Pk, TW9 1UP
020 8891 2105; www.rlas.org.uk/

Tue: 8–9.30pm (drop-in)

Covers children, domestic violence, employment, housing, benefits etc.

AH, BA, LA, TS

SHELTER (LONDON PUBLIC ADVICE LINE)

0344 515 1540

Mon–Fri: 9–12.30am; Mon–Fri: 2.30–6pm; Tue & Fri: 10am–1pm (71 Camden High St); Wed & Thu: 10am–1pm (385 North End Rd, Hammersmith & Fulham)

For people (aged 25+) who need specialist housing advice or generalist welfare benefits/ debt advice. Can also make referrals to a housing caseworker or solicitor, or link to other services.

SQUATTERS LEGAL NETWORK

07925769858 (24/7); network23.org/squatterslegalnetwork/

Mon–Sun: Open 24 hours

Emergency advice & support for people threatened with arrest or arrested for squatting in England & Wales.

C, LA

FC Foot care
IT Internet access
L Laundry
LA Legal advice
LF Leisure facilities

LS Luggage storage
MD Music/drama
MH Mental health
MS Medical/health services

ST MICHAEL'S CHURCH

Camden Rd, NW1 9LQ

posp.co.uk/st-michaels-church/
Wed: 6.30–7.30pm

Free legal advice from trained solicitors on housing & homelessness, debt etc. NB: not immigration or criminal law advice.

AH, DA, LA

UNIVERSITY OF GREENWICH LEGAL ADVICE CENTRE

Legal Advice Centre QM 203, Old Royal Naval College, Park Row, SE10 9LS

0208 331 9947; legaladvicecentre@gre.ac.uk

Phone or email & you will get a reply within 48 hours. Term-time. Employment, benefits; Free Representation Unit. Initial & written advice, & form-filling services. Not disabled accessible – please phone so adjustments can be made.

BA, LA

YOUTH JUSTICE LEGAL CENTRE

4D, Leroy Hse, 436 Essex Rd, N1 3QP
0203 174 2279; www.yjlc.uk/contact-us

Mon–Fri: 9.30am–5.30pm (open door policy)

Assistance & support to children & young people (10–21), including legal help in education & community care, criminal representation (up to 18), & advocacy in areas of need (housing, education, welfare, health).

AD, BA, ET, LA, MS

NE Needle exchange
OL Outreach worker links
OH Outreach workers
SF Step-free
SH Sexual health

TS Tenancy support

ZACCHAEUS 2000 TRUST

34 Grosvenor Gdns, SW1W 0DH
020 7259 0801 or 020 8964 0961;
z2k.org/
Mon–Fri: 10am–4pm (appointment)
Advice & representation to those in debt
with essential household bills (ie, council
tax, rent & fuel bills) or who need help
with claiming their benefits or fighting
claims for overpayments.

BA, DA, LA, TS

EX-OFFENDERS

999 CLUB (DEPTFORD CENTRE)

21 Deptford Bdwy, SE8 4PA
020 8695 5797
Winter shelter: 1 Dec–15 Mar, Mon–
Sun: 8pm–8am; Mon: 9–12am (mental
health professionals); Tue: 9–12am
(Samaritans); Wed: 9–12am (drug &
alcohol worker); Thu: 9–12am (NHS
nurse); Mon–Fri: 9–12am (9–10.30am
rough sleepers only)
Warm & welcoming environment to
anyone who is homeless. Learn new
skills, find work & housing & reconnect
to family & friends. Open-access
sessions where people can access
specialist advice on housing & benefits.
Learning & activities programme &
specialist healthcare services.
AH, AD, A, AC, B, BS, CA, D, ET, FC, IT, L, LA, MS,
MH, TS

CLEAN BREAK

2 Patshull Rd, NW5 2LB
020 7482 8600; www.cleanbreak.

KEY	A	Alcohol workers	B	Barber	CA	Careers advice	EF	Ex-forces
	AC	Art classes	BA	Benefits advice	CL	Clothing store	EO	Ex-offenders
	AD	Advocacy	BE	Bedding available	D	Drugs workers	ET	Education/training
	AH	Accommodation/ housing advice	BS	Bathroom/showers	DA	Debt advice	F	Food
	C	Counselling	C	Counselling	DT	Dentist	FF	Free food

org.uk

Free courses in acting, writing, singing &
recording. The Women’s Space will be
for women offenders & women at risk of
offending due to drug or alcohol use or
mental health needs.

