



the
FREE
mag for
homeless
people

the **Pavement**

November / December 2017



David Aitken

Age at disappearance: 20

David has been missing from Loughborough, Leicestershire since 16 October 2001.

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

David, we're here for you whenever you need us. We can talk through your options, send a message for you and help you be safe.

Call/text 116 000. It's free, confidential and 24/7.



Peter McLeod

Age at disappearance: 51

Peter has been missing from Reading, Berkshire since 4 July 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.

Peter can call our free, confidential and 24/7 helpline for support and advice without judgement and the opportunity to send a message to loved ones.

Call/text 116 000. It's free, confidential and 24/7.



Give me shelter

It's a hard time of year to be homeless. This issue we have a focus on winter night shelters. They are there to help you if you have nowhere else to go, but they could also help you get to the root of issues and problems. If you do still find yourself on the street for any reason follow our readers' tips and stay safe. There's also a feature on getting clean. If you have an addiction the best time to have addressed it may have been many years ago, but the second best time is now. So take heart and give it a go.

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

the Pavement

www.thepavement.org.uk
London/Scotland:

Issue 111 / November - December 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, Katharine Hibbert, Jamie Jackson, Ian Kalman, Martin Langford, Caroline McCue, Alex McKay. **FTGU reporters:** John Doran, Jeremy Hayden, Stephan Morrison, Mahesh Phewan, Julz Watt.

Photographers: Iliisa Stack, Alex Withers, Jamie Jackson **Design:** Marco Biagini

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 scotland@thepavement.org.uk

Printing: Bishops

Cover image: "Snowy Stairs"
© Sofia Iivarinen, Pixabay

Contents

About Us	4
Winter Night Shelter	5-8
Cartoon.....	9
Surviving the Streets.....	10-11
Christmas Noticeboard.....	12
Getting clean.....	13-15
Pavement projects	16-18
Rent control zone.....	19-20
Call to save hostels.....	22
One way ticket	23
News -in-brief.....	24-27
Breast cancer check.....	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

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

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.

Night Shelter

The winter shelters are re-opening. They could help you get the support you need, finds Karin Goodwin.

In November the temperature starts to plummet... it's the kind of cold that goes into your bones. If you're on the streets – or if you're sofa surfing and unsure of where you're sleeping tonight – it's always tough going. But when winter arrives it's brutal.

This is also the time of year when the winter shelters get started again. Some of them will have already opened their doors by the time you read this. Others will be busy preparing, chasing down sleeping bags, floor mats and food deliveries and signing up volunteers who can check-in guests, cook meals and be there through the night to make sure everyone is safe.

The first challenge is finding somewhere to use as a shelter. Many organisations opt for church halls, or a number of them. In the "circuit model" each church offers up a hall for one night, and this continues through the winter season on rotation. While it's not perfect, it's argued that it makes winter shelters possible because it shares the load for volunteers.

It can be hard on you when you're homeless of course, because you need to keep track of where you're



Street Photo © Jamie Jackson

going each night, and keep track of your stuff too. But those who've used them say it works well, and you always arrive to a warm welcome. Those running winter shelters these days not only care, but understand what help people who are homeless need.

Even those that don't have a trained case worker onboard will be able to put you in touch with those who can get you support.

For many people, help from a winter shelter can get them off the streets for good.

Places like the Robes project, based near London Bridge, saw about 70 per cent of its winter shelter

guests from last year go on to find settled accommodation.

It was getting ready to re-open when *the Pavement* called. As last year they will be operating two circuits taking up their total capacity to over 100 by late November. Manager Lauren Scott says that the charity aims to create a homely atmosphere in the shelters where people can relax and be themselves. That, she says, helps them deal with what else is going on in their lives.

It's still crisis accommodation, of course.

Like many across London the Robes winter shelters are in church halls and run by volunteers.

But in lots of areas there are not enough spaces to go around. In England there were 4,134 people sleeping on the streets in 2016. Scotland doesn't do counts but 1,787 people slept rough the night before submitting a homelessness application in 2014.

It's no surprise that Robes is already approaching capacity.

Most of the places are taken for the first circuit at least. "It's a terrible word, turnover, but whether or not we have spaces does depend on how many people we see are able to move on," admits manager Lauren. But she encourages people

to enquire and stresses it is not only rough sleepers that winter shelters help. This is a service for anyone who has no home but is looking for a way to find accommodation and a way to address issues and problems.

Robes is run by volunteers, working under a team manager, and consequently can only take referrals through a number of day centres including the Manna Centre. It is for people with low needs and who are keen to engage with services.

Most shelters in London are now by referral only. And that says Bandi Mububi, director of the Manna Day Centre near London Bridge, can be a problem for people because of how few day centres are open access in London.

The Manna is one of a few that are open access and welcome everyone. But most day centres require you to register – usually a painless process though it can be off-putting. Others even put on limitations, such as a local connection.

Room in shelters is on a first come, first serviced basis.

But once you get in to a shelter you'll usually get to stay for several weeks or even longer, giving you the breathing space to address issues from benefits to immigration status, even if they can't immediately be solved.



Street Photo © Jamie Jackson

Meanwhile in Glasgow and Edinburgh, you have to queue for entry every night.

Ruth Longmuir of the Bethany Christian Trust Care Shelter says it is a "lifesaving service". It aims to provide a safe and secure place to sleep for people who would otherwise be sleeping rough in Edinburgh.

Eight different services visit the Care Shelter on a regular basis providing advice and support around homelessness, including housing, employment and health.

Last winter an average of 49 people attended the Care Shelter each night and over the six and a half months it was open, more than 700 individuals were welcomed through the doors. This year it has only been open for a matter of weeks and has already been full regularly.

"Our hope is that the Care Shelter

is there for people in their time of crisis and that we will be able to connect them into other services to help them move on to permanent accommodation," says Ruth.

"We aim to create a warm, family atmosphere where people feel welcomed and valued."

Staff are now considering the possibility of opening a year round shelter due to the "crisis levels" of rough sleeping in the city.

In Glasgow the Winter Night Shelter is run by Glasgow City Mission with the support of various partners and held at the Lodging House Mission, in the main hall. Every night the tables are packed away and sleeping mats come out.

Graham Stevens of the Mission says: "Our aim is for people to enjoy a safe, warm night's sleep and then receive help, care and connections to move forward." The next day there's help to find accommodation.

None of it is ideal - in 2017 we should be able to offer people much more than a mat on the floor and a sleeping bag. But the reality is that they might just save your life. And that's got to be worth a try.

Contacts:

Robes:

- <http://robes.org.uk>

The Manna Day Centre:

- <https://www.mannasociety.org.uk>

The Edinburgh Winter Care Shelter:

- <http://tinyurl.com/y7qnfe4m>

The Glasgow Winter Night Shelter:

- <http://tinyurl.com/y9b5cuko>
- Check our listings for a complete run-down of what's open when.

Shelters

What you need to know

Shelters are mostly run by volunteers. People are doing it because they care. The aim is that the stability helps you move on with your life, as well as just helping you survive the coldest months.

Getting access to a shelter is different in every borough in London. Some take referrals from homeless people themselves, some through day centres or support workers. Ask in your local day centre for more information.

Accommodation is basic and often provided in church halls. But it will be warm and safe. It may be in a different local church hall every night of the week to "share the load" between volunteers. Many shelters will have a code of conduct. This may include rules about the use of drugs and alcohol.

Most winter shelters are open from December to March – some now also open from November and don't close till April because they know how many people are sleeping rough. During Christmas week most London shelters will close and guests will be moved to Crisis at Christmas shelters.

Councils have to provide Cold Weather Provision (CWP) plans for accommodating homeless people in times of extreme cold. If it's very cold (under zero) and you can't access a shelter ask your council what their emergency response is. They are obliged to put plans in place.



"Do you mind? You're in the way of us spending our £200 pensioner's winter fuel allowance!"

Surviving the Streets

By those who have been there...



You should not have to be on the streets this winter. Housing is a fundamental human right, but we also know that the system lets people down.

So we asked some readers and volunteers – who have spent time on the streets – for their thoughts on how to get by:



Stay dry and warm

- Get a decent sleeping bag.
- Get a tent if possible, or learn how to build a shelter.
- Put a layer of cardboard under your sleeping bag to avoid the cold ground.
- Try find a warm coat and wear layers to keep the cold out.
- Try to find spare socks and waterproof boots or rubbish bags to make your shoes waterproof.
- Libraries, day centres and transport hubs are good places to get some warmth.

Stay Safe



- Find a safe and friendly place to leave your important stuff .
- Don't carry knives or other weapons - you may get arrested.
- Be careful what you carry with you in case you are searched.
- Make sure you are not trapped in your sleeping bag. Keep it slightly unzipped at the top so you can make a quick getaway if needed.
- Be careful if taking heavy-duty sleeping pills - make sure you are nice and warm before nodding off.

Essentials



- Watch where you camp... steer clear of pigeon and rat droppings.
- Go to cafes and ask if they have spare food for you. If you are polite, some people will help you.
- Find places where you can wash - staying clean makes you healthier.
- Be aware that some people will exploit you when you're down. But don't always need to be suspicious if someone offers you help - there are good people out there.

