

the
FREE
mag for
homeless
people

the **Pavement**

July / August 2017





Joseph Shann

Age at disappearance: 35

Joseph has been missing from Leeds since 8 December 2010.

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

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

Call. Text. Any time. Free. Confidential. Open 24.7
Call - 116 000



Registered Charity No. 1020419



Mihaela Raducanu

Age at disappearance: 16

Mihaela has been missing from Smethwick in Birmingham since 12 March 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.

Mihaela, we would love to hear from you.

Call. Text. Any time. Free. Confidential. Open 24.7
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Registered Charity No. 1020419

The life of a zombie

We're marking the first anniversary of the criminalisation of legal highs in this issue. Has it made a difference to people's lives? The jury is out, but while the tabloids warn of "zombie" legal high users on the streets we suggest a solution: find people homes. We're also celebrating the young photographers behind a new exhibition – there's so much talent out there. If you know someone we should feature, get in touch and let us know. And check out Nelma's rights guides for migrants. Essential stuff.

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Colourful benches

© Keerthy Sivakumar
Exhibited at Accumulate's 'Made By Us' exhibition in May

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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

Art for life

Mat Amp meets the homeless photographers ready to make their mark. Watch out, world.

There is a real buzz in the lobby of the *Guardian* newspaper's HQ in King's Cross. It's the opening of a new exhibition called 'Made By Us', and the work is exceptional. But what's maybe even more amazing is that many of the photographers whose work is exhibited here had never picked up a camera before this year. Many of them still don't own one. And they certainly didn't think they'd have their work shown in an exhibition like this.

These young photographers are homeless. And 'Made by Us' is about showing people that they have something to say.

Accumul8 is a project that describes itself as a social enterprise helping young, homeless people "explore their creativity" through photography, filmmaking, creative writing and illustration. The project is ongoing, and this photographic exhibition is the end result of a course that runs for two hours a week over four months.

The latest exhibition came along at a time when the *Evening Standard* was running a series of headlines about young people and the supposed epidemic of knife crime in the capital. And it's not just the media reducing young people to violent



maniacs: it seems across the board millennials are fair game for criticism for everything from their addiction to social media to their vacuous self-obsession.

My instinct when I hear these views about a generation that is in fact probably more political active than the previous one is to spring to the defence of the young. But as I looked round this exhibition it dawned on me; they don't need defending. Young people are more than capable of speaking for themselves. Society just needs to pay attention, and this is at the heart of everything Accumul8 is about. It's a project that gives young people the skills, confidence and opportunity to express themselves.

Marice launched Accumul8 after the North London YMCA approached her in her role as the founder of the Crouch End Festival. They wanted to explore ways the two organisations could collaborate on a project that would use the skills and talents of local artists to encourage the creative potential of the young, homeless people living at the hostel.

Marice said: "This was a really new and innovative project for them. It wasn't coming from a usual 'supplier of services', so it took a real leap of faith on their behalf to give the go-ahead."

Now Accumul8 is working with nine hostels across London and collaborates with Ravensbourne college – tutors and students work with participants.

Workshops take place in different locations across London, including the Tate Modern and the Barbican, with their creative work featured on telly, in national newspapers and at exhibitions like this one.

The project has been about collaboration at every stage, and the building of 'strong and lasting relationships' with hostels has been key to its success. And there has been plenty of help on hand, from the community, from designers, web people, volunteers and venues etc.

At the exhibition, participants talk with genuine enthusiasm about Accumul8 and the numerous qualities the course has helped them with, including self-motivation,



'The Girl in the Shadow' © Younis Musa

pride, self expression, understanding of other cultures, tolerance of different views and communication skills. It is obvious that they are genuinely inspired and there is no hint of coaching in what they say. This comes from the heart.

As Jayakrishanth Narayanan tells me: "Photography takes me through a different thought process as I move through my environment. Now I stop and look at the moments happening around me." Everal James talks about the way photography encourages empathy: "When I take a photograph I don't think about myself, I think about other people."

The bottom line is summed up best by Jovan Washington, who says simply: "This project meant I could get out and about more. I saw a world far away from my four hostel



'Smoky Building' © Jeremiah Ebenezer

walls and I got to meet new people."

The program is not without its critics and some of them can be found on the *Guardian* [exhibition media partner] website's chat boards. One person is adamant that these courses lead to nothing for example – it's all just PR.

Others call for the need for changes in policy, seeing this as window dressing.

Marice, on the other hand, sees change coming from the young people. Her answer is to help them build the confidence they need to take the system on. She explains: "The issue is that we have to make the difference to people when they are young if we are to create critical change. We all recognise that mentoring, advice, guidance, etc can all help to change people's lives, and

intervention earlier is always better than later."

And the criticism that Accumul8 is too small to make a real difference seems to be less an argument against the programme and more evidence of the need for more ventures like it.

There is legacy here too. In 2016 the Accumul8 scholarship was created for those hoping to study creative and digital media at Ravensbourne; these three-year scholarships have been made available to project participants.

Marice is both ambitious and optimistic for the future. "We would love for us to get our own art space – it's a big ask, but if you don't ask you don't get." Having met Marice and seen what she has done first hand with Accumul8, I wouldn't bet against her.

Art in action

Ian Kalman says it's not just photography changes lives. Theatre can work wonders too.

Jake Goode came to London in 1987 looking for work. There was none to be had in Liverpool, where he came from. At that time the national figure was over four million people. He found himself squatting on and off for the next 13 years.

"It was the best choice available," he says. "But it also coincided with my belief about the use of empty places instead of leaving them empty." He found himself squatting in several places from a house on a Council estate to a boat.

Now, of course, squatting in residential buildings is illegal. But for Goode, it was an option that allowed him to live a sort of life on the margins and kept a roof over his head. For many years this was as much as he and his partner Jo needed.

The big change came 23 years ago when Jo went to a talk about Augusto Boal and Forum Theatre, and theatre company Cardboard Citizens performed a piece.

"She came back full of enthusiasm and told me that this was the link we were looking for between politics and performance. Soon after, Jo was invited to be part of a show for the company as someone had dropped

out. When the company found themselves short of another actor, Goode was in the right place at the right time and took his place.

"It was my first time on the stage as an actor," he says. "I remember arriving in Manchester, been giving some lines and that evening I was in front of an audience. Up until then all my income was cash in hand – we were living outside the system – so now looking back on it, Cardboard Citizens helped me to become part of society and I am very glad of that because it is hard to not be."