A, D, ET, MH, MD

CLEAN SLATE TRAINING & EMPLOYMENT

Elmfield Hse, 5 Stockwell Mews, SW9
9GX
020 3540 7420; cleanslateltd.co.uk
Mon & Fri: 10am–2pm (drop-in advice)
Priority to people who are homeless.

CA, ET

CRACKED IT

Unit 4 Benwell Studios, 11–13 Benwell
Rd, N7 7BL
www.crackedit.org/
Trains and employs young people to
repair smashed smartphones. Courses
throughout the year. Accepts ex-
offenders. Get in touch for more details
about courses in your area.

ET

DEPAUL UK

020 7939 1220; uk.depaulcharity.org/
Mon–Fri: 9am–5pm
Helps young people who are vulnerable,
homeless and disadvantaged through
accommodation, resettlement, training
and employment, family mediation,
prison work, work in communities, and
volunteering and mentoring. Emergency
accommodation. Offender services.

AH, BA, CA, DA, ET, TS

EMMAUS GREENWICH

226 Elmley St, SE18 7NN
020 8316 5398; https://www.emmaus.
org.uk/
Mon–Fri: 9am–5pm
Accomm for people 20–60 who are
willing to work at least 40 hrs p.w. Can
accept ex-offenders.

CA, ET

EMMAUS SOUTH LAMBETH COMMUNITY

9a Knights Hill, W Norwood, SE27 0DB
020 8761 4276; www.emmaus.org.uk/
Accomm for people 18+ who are willing
to work as volunteers in Emmaus’s
recycling project. Can accept ex-
offenders. Must be eligible for HB.

AD, CA, ET

EQUALITIES NATIONAL COUNCIL

Unit 1, The Hub, 123 Star La, E16 4PZ
0207 474 9812; www.
equalitiesnationalcouncil.org.uk/
Mon–Fri: 10am–4pm
Supports people, including ex-offenders,
to access fair and equal services, across
health, social care, employment,
further education, mentoring,
advocacy, welfare benefits, housing &
immigration.

AD, BA, ET, MS, MH

FORWARD (was RAPT)

020 3752 5560; www.forwardtrust.
org.uk/
For released prisoners with addiction
problems. Visit their website to find out
your nearest advice centre.

FC	Foot care	LS	Luggage storage
IT	Internet access	MD	Music/drama
L	Laundry	MH	Mental health
LA	Legal advice	MS	Medical/ health services
LF	Leisure facilities		

A, C, D

HARINGEY RECOVERY SERVICE

590 Seven Sisters Rd, N15 6HR
020 8801 3999; mungos.org/
Tue & Thu: 10am–7pm; Mon, Wed, Fri:
10am–4:30pm; Sat: 10am–4pm
Works with individuals in recovery from
drug & alcohol misuse, & with their
friends, families & carers. A holistic
approach to recovery, with continued
sustainable support, equipping people
with the skill for self-development &
for collectively developing the whole
recovery community.

AD, A, AC, BA, CA, C, DA, D, ET, IT, LA, LF, MH,
MD, OW, OL, SH, SF, TS

ST GILES’ TRUST

64 Camberwell Church St, SE5 8JB
0207 708 8000; www.stgilestrust.
org.uk
Mon–Thu: 9.30–12.30am
Supports ex-offenders.

AH, AD, BA, CA, ET, IT, OL

NACRO

020 7840 1212; www.nacro.org.uk/
Go to their online Resettlement Service
Finder for info on housing, employment,
substance misuse etc. Info & advice
for ex-offenders & people working with
them: 020 7840 1212; helpline@nacro.
org.uk.

AH, AD, C, D, ET, LA, LA

THE NEHEMIAH PROJECT

47 Tooting Bec Gdns, SW16 1RF
020 8773 7417; www.tnp.org.uk

NE	Needle exchange	SF	Step-free
OL	Outreach worker links		
OW	Outreach workers		
SH	Sexual health		
TS	Tenancy support		

For men who have got caught up in the cycle of alcohol, drugs & crime. Supported housing & move-on accommodation. Please phone.