Christmas noticeboard

Crisis at Christmas - London

- **Day Centres**
Open from 23 December, 11am - 9pm and 24 - 29 December, 9am - 9pm: www.crisis.org.uk
- **Outreach Rough Sleepers (West London)**
Open from 22 December, 9pm
- **Residential Centres (North & South London)**
Open from 23 December, 9am (The Link opens at noon)

Crisis at Christmas - Edinburgh

- **The Edinburgh Centre:** open to guests from 25 - 28 December and also on 1 January. In addition to meals, Edinburgh will be offering massage, podiatry, advisors, hair and beauty services and entertainment. www.crisis.org.uk
- **Christmas Meals:** Check with other charities such as Streetwork and the Edinburgh Cyrenians for details, which were not available at time of press.

Glasgow City Mission/Lodging House Mission

- **Glasgow Winter Night Shelter**
At the **Lodging House Mission** from 1 December - 31 March, 10pm. Breakfast supplied: lhm-glasgow.org.uk
- **Christmas Meals:** Eve of Wed, 20 December at Glasgow City Mission and at LHM on Christmas day.
- **Christmas Activities :** Various activities at the Glasgow City Mission from 11 - 23 Dec: www.glasgowcitymission.com

Getting clean

Mat Amp says the second best time to get clean is now.

Drug addiction constructs a maze out of every impulse and desire you experience until it is hardwired into your mind. It's a maze made ever more complex by the rituals of 'using' and the intense and confusing relationships built along the way.

Often the shame and guilt can leave addicts stumbling around for a way out, like the proverbial blind man in a dark cellar looking for a black cat... that isn't there.

When I finally got clean a few years ago I did something different. It might not seem radical. To me it was.

I refused to tell myself that this was going to be the last time that I went through detox. It was different because every previous time I convinced myself this was it, the final chapter, the now or never moment.

Each time I tried the words became slightly less convincing and slightly more hollow. Each time the failure hit me harder. The fear of that failure became a self-fulfilling prophecy.

Everyone else had heard it all before too. Friends were supportive but I'd see that look in their eye, the one that speaks of hope rather than belief.

Then there's the people who work in the treatment industry. If they do not believe in you right from the start who can really blame

them? Their victories are few and far between. Presented with a procession of relapsing addicts, it is understandable, if not justifiable, that they lose faith in their mission.

Sure, they usually care, but that care is often tempered by systemic failure resulting from under-funding and the politically motivated legislation that governs the manner in which treatment is delivered.

Then there's the lack of aftercare - 97 percent of addicts leave clean but 80 percent relapse within a month.

So yes, this time I did it differently. I gave myself a break.

Still it's been hard going. When you leave treatment it's up to you to make it work. But for me at least, still feeling battered and bewildered, the entire system seemed to be built on the central proposition that addicts are untrustworthy. The new rituals feel like an exercise in humiliation; drug tests, daily pick ups and that jaded attitude from health professionals all help to undermine your self esteem and confidence until you think you deserve to be treated like scum.

To me it's really important that you don't fall into the trap of thinking that just because you're an addict you don't deserve to be treated with respect. I guess what I'm trying to say (I know this is easier said than



Medication (meds) Day, HMP Edinburgh © Koestler Trust

done) is try not to take that attitude personally. It's not really about you.

I know that every platitude offered to you by a drug counsellor, a best friend or even the old lady at the bus stop who lost her son to a heroin overdose can knock a little bit more of your resolve away. It can feel like some kind of broken merry go round of advice, that can make you feel that trying to stop using is impossible. Don't listen.

Instead, remind yourself that others have done it so of course it is possible.

It doesn't matter what you think of N.A, I think it's worth going to at least one meeting just to see a room full of people who are at various stages

of the journey you're about to go on. It is easier to climb a mountain if you know there are people who have already been to the summit. It's as simple as that.

It may not seem like it when you are in active addiction but there are people who understand and genuinely care. You'll find them when you get clean. On the other side, the world is suddenly full of people who respect what you've done, congratulate you and genuinely wish you the best for the future. But while people can be more forgiving than you can possibly imagine, it doesn't count for shit unless you forgive yourself. Try to find that in yourself.

First though, there's the physical bit to get through. Some people say that's the easiest part of 'the journey'

and of course getting clean doesn't take as long as it does to stay clean. But 'easier' isn't a word I would ever associate with detoxing from heroin.

The pain comes in waves, in a soup of physical, mental and spiritual torment that overwhelms your body, mind and soul. It's relentless and unrelenting, delivered in cold silver hollow point bullets that explode in the chest with a ferocity that rattles guilt from the strands of DNA in your bone marrow.

Nobody has to go through a full-tilt detox.

There are drugs that will help and the most important decision you will have to make is if or how to use opiate substitutes. There are many ways to use them and you will hear a myriad of different opinions from people on which method is the best. But it's what works for you that counts.

For the first few days insomnia can be as awful as it is inevitable – be prepared to tackle it because you need to sleep. It still won't be painless but with the right advice and medication you can make it bearable.

Do your research and plan your detox, preferably when you're not high, so you can relate to it when the time comes. According to the National Association of Drug Abuse you need to look at addiction as a biological, psychological, social and spiritual problem. But in that first

week or two you don't need to think about that. It's just about getting through the day by whatever means possible.

If you're struggling with addiction right now and thinking that it might be your time to stop, perhaps just start by making a list of the reasons why you want out and what you've got to gain. Follow that up by with a list of your triggers. Keep going and very soon a plan will start to take shape.

The longer you've been trying to stop using, the more hopeless it can feel. But there's a Chinese Proverb that sums it all up a lot better than I could. It is simply this: "The best time to plant a tree was 20 years ago. The second best time is now."

Where to get help NHS

- <http://tinyurl.com/y8tl3hlc>
Use this online search facility to find the places to help.

Narcotics Anonymous

<http://ukna.org>
UK-wide organisation for those struggling with drug addiction.

Dual Diagnosis Anonymous

- <http://www.ddauk.org>
London-based organisation for people with mental health, drug and alcohol issues.

Addaction

- www.addaction.org.uk
Helps people deal with drug or alcohol use, or mental health worries.

Pavement projects

At the *Pavement* we see things a bit differently. All our stories are written with our homeless readers firmly in mind. Our writers and photographers are volunteers and many of them have first hand experience of homelessness too, as well as some of the issues that can go hand-in-hand with that. We think it shows and it helps us create a magazine that has your interests at heart.

We're always looking to increase the number of volunteers working with us who know what it's like to have been there, done that. And we also want to give people who have been homeless the help and support they need to make their ideas into articles and images. To help us do that we fundraise to run training projects in our distribution cities. Right now we have two projects running

From the Ground Up, London

This is the second time we're running From the Ground Up. It's part of a three-year project in partnership with homeless charity Groundswell and it's funded by Comic Relief. Our current participants are receiving support and training from award winning journalists. At outreach sessions they get the chance to speak to other homeless people to find out about the stories that matter to them



Lodging House Mission, Glasgow © Ilisa Stack

and think about how they take them from idea to the page.

This year's intake of "peer journalists", who all have experience of homelessness, are already working hard on their ideas for their first special edition of *the Pavement*. We can't wait to see the results early next year.

To be kept informed of our next application deadline contact Rob: Rob.Edgar@groundswell.org.uk

The Pavement Network project in Glasgow

Working with the Lodging House Mission day centre in Glasgow this project is about mapping the network of places that offer help and support for those who are

network.

To find out more contact Karin: karin@thepavement.org.uk

At one of our first sessions of the Network project participants discussed what they want for the services supporting them. Here's what we wrote together.

At the best places you're always welcome. You could look like death warmed up and someone will still say: "Morning". They treat you like a person. In the evening it's: "Hello my friend" and out goes the hand. Manners, treating someone well, wee friendly things, that makes a big difference.

But at the same time there are some questions you don't want asked. As someone who is a different colour I don't want to always be asked: "Where are you from?" That's not always a friendly question. It can be about questioning: "Are you legally here? Are you entitled to what we are offering?"

What you're looking for is somewhere that's welcoming to anyone, where everyone is treated the same. If it's somewhere where some people pay, like a café or a community meal, then you still don't want to be treated differently if you are there for what they also offer for free. It shouldn't matter.



Groundswell Volunteers, London © Jennifer McCord

Religion can create a barrier – it can make it feel like people will only help you if you fit their criteria. There can be practical reasons, like if you're Muslim you want to eat Halal and some people might want that, but it's important there are no conditions put on the help that is offered.

It's nice to go to somewhere that is a lovely place. If you know that someone is taking pride in how somewhere looks then it makes you think they will also treat people well. It's wee touches, like a garden or a nice place to sit.

What you call me matters too. Some people hate the word service user – not everyone does, I know it's factual - you're using a service. But it can be a stigma. I don't want to be in this situation. I'm trying to stand on my own feet.

Customer or client is sometimes

the right word – like if I'm in a B&B or hostel and as a result of me they are earning £700 a week, then the owner or the staff should treat me with some respect! Member is a nice word because it feels like you're part of something.

Having somewhere that's in the community – a community centre – that works well. You can meet other people that are part of the same struggle. It should be run by the community itself, it's more likely to be longer lasting.

Even when there's no money about, the people who are part of that community will help each other. They have a common cause.

Written jointly by members of the Pavement Glasgow group

Controlling the rent

Joey Simons, events organiser with the Glasgow branch of the Living Rent tenants union tells Jamie Jackson why he's campaigning to see Rent Pressure Zones introduced.