He's continued to be involved, accepting acting roles with the company ever few years but art has gone on to transform his life.

Along with Jo he founded Other Half Productions, which specialises in street theatre, cabaret and allows both to use their circus skills. And in 2014 the couple founded Just Play, a not for profit company teaching children across the world theatre and circus skills in recognition of their human right to play.

"We have gone to several places in the world where we perform and run workshops with children. It is something myself and Jo are passionate about."

His advice for those feeling stuck? It's simple he says. "Take advantage of every opportunity." And you never know. There might be one around the corner.

Attack of the 'zombies'?



Leading charity DrugWise has said that homeless people will continue to be hospitalised from taking legal highs unless the government deals with the chronic shortage of housing.

One year on from the introduction of the 2016 Psychoactive Substances Act (PSA), has banning legal highs helped or hindered the ongoing 'zombie apocalypse' – as the tabloids have dubbed the visible presence of homeless people under the influence of Spice – on our streets?

On the surface it seems like a no brainer: ban the sale of legal highs and then members of the public cannot buy or use them. Problem solved. It may, then, be a surprise (to some) that last year's PSA has had an unclear impact on the number of people using these formerly 'legal highs', now no longer 'legal' and renamed New Psychoactive Substances (NPS).

According to a 2017 DrugWise report, the act has had different effects in different parts of the UK. Drug workers in some areas have reported a huge decrease in NPS use since the PSA was passed, with a clinic in Lincolnshire showing a massive decrease in NPS-related referrals from 30 per week down to one in the entire month of November 2016.

This would suggest that the PSA

is definitely working some parts of the UK, but a glance at tabloid stories from over the last year will offer countless reminders of the 'zombie apocalypse' of NPS users threatening the fabric of our society.

The reality is that over half of the areas covered by the DrugWise report showed 'no difference' in the number of people using NPS. Instead of stopping the sale of Spice and other legal highs, the new rules have driven them underground and turned it into another street drug.

This is problematic for a number of reasons. It makes monitoring their sale difficult, which makes it hard to know whether the number of people buying and using NPS has decreased. Also, with street dealers selling the drugs instead of over-the-counter sales, the rates of violence and intimidation towards vulnerable users have increased.

But the biggest problem may be the increasing number of people sleeping rough in the UK.

Harry Shapiro, director of DrugWise, told *The Pavement*: "The point is we have increasing homeless numbers in the UK, which are only going up. Local authorities and businesses have got an interest in doing something. It is a housing issue. People say deal with the drug problem first, but stable accommodation helps people deal with these issues. Deal with the



Smoke © Creative Commons

housing, and *then* you might deal with the drugs.”

NPS have always been popular among the homeless community due to their low cost and how easy they are to buy. Spice and Black Mamba are particularly popular because both are used as a substitute by cannabis and heroin users due to their strong effects.

“Mamba knocks the bollocks off of heroin”

... according to a user filmed on BBC 3’s documentary series *Drugs Map of Britain*.

One of the greatest dangers of these drugs are their strength, which is often unpredictable due to the way they are made in makeshift labs. Fake cannabis-like chemicals are sprayed onto ordinary herbs using a spray

bottle, meaning you can’t control how even the spread of chemical is on the herbs. This means when you buy a bag of Spice you don’t know how much synthetic cannabis might be in that particular bag of herbs – it could be a weak batch, or it could be incredibly strong and cause harrowing side effects.

Yvonne Dempsey, Life Sciences lecturer at Glasgow University, told *the Pavement*: “Both Spice and cannabis can give some users feelings of euphoria, while other users will feel paranoid. Spice, however, is far more likely to cause hallucinations, delusions, confusion, anxiety, panic attacks and agitation.

“Spice has also been reported to lead to self-mutilation, seizures and catatonia.”

These side effects sound like something from a horror film, or worse, a 1960s *Reefer Madness*-era

advert warning about the very real danger of youths smoking one joint and morphing into deranged, hell-bound homosexuals. In 2010, all the hype was around party drug M-CAT (Mephedrone, aka ‘Bubble’) and its apparent ability to make teenaged boys rip their own balls off. Now it’s Spice.

Since the war on drugs has provided us with dark entertainment more than well-received advice, it’s no wonder that many people have not heeded the warnings of the hazardous effects of legal highs. Despite the EU banning M-CAT, the vast majority of users in the youth party scene refused to accept the ban or the warnings, turning to dealers to supply an ever-growing demand. The same pattern appears to have formed with Spice since the PSA was passed, and the warnings about their dangerous effects have been ignored by some.

A drug worker from Sheffield told *DrugWise*: “The NPS law in May has had no effect on our clients use of Spice.

“It’s still out there, and many people selling and buying it think it’s still legal.”

But for once the UK Government’s warnings of the apocalyptic dangers of NPS may actually ring true, at least to the 30 or so hospitalised NPS users

per week still coming from some of Leeds’ prisons.

The reality is that the NPS create effects similar, but not identical, to the drugs they’re trying to mimic. Rather than offering more bang for your buck, this huge difference in strength is part of what causes Spice’s horrific side effects – the kind that may brand you a ‘zombie’.

Marco Biagini & Joanna McAleer

Legal highs – the facts

- Spice’s main chemical component sticks to parts of the brain up to 10 times tighter than natural cannabis does.
- Unlike cannabis, there are no medical benefits associated with using Spice.
- Some NPS do not have the chemical compositions they are supposed to, causing different side effects.
- In some parts of the UK, evidence suggests that some have started taking heroin after developing a Spice addiction.
- Since many NPS are so new, scientists and doctors know very little about the long-term effects of abusing them.



Heroin users warned to be vigilant

Drug users have been warned to be “vigilant” in response to increased deaths thought to be caused by heroin laced with fentanyl.

The drug is known as “serial killer” in the United States because it can be so deadly. Now there are fears it is also endangering lives in the UK.

The warning was issued by Public Health England in April following a spate of deaths in Yorkshire, Humberside and Cleveland that were believed to be linked to the drug. It can be up to 100 times stronger than street heroin.

The National Crime Agency (NCA) issued warnings for users – and dealers – to exercise “extreme caution”. The agency believes that the drug, which has been responsible for hundreds of deaths in the US, may now be being used to cut heroin across the UK.