AD, A, C, D

TRINITY HOMELESS PROJECTS (POWNALL GDNS)

17–18 Pownall Gdns, Hounslow, TW3 1YW

020 8737 6611; wearetrinity.org.uk

Mon–Fri: 8.30am–5pm (office hours) For single homeless men 16–55 with support needs. 25 per cent of bed spaces are for ex-offenders. Prefer applicants with local connection.

AH, AD, BA, DA

WDP – ENFIELD ROOTS

12 Centre Way, Claverings Ind Est, Montagu Rd, N9 0AH

020 8379 6970; www.wdp.org.uk/find-us/london/enfield

Support for people who come through the criminal justice system & are experiencing problems with drugs and/or alcohol.

A, C, D

WDP – ENFIELD ROOTS

12 Centre Way, Claverings Ind Est, Montagu Rd, N9 0AH

020 8379 6970; www.wdp-drugs.org.uk

Support for people who come through the criminal justice system and are experiencing problems with drugs and/or alcohol.

A, D

KEY

A Alcohol workers	B Barber	CA Careers advice	EF Ex-forces
AC Art classes	BA Benefits advice	CL Clothing store	EO Ex-offenders
AD Advocacy	BE Bedding available	D Drugs workers	ET Education/training
AH Accommodation/housing advice	BS Bathroom/showers	DA Debt advice	F Food
	C Counselling	DT Dentist	FF Free food

WOMEN IN PRISON

Unit 10, The Ivories, 6 Northampton St, N1 2HY

020 7359 6674; www.womeninprison.org.uk/

Mon–Fri: 10am–4pm

For women affected by the criminal justice system. Advice on housing, education, mental health, legal rights, work, benefits, debt, domestic violence, & more. Freephone: **0800 953 0125** (ONLY for women affected by the criminal justice system, who can also write to **FREEPOST RSLB-UABE-TYRT**, Women in Prison, Unit 10, The Ivories, 6 Northampton St, N1 2HY).

AH, AD, BA, DA, LA, MH

FOOD/SOUP RUNS

ABUNDANT LIFE HOUSING SERVICES

9 Campbell Rd, Stratford E15 1SY

0208 534 2194/2316

Sat: 2–5pm

AH, FF

ACTON HOMELESS CONCERN

Emmaus Hse, 1 Berrymead Gdns, W3 8AA

020 8992 5768;

actonhomelessconcern.org

Call for the times of their many services.

A, B, BA, CL, C, DT, D, ET, F, FC

AGAPE

01483 824006; www.knaphillchurch.co.uk/agape.htm

Wed: 7.45–9.15pm (Embankment)

FF

AMERICAN INT'L CHURCH SOUP KITCHEN

79a Tottenham Court Rd (entrance Whitfield St), W1T 4TD

020 7580 2791; amchurch.co.uk/soup-kitchen

Mon & Tue: 10–12am; Thu–Sat:

10am–12am

Meals, clothes (alt Mons) & toiletries.

CL, FF

AMURT

020 88064250; www.amurt.org.uk/

who-we-are/amurt-uk/

Thu: 6.15–7.30pm (Lincoln's Inn Fields)

Vegetarian food & music.

FF

ASLAN

c/o All Souls Clubhouse, 141 Cleveland St, W1T 6QG

www.allsouls.org/

Sat: 5.30–7.45am (tea run: 5.30

Tavistock St; 6.15 Savoy Pl; 6.45 King

William IV St; All Souls Ch 7.40);

Sat: 9–12am (day centre at Webber

St. Breakfast, bible group, ESOL,

photography & art. Showers & clothes

for ticket holders. Tickets from Webber

St on Mons); Sat: 6.30–8.30pm

(entertainment – invites via tea run or

welcome desk at All Souls.

Films, coach trips, clothes store & bible

group every Sat night at 6.30pm.

Invitations via the tea run or welcome desk at All Souls Langham Place. Step-

FC Foot care	LS Luggage storage
IT Internet access	MD Music/drama
L Laundry	MH Mental health
LA Legal advice	MS Medical/health services
LF Leisure facilities	

free access via Cleveland St entrance.