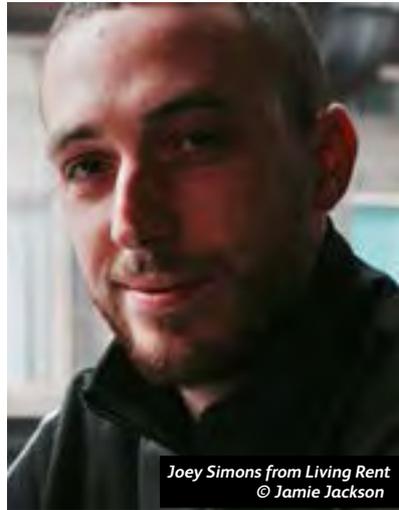
A private let is now the most common last address given by people who end up homeless. Thanks to benefit caps many people find themselves without somewhere to stay because they can no longer afford the bills.

It's no wonder. UK rents are expected to rise faster than house prices over the next five years. The average monthly rent paid for new lettings in greater London in July was £1,564. Even in Scotland rent has doubled just over a decade and the average rent is now 78 percent of the monthly income of an 18-20 year old working full time. Over to Jamie and Joey....

Jamie: What are your objectives and how are you going to achieve them?

Joey: Rents are increasing every year. Our objective is to get a rent pressure zone implemented across the whole of Glasgow to ensure that rents are capped. So far we've dealt with individual cases and we've done direct actions to prevent evictions or to ensure people get deposits back.

This is kind of on a bigger level,



Joey Simons from Living Rent © Jamie Jackson

dealing with rents across the whole of the city. We want to use a variety of tactics basically to raise the issue of the rent pressure zone and to put pressure on Glasgow City Council to make that application to the Scottish Government.

Landlords and letting agencies and also politicians have been responsible for this situation developing in Glasgow.

Jamie: If I wanted to get involved with this how could I take part in this direct action or canvassing?

Joey: People can come and organise in their own neighbourhood if they are concerned about rents in their place. Just go out and get in touch with Living Rent and we can go around door to door and speak to people and do some canvassing. We're organising a series of public meetings as well where people can come and talk about their own personal experience and bring their own ideas.

Jamie: Could you tell us a little about the SNP MSP Ruairi Kelly's involvement?

Joey: The SNP is the largest party in the [coalition] Glasgow City Council but they are in a minority. It supports the idea of a rent pressure zone and to start making that application. We need to come at this from all angles so if we've got councillors and people within the city chambers to support a rent pressure zone and who are going to help that application and that's excellent.

We need to work together: we need people getting out in their own communities, through people demonstrating the hardship that rent increases have caused them.

Jamie: What's brought you to work with living rent and what are the main issues that got you interested?

Joey: Well for me, it was being involved in political campaigns for

a long time, things around benefit cuts, democratic rights, rights to protest in the streets. Housing is the key issue that's facing people cause no matter whether you're working or unemployed or if you are homeless, housing is key to a dignified life.

There's been a massive destruction in council housing, sell offs of public housing and demolitions. This has forced people into the private sector.

Personally, I've lived in ten different flats in the last ten years; that's just the reality of the private sector.

For me this campaign is something exciting, that's positive, that's got real potential to grow because there's been no housing organisation. There's been no tenancy union in Glasgow for a long time. Instead of responding to crisis there's a chance for tenants to organise together and build something long term.

What is a rental pressure zone:

From 1 December 2017, local councils in Scotland can apply to the Scottish Government to have an area designated as a 'rent pressure zone' (RPZ) if they can prove that rents in the area are rising too much and the rent rises are causing problems for the tenants.

It would mean rents in the city were capped for up to five years at the consumer price index plus one percent.

www.livingrent.org



Supporting The Pavement. Supporting you.

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

dmg::media

Daily Mail The Mail MailOnline

Mailplus METRO

News: St Mungo's calls for hostel action

The charity St Mungo's has called on the government to make sure there is funding for hostels across the UK.

The request arrived on World Homeless Day (October 10), with a government announcement on supported housing due imminently.

Government strategy to tackle the homelessness rise has been in the spotlight recently, following the National Audit Office's report into the current approach. The report found that funding for housing related support fell by 45 per cent between 2010-11 and 2014-15.

Unsurprisingly the number of homeless accommodation beds fell by 18 per cent in England over the last seven years, whilst there has been a 134 per cent increase in the number of homeless people in the country over that same time-frame.

Research by the Save Hostels Rebuild Lives campaign and the National Housing Federation estimated there was a shortfall of 16,692 places in supported housing for working-age people in 2015/16, costing roughly £361 million.

Homeless Link found that offering people at risk of homelessness a safe and supported place to stay saves £6,703 per person per year by reducing costs to health, social care and criminal justice services.

Hostels today operate on a shoestring budget. Post 2010 the vast majority of councils slashed their Supporting People budgets

as austerity bit. The legacy of these cuts is a dearth of hostels and beds to support the increasing number of homeless people.

St Mungo's supports 2700 people who are homeless every night, providing counsel and a bed.

Chief executive Howard Sinclair has outlined the value of hostels: "Hostels are the primary route out of rough sleeping in this country," he said.

Official figures taken from autumn 2016 found 4134 people were sleeping rough on a single night in England.

Evidently a rethink on the current apathy gripping the government approach to the dilemma concerning hostels is needed.

Proposals on hostel funding include capping the housing benefit entitlement of supported housing residents and increasing the reliance on relatively insecure local discretionary funding. St Mungo's claims this will only make the current situation worse.

Sinclair added: "The government must first secure these vital services that provide a place of safety and hope for thousands of people."

Jake Cudsi

One way ticket

Leading charities have condemned the practice of local authorities removing homeless people from their own areas by giving them one-way tickets to other parts of the UK.

Homeless Link, a large England-wide group of charities, has criticised the practice, with Crisis claiming local authorities are "passing the buck" on homeless people.

A BBC News enquiry found that a large number of councils have been buying one-way tickets for rough sleepers. Manchester City Council has reportedly spent almost £10,000 on these tickets in the past six years, but has kept no official records of how many individuals have been given the tickets.

Authorities practising the scheme claim it is used to re-connect people with areas they may have family, friends, or support networks in.

Caroline Roundhill of Bournemouth Borough Council - which has recorded 144 "reconnections" in under four years - told *The Independent* that their policy "involves reconnecting rough sleepers who have no local connection to Bournemouth."

She said: "It is a planned package delivered by our rough sleeper team to connect people to where they have accommodation options and can access suitable support, liaising closely with other local authorities."

However, one rough sleeper, Gareth Glendall-Pickton, told BBC



One-way tickets for rough sleepers
© Chris Eisenbahner, Flickr

News that he had been living in Bournemouth his whole life, but was offered a one-way ticket to Manchester despite having never even visited the city.

"It made me feel sick," he explained. "I've lived here all my life... it's soul-destroying."

Homeless Link chief executive Rick Henderson said: "Simply displacing rough sleepers without offering support is not solving the issue, and at worst can exacerbate their situation, leaving them more isolated and at risk of deteriorating physical and mental health."

Marco Biagini

News in Brief

Universal lack of credit

The chaotic roll-out of Universal Credit is reportedly causing many poor families to become homeless.

The new benefits system is being piloted in selected areas of the UK but delays in the system are preventing people from receiving their much-needed financial support.

Homelessness charity worker Laurie Goss was helping a single mother with young children who was affected by an automatic six-week delay involved in switching from housing benefit to the new system.

"Delays in payments of Universal Credit led to her being evicted for rent arrears," he told *the Manchester Evening News*.

Following a survey which found that just 2 in 10 private landlords would rent to people on Universal Credit, Jon Sparkes, the CEO of Crisis, said: "Far too many people are experiencing delays in their payments, meaning they can't pay their rents. At best, landlords will start to see recipients of Universal Credit as risky tenants".

Crisis have called on the UK government to commit £31m per year to a new Help to Rent scheme to help homeless people find stable accommodation.

In October, MPs voted 299 to 0 in favour of pausing Universal Credit in a parliamentary vote that all Tory MPs were instructed to boycott.



Universal Credit in Chaos © Andrew Writer, Flickr

However, despite this landslide victory, the vote is not legally binding and cannot force the government to halt the failing system.

Universal basic services

An academic report from a former senior government official has suggested that the government should pay for free housing, food, transport and internet for all UK citizens.

Jonathan Portes and Prof Henrietta Moore of University College London have proposed a new "universal basic services" system which would cost around £42 billion to run, and be paid for by large tax increases for the British public.

The report also warns that the UK will be hit by many job losses in coming years due to the rapid advance of technology.

Shadow chancellor John McDonnell told *the Guardian* the report offered new thinking "on

how we can create an economy that is radically fairer and offers opportunities for all."

Sleep in the Park

Sleep in the Park, a sleepout encouraging members of the public to reach fundraising targets for homeless charities will take place in West Princes Street Gardens, Edinburgh on 9 December.

Up to 9,000 people are hoped to attend the event, with numerous performances from artists and celebrities such as Rob Brydon, Liam Gallagher and John Cleese.

Event organiser Josh Littlejohn told *BBC News* that fixing the problem is not impossible. He said: "The statistics of homelessness in Scotland are not insurmountable - we only need to help 11,000 people back to their feet. Together we can do that."