Tony Saggars, head of drugs threat and intelligence at the NCA, said: “We have taken the unusual step of appealing to people to be vigilant. We are aware there has been an increase in drug deaths this year in the UK, primarily linked to heroin use.

“Fentanyl can be problematic to identify in post-mortem toxicology, but we have noticed an increase in the drug in forensic testing of street heroin,” he added.

“Heroin users need to be aware that the amount of fentanyl in a £10 bag of heroin need only be 1/50th of the total quantity (about two

What is fentanyl?

- Fentanyl is an extremely strong painkiller, prescribed for severe chronic pain which does not respond to regular painkillers
- It is an opioid painkiller which means it works by mimicking the body's natural painkillers, called endorphins
- Symptoms of a fentanyl overdose include slow and difficult breathing, nausea, vomiting, dizziness and increased blood pressure

milligrams) to be a lethal dose.”

The painkiller hit the headlines after it was linked to the death of legendary musician Prince last year. Though its use was considered to be rare in the UK, local police forces in the North of England started to raise the alarm back in February.

The NCA is now working closely with the police to assess the risks in more detail. It appealed for any concerned users to seek medical help from the NHS or support services.

It also highlighted the higher sentences for dealers, as adding toxic agents to drugs is considered to be an “aggravating” circumstance.

Karin Goodwin

Hidden homelessness

When Raynor Winn and her husband found themselves homeless, they packed a tent and set off to live in the wild. And they discovered they were far from alone.

Homeless. It's a word that rightly conjures up images of despair. But in 2013, I swam with dolphins, walked with a tortoise and slept on the most westerly cliffs in England with only two sheets of nylon between me and America. And strangely I wouldn't have had those life changing moments if I hadn't been homeless. Bear with me, though: there is a darker side to this story.

In the same week that my partner was diagnosed with a terminal illness, we were evicted from our home of 20 years. It was an old stone house in the countryside from which we ran our own business. Told by the local authority that we were not entitled to priority housing as my partner "wasn't ill enough" we made a choice. With nowhere to stay, we packed our rucksacks and headed south to walk the whole 630 miles of the South West Coastal Path.

For us the choice was living wild – wild-camping – and we were lucky enough to have the kit and the resources to do that. But whatever spin we put on it, there was no escaping the fact that we had joined the numbers of the rural homeless.

Over the next two summers we encountered every form of prejudice and help. We also met many other homeless people, whose numbers contradict all the official figures. I had thought homelessness was primarily an urban problem and rough sleeping definitely so. After all, who sees a rough sleeper in the countryside? But having camped along side them, I can confirm: the hidden homeless are there, unseen.

The housing charity Shelter suggests 250,000 people are currently homeless in England, though the government doesn't accept this. From what I encountered in the rural southwest, I believe the figures are much higher than even Shelter's estimates. The Cornish homeless charity St Petroc's claim there were 65 rough sleepers in Cornwall in 2015, but few of the homeless people we met had slept on the streets, so had never been part of a head count. Many had never even approached the local authorities, so weren't included in any statistics.

The South West Coastal Path follows the coast from Somerset, through North Devon, Cornwall, South Devon and into Dorset. Rural always, in places remote, only occasionally passing through urban areas. This is the land of high value housing, second homes, holiday lets and tourists. You wouldn't risk

sleeping in the streets here, where there is so much prejudice. The result is a perception that there is no homeless problem.

In Somerset we encountered occasional rough sleepers miles from anywhere. But in Devon and Cornwall, the numbers grew and grew. We met people sleeping in cars, tents, barns, in caves and under bridges.

One group of around 20 young homeless people congregated in agricultural sheds and horse trailers in a wooded valley, unable to afford to rent in the wealthy area where they all worked. Further south, as gale force winds drove horizontal rain in from the Channel, we were forced inland away from the exposed clifftops. Camped in a wood, we quickly found we weren't alone. A ramshackle collection of tents and tarpaulins spread through the trees, invisible from the road. There we met John. Like many we met, he was educated and non-dependent, the oldest member of a group of homeless people who he said numbered "around 30, give or take". He claimed a police campaign to free the streets of rough sleepers ahead of the tourist season meant they had to stay hidden.

The availability of affordable accommodation is cited as the biggest cause of rural homelessness. It's a countrywide issue in rural areas, where local authority housing stocks



Hidden homeless © Raynor Winn

are low. Other resources are equally difficult to access, with mental health and addiction support agencies being spread across wide rural areas, meaning it can take days and endless bus journeys to resolve issues. It can be an impossible mountain to climb for many homeless people who, as a result, stay outside the system, hidden and uncounted.

During my time on the coastal path, it became clear that far from the romantic vision of the "gentleman of the road", rural homelessness is the daily struggle of large numbers of invisible people who are forced to live away from the public gaze, in areas where accessing food can be their highest priority. Unfortunately, before the needs of the rural homeless can be addressed, local authorities and those who live in the countryside must first acknowledge their existence, however unpalatable that may seem in a rural idyll.



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More migrant rough sleepers face deportation

Campaigners have raised serious concerns as it emerges that the Home Office is now threatening to arrest and deport homeless people sleeping on the streets of Edinburgh.

Home Office enforcement teams have been involved in street patrols in recent weeks, informing EU migrants sleeping rough that they are “misusing” their freedom of movement rights and should return to their countries of origin.

If they do not accept the offer of “voluntary” return, they will be arrested and deported.

All citizens of the EU are assumed to have free movement across the European Economic Area (EEA) and have the “right to reside” for three months. After that, they must prove they are self-sufficient to stay.

However, in May 2016 the UK Government became the only EU government to interpret rough sleeping as an “abuse” of the right to freedom of movement. Other abuses include sham marriage and documents forgery.

Last year there were dozens of joint local authority/Home Office operations across London, with eight of them resulting in 133 rough sleepers being detained. Recent research by Corporate Watch revealed homeless charities passed information on vulnerable rough sleepers to the Home Office teams.

Patrols have also taken place in other cities including Manchester,

Liverpool and Birmingham.

Jan Williams, head of operations at Streetwork, which does outreach work in the Edinburgh, said:

“The Home Office’s Immigration Enforcement department has made us aware that they are working in the Edinburgh area.” She is worried that removing people, even under “voluntary” schemes, will leave people vulnerable and put them at risk of harm.

Fizza Qureshi, director of the Migrant Rights Network, said that the development was “incredibly concerning”.