AC, CL, D, ET, F, FF, LF

BARON'S COURT PROJECT

69 Talgarth Rd, W14 9DD

020 7603 5232; www.baronscourtproject.org

Mon–Wed: 2–5pm (drop-in, showers/laundry & café); Fri: 12am–2pm

(women's group); Fri: 2.30–5.30pm

(Green Palm Club for isolated black

people); Thu: 2–5pm (life skills)

Friendly drop-in where people can

socialise, find support & access services.

BS, CL, F, IT, LA, MS

BLOOMSBURY CENTRAL BAPTIST CHURCH

235 Shaftesbury Ave, WC2H 8EP

020 7240 0544

Sun: 12.30am–2.30pm

Limited number of tickets for Sun roast available at 10.30am.

FF

BRIDGES

Memorial Community Church, 389–395

Barking Rd, E13 8AL

020 7474 6603

Sat: 8–11.30am (breakfast 9–11am);

Mon: 10am–2pm

Nurse clinics & signposting to other

agencies. Practical activities & life skills.

BS, BA, CL, FF, MS, OL

CARPENTERS CAFÉ

Carpenters Estate Community Hall, 17 Doran Walk (enter from Carpenters Rd), Stratford, London E15 2JL

NE Needle exchange	SF Step-free
OL Outreach worker links	
OH Outreach workers	
SH Sexual health	
TS Tenancy support	

07932 661 089; carpenterscafe.co.uk/
Tue: 10am–12am (food, drinks, clothes, books, toiletries, showers)
Aims "To show the love of Christ in practical ways to the homeless, elderly & anyone needing a helping hand, & to encourage & support the homeless into making better life choices".

BS, BE, CL, D, F, FF, SF

CHRIST APOSTOLIC CHURCH (BETHEL) UK

217–23 Kingsland Rd, Hackney, E2 8AN
020 7729 4375/ 661
Sat: 2–3.30pm (last Sat of month); Sun: 8–9am
Sun morning – cooked breakfast; last Sat of month for hot meals.

CHRISTIAN KITCHEN

65 Blackhorse Rd, Walthamstow, E17 7AS
Mon–Sun: 7.30–8.30pm (Mission Grove car park)
Hot meals from mobile kitchen van.
FF

CHURCHES FOODBANK (NEWHAM)

020 8555 9880; 020 8534 www.churchesfoodbank.org.uk/
Thu: 1–3pm (Woodgrange Baptist Ch, Romford Rd, E7 8AA); Tue: 9–11am (St Paul & St James, Maryland Rd, E15 1JL) bit.ly/1Q7JojB
All applications must be accompanied by a referral from an independent agent (support worker etc).

Ad, BS, F, FF

COMMUNITY OF SANT'EGIDIO

07595 931348
Sat: 5–7pm (Gloucester Rd tube, Ken High St, Victoria Stn); Sat: 3–7.30pm (tea & cakes, Carmelite Priory, Pitt St W8 4JH – see santegidio.org.uk for details)
CL, F, LA

COMMUNITY TABLE

Southcroft Church (Ichthus), 276 Mitcham Lane, Streatham, SW16 6NU
020 8677 0880
Thu: 11am–2pm
Barber every 4 weeks – phone to check.
B, BS, CL, FF

COPTIC CITY MISSION

0207 937 5782
Tue: 9–10pm (Seaforth Pl, behind Westminster City Hall)
FF

EALING SOUP KITCHEN

St John's Ch Hall, Mattock La, W13 9LA
0208 840 0651
Sat & Sun: 3.30–5pm; Mon: 7–9pm (drop-in Salv'n Army Hall, Leeland Rd, W13 9HH (food & drinks, music, games & practical help); Thu & Fri: 10am–4pm (advice) Fri: 11am–4pm
Practical help/advice. AA meetings.