China uproots poverty

China's government are using a drastic new tactic to deal with the country's critical poverty issues.

The highly populated country's official poverty-line sits at earning just \$1.17 (around £0.89) per day, with millions of citizens living in remote, mountain communities miles away from electricity, main roads and high-paying jobs.

The government's radical plan

involves uprooting these remote communities and moving people into huge housing complexes on the outskirts of large metropolises cities.

Despite being forced to leave his home, farmer Dang Xiaosi told *NPR*, "I've been wanting to leave for a while, when [the authorities] tell me to." But also added: "Tell the government not to charge us for electricity. You journalists can do that. They won't listen to us villagers."

Europe's sad statistics

The European Union's statistical office, Eurostat, has published a report which highlights the changes in Europe's poverty numbers since the 2008 financial crash.

The report showed an overall decrease in poverty figures, suggesting that many European countries are moving in a positive direction.

However, the report also shows that over 115 million Europeans are still living either in poverty or in a state of social exclusion.

Three countries - Bulgaria, Romania and Greece - reported that over a third of their respective populations were at risk of poverty or social exclusion.

Even some of the highest performing countries like the Netherlands have seen up to a 2 per cent increase in poverty levels since the 2008 recession.

Norfolk homelessness doubles

The National Audit Office recently published statistics on homelessness in the UK, showing that the number of people sleeping rough in Norfolk has increased by 100 per cent over the past five years.

Norfolk's towns have seen a dramatic increase in homeless people since 2015, and some blame a decrease in government spending to try and fix the problem.

Norwich, Norfolk's largest town, has seen an increase in rough sleepers despite reportedly spending £7.1m to tackle the issue between 2015/16.

Critics point out that this figure is less than the £11.7m Norwich spent in 2009/10.

Derek Player of St Martin's Housing Trust condemned the lack of affordable housing in the regions.

He told *the Norfolk Eastern Daily Press*: "The bottom line, of course, is the very low number of new homes being built in the social sector at rents that people can afford – even if they are benefit dependent!"

Chinatown vs. Poverty-porn

Residents of New York's Chinatown community have lashed out against an art installation at a prestigious art gallery.

An exhibition by Israeli artist Omer Fast involved the transformation

of the James Cohan Gallery into a stereotypical Chinatown storefront, featuring old red lanterns, broken cash machines and graffiti.

The gallery and artist claim the artwork "speaks about community, citizenship and identity" whilst the activist group Chinatown Art Brigade (CAB) have condemned the exhibition as racist.

CAB published a statement on their website, saying: "The artist's choice to ignore the presence of a thriving community filled with families and businesses reduces their existence to poverty porn."

Micro-homes swing into action

Teenager Keiran Evans has been handed over the keys to the UK's first 'iKozie' micro-home for homeless people, which is based on the compact design of yachts and aeroplane cabins.

Each iKozie home includes one bedroom, a fully-furnished kitchen, a bathroom and a living room space - but costs a huge £40,000 to build, raising questions about the sustainability of this project.

However, Evans, who had been sleeping rough for a year, told *the Metro*: "I'm ecstatic, genuinely so happy to have my own space. It's like a compact luxury apartment."



Chinatown, Manhattan © Chensiyuan, Wikimedia Commons

Working for poverty

Over half of Londoners living in poverty are part of working households, according to a study by the Trust for London.

The capital city is currently home to some 2.3 million people living below the poverty line, and the new study shows that 58 per cent of those people live in households in which someone has a regular income.

Of this total, around 700,000 are children, 200,000 are pensioners and 1.4 million are working-age adults.

Despite the overall poverty rate in London dropping by 2 per cent since 2012, the percentage of impoverished individuals in working households has increased by 14 per cent over the past decade.

Educating girls to tackle poverty

The Guardian has hosted a seminar in New York to discuss the positive impact of equal education rights for boys and girls.

In many countries, girls are either prevented from attending school, or are forced to stop education in order to get married.

Each year 15 million girls under the age of 18 are married, meaning they can no longer attend school.

But experts say granting girls equal access to education is vital to eradicating poverty.

According to a report from the World Bank, educated young women tend to be healthier, have fewer children, marry later and participate in the economy more.



Breast Cancer Action Update

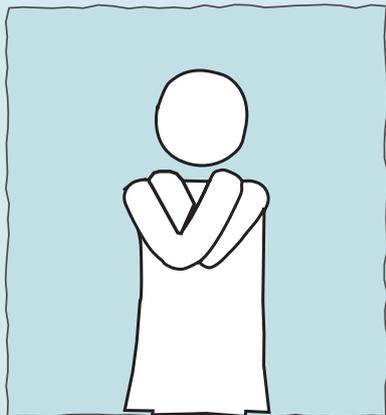
Most breast lumps (90 per cent) aren't cancerous, but it's always best to have them checked by your doctor.

Go to the doctor if you find: a new lump or area of thickened tissue; change in the size or shape or one or both breasts; a rash on or around your nipple; a lump or swelling in your armpit; dimpling on the skin of your breasts; a change in appearance of your nipple.

32 per cent of cancers diagnosed in women are breast cancer

You are **much** less likely to need a mastectomy if your cancer is detected **early**

In the UK, breast cancer survival has **doubled** in the last 40 years



For more information:

- www.breastcanceruk.org.uk
- www.macmillan.org.uk

Follow these 3 steps to check for lumps. Do this once a month:

In front of a mirror

Look at your breasts with your arms by your sides. Then raise your arms high overhead. Look for any changes in the shape, any swelling, or dimpling of the skin, or changes in the nipples.

Next, rest your palms on your hips and press firmly to flex your chest muscles. Left and right breasts will not exact match - few women's breasts do - so look for any dimpling, puckering or changes, particularly on one side.

Lying Down

When lying down, the breast spreads out evenly on the chest. Put a pillow under your shoulder and an arm behind your head.

Using your hand, move your fingers around your breast gently in small circular motions, covering the entire breast area and armpit.

Squeeze the nipple; check for discharge and lumps. Repeat for the other breast.

Shower

Using your fingers, move around your entire breast in a circular direction, moving from the outside to the centre.

Check the entire breast and don't forget your armpit area. Check both breasts every month, feeling for any changes.

Remember to get any lumps evaluated by a GP.

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

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

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

<http://scotland.shelter.org.uk/>
www.citizensadvice.org.uk/
0808 2000 247
0141 440 2503
www.glasgow.gov.uk
www.edinburgh.gov.uk

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
SF	Step free access
SH	Sexual health advice
TS	Tenancy support

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

Updated: October 2017 but please
note Christmas times may vary.

ADVICE SERVICES

ADDACTION (NW GLASGOW RECOVERY HUB)

0808 178 5901; addaction.org.uk/

Mon–Sun: 8am–8pm

Support on your recovery from alcohol and drug use. Your support will be individual to you and all interventions will be tailored to meet your needs – including outreach workers coming to you so you do not need to travel. Call the helpline to refer yourself for services.

A, AD, D, MH, OW, OL

ADVOCARD

332 Leith Walk, Edinburgh EH6 5BR
0131 554 5307; www.advocard.org.uk/

Mon–Fri: 10am–4pm

Independent individual and collective advocacy services for people with mental health problems in Edinburgh (inc. Royal Edinburgh Hospital).

Individual advocacy also available to any prisoner in HMP Edinburgh. Text messages: 07920 207 564.

AH, AD, BA, CA, DA, LA, MH, SF

BREATHING SPACE SCOTLAND

0800 83 85 87; <http://breathingspace.scot/>

Fri–Sun: 24/7; Mon–Thu: 6pm–2am

Free, confidential phone service for anyone in Scotland experiencing low mood, depression or anxiety. For support outside opening hours, contact Samaritans on 116 123 (24/7).

AD, C, MH

CASUS OMISSUS – THE ABERDEEN LAW PROJECT

Ferryhill Community Centre, Albany Rd,

Aberdeen AB11 6TN
01224 272 434;
abdnlawproject.com/
 Mon–Fri: 10am–5pm;
 Thu: 5:30–7:30pm
 Initial advice, written
 advice, casework,
 representation and
 form-filling for residents of
 Scotland. Covers employment,
 housing, benefits etc.
AH, BA, LA, TS



CRISIS SKYLIGHT (EDINBURGH)
 Crichton Hse, Edinburgh EH8 8DT
0131 209 7700; www.crisis.org.uk/get-help/edinburgh/
 Mon–Fri: 9am–5pm; Tue: 2–4pm
 (singing & creative writing); Wed:
 1–3pm (music)
 Helps single homeless people get a
 more stable and secure future. Learning
 programme, one-to-one coaching and
 housing advice. Creative arts and music.
 Visit website or phone for more details.
AH, AC, ET, IT, LF, MD

CROSSREACH MOVE ON (WHITEINCH)
 0/5, 13 Victoria Pk Dr South, Whiteinch,
 Glasgow G14 9RN
0141 959 5069; crossreach.org.uk/whiteinch-move-service
 Mon–Fri: 9am–5pm (phone for referral)
 Temporary accommodation and
 support to adults in recovery from
 substance misuse, who have achieved
 a period of stability through residential
 or community rehabilitation. Mainly for

people living clean, but some
 methadone, etc, users
 who are stable will be
 considered.
AH, A, C, D, MH, SF, TS