“It is being enforced without any sort of real insight into the background or situation of people on found on the streets,” she added.

According to Jean Demars, a researcher at Goldsmiths University and former head of housing at London-based migrant charity Praxis, homeless migrants have been deported for around seven years in London. This has increased dramatically since May last year.

He claims arrests and deportations could be legally challenged and is working with lawyers and migrant groups to bring forward test cases.

The Home Office confirmed it would take action against EEA nationals sleeping rough who “refused” to find “alternative accommodation”. KG

<https://nelmacampaigns.wordpress.com/home/>

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IF YOU ARE A EUROPEAN NATIONAL
AND FOUND TO BE ROUGH SLEEPING
YOU MAY BE ARRESTED
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AKWAABA



KNOW YOUR RIGHTS

- If they give you a letter telling you to leave the UK they should also give you a form to appeal this. You only have 14 days to do this but it's free and they will not be allowed to remove you until the appeal is heard in court. This will take a few months and will give you the opportunity to explain your situation.
- If they try to take your ID documents explain that you need them to look for work or accommodation. If they still take them, a lawyer can help you get them back for free.
- If they try to detain you, tell them if you are working, if you are looking for work, if you have been in the UK less than 3 months or if you are a permanent resident. If they still detain you, you have the right to see a lawyer for free in detention or phone Bail for Immigration Detainees (020 7456 9750)

In all cases, you should get immigration advice. If you don't know where to go, phone 07459642152 for directions.

ZNAJ SWOJE PRAWA: EGZEKOWANIE PRAWA

JEZELI JESTEŚ OBYWATELEM EUROPEJSKIM I
ZOSTANIEZ ZNALEZIONY ŚPIĄC NA ULICY/W PARKU,
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(TYLKO W JEZYKU ANGIELSKIM)



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- Jeśli otrzymasz list, który mówi, że masz opuścić UK, powinieneś również otrzymać formę do złożenia apelacji. Masz 14 dni, żeby to zrobić, ale jest to nieodpłatne i nie ma podstawy prawnej, żeby cię deportować aż do momentu, kiedy apelacja będzie odczytana na rozprawie sądowej. To może potrwać kilka miesięcy i może dać ci możliwość wyjaśnienia twojej sytuacji.
- Jeśli będą próbowali zabrać twój dokument tożsamości, powiedz, że potrzebujesz go w celu poszukiwania pracy/zakwaterowania. Jeśli mimo to zabiorą twój dokument, prawnik powinien pomóc ci w odzyskaniu go bezpłatnie.
- Jeśli będą próbowali cię zatrzymać, powiedz, czy szukasz pracy, czy pracujesz, czy jesteś w UK poniżej 3 miesięcy, czy jesteś rezydentem. Jeśli mimo to, zostaniesz zatrzymany, masz prawo zobaczyć się z prawnikiem bezpłatnie na miejscu, lub zadzwonić pod numer (020 7456 9750)

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TELEFON: 07459642152 (DOAR ÎN ENGLEZĂ)



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- Dacă îți este dată o scrisoare în care ți se spune să părăsești Marea Britanie, ar trebui să îți fie dat și un formular pentru a apela această decizie. Ai doar 14 zile la dispoziție pentru a face apel, dar este gratuit și nu vei putea fi expulzat până când apelul nu este decis în instanță. Acest lucru poate dura câteva luni și îți va da oportunitatea să îți explici situația.
- Dacă încercă să îți confişte documentul de identitate, explică-le că ai nevoie de el pentru a căuta de lucru și pentru a obține cazare. Dacă totuși îți este confiscat, un avocat te poate ajuta să îl recuperezi în mod gratuit.
- Dacă încercă să te detină, spune-le dacă lucrezi, dacă ești în căutare de lucru, dacă ești în Marea Britanie de mai puțin de 3 luni sau dacă ești rezident permanent. Dacă tot te detin, ai dreptul la un avocat în mod gratuit în detenție, sau să telefonezi Bail for Immigration Detainees (020 7456 9750)

În toate cazurile, ar trebui să obții sfaturi
în imigrație. Dacă nu știi unde să mergi,
sună la 07459642152 pentru îndrumări.

Rebuild Grenfell Tower and invest in safe housing

The Grenfell Tower should be rebuilt, according to campaigners who want to make sure that no social housing is lost – and no more people become homeless – as a result of the tragic London fire.

Residents' forum the Radical Housing Network said the tragedy, which at time of going to press had killed 79 men, women and children, was a product of a "greed-driven housing system" where profit was put before people's lives.

Calling for long-term investment in decent, secure and safe public housing, it claimed it was time the system stopped treating people "with contempt".

The Grenfell Tower fire started at 12.45am on 14 June and engulfed the 24-storey building, where some 600 people were living, in less than an hour.

It is thought that the cheap cladding, put on to "pimp up" the flats in London's richest borough of Kensington and Chelsea, caused the fire to spread. *Inside Housing* reported that fire protections between floors had also been removed temporarily as part of the £10m refurbishment by building firm Rydon.

It also emerged that Grenfell Action Group had raised repeated safety concerns with Kensington and Chelsea Tenant Management Organisation (KCTMO) over the last few years but had been ignored.

Legal letters were sent to activists publishing their concerns online as KCTO claimed they were defamatory.

A spokesperson for Radical Housing Network said: "Grenfell should not be another excuse to demolish council housing. The problem is not council tower blocks – it's lack of investment and a shockingly irresponsible approach to public building maintenance, safety, and tenants' concerns.

"The UK housing system treats those at the bottom with contempt."

"Those on the lowest incomes suffer substandard, dangerous housing and overcrowding."

Tenants, both those living in council estates or renting privately, have few rights, the spokesperson added. "Grenfell is a human tragedy, but is also a very political, preventable tragedy. It is a product of a greed-driven housing system, in which profit is valued more than the lives of many people."

A full public inquiry has been announced, with the police following up criminal proceedings. Fire safety reps said the tragedy underlined the need to install sprinklers in all high rises, which was recommended after the Lakeland House fire in 2009 that killed six people.

In 2015 a Freedom of Information

Act request submitted by *Inside Housing* revealed just 18 council-owned tower blocks out of 2,925 had sprinklers fitted.

Writing on its blog, a spokesperson for the Grenfell Action Group said, "The many who lost their lives in this catastrophe were our friends and neighbours. We tried to speak for them in life and we will continue to

Empty buildings could be used by homeless people

Oxford City Council has agreed to consider a policy of opening up empty public buildings to house homeless people.