EMMANUEL CHURCH (STRATFORD)

Romford Rd/Upton Lane, E7 8BD
020 8522 1900
Thu: 7.30–8.30am
Cooked breakfast.
FF

EMMANUEL PENTECOSTAL CHURCH

374 Lee High Rd, SE12 8RS
020 8852 8261
Tue: 6–8pm
FF

FARM STREET CHURCH

114 Mount St, W1K 3AH
020 7493 7811
Mon: 8–10.30pm
Oxford St route: Davies St, Bourdon St, S Molton St, Oxford St (S Moulton St to Oxford Circ), top of Regent St to Hanover St, Hanover Sq, New Bond St–Berkeley Sq route: Berkeley Sq; Berkeley St; Green Pk tube; Piccadilly. Hyde Pk Corner route: Mount St; Park La underpasses (Park La & Hyde Pk Corner); Shepherds Mkt; Curzon St.
FF

FAST58

www.fast58.org.uk/
Fri: 8.45–11pm (Strand, near Ryman's); Fri: 9.15–10.30pm (Waterloo, near IMAX)
Help for people of all faiths & none, & a sympathetic ear.
FF

THE HUB

101a Pears Road, Hounslow, London TW3 1SS
020 8569 5359
Tue & Thu: 10–12am (drop-in)
Low-cost coffee & tea.
F



FINSBURY PARK MOSQUE

7–11 St Thoms's Rd, N4 2QH
020 7424 5252
Mon, Tue, Fri: 10.30am–1pm (women's group); Thu: 6pm–8pm (soup run – 7pm–9pm in summer)
C, ET, L, LA

FLOWING RIVERS FOUNDATION

07985585996
Tue: 7–10pm (fellowship – Castle Green, Dagenham); Sun: 6.30–8pm (2nd & 3rd week of month – Lincoln's Inn Fields)
CL, FF

FOODCYCLE

Oxford Hse, Bethnal Grn, E2 6HG
020 7729 2775; foodcycle.org.uk/
Wed: 1–2pm Southwood Smith Centre, N1 0LY; 6.30–7.30pm St Paul's Church, NW1 6NJ; Thu: 12.30am–1.30pm New Kingshold Centre, E9 7LP; Sat: 1.15pm–2.15pm Lewisham Irish Comm Centre, SE6 2AZ; Sat: 5.30–6.30pm All Saints Church Hall, SE15 4QS; Sun: 1–2pm Somers Trn Com Centre, NW1 1EE; 2–3pm (for people living with HIV) The Food Chain, Acorn House, WC1X 8DP
Hot, free three-course meals for guests. Tupperware & take home food also available.
F, FF

GOOD SAMARIA NETWORK

12 Voyagers Close, London SE28 8QQ
0203 651 0869
Sun: 6–7pm (Lincoln's Inn Fields)
FF

KEY

<i>A</i> Alcohol workers	<i>B</i> Barber	<i>CA</i> Careers advice	<i>EF</i> Ex-forces
<i>AC</i> Art classes	<i>BA</i> Benefits advice	<i>CL</i> Clothing store	<i>EO</i> Ex-offenders
<i>AD</i> Advocacy	<i>BE</i> Bedding available	<i>D</i> Drugs workers	<i>ET</i> Education/training
<i>AH</i> Accommodation/housing advice	<i>BS</i> Bathroom/showers	<i>DA</i> Debt advice	<i>F</i> Food
	<i>C</i> Counselling	<i>DT</i> Dentist	<i>FF</i> Free food

<i>FC</i> Foot care	<i>LS</i> Luggage storage	<i>NE</i> Needle exchange	<i>SF</i> Step-free
<i>IT</i> Internet access	<i>MD</i> Music/drama	<i>OL</i> Outreach worker links	
<i>L</i> Laundry	<i>MH</i> Mental health	<i>OH</i> Outreach workers	
<i>LA</i> Legal advice	<i>MS</i> Medical/health services	<i>SH</i> Sexual health	
<i>LF</i> Leisure facilities		<i>TS</i> Tenancy support	

HARE KRISHNA FOOD FOR ALL

102 Caledonian Rd, N1 9DN
07946 420 827; iskconuk.com/
Mon–Sat: 12am–1pm (behind Kentish Tn stn); Mon–Sat: 1–1.45pm (Arlington Rd); Mon–Sat: 2–2.30pm (York Way); Mon–Fri: 12.45am–1.45pm (LSE & SOAS); Mon–Thu: 7.30–8.30pm (Lincoln's Inn Fields)
Delicious vegetarian food.