CROSSREACH (SIMPSON HSE)
 52 Queen St, Edinburgh
 EH2 3NS
0131 225 1054 / 0131 225 6028;

simpson-house.org/
 Wed: 2:45–4:30pm (SMART recovery
 group); Thur: 10:15–12am (A Life Worth
 Living group)
 Counselling for people affected by their
 own or another's drug use, recovery
 support, one-to-one appointments, and
 work with children and young people
 affected by parental substance use.
 Phone in to self-refer to services, or drop
 in on Wed/Thu to register.
A, C, D, MH, SF

DRINKLINE
0300 123 1110; www.drinkaware.co.uk/
 Mon–Fri: 9am–8pm; Sat & Sun:
 11am–4pm
 Free, confidential helpline for people
 worried about their alcohol intake or
 anyone concerned about them. Advice
 on services to help you cut down your
 drinking.
A, C, OL

EDINBURGH ACCESS PRACTICE (LEITH ST)
 17 Leith St, Edinburgh EH1 3AT

0131 240 2810
 Mon, Tue, Thu, Fri: 9–12:45am; Wed:
 10–12:45am (not 4th wk of month);
 Mon–Wed: 1:45–5pm (drop-in GP
 clinic); Thu: 9:45–12:45am (drop-in GP
 clinic)
 Thu: 1:45–5pm (women & children
 drop-in clinic);
 Fri: 1:45–5pm
 Housing and social care service for those
 who have found themselves on the
 streets. Specialist GP practice providing
 a wide range of primary healthcare
 for people who may be having trouble
 registering with a GP who are homeless
 or have additional support needs such
 as issues with drugs and/or alcohol.
 (Colocated with project partners,
 Housing and Social Work.)
AH, AD, BA, DT, FC, MS, MH, NE, OL

EDINBURGH ACCESS PRACTICE (SPITAL ST)
 22–24 Spittal St, Edinburgh EH3 9DU
0131 240 2810
 Wed: 10–12:45am (drop-in GP clinic,
 closed every 4th week of month)
 Mon, Tue, Thu, Fri: 9–12:45am; Mon,
 Thu, Fri: 1:45pm–5pm (drop-in GP clinic
 – Thurs men-only); Tue: 9:45–12:45am
 (drop-in GP clinic); Wed: 1:45–5pm
 (mental health assessment and benefits
 drop-in)
 Housing and social care service for
 those who have found themselves on
 the streets. Accommodation advice,
 benefits advice. Specialist GP practice
 providing a wide range of primary
 healthcare for people who may be

having trouble registering with a GP
 who are homeless or have additional
 support needs such as issues with drugs
 and/or alcohol. (Colocated with project
 partners, Housing and Social Work.)
AH, AD, BA, DT, FC, MS, MH, NE, OL

EDINBURGH CYRENIANS
 Norton Pk, 57 Albion Rd, Edinburgh
 EH7 5QY
0131 475 2354; <http://cyrenians.scot/>
 Mon–Fri: 10am–4pm
 Advice, information and support phone
 helpline for people who are homeless,
 threatened with homelessness or
 struggling with addiction.
AH, AD, D, ET, LA, OL

FOLLOW UP (FOUR SQUARE – EDINBURGH)
 67 Logie Green Rd, Edinburgh EH7 4HF
0131 557 7915; www.foursquare.org.uk
 Housing support to individuals, couples
 and families to help them maintain their
 tenancies and avoid a housing crisis.
 Assistance, advice and encouragement
 to enable tenants to live independently.
AH, AD, BA, DA, TS

GLASGOW CITY COUNCIL
0800 838 502; www.glasgow.gov.uk
 Mon–Thu: 8:45am–4:45pm; Fri:
 8:45am–3:45pm
 For anyone who is homeless, threatened
 with homelessness, or in need of advice
 about homelessness issues. Visit website
 to find your nearest team of advisers.
AH, AD, BA, DA, TS

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

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

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



GLASGOW CITY MISSION

20 Crimea St, Glasgow G2 8PW
0300 123 1110; glasgowcitymission.com/
Mon–Fri: 10am–10pm (drop-in 8–10pm); Mon & Wed: 10–12am (foodbank)
See day centres for full details
AH, A, AC, BA, C, DA, ET, FF, IT, LA, LF, MD, TS

GLASGOW HOMELESSNESS NETWORK

Unit 16a, Adelphi Centre, 12 Commercial Rd, Glasgow G5 0PQ
0141 420 7272; www.ghn.org.uk/
Mon–Fri: 9:30am–4:30pm
Umbrella organisation for groups and individuals who want to end homelessness in Glasgow and ensure that outcomes for people affected by homelessness meet their needs, interests and aspirations. Not a direct service provider. The Homeless Information Pages (<http://www.ghn.org.uk/hip/>) list many useful addresses.
AH

KNOW THE SCORE

0800 5875879; knowthescore.info/
Mon–Sun: 8am–11pm (helpline)
Free confidential 24-hour drugs information helpline and good online advice for people in Scotland.

LODGING HOUSE MISSION

35 East Campbell St, Glasgow G1 5DT
0141 552 0285; www.lhm-glasgow.org.uk/
Mon–Fri: 8:15am–3pm and Sat 9am

-3pm

See day centres for full details
AH, AD, A, B, BS, BA, CL, DA, D, F, FF, FC, IT, L, LF, LS, MD, TS

MOVE ON (GLASGOW)

4th Fl, 24 St Enoch Sq, Glasgow G1 4AA
0141 221 2272; www.moveon.org.uk/
Mon–Fri: 9am–5pm
Enables homeless people to develop the skills and tools they need to reach their own long-term solutions. Provides services specifically for people aged 18–28.
AH, AD, BA, DA, ET, OW, TS

ROCK TRUST (ALBANY ST)

55 Albany St, Edinburgh EH1 3QY
0131 557 4059; www.rocktrust.org/
Thu: 6–8:15pm (healthy living); Sat: 11am–1pm (breakfast); Mon & Tue: 5pm–7pm (cooking group)
Advises, educates and supports young people. Enables them to build the personal skills and resources required to make a positive and healthy transition to adulthood, while avoiding or moving on from homelessness. Not SF.
AH, BS, BE, BA, CA, CL, ET, F, FF, IT, L, OL, OW, TS

ROCK TRUST (WEST LOTHIAN)

20 Grampian Ct, Beveridge Sq, Livingston, Edinburgh EH54 6QF
01506 591 860; www.rocktrust.org/
Mon–Fri: 9am–5pm (hotline)
Supported accommodation service by referral only. No drop-in service but call for information.
AH, ET, SF

SCOTTISH CHILD & LAW CENTRE

54 East Crosscauseway, Edinburgh EH8 9HD
0131 667 6333 (hotline, all ages); www.sclcl.org.uk; advice@sclcl.org.uk
Mon–Fri: 9:30am–4:30pm (hotline) 0800 328 8970 – under 21s (landline); 0300 330 1421 – under 21s (mobile). Free advice on the law relating to children & young people. Services throughout Scotland. Also training, conferences and publications.
AH, AD, LA, MH, SH, TS

SHAKTI WOMEN'S AID

Norton Pk, 57 Albion Rd, Edinburgh EH7 5QY
0131 475 2399; shaktiedinburgh.co.uk; info@shaktiedinburgh.co.uk
Mon–Fri: 9:30am–4pm
Help for black minority ethnic (BME) women, children and young people who are experiencing, or who have experienced, domestic abuse.
AH, AD, BA, FF, OL, OW, SF

SHELTER SCOTLAND (EDINBURGH HOUSING AID CENTRE)

6 South Charlotte St, Edinburgh EH2 4AW
0808 800 4444; scotland.shelter.org.uk/
Mon–Fri: 9am–5pm
Information, advice, advocacy and representation for people facing housing problems. You can be referred



to local specialist services. Telephone advice line staffed by trained housing advisers, 9am–5pm, Mon to Fri (free from Virgin, Orange, 3, T-mobile, Vodafone and O2).
AH, AD, LA, OL, TS

SHELTER SCOTLAND (GLASGOW COMMUNITY HUB)

1st Fl Suite 2, Breckenridge Hse, 274 Sauchiehall St, Glasgow G2 3EH
0808 800 4444; scotland.shelter.org.uk/
Mon–Fri: 9am–5pm
For people facing homelessness, eviction, rent arrears, disrepair, overcrowding, mortgage arrears etc. Referrals to specialist services.
AH, AD, LA, TS

SIMONS COMMUNITY SCOTLAND (ST OUTREACH FREEPHONE)

0800 027 7466 (hotline 24/7); <http://www.simonscotland.org>
A service for people who are sleeping rough or at risk of sleeping rough in Glasgow city centre.
OL

SPITTAL STREET CENTRE

19b Sth Bridge St, Bathgate, Edinburgh EH48 1TR
01506 205 413; www.nhslothian.scot.nhs.uk/GoingToHospital/Locations/Pages/SpittalStreetCentre.aspx
Thu: 9am–4:30pm (drop-in for women; wound clinic); Tue: 9am–4:30pm; Mon, Wed, Fri: 9am–4:30pm (drop-in dentist

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

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

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 services
NE Needle exchange

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



1.30–3.30pm)

Wide range of recovery and addiction services including a drop-in needle exchange (closed Wednesday), dentist, sexual health and HIV advice, womens' group, wound clinic and more. Drop in or call for more information.