The proposal, put forward by Green Party Councillor David Thomas and passed by Oxford City councillors, means the local authority will look at the feasibility of opening up unused buildings, including Oxford University ones.

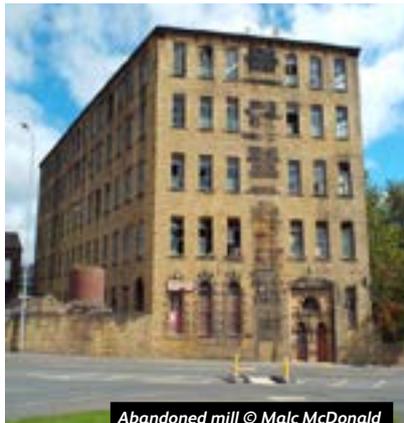
Thomas, who was himself homeless for a short time in the past, was inspired to take the motion forward after grassroots group Iffley Open House squatted an empty university building earlier in the year.

Some 14 homeless people slept in the building, which had its own cooking and washing facilities, for just over three months. The group has since occupied other empty buildings as it claims the council is turning single homeless people away without housing them.

... speak for them now.

"We share the pain of the homeless, the injured and the bereaved, to whom we offer our heartfelt sympathy, condolences and solidarity. We also share the sense of anger and injustice that has troubled this community for years."

Karin Goodwin



Abandoned mill © Malc McDonald

Councillor Thomas told the *Pavement*: "The plan kicked off in the winter last year, when homeless people themselves started to show how empty buildings could be re-used. Often homeless people are dismissed. But as a group they were running this shelter.

"The motion has got cross-party support and people are talking to

each other about this; the council, the university, the churches. We're expecting that in September we will have a proposal and the University is producing its own discussion paper."

He said there was often a view that if a homeless person didn't engage with services, then that was the fault of the homeless person rather than an acceptance that the service wasn't up to scratch.

"What's been demonstrated is that there is a different way of doing this," he added.

"Of course there are risks, but we can identify those and look to minimise them. It's got huge potential. We are hoping there will be a pilot project and then I think there will be a lot that councils across the UK can learn from."

Councils across the UK have come under increasing pressure to open up empty building across the country, with scores of petitions set up on lobbying site 38 Degrees.

Earlier this year, Brighton and Hove council agreed that homeless charities could use empty buildings as night shelters in the winter.

In the winter of 2015–16, footballers Gary Neville and Ryan Giggs allowed rough sleepers to squat in a Manchester building they had bought to convert into a hotel, for three months before refurbishment work started.

Karin Goodwin

Homelessness shames Glasgow

Over the next few issues we'll meet some of the campaigners trying to highlight the need to end homelessness.

Jamie Jackson talks to Sean Baillie, who set up the Homelessness Shames Glasgow campaign.

What's the inspiration for Homelessness Shames Glasgow?

We're not trained in any sort of help with addiction or other complicated issues that can arise when someone is homeless. But we want to provide solidarity; that's the one thing nobody else is doing. Everybody else is doing great work. But the scale of it [homelessness]... we can't just continue to rely on the goodwill of the people that are helping. There needs to be political change. We need to make this a hot topic.

How did you get started?

At the start of the campaign we had demonstrations in the street and a vigil for Matthew [Bloomer, a 28-year-old rough sleeper who died in Glasgow city centre on a freezing night in March]. His death really brought to light the severity of the issue. We all saw what had

been going on as we'd all been trying to help beforehand just as a loose group of people – we'd been doing drops of food, sleeping bags and toiletries, and over the winter we'd tried to ask the council to come up with a property, staffed by us, to be used as a daytime drop-in. That idea was totally knocked on the head [by authorities]. But Matthew's death really spurred us on to say there needs to be something more here, more hard-hitting.

What else have you done?

We made over a dozen banners and dropped them in highly visible places and city landmarks and just made sure everyone in the city seen these. It was well received and picked up by the newspapers. We also campaigned in the run up to the council elections and we made it a big issue for the council election.

We went to Shelter [homeless charity] hustings: there the guy chairing it putting pressure on a Labour councillor asking about our banners. In the future we'd like to a voter registration drive. We're kicking ourselves that we missed the chance this election. Getting people who are homeless or who have no fixed abode and have them register to vote is so important. Politicians should answer directly to the people.

Jamie Jackson



Sean Baillie © Jamie Jackson



Free Hotel Toiletries © Every Little Bit Helps

News in Brief

Big Issue for EU Migrants

A Romanian woman who used to sell the *Big Issue* magazine has received a harsh ruling from a judge meaning she can no longer receive benefits.

The woman registered as self-employed and began selling the magazine about three months after she came to the UK.

Her status as a self-employed worker opened the door to receiving Working Tax Credits, but following a decision by Judge Kate Markus, QC, she is no longer eligible for government support.

The judge decided that the woman's business was 'not viable' as she did not make enough money through it – the woman fell around £100 short of the £157-per-week wage that EU migrants are expected to make.

New service to help 700 people

People sleeping rough in Bedfordshire and Milton Keynes are being offered a new service from 26 June due to a partnership between local councils.

The service will also target people who are at risk of becoming homeless to prevent them from moving onto the streets.

The £623,000 funding received will enable the service to run for two years.

Every Little Bit Helps

A Sydney-based charity has caused a stir through encouraging a new way to donate to homeless people in Australia.

People staying in hotels all over the world tend to take a freebie with them as they check out, whether it's a bottle of shower gel, a bar of soap or a miniature toothpaste.

Every Little Bit Helps asks people to donate these often un-used freebies and distributes them among homeless people, and since 2014 has provided over 20,000 kits to individuals in and around Sydney.

Founder of the charity, Katryna Robinson, told *ABC News*, "We want to fill a void that is there and without our services, what we found is simply [toiletries] weren't being offered."

Contactless donation points

Electronic contactless donation points are now operational across Bristol, allowing passers by to make quick £2 donations to rough sleepers.

Money raised will go to the Safer Off the Streets (SOS) project, which aims to raise £100,000 for four local night shelters run by different homelessness charities.

David Ingerslev of St Mungo's and Rough Sleeping Partnership welcomed the development: "There is nothing else like this in Bristol".

Help Bristol's Homeless

The founder of social enterprise Help Bristol's Homeless has been working with a group of homeless people to construct innovative new homes.