ET, FF, IT, LF

HARINGEY MIGRANT SUPPORT CENTRE

St John Vianney Ch Hall, 386 W Green Rd, N15 3QL
07544078332

Mon: 1–5pm (drop-in, immigration & welfare advice, lunch)

AD, BA, FF, LA

HARVEST OF GRACE TRINITY CENTRE

John Morris House Community Centre, 164 St John's Hill, Battersea, SW11 1SW
07904302139; www.harvestogtc.com/
Sat: 10am–4pm (breakfast & lunch)
Sandwiches, snacks and drinks.

FF

EAT OR HEAT

1A Jewel Rd, E17 4QU
Mon, Wed, Fri: 6:30–7:30pm
www.eatorheat.org
Professional referral only. Emergency free food aid to those identified by public services/agencies as being in need because of financial hardship.

FF

KEY

A Alcohol workers
AC Art classes
AD Advocacy
AH Accommodation/housing advice
B Barber
BA Benefits advice
BE Bedding available
BS Bathroom/showers
C Counselling

HINDE STREET METHODIST CHURCH

19 Thayer St, W1U 2QJ
020 7935 6179; www.hindestreet.org.uk

Wed: 4.30–8pm (not Xmas to New Year)
A safe, warm space to relax; soup, sandwiches & drinks for 10p each; free sandwiches after 7pm.

F, FF

HOLY NATION CHURCH

020 7630 7987
Fri: 9–11pm (W'loo station)

FF

HOLY TRINITY BROMPTON (HTB) SHELTER

HTB Queen's Gate (St Augustin's), SW7 5LP
020 7590 8248 or 07788 466 966;
www.htb.org/htb-shelter-and-night-shelter

Tue: 9:30am–5:30pm (office hours);
Wed & Fri: 9am–2pm (day shelter; office hours 8am–4pm); Wed, Nov–Mar: 7–10pm (winter shelter)
Food, advice, friendship & practical support in a non-threatening Christian environment. Hot breakfast, coffee bar and activities. Counselling, debt and welfare advice, and alcohol/drug support through partner organisations.

AH, AD, A, BS, BA, CA, C, F, FF, IT, MH, OL, OW

IMPERIAL COLLEGE

Sun: 8.30–9.30pm (Lincoln's Inn Fields)

FF

KING'S CROSS BAPTIST CHURCH

Vernon Sq, King's X Rd, WC1X 9EW
020 7837 7182; www.kingscrossbaptistchurch.com/
Tue: 11am–1pm
Friendly local church at the heart of its community.

FF, LF

LIGHTHOUSE SEVENTH-DAY ADVENTIST CHURCH

88b Cavendish Rd, N4 1RS
0208 245 4917
Sat: 1.30–2.30pm (hot food); Sun: 12.30am–1.30pm (soup kitchen, counselling & clothes); Wed: 7.30–8.30pm (clothes)

CL, FF

LOVE STREATHAM

Streatham United Reform Church, 388 Streatham High Rd, SW16 6HX
Mon: 7–9pm

FF

LOVE TO THE NATIONS MINISTRY

079044 44194
Sun: 4–4.30pm (alt weeks, Charing X – phone); Wed: 7–7.30pm (hot drinks & sandwiches, Charing X)
Meals, toiletries, clothes, sleeping bags.

FF, MS

MINISTRY OF PRAISE

020 8808 7697
Tue: 8–8.30pm (Lincoln's Inn Fields)

FF

MISSIONARIES OF CHARITY SOUP KITCHENS

020 8960 2644
Mon, Tue, Wed, Fri: 3.30–5pm (Pius X Church Hall); Sun: 3.45–4.15pm (Pius X); Mon–Wed: 10.30–11am (112–6 St George's Rd); Fri & Sat: 10.30–11am (St George's Rd); Sun: 3–3.30pm (St George's Rd); Mon: 10–10.30pm (Tothill St); Mon: 9.30–10pm (Spitalfields)

FF

MUSWELL HILL CHURCHES SOUP KITCHEN

Muswell Hill Baptist Church, 2 Dukes Ave, N10 2PT
020 8444 7027
Sun–Thu: 7.45–8.45pm

FF

NIGHTWATCH

Mon–Sun: 9.30pm–10pm (Queen's Gdns, Croydon)
Vocational & educational materials & furniture for resettlement. Facebook: <http://on.fb.me/1suz2AG>

CL, ET, FF

NORTH LONDON ACTION FOR THE HOMELESS

St Paul's Ch Hall, Stoke Newington Rd, N16 7UE
07745227135; www.nlah.org.uk/
Mon: 12am–1.30pm; Wed: 7–8.30pm
Vegetarian meal, & tea or coffee. Food & clothing on request. Health Access Worker. E European outreach worker.