A, D, DT, MS, MH, NE, SH

THE BIG ISSUE (GLASGOW)

107 Saltmarket, Glasgow G20 9TG

01415530924; www.bigissue.com/

Mon: 9am–3:30pm; Sat: 8:30–12:30am; Tue–Fri: 7:30am–3:30pm

Offers a self-employment opportunity to anyone who is facing poverty. Vendors buy their magazines for £1.25 and sell them for £2.50.

SF

THE SALVATION ARMY (REGENER8+ DROP IN)

25 Niddry St, Edinburgh EH1 1LG

0131 523 1060; www.salvationarmy.org.uk/

Mon–Fri: 9–12:45am

Cheap, good quality breakfast & dinner; Crisis Intervention Support workers; Gateway Visiting Support Offices; safe space; games; chaplaincy; various activity groups.

AH, AD, AC, BS, BE, BA, CL, F, FF, IT, L, LF, TS

TURNING POINT SCOTLAND (DRUG CRISIS CENTRE)

123 West St, Glasgow G5 8BA

0800 652 3757 (9am–5pm);

turningpointscotland.com/what-we-do/substance-misuse/glasgow-drug-

crisis-centre/

Mon–Sun: 24 hours (drop-in, needle exchange, temp accommodation) A safe, confidential 24/7 drop-in service which will support and encourage people to find ways of making their substance misuse less problematic and to achieve a better quality of life. Temporary accommodation available by self-referral. Max stay around 3 weeks.

A, C, D, LF, MS, NE, SH, SF

TURNING POINT SCOTLAND (HOMELESSNESS SERVICE)

112 Commerce St, Tradeston, Glasgow G5 9NT

0800 652 3757 (9am–5pm);

turningpointscotland.com/what-we-do/substance-misuse/glasgow-drug-crisis-centre/

Mon–Sun: 24 hours (needle exch & temp accommodation) A safe, confidential 24/7 drop-in service which will support and encourage people to find ways of making their substance misuse less problematic and to achieve a better quality of life. Open 365 days a year. Temporary accommodation by self-referral. Max stay around three weeks.

A, C, D, LF, MS, NE, SH, SF

TURNING POINT SCOTLAND (N.E. RECOVERY HUB EDINBURGH)

5 Links Pl, Leith, Edinburgh EH6 7EZ

0800 652 3757 (9am–5pm);

turningpointscotland.com/what-we-do/substance-misuse/edinburgh/

Mon, Wed, Thu: 10am–4pm (drop-in); Tue: 10am–7pm (drop-in); Fri: 10am–1pm (drop-in); Mon: 9am–4:45pm (needle exch); Tue & Thu: 9am–7:45pm (needle exch); Wed: 11am–4:45pm (needle exch); Fri: 9am–4:15pm (needle exch)

Addiction and recovery services open to men and women aged 16+ who are aware they have a substance misuse problem and would like to start their recovery journey. Phone or drop in for info. Cooking, art classes, gardening, etc. Other venues across Edinburgh: call freephone number for info.

A, AC, C, D, LF, MS, NE, SH, SF

UNIVERSITY OF STRATHCLYDE LAW CLINIC

Level 5, Graham Hill Bldg, 40 George St, Glasgow G1 1BA

014 1548 5995; www.lawclinic.org.uk/

Mon–Fri: 9am–5pm

Legal advice, written advice, casework, representation and form-filling in the areas of employment, housing, consumer, benefits etc. More information from the website.

AH, BA, LA, TS

DAY CENTRE/DROP-INS

BARONY (CONTACT POINT)

101 High Riggs, Tollcross, Edinburgh EH3 9RP

0845 140 7777; www.baronyha.org.uk/kirkcaldy-contact-point.html

Mon: 2–8pm (drop-in – art & games groups); Tue: 10:30am–4:30pm (drop-

in – walking group & taster sessions); Thu: 2–8pm (drop-in – health, body & mind); Wed: 10:30am–4:30pm (drop-in – swimming & wellbeing groups); Sun: 11am–4pm (drop-in – read the Sun papers!)

Mental health resource that provides a safe place for those experiencing mental health problems to socialise or gain 1:1 or peer support. The service promotes healthy lifestyle choices and meaningful activity.

MH, MD

BARONY (LOTHIAN AND BORDERS OFFICE)

101 High Riggs, Tollcross, Edinburgh EH3 9RP

0345 140 7777; www.baronyha.org.uk/about-us.html

Mon: 2:30–4pm (art group); Tue: 10:30am–4pm; Thu: 3:30–7:30pm (drop-in); Fri: 11am–2pm (women only drop-in); Sun: 11am–4pm (drop-in); Mon: 6:30–9pm (art group)

Housing and supported accommodation across east and central Scotland for people whose accommodation choices are limited. Support for vulnerable adults, including those with mental health problems and offending backgrounds. Runs three Contact Point day centres for clients with mental health problems in Edinburgh, Kirkcaldy and Buckhaven.

AH, AD, A, AC, C, D, LF, MH, OW, TS

GLASGOW CITY MISSION

20 Crimea St, Glasgow G2 8PW

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

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

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 services
NE Needle exchange

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



0300 123 1110; glasgowcitymission.com/

Mon–Fri: 10am–10pm (drop-in 8–10pm); Sat 4–8pm. Mon & Wed: 10–12am (foodbank)
Care to vulnerable adults and children by fighting against poverty and disadvantage in Glasgow. We provide a programme of activities that not only supports immediate needs but also looks to address someones situation of poverty and disadvantage.

AH, A, AC, BA, C, DA, ET, FF, IT, LA, LF, MD, TS

LODGING HOUSE MISSION

35 East Campbell St, Glasgow G1 5DT
0141 552 0285; www.lhm-glasgow.org.uk/

Mon–Fri: 8:15am–3pm, Sat 9am–3pm
Day centre offering free breakfast and free lunch. Facilities for all include showers, Foot Clinic, Haircuts, Counselling. Pool, table tennis and board games. Access to computers daily in the IT suite.

AH, AD, A, B, BS, BA, CL, DA, D, F, FF, FC, IT, L, LA, LS, MD, TS

MOVE ON (GLASGOW)

4th Fl, 24 St Enoch Sq, Glasgow G1 4AA
0141 221 2272; www.moveon.org.uk/
Mon–Fri: 9am–5pm

Enables homeless people to develop the skills and tools they need to reach their own long-term solutions. Provides services for people aged 18–28.

AH, AD, BA, DA, ET, OW, TS

PRE-SYNC 27 (EDINBURGH)

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

19b S Bridge St, Bathgate, Edinburgh EH48 1PW

01506 205 413; cyrenians.scot/family-people/addiction-recovery/

Mon: 10am–4:45pm (food from midday) & 6–7pm (ORT); Tue: 10am–4:45pm (AA at 13.00); Wed: 10am–4.45pm (food from midday) & 7pm–8pm (CA); Thu: 10am–4:45pm; Fri: 10am–4:45pm (food from midday; SMART group at 13.00)

A safe space for people to meet and help each other with their recovery following addiction. Drop in open to all. Activities including walking groups, guitar groups and and reiki sessions: drop in or phone to find out more.

A, D, LF, MH, MD, OW, SF

QUEEN'S PARK GOVANHILL PARISH CHURCH

170 Queen's Drive, Glasgow G42 8QZ
0141 423 3654; pqgpc.com
Wed: 5:30–8pm (free meal – 28 Daisey St, G42 8JL); Sun: 5–6pm (free meal, toiletries, clothing – 170 Queen's Dr, G42 8QZ); Tue & Wed: 10am–1:30pm (low-cost meal – 28 Daisey St, G42 8JL)
Church were everyone is someone and everyone is valued regardless of past, or present situation, where self-belief is nurtured and where everyone is loved unconditionally.

AH, AD, B, BS, BA, CL, DA, F, FF, IT, MH, OL, OW

ROCK TRUST (ALBANY ST)

55 Albany St, Edinburgh EH1 3QY
0131 557 4059; www.rocktrust.org/
Thu: 6–8:15pm (healthy living); Sat:

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

11am–1pm (free breakfast); Mon & Tue: 5–7pm (cooking group)

Advises, educates and supports young people. Enables them to build the personal skills and resources required to make a positive and healthy transition to adulthood, while avoiding or moving on from homelessness. Not step-free.

AH, BS, BE, BA, CA, CL, ET, F, FF, IT, L, OL, OW, TS

SPITTAL STREET CENTRE

19b Sth Bridge St, Bathgate, Edinburgh EH48 1TR

01506 205 413; www.nhslothian.scot.nhs.uk/GoingToHospital/Locations/Pages/SpittalStreetCentre.aspx

Thu: 9am–4:30pm (drop-in for women; wound clinic); Tue: 9am–4:30pm; Mon, Wed, Fri: 9am–4:30pm (drop-in dentist 1.30–3.30pm)

Wide range of recovery and addiction services including a drop-in needle exchange (closed Wednesday), dentist, sexual health and HIV advice, womens' group, wound clinic and more. Drop in or call for more information.