Jasper Thompson is working to convert old shipping containers into fully functioning homes, stating the project helps create a sense of ownership and achievement for everyone involved.

Thompson told *the BBC* they have "big dreams" to develop the idea.

Single parents win benefits challenge at High Court

A High Court judge has ruled that the countrywide benefits cap is discriminatory towards a group of single parents in London.

The benefits cap currently sits at £20,000 (£23,000 for Londoners), and was deemed insufficient to support four lone-parent families, two of whom had been made homeless due to domestic violence.

According to the BBC, the ruling will enable extra financial help to be offered to the families. They told the courts they were facing a "real misery" from the benefit caps, which can only be avoided by those working more than 16-hours per week.

Homeless surge under Tories

The number of homeless people in the UK has risen by 34 per



Social housing © Kay Williams



Mayor at homeless vigil © Hawaii County

cent since 2010, when the Conservatives came into power, *the Independent* reported.

It claimed this could be linked to an enormous 97 per cent decrease in the number of government-funded houses for social rent since 2010.

In 2010-11, more than 36,700 socially-rented homes were built, but 2016-17 this number dropped to just 1,102 new homes.

Housing First shows success

Glasgow is to become the latest in a growing number of cities to show the success of the Housing First approach to homelessness services.

The model has been successful all over the globe, and has been used extensively in the USA and Finland.

Patrick McKay, of Turning Point Scotland, told *the Evening Times* the Housing First model has an undeniable success rate. He said: "It might sound really simple but its radical and it says we are going to take people from the street and we are going to give them

accommodation."

Chester hostel may close

Labour-lead Cheshire West and Chester Council is proposing the closure of Richmond Court in Boughton.

The proposal is a direct reversal of the previous Tory council's decision to centralise homelessness services into a big 46-bed facility at Richmond Court, which is thought of by many as a magnet for trouble.

The council plans to divide services into smaller, more spread out accommodation units across the area, with extra emergency beds.

New benefits laws in Scotland

The Social Security Bill will give ministers powers over 11 benefits which were devolved to Scottish control under the Scotland Act 2016.

The new laws will include the increase of the carer's allowance from summer 2018, and increased start-up grant and funder expense assistance from summer 2019.

Citizens Advice Scotland social security spokesman Rob Gowans told *the Daily Record*: "While full details of the new system are still to be decided, there is much to be welcomed in today's Bill."

Hawaii doctors could prescribe houses to homeless

A groundbreaking new proposal in Hawaii is suggesting that doctors should be able to prescribe housing to homeless people. Instead of providing long-term medical treatment to rough sleepers, the new bill would prescribe them a home – the ultimate cure to poor health.

State senator Josh Green told *the Guardian*: "We're [currently] just paying for it in the most inefficient, expensive way possible."

Atos Healthcare changes name

The company which carried out the controversial work capability assessments for the Department of Work and Pensions (DWP) have changed their name to Independent Assessment Services (IAS).

The company, based in France, carried out assessments that lead to many disabled Scots wrongfully losing their benefits.

The £500million Atos contract was cancelled after years of controversy, but the newly named IAS company is set to start a new five-year contract with the DWP worth over £700million.

Healthy Mouths



Groundswell spoke to over 260 people experiencing homelessness about their health.

We found that 90 per cent had a problem with their mouth and 70 per cent had lost teeth since becoming homeless.

Nearly a third had struggled to find a dentist, though about the same proportion (30 per cent) were currently in pain.

Problems to tell the dentist: <i>fill this out before your appointment</i>		Dental health tasks: <i>fill this out after your appointment</i>	
My next dentist appointments:			
<i>e.g. 12th July</i>	<i>e.g. Southside Dental Practice, 52 Bond Street, EH2 6DL</i>		

"When I got my teeth sorted it was amazing. It took me ages to stop putting my hand over my mouth. Even just seeing the look in peoples' eyes. I don't know if they sensed that I was more at ease with myself when I smiled. They could smile with me. I actually feel that getting my teeth sorted has helped me to turn a corner. They don't hurt anymore and I'm not drinking now. I'm not embarrassed. I can start looking to the future."

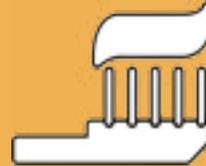
– Groundswell Research

If you don't have a dentist, the easiest way to find one is to call 111.

They will ask your name, date of birth and the postcode for the area you are in and can search for local dentists who are taking NHS patients.

Visit the dentist regularly to check that both your teeth and mouth are healthy, even if you don't have any natural teeth left.

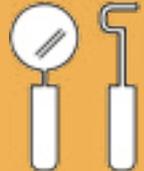
But you should also look after your own teeth. Here's how:



1. Brush your teeth twice a day. Brushing last thing at night is really important. If your gums bleed brush again.

2. Clean between your teeth every day using floss or small brushes. Toothpaste must have fluoride in it. Only use toothpaste meant for adults.

- Do not rinse your mouth with water after you brush your teeth. Rinsing your mouth with water washes away the toothpaste.
- If you smoke or drink alcohol going to the dentist is even more important.



5. Cut down on sugary food and drinks and try to have them only with meals.

6. If you use methadone, brush your teeth before and rinse your mouth with water after you take your methadone.

If you're on most benefits you can get NHS dentistry for free. You need to fill out an HC1 form which is easy to get online (most dentists and homelessness services can help).

Having proof of your benefits may help when signing up: <http://bit.ly/2seesqh>

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

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

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

Alcohol workers
Art classes
Advocacy
Accommodation/housing advice
Barber
Benefits advice
Bedding available
Bathroom/showers
Counselling
Careers advice
Clothing store
Drugs workers
Debt advice
Dentist
Ex-forces
Ex-offenders
Education and training
Food
Free food
Foot care
Internet access
Laundry
Legal advice
Leisure facilities
Luggage storage
Music/drama
Mental health
Medical/health services
Needle exchange
Outreach worker links
Outreach workers
Step free access
Sexual health advice
Tenancy support

Email changes and suggestions to:

val@thepavement.org.uk

Updated: June 2017

ARTS

CREATIVE COLLECTIVE

Platform, The Bridge, 1000 Westerhouse Rd, Glasgow G34 9JW

0141 276 9696; www.platform-online.co.uk/

Thu: 6:30–8:30pm

A free, friendly and inviting group for people looking to make friends or improve their own wellbeing.