FF, OW

FC Foot care
IT Internet access
L Laundry
LA Legal advice
LF Leisure facilities
LS Luggage storage
MD Music/drama
MH Mental health
MS Medical/health services

NE Needle exchange links
OL Outreach worker links
OW Outreach workers
SH Sexual health
TS Tenancy support
SF Step-free

NOTRE DAME CHURCH

020 7440 2660

Sat: 12.30am–2.30pm

Sandwiches from ground floor of the Maison Pierre Chanel, 16 Leicester Sq.

FF

OPEN DOOR MEAL

St James the Less Parish Centre, Thorndike St, Nr Moreton St, SW1V 2PT
020 7630 6282

2nd & 4th Fris of the month. From December 2015, 2nd & 3rd Fris, with Xmas meal on 18th.

FF

ORDER OF MALTA SOUP KITCHEN

Crypt of St James's Spanish Pl Church, 22 George St, W1U 3QY

Thu: 7.30–9pm

CL, F, FF

OUR LADY OF HAL

165 Arlington Rd, Camden, NW1 7EX

020 7485 2727

Tue, Wed, Fri, Sat: 12.45am–2pm

FF

PRYORS BANK LUNCHES

Pryors Bank Pavilion, Putney Bri Approach, SW6 3LA

Thu: 12.30am–1.45pm

A main meal, plus fruit, yoghurt, biscuits, home-baked cakes & bread.

FF

ROYAL CONNECTIONS

The Hub Studios, 90 Monier Road (off Wick Lane), Bow, London E3 2ND

0300 111 1111; royalconnections.org.uk

Sun: 2–6pm (4th Sun of month)

AH, B, CA, D, ET, FF, LA, MS

SADHU VASWANI CENTRE

0844 500 1744

Wed: 8pm–8.30pm (Lincoln's Inn Fields)

Indian food, drinks, chocolates & fruit.

FF

SALLY'S KITCHEN – GOOD FOOD IN THE COMMUNITY

Salvation Army Hall, Southwell Grove, Leytonstone, E11 4PP

07944281485; www.facebook.com/SallysKitchenE11

12am–1.30pm

Free, delicious two-course meal in warm company. Run by local people for local people.

FF

SEVENTH DAY ADVENTIST CHURCH (STOKE NEWINGTON)

Yoakley Rd, N16 0BD

020 8800 8422

Wed: 12.15am–1.30pm (drop-in); Sun:

7–7.30pm (Lincoln's Inn Fields)

FF

SILOAM COMMUNITY SERVICES

c/o Salvation Army, Lower Community Hall, Nunhead Green, SE15 3RT

020 8695 8873; 07925 330290

Tue: 7pm–8pm (free meal); Tue & Thu: 10am–2pm (community café & drop-in, housing advice, practical support)

AH, BA, CL, F, FF, MH, TS

SIMON COMMUNITY (HOUSE OF HOSPITALITY)

129 Malden Rd, Kentish Tn, NWS 4HS

020 7485 6639; www.simoncommunity.org.uk

Sat & Sun: 1–3pm (street café: St Giles, nr Centrepoint); Mon–Fri:

7.15–8.30am (tea run: 7.15, Arundel St; 7.30, Burleigh St; 7.50, Covent Gdn); Thur: 8.15–10.30pm (soup run: Duke's Rd/Euston; Temple; under W'loo Br, behind NT)

Clothing from the street café when available.

AH, CL, F, FF, MD, OL, OW

ST ANDREW'S CHURCH

Star Centre, Greyhound Rd, W14 9SX

07956 587176

Sat: 8.00am–12.30pm

CL, FF

ST ANNE'S DROP-IN KITCHEN

St Anne's Church Hall, Hemsworth Street, London N1 6TS

07847 761 361

Sat: 5–7pm

Soup kitchen offering food, warmth & friendship to all in need.