A, D, DT, MS, MH, NE, SH

STREET SOCCER SCOTLAND (EDINBURGH)

07480 979919; streetsoccerscotland.org/

Mon: 2–4pm (Meadowbank Sports Centre);

Wed: 10:30–12am (Meadowbank SC); Tue & Wed: 1–3pm (Portobello Powerleague); Thu: 11–12:30am (Craggs Sports Centre)

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 services
NE Needle exchange

Referral only. These two-hour fun football sessions offer players a chance to meet new people, improve physical/mental health, increase confidence and provide players with a safe and positive environment. All our sessions are FREE, open to anyone aged 16+ and are delivered across numerous venues in Scotland. Call Robbie Wood on 07480 979919 for more information. Call Robbie Wood on 07480 979919

LF

STREET SOCCER SCOTLAND (LEITH)

2 Bernard St, Leith EH6 6PU
07481 500040; streetsoccerscotland.org/

Mon: 2–4pm (Lady Octavia Sports Centre); Tue & Thu: 1–3pm (Townhead Powerleague); Fri: 1–3pm (Paisley Powerleague)

Referral only. These two-hour fun football sessions offer players a chance to meet new people, improve physical/mental health, increase confidence and provide players with a safe and positive environment. FREE, open to anyone aged 16+ and delivered across numerous venues in Scotland. Please call Robert Hare on 07481 500040 for more information.

LF

STREETWORK CRISIS CENTRE

22 Holyrood Rd, Edinburgh EH8 8AF
0131 557 6055; www.streetwork.org.uk/

Mon–Fri: 7am–10pm (drop-in); Sat &

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



Sun: 8am–4pm (drop-in)
Helpline 24/7: 0808 178 2323. Support for people sleeping rough or at risk of homelessness. Assistance with housing, benefits, domestic violence, addictions, information and referrals. Washing, toilets and storage facilities.

AH, BS, BA, CA, CL, D, ET, IT, L, LS, MH, OL, OW

THE MARIE TRUST

32 Midland St, Glasgow G1 4PR
0141 221 0169 (option 2); www.themarietrust.org/

Mon–Fri: 9am–4pm (closed 11.30–12.30); Tue: 1–4pm (Expressive Arts); Fri: 10–12am (art drop-in)
Day service for people affected by homelessness/poverty. Offers low-cost breakfast and lunch, as well as a range of classes and activities.

AH, AD, AC, BS, BE, BA, CA, CL, C, ET, F, FC, IT, MS, OL, OW

THE SALVATION ARMY (EAST ADAM ST)

1 East Adam St, Edinburgh EH8 9TF
0131 667 4313; www.salvationarmy.org.uk/

Mon: 9–12am; Tue & Thu: 3–9pm; Fri: 1–4pm; Sat: 6–9pm
Friendly church. Weekly job club and fortnightly lunch club – call for details.

AH, A, BA, CL, ET, F, FF

THE SALVATION ARMY (REGENER8+ DROP IN)

25 Niddry St, Edinburgh EH1 1LG
0131 523 1060; www.salvationarmy.org.uk/

Mon–Fri: 9–12:45am
Cheap, good quality breakfast & dinner; Crisis Intervention Support workers; Gateway Visiting Support Offices; safe space; games; chaplaincy; various activity groups.

AH, AD, AC, BS, BE, BA, CL, F, FF, IT, L, LF, TS

THE WAYSIDE CLUB CENTRE

32 Midland St, Glasgow G1 4PR
0141 221 0169

Mon–Sun: 7:30–10pm; Sat: 1–4pm
Evening and weekend drop-in for people affected by homelessness and poverty.

B, BS, CL, FF

EX-OFFENDERS

APEX SCOTLAND

9 Great Stuart St, Edinburgh EH3 7TP
0131 220 0130; www.apexscotland.org.uk/

For offenders, ex-offenders and young people at risk of offending, many of whom may also be homeless. Their services will help clients to, for instance, move onto employment, training or further education. To find your local office, please click the link to visit the website. Head office is not step-free, but some local officers are – ring to check.

AH, BA, CA, ET, IT

BARONY (WEST LOTHIAN OFFICE)

6 Fairburn Place, Unit 1b, Fairburn Rd, Livingston EH54 6TN
0845 1407777; www.baronyha.org.uk

Mon–Fri: 10am–4pm

Good-quality housing and supported accommodation for people whose choices are limited. Works to meet the housing and support needs of vulnerable people, including those with enduring mental health problems and offending backgrounds.

MH

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.

A, C, D

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.

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 services
NE Needle exchange

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

SACRO SUPPORTED ACCOMMODATION SERVICE

25 Nicolson Sq, Edinburgh EH8 9BX
0131 622 7500; www.sacro.org.uk/
Accommodation for ex-offenders (16+) with support needs. Priority given to people with a connection to Edinburgh, Lothian & Borders. Phone or drop in for application form.

STREET YOUTH (STREETWORK UK)

18 South Br, Edinburgh EH1 1LL
0131 344 0825; www.streetwork.org.uk/
Mon–Fri: 9am–5pm
Street youth works with young people (up to 26th birthday) who are at risk of, or experiencing, homelessness. Street youth provides street-based outreach and one-to-one support.

AH, A, BS, BA, CA, DA, D, ET, L, LS, MH, NE, OL, OW, SH, TS

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,

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



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

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

Women in Prison, Unit 10, The Ivories, 6 Northampton St, N1 2HY).

AH, AD, BA, DA, LA, MH

FOOD/SOUP RUNS

AL-KHAIR FOUNDATION

32–38 Dixon Ave, Crosshill, Glasgow G42 8EJ

0141 433 2686

Mon–Sat: 5:30–6:30pm (soup kitchen & foodbank)

Fresh meals six days a week. Aims to contribute towards the betterment and prosperity of the people of Glasgow. Pushtu and Arabic spoken.

FF

BALVICAR ST

Glasgow G42 8QU

Thu: 7–9pm

Soup run.

FF

BETHANY CHRISTIAN TRUST (CARE VAN)

Edinburgh

0131 225 9445; www.bethanychristiantrust.com/

Mon–Sun: 9–11pm

Joint venture by Edinburgh City Mission and Bethany Christian Trust goes out 364 evenings a year in Edinburgh city centre at various locations. Please check their website for details. Soup, rolls & tea/coffee.

CL, FF

CADOGAN ST

Corunna, 39 Cadogan Hse, Glasgow G2 7BA

Mon–Sun: 9–10pm

Together ROPKA, Religious Society of Friends, St Mary's, Salvation Army, Glasgow Gurdwara, Emmaus, Caledonian Uni, FeedGlasgow, Glasgow Uni, Marks & Spencer, Marist Brothers, St Peter's, Humanists, Catholic Worker, City Mosque, GUSH and others provide a hot drink, soup, a sandwich and a friendly face to anyone over 20 years old. 365 days a year. Aim to direct homeless service users to appropriate services.

FF, OL

CARRUBBERS CHRISTIAN CENTRE

65 High St, Edinburgh EH1 1SR

0131 556 2626; www.carrubbers.org/

Sun: 8–9am

Serves free breakfast along with a short service.

FF

GLASGOW CITY MISSION

20 Crimea St, Glasgow G2 8PW

0300 123 1110; glasgowcitymission.com/

Mon–Fri: 10am–10pm (drop-in 8–10pm); Mon & Wed: 10–12am (foodbank)

Care to vulnerable adults and children by fighting against poverty and disadvantage in Glasgow. We provide a programme of activities that not only supports immediate needs but also looks to address someones situation of

poverty and disadvantage.

AH, A, AC, BA, C, DA, ET, FF, IT, LA, LF, MD, TS

JERICO COMMUNITY

Charteris Centre, Harry Miller Hall, 138 Pleasance (side door), Edinburgh EH8 9RR

Sun: 9:15–12am (9.15, sandwiches & coffee; 11.00, hot meal)

Jericho Community welcomes you!

FF

KAGYU SAMYE DZONG GLASGOW

The Tibetan Buddhist Centre, 7 Ashley St, Glasgow G3 6DR

0141 332 9950; ksdglasgow.org.uk/

Fri: 4–5:30pm; Sat: 11–12:30am; Sun: 6–7:30pm

Tibetan Buddhist group that provides food to anyone in need three times a week. Part of the Glasgow Soup Kitchen group.

FF

MISSIONARIES OF CHARITY (HOPETOUN CRES)

18 Hopetoun Cres, Edinburgh EH7 4AY

0131 557 8219

Sun–Wed: 4–4:30pm; Fri: 4pm–4:30pm

Ninety per cent of residents are over 40. Ring or drop in 24 hours a day. Not SF.

FF

QUEEN'S PARK GOVANHILL PARISH CHURCH

170 Queen's Drive, Glasgow G42 8QZ

0141 423 3654; qppgc.com

Wed: 5:30–8pm (free meal – 28 Daisey

PLEASE NOTE:
XMAS OPENING
HOURS MAY
VARY

St, G42 8JL); Sun: 5–6pm (free meal, toiletries, clothing – 170 Queen's Dr, G42 8QZ); Tue & Wed: 10am–1:30pm (low-cost meal – 28 Daisey St, G42 8JL)

Church where everyone valued, where self-belief is nurtured and where everyone is loved unconditionally.