AC, MD

CRISIS SKYLIGHT (EDINBURGH)

Crichton Hse, Edinburgh EH8 8DT

0131 209 7700; www.crisis.org.uk/pages/crisis-skylight-edinburgh.html

Mon–Fri: 9am–5pm; Tue: 2–4pm (singing & creative writing); Wed: 1–3pm (music)

Helps single homeless people get set up for a more stable and secure future. Learning programme, one-to-one coaching and housing advice. Creative arts and music workshops. Visit the website or phone for more details.

AH

GIVIN' IT LALDIE

Gorbals Parish Church, 1 Errol Gdns, Glasgow G5 0RA

07728 323636; givinitlaldie.org.uk/
Wed: 7:15–9pm (Gorbals Community Choir); Wed: 1:30–3pm (Sing For Life choir); Wed: 5:30–6:30pm (Strum For Life guitar group)

The Gorbals Community Choir is completely free, all music is taught by ear and you can choose where to sit – tunes, highs or lows! You don't have to have been in a choir before and they won't make you sing on your own – it's all about making friends and having fun.

Sing for Life is a choir suitable for older adults, individuals with health problems or anyone who would enjoy a gentle, uplifting singing session. Strum for Life is a community guitar class for all ages and levels. Guitars are provided (or you can bring your own).

MD

GLASGOW CITY MISSION

20 Crimea St, Glasgow G2 8PW
0141 221 2630; www.glasgowcitymission.com/

Mon–Fri: 10am–10pm (drop-in 8–10pm); Mon & Wed: 10–12:00am (foodbank)

One-to-one help and advice. Day classes incl art, music, computers, cookery, college courses, lunch clubs and back to work support.

AH, AD, A, B, BS, BA, CA, C, D, ET, EF, EO, F, IT, LF, MS, MH, MD, OL, OW, SF, TS

GOVANHILL BATHS

99 Calder St, Glasgow G42 7RA
0141 433 2999; www.govanhillbaths.com/

Mon–Sun: 10am–5pm
Community and arts centre with regular programme of arts events including pottery classes and Rags2Riches upcycling classes.

AC

LODGING HOUSE MISSION

35 East Campbell St, Glasgow G1 5DT

DETAILS WRONG?
Help us! Email val@thepavement.org.uk
Thanks.

0141 552 0285; www.lhm-glasgow.org.uk/
Mon–Fri: 8:15am–3pm (F, IT, pool, games, support, showers); Mon: 12am–2pm (photography)
Aims to restore dignity to Glasgow's poorest and to bring their service users back into mainstream society.

Also a choir for adults affected by

issues of homelessness (Fri), and other arts.

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

ON THE CORNER

257 London Rd, Glasgow G40 1PE
0141 237 1221; thespacescotland.org/

Wed: 6–7pm (craft groups)
Community space offering craft and upcycling workshops to anyone. Every 2nd week is in collaboration with the Glasgow Mental Health Support Group.

AC

RAISED VOICES (JACKSON ENTRY)

The Serenity Café, 8 Jackson Entry, Edinburgh EH8 8PJ
07968546034; raisedvoices.org.uk/

Wed: 7–9pm

Creative writing and performance workshops for homeless people in Edinburgh. They produce plays, poetry, podcasts, spoken word and music based around the stories of the homeless people that use the service.

AC, MD

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

RAISED VOICES (PIRNIEFIELD BANK)

27/3 Pirniefield Bank, Edinburgh EH6 7QH

07968546034; raisedvoices.org.uk/

Creative services for homeless people in Edinburgh. This can range from creative writing workshops to organising fundraisers for other charities. Phone for details.

ET, LF

THE ART FACTORY

Platform, The Bridge, 1000 Westerhouse Rd, Glasgow G34 9JW

0141 276 9696; www.platform-online.co.uk/

Tue: 1–2pm

For anyone who wants to draw, paint or try a new craft. You could be brand new to it or maybe you did it years ago and want to try again.

AC

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

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.

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



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
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 someone's 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 (F, IT, pool, games, support, showers); Mon: 12am–2pm (photography)

Aims to restore dignity to Glasgow's poorest and to bring their service users back into mainstream society. Also a choir for adults affected by issues of homelessness (Fri), and other arts.

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 for people aged 18–28.

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

PRE-SYNC 27 (EDINBURGH)

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; qpgpc.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)

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

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:
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, women's group, wound clinic and more. Drop in

**DETAILS
WRONG?**
Email val@thepavement.org.uk

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)

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

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



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 & 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

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

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

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

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

DRUGS/ALCOHOL

ADDACTION (N.W. GLASGOW RECOVERY HUB)

0808 178 5901; addaction.org.uk/
Mon–Sun: 8am–8pm

We support you on your recovery
journey from alcohol and drug use, no
matter what stage you're at. We will
assist you to make positive changes
in your life to help you get on the road
or sustain your recovery journey. 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

ADFAM

020 3817 9410; www.adfam.org.uk/
For families affected by drugs & alcohol.

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



ALCOHOLICS ANONYMOUS

0845 769 7555; www.alcoholics-anonymous.org.uk/; help@alcoholics-anonymous.org.uk

Calls charged at local rate on BT lines. Other networks may vary. Links to local support groups.

C

ANXIETY ALLIANCE

0845 2967877; www.anxietyalliance.org.uk/

Monday–Friday: 10am–10pm (calls at national rate)

Advice and support people who suffer from anxiety, phobias, panic attacks or OCD, or wish to withdraw from tranquillisers and anti-depressants. Phone the helpline.

C, D, MH

BENZODIAZEPINE ADDICTION, WITHDRAWAL & RECOVERY

<http://www.benzo.org.uk/>

Info & support groups for users.

AD

BETHANY CHRISTIAN CENTRE (MEN ONLY)

6 Casselbank St, Edinburgh EH6 5HA
0131 454 3125; www.bethanyct.com/

Mon–Sun: 9am–9pm

For homeless or vulnerable men with alcohol or drug problems who wish to take part in a work training programme.

A, CA, D, ET

BETHANY CHRISTIAN TRUST

65 Bonnington Rd, Edinburgh EH6 5JQ

0131 561 8930; www.bethanyct.com/
Tue: 12:30am–2:30pm (women only drop-in); Thu: 1–3pm (men only drop-in)
Supports individuals and families to help them tackle long-term homelessness problems including addictions, debt, lack of furniture, unemployment and social isolation.