ST IGNATIUS'S CHURCH

Sat: 7.30–8.15pm (Lincoln's Inn Fields)

FF

ST JOHN THE EVANGELIST

39 Duncan Terrace, Islington, N1 8AL

020 7226 3277

Tue–Sat: 12.30am–1.30pm

FF

ST JOHN VIANNEY CATHOLIC CHURCH

4 Vincent Rd, N15 3QH

020 8888 5518; parish.rcdow.org.uk/westgreen/

Sat: 5.30–6pm (Temple)

Sandwiches, cakes, soup, tea & coffee. Clothing, mainly for men.

CL, FF

ST JOHN'S SOUP KITCHEN

St John the Evangelist, Brownswood Pk, Gloucester Dr, N4 2LW

www.sjebp.com/soup-kitchen.html

Tue: 7.30pm–9.15pm (every week; advice 1st Tue of month)

Open to all who are homeless or in need, providing a vegetarian meal in a welcoming & friendly environment.

FF

ST MONICA'S CHURCH

020 8886 9568

Tue: 8.15–8.45pm (Temple)

FF

ST PATRICK'S OPEN HOUSE

21a Soho Sq, W1D 4NR

020 7437 2010

Thu: 6–8.30pm (registration first; guests welcome from 7pm)

A home-cooked meal.

FF

ST THOMAS OF CANTERBURY CHURCH

Wed: 9–9.30pm (2nd & last of the month, Lincoln's Inn Fields)

CL, FF

STREET SOULS

0208 852 3307

Fri: 8–9pm (1st & 3rd week, St Stephen's Church, Rochester Row)

Meals, sandwiches, hot drinks. Toiletries, clothing, sleeping bags etc.

CL, FF

STREETLYTES

020 7603 7956

Mon: 6pm–9pm (drop-in, St Stephen's Church)

AH, AD, A, BE, CL, D, FF, OL, OW

TEEN CHALLENGE LONDON

Wilkerson House, Uphall Rd, IG1 2JJ
020 8553 3338; www.tclondon.org.uk/
Mon: 9–11pm (Whitechapel); Tue:
9–11.30pm (Hackney); Thu: 9–10.30pm
(Ealing); Wed: 9–11.30pm (Brixton); Sat:
9–11.30pm Stratford Central Baptist Ch;
Fri: 9–11.30pm (W'loo stn)
Hot food & drinks. Teen Challenge is a
faith-based residential rehabilitation
centre with meals as part of their
outreach.

FF, OW

THE CABIN

St Gabriel's Community Centre, 21
Hatchard Rd, N19 4NG
020 7272 8195
Mon–Sun: 8.30–9.30am; Thu: 12am–
1pm

FF

THE HUB

101a Pears Road, Hounslow, London
TW3 1SS
020 8569 5359
Tue & Thu: 10–12am (drop-in)
Low-cost coffee & tea.

F

THE PENGE RUN

Sat: 8–8.30pm (2nd week of month,
Tothill St); Sat: 10.15–10.45pm (2nd
week of month, Lincoln's Inn fields)

CL, FF

THE SWISS CHURCH

79 Endell St, WC2H 9DY
020 7836 1418
Fri: 12am–1pm (lunch); Tue: 8–10am
(breakfast on the steps)

C, FF, MD

TREM (PLACE OF OUR SANCTUARY)

84 Lillie Rd, Fulham, Sw6 1TL
0207 381 5366
Sat: 2–4.30pm (1st Sat of month)
Hot food indoors. In winter, ring to find
out if there are extra services.

CA, FF

TRIUMPHANT CHURCH INTERNATIONAL

136 W Green Rd, Sth Tottenham, N15
5AD
020 8800 6001; www.triumphant.org.uk
Sun: 11am–2pm (food bank); Wed:
7–8pm (hot meal); Sun: 9–10am (hot
breakfast)
Five Loaves Food Bank is by referral from
Haringey agencies.

AD, CL, FF

UCHARITY

020 3642 6868
Mon: 9–11pm (9–10pm, W'loo nr Imax;
10.15–11.15pm, Strand nr Charing X
station)

FF

URBAN TABLE

Round Chapel, Powerscroft Rd, E5 0PU
020 8533 9676
Sun: 2.30–4pm

FF

WYCOMBE & MARLOW GROUP

Tue: 8.15–8.45pm (Lincoln's Inn Fields)
Hot drinks, food, toiletries & clothes.

CL, FF