AH, AD, B, BS, BA, CL, DA, F, FF, IT, MH, OL, OW

ROCK TRUST (ALBANY ST)

55 Albany St, Edinburgh EH1 3QY

0131 557 4059; www.rocktrust.org/

Thu: 6–8:15pm (healthy living); Sat:

11am–1pm (free breakfast); Mon & Tue: 5–7pm (cooking group)

Advises, educates and supports young people. Enables them to build the personal skills and resources required to make a positive and healthy transition to adulthood, while avoiding or moving on from homelessness. Not step-free.

AH, BS, BE, BA, CA, CL, ET, F, FF, IT, L, OL, OW, TS

SOCIAL BITE (BOTHWELL ST)

5 Bothwell St, Glasgow G2 6NL

0131 220 8206; social-bite.co.uk/

Mon–Fri: 7–11am (free breakfast) and 2–3pm (suspended items available)

Every single penny of Social Bite's profits are donated to good causes. One in four of its team is formerly homeless.

Suspended items are bought by customers for homeless people. NOTE: if collecting free food, you cannot sit inside the shop.

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

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

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 services
NE Needle exchange

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

SOCIAL BITE (ROSE SREET)

131 Rose St, Edinburgh EH2 3DT
0131 220 8206; social-bite.co.uk/
Mon–Fri: 2pm–3pm (suspended items available)

Every single penny of Social Bite's profits are donated to good causes. One in four of its team is formerly homeless. Suspended items are bought by customers for homeless people.

FF

SOCIAL BITE (SHANDWICK PLACE)

89 Shandwick Pl, Edinburgh EH2 3DT
0131 220 8206; social-bite.co.uk/
Mon–Fri: 2pm–3pm (suspended items)
Every single penny of Social Bite's profits are donated to good causes. One in four of its team is formerly homeless. Suspended items are bought by customers for homeless people.

FF

SOCIAL BITE (ST VINCENT ST)

103 St Vincent St, Glasgow G2 5EA
0131 220 8206; social-bite.co.uk/
Mon: 4–6pm (Social Supper); Mon–Fri: 7–11am (free breakfast) and 2–3pm (suspended items available)
Every single penny of Social Bite's profits are donated to good causes. One in four of its team is formerly homeless. Suspended items are bought by customers for homeless people.
NOTE: if collecting free food, you cannot sit inside the shop, except at the Social Supper.

FF

SOCIAL BITE (UNION ST)

516 Union St, Aberdeen AB10 1TT
0131 220 8206; social-bite.co.uk/
Mon–Fri: 7–11am (free breakfast) and

2–3pm (suspended items available)
Every single penny of Social Bite's profits are donated to good causes. One in four of its team is formerly homeless. Suspended items are bought by customers for homeless people.

FF

SOUPER SAT

Old Saint Paul's Church, 67 Jeffrey St, Edinburgh EH1 1DH
07955 274058; soutersaturday.org.uk/
Sat: 8:30am–2pm (Old St Paul's Ch)
A faith-neutral food and social service in Edinburgh. They offer free breakfast, lunch, sandwiches, coffee and conversation every Sat. Their porridge is legendary! Email: admin@SouperSat.org.uk

FF

SPITTAL STREET CENTRE

19b Sth Bridge St, Bathgate, Edinburgh EH48 1TR
01506 205 413; www.nhslothian.scot.nhs.uk/GoingToHospital/Locations/Pages/SpittalStreetCentre.aspx
Thu: 9am–4:30pm (drop-in for women; wound clinic); Tue: 9am–4:30pm; Mon, Wed, Fri: 9am–4:30pm (drop-in dentist 1.30–3.30pm)
Recovery and addiction services inc. drop-in needle exchange (closed Wednesday), dentist, sexual health and HIV advice, womens' group, wound clinic and more. Drop in or call for info.
A, D, DT, MS, MH, NE, SH

ST COLUMBA'S CHURCH (THE SHILOH)

St Vincent St, Glasgow G2

Sun: 7:30–9pm

FF

ST PATRICK'S CHURCH

North St, Glasgow G3 7DA
0141 221 3579
Thu & Sun: 8–9pm
Soup kitchen.

FF

THE SALVATION ARMY (REGENER8+ DROP IN)

25 Niddry St, Edinburgh EH1 1LG
0131 523 1060; www.salvationarmy.org.uk/
Mon–Fri: 9–12:45am
Cheap, good quality breakfast & dinner; Crisis Intervention Support workers; Gateway Visiting Support Offices; safe space; games; chaplaincy; various activity groups.
AH, AD, AC, BS, BE, BA, CL, F, FF, IT, L, LF, TS

WINTER SHELTERS

BETHANY CHRISTIAN TRUST WINTER CARE SHELTER (EDINBURGH)

9 Oct to 22 April: Mon–Sun: 9.30pm–7am (dinner 9.30–10.30pm; breakfast 6.30am)
Details of venue: www.bethanychristiantrust.com/wp-content/uploads/2017/09/Poster-1-2017-2018-9-Oct-12-Nov-A4.pdf
Tel: 07919557676
Transport from Waterloo Pl at 9.15pm & 9.30pm unless shelter is full – call to check. Staff on duty each night. Zero tolerance of drug use/dealing. No alcohol. Respect for others essential.
AH, A, BS, BE, BA, C, FF, MH, OL

GLASGOW WINTER NIGHT SHELTER

35 East Campbell St, Glasgow G1 5DT
07555591466 (n); 01412212630 (d); www.glasgowcitymission.com
1 Dec to 31 Mar: Mon–Sun, 10pm–8am
Open to anyone 18+ who is homeless and has nowhere else to sleep. Breakfast in the morning.
AH, AD, BS, BA, FF, MS

WOMEN

EDINBURGH RAPE CRISIS CENTRE

1 Leopold Place, Edinburgh
08088 010 302; www.ewrasac.org.uk/
Mon–Sun: 6pm–0am (helpline)
Free and confidential emotional and practical support and information to women, all members of the transgender community and young people aged 12–18 who have experienced sexual violence from male or female abusers at any time in their lives.
AD, C

EDINBURGH WOMEN'S AID

4 Cheyne St, Edinburgh EH4 1JB
0131 315 8111; <http://edinwomensaid.co.uk/>
Tue, Wed, Fri, Fri: 10am–3pm (drop-in and helpline); Mon: 1–3pm (drop-in); Thu: 2–7pm (drop-in); Mon: 10am–3pm (helpline); Thu: 10am–7pm (helpline); Sat: 10am–1pm (drop-in & helpline)
An all women, confidential organisation which provides information, support and, where appropriate, refuge accommodation for women and any accompanying children who have experienced or are at risk of domestic

abuse.

AH, AD, C, OW, SF

GLASGOW WOMEN'S AID

4th Floor, 30 Bell St, Glasgow G1 1LG

0141 553 2022; www.glasgowwomensaid.org.uk/

Mon, Tue, Thu, Fri: 9:30am–5pm (also drop-in service)

Advice and support for women experiencing domestic violence and their children. Domestic Abuse Helpline: 0800 027 1234 (24/7).

AH, AD, C, DA, LA, TS

RAPE CRISIS SCOTLAND

0141 331 4180 (gen enquiries); www.rapecrisisscotland.org.uk/

Mon–Fri: 9:30am–4:30pm; Mon–Sun: 6pm–0am (confidential helpline – 08088 01 03 02)

Free confidential support and information for women and girls who have experienced any form of sexual violence at any time in their lives. Minicom service for deaf or hard of hearing people (0141 332 2168). Interpreters available.

AD, C, MS

SAY WOMEN ACCOMMODATION PROJECT

3rd Floor, 30 Bell St, Glasgow G1 1LG

0141 552 5803; www.say-women.co.uk/

Mon–Fri: 9:30am–9:30pm; Sat & Sun: 12am–5pm

24-hr emergency on-call service.

Support drop-in, helpline and accommodation for women aged 16–25 who are homeless or threatened with homelessness and are survivors of child sexual abuse. SF with lift access.

AH, C, MS, SF

SHAKTI WOMEN'S AID

Norton Pk, 57 Albion Rd, Edinburgh EH7 5QY

0131 475 2399; shaktiedinburgh.co.uk/; info@shaktiedinburgh.co.uk
Mon–Fri: 9am–5pm

Support and information to Black Minority Ethnic women, children and young people experiencing and/or fleeing domestic abuse.

AH, AD, BA, FF, OL, OW, SF

SPITTAL STREET CENTRE

19b Sth Bridge St, Bathgate, Edinburgh EH48 1TR

01506 205 413; www.nhslothian.scot.nhs.uk/GoingToHospital/Locations/Pages/SpittalStreetCentre.aspx

Thu: 9am–4:30pm (drop-in for women; wound clinic); Tue: 9am–4:30pm; Mon, Wed, Fri: 9am–4:30pm (drop-in dentist 1.30–3.30pm)

Wide range of recovery and addiction services including a drop-in needle exchange (closed Wednesday), dentist, sexual health and HIV advice, womens' group, wound clinic and more.

A, D, DT, MS, MH, NE, SH

STREETWORK CRISIS CENTRE

22 Holyrood Rd, Edinburgh EH8 8AF

0131 557 6055; www.streetwork.org.uk/

Mon–Fri: 7am–10pm (drop-in); Sat & Sun: 8am–4pm (drop-in)

Helpline 24/7: 0808 178 2323.

See day centres for full details.

AH, BS, BA, CA, CL, D, ET, IT, L, LS, MH, OL, OW