AH, A, CA, C, D, FF, OW

COCAINE ANONYMOUS (SCOTLAND)

PO Box 26812, Glasgow G1 9AB
0141 959 6363; www.cascotland.org.uk/

Fellowship of people who help each other to stay off cocaine, crack and other drugs. Contact them (info@cascotland.org.uk or the helpline number) to find your nearest meeting.

C

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 only)

Temporary furnished accommodation and support to adults in recovery from substance misuse, who have achieved a period of stability through residential or community rehabilitation. Service is mainly for people living clean, but some methadone, etc, users who are stable will be considered.

AH, A, C, D, MH, SF, TS

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

CROSSREACH (RANKEILLOR INITIATIVE)

205 Cowgate, Edinburgh EH1 1JH
0131 225 4901; [crossreach.org.uk/
rankeillor-initiative](http://crossreach.org.uk/rankeillor-initiative)

Mon–Fri: 9am–5pm (phone only for referrals)

Temporary supported accommodation for men in recovery from drug/alcohol misuse in shared flats in central Edinburgh. Referral only via individuals, professional workers and independent agencies.

AH, A, C, D, DA, 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 groups, recovery 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 24/7 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

EXCHANGE SUPPLIES

01305 262244; [www.
exchangesupplies.org/](http://www.exchangesupplies.org/)

Mon–Fri: 8.30am–5pm (not bank holidays)

Info about safer drug use. Also supplies (Naxalone etc).

FRANK

0300 123 6600; www.talktofrank.com/

Mon–Sun: 2–6pm (live chat)

Drug advice for young people – free from landlines.

AD, C, D, OL

GLASGOW CITY MISSION (CITY CENTRE PROJECT)

20 Crimea St, Glasgow G2 8PW

0141 221 2630; [www.
glasgowcitymission.com/](http://www.glasgowcitymission.com/)

Mon–Fri: 10am–10pm (evening drop-in 8–10pm); Mon & Wed: 10–11:30am (foodbank)

One-to-one help and advice. Day classes incl art, music, computers, cookery, college courses, lunch clubs and back to work support.

AH, AD, A, B, BS, BA, CA, C, D, ET, EF, EO, F, IT, LF, MS, MH, MD, OL, OW, SF, TS

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



GLASGOW COUNCIL ON ALCOHOL (CLAREMONT ST)

2nd Fl, 14 N Claremont St, Glasgow G3 7LE

0141 353 1800; www.glasgowcouncilonalcohol.org/;

Helpline: 0808 802 9000

Mon–Wed: 9am–9pm; Thu & Fri: 9am–5pm; Sat: 9am–1pm (fortnightly – please phone first)

Help and support to anyone experiencing problems related to alcohol consumption. Alcohol counselling, training, prevention and education, group work, support, advice and information. Whether you are concerned about yourself or someone you know, contact them. Phone to check times of fortnightly drop-in on Sats.

A, C

HUNTER ST HOMELESS HEALTH SERVICE

55 Hunter St, Glasgow G4 0UP

0141 553 2801; <http://bit.ly/2rFwQfM>

Mon–Fri: 9:30am–4:30pm (closed 12.30–13.30; GP/nursing team from 13.30)

One-stop shop to meet the health and addiction needs of service users who are homeless and are the most vulnerable such as rough sleepers, those living in emergency accommodation and temporary accommodation for up to three months.

A, D, FC, MS, MH, SH, SF

INDEPENDENT DRUG MONITORING UNIT

www.idmu.co.uk/

Expert evidence service in court cases and has listing of solicitors with experience in drugs offenses. Wide range of drug-related information on their website.

AD, LA

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 E Campbell St, Glasgow G1 5DT

0141 552 0285; www.lhm-glasgow.org.uk/

Mon–Fri: 8:15am–3pm (food, IT, pool, games, support, showers); Mon: 12am–2pm (photography)

Aims to restore dignity to Glasgow's poorest and to bring their service users back into mainstream society. Also a choir for adults affected by issues of homelessness (Fri), and other arts.

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

OVER-COUNT

01387770404; over-count.weebly.com/

Tue: 7–10pm

For people addicted to OTC drugs.

AD

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

PRE-SYNC 27 (EDINBURGH)

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

RE-SOLV

01785 810762; www.re-solv.org/
Mon–Fri: 10.00am–4.00pm (helpline –
not public holidays)

Info about inhalant abuse. Outside
helpline hours, there's an emergency
contact. Good leaflets. Phone or email
(information@re-solv.org). Works
closely with Solve It, who offer online
counselling (01536 414690).

AD, C, D, OL

RELEASE (DRUG & LEGAL HELPLINE)

020 7324 2989; <http://www.release.org.uk/>;
ask@release.org.uk
Mon–Fri: 11am–1pm & 2–4pm (drugs
helpline – 0845 4500 215)

MISTAKES?
Tell val@the-pavement.org.uk –
thanks!

Advice on drugs & drugs law.

AD, LA

SPITTAL STREET CENTRE

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

01506 205 413; [www.nhslothian.scot.nhs.uk/
GoingToHospital/Locations/Pages/
SpittalStreetCentre.aspx](http://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

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.

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

TURNING POINT SCOTLAND (DRUG CRISIS CENTRE)

123 West St, Glasgow G5 8BA

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

➔
WORK /
TRAINING

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 G15 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 (LINK UP)

112 Commerce St, Glasgow G5 9NT

0141 420 1929; www.
turningpointscotland.com/
 Mon–Sun: 24 hours
 For homeless people in crisis because of mental health, drugs or alcohol. A 12-bed residential unit provides a safe environment to withdraw from a chaotic lifestyle. Average stay is 28–36 days.

AH, AD, A, C, D, FC, MS

TURNING POINT SCOTLAND (MIDWAY PROJECT)

Kingston Business Centre, 75 Stanley St (3rd Floor), Glasgow G41 1JA

0141 429 2668; www.
turningpointscotland.com/
 Support and accommodation for homeless people (18+) with mental health and/or addiction issues.

AH, A, BA, D, MH, OW, TS

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

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

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

MISTAKES?
Tell val
@thepavement.
org.uk – thanks!

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 Gurdwala, 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

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.

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

supports immediate needs but also looks to address someone's situation of poverty and disadvantage.

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

JERICHO 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; qpgpc.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 where everyone 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: 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

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; sopersaturday.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)

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

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

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