

the Pavement

the free magazine for homeless people



Issue 143 : Hope springs
April – May 2023

Missing



Prem Dhall

Prem Dhall disappeared from Oxford, Oxfordshire, on 7 February 2023. He was 60 when he was last seen.

Prem, 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 or text 116 000. It's free and confidential. Or email us on 116000@missingpeople.org.uk.



Andrew Linton

Andrew Linton has been missing from Kilwinning, Ayrshire, since 22 February 2023. He was 43 at the time of his disappearance.

Andrew, use our free and confidential helpline; we can offer support and advice without judgement, and the opportunity to send a message to loved ones. Call or text 116 000.

If you think you may know something about Prem or Andrew, you can contact our helpline anonymously on **116 000** or 116000@missingpeople.org.uk, or you can send a letter to 'Freepost Missing People'.

Our helpline is also available for anyone who is missing, away from home or thinking of leaving. We can talk through your options, give you advice and support or pass a message to someone. It's free and confidential.

**missing
people**

Registered charity in England and Wales (1020419)
and in Scotland (SC047419)

A lifeline when someone disappears

**TURN TO PAGES A – P
FOR THE LIST OF SERVICES**

Cover:

This issue's cover features the artwork *Swan – Elephant* by Pedro del Canto, an artist working with *Homeless Diamonds*. *Homeless Diamonds*, an arts magazine for homeless people connected to St Mungo's services, recently celebrated its 50th issue. Congratulations to everyone involved with the magazine. © *Homeless Diamonds*

The Pavement magazine

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As advertised in the previous issue of the magazine, *the Pavement* is running an impact evaluation, collecting and collating readers' views, likes and dislikes of the magazine, in order to help us improve and develop. *The Pavement* is asking readers to take part in a very short survey, taking only a few minutes to complete.

- **Reader survey available online:**
www.smartsurvey.co.uk/s/Pavement-Readers

If you read the magazine and want to take part in the survey, but cannot access the survey online, ask a service you are connected to about accessing the survey. Service providers are also being invited to take part in a separate survey designed for services. The responses we receive from our surveys will help shape the direction of the magazine, informing us what we're doing right and what we're doing wrong.

- **Service provider survey available:**
www.smartsurvey.co.uk/s/Pavement-organisations

Welcome to *the Pavement*: a magazine for homeless readers

We're a small charity, founded in London in 2005, producing a pocket-sized mag full of news, views and cartoons that helps people in moments of crisis as well as giving info which may be needed to move on. Right in the centre is a list of places to help you.

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. Each issue we print 8,500 FREE bimonthly magazines written for homeless and insecurely-housed readers in London and Scotland. You can find *the Pavement* at hostels, day centres, homeless surgeries, soup-runs and libraries.

Help needed

We are always looking for volunteer journalists and photographers to create exclusive content that's written with our readers in mind. We particularly welcome those who've experienced homelessness. Or can you fundraise or donate so we can keep providing *the Pavement* for free? We also need London volunteers to help with distribution.

A big thank you to our readers and writers.

- editor@thepavement.org.uk

Hope springs eternal

Whether you're a dreamer or a realist, hope is a comfort we all indulge in from time to time. And when better to let hope take hold than the spring? Flowers in bloom, bluer skies, balmy days, it's all on the way.

Don't let these warm words kid you into thinking it's all happy days, though. No, *the Pavement* prides itself on printing real stories from the real world, and it's not always blue skies and sunshine. Leon Eckford takes a look at what hope means to the homeless community on page 12, while there's an in-depth look at the importance of grassroots cooperation and collaboration on page 26 by Emdad Rahman.

Put your best foot forward with Groundswell's health resource on taking care of your feet on page 24. And if you do fancy a dose of escapism, take a read of Chris Sampson's spooky satire on page 21. You'll also find all of the regular news, views and cartoons inside.

the Pavement team
www.pavement.org.uk

Koestler competition: Hurry! The 2023 Koestler Awards deadline for entry is 6 April 2023. Readers of *the Pavement* will be familiar with Koestler Arts, an arts trust working with people in criminal justice settings to encourage creativity

and to learn and explore new skills. Each year the trust runs a competition, the Koestler Awards, to showcase the fantastic art created by people in the UK's criminal justice system. A selection of winners is chosen and applicants may be featured in the Koestler Awards show, held from October/December. To enter you must be in custody in a UK prison, young offender institution, secure training centre, secure children's home, immigration removal centre, or high or medium security psychiatric hospital or unit (including the Channel Islands and Isle of Man). You can also enter if you are a current client of the National Probation Service or a Community Rehabilitation Company, a Youth Offending Service, the Scottish Criminal Justice Social Work Service or their equivalents elsewhere in the UK.

- **To apply, visit the Koestler website:**
koestlerarts.org.uk/koestler-awards/2023-koestler-awards



© Koestler Arts

Off target

How goes the government's pledge to eliminate rough sleeping in England by 2024? The Department for Levelling Up, Housing and Communities released statistics for the rough sleeping snapshot for autumn 2022 in late February, showing a sharp 26 % increase in the number of people sleeping rough. An estimated 3,069 people slept rough in England on any given night in Autumn 2022, up by more than a quarter on the previous year. Homeless Link Chief Executive Rick Henderson called the figure "shocking". A breakdown of the count revealed the number of people sleeping rough in London on a single autumn night has increased by 34 % on the previous year to 858 people. The government's annual rough sleeping count is widely believed to understate the number of people sleeping rough, as the figure is simply a snapshot of one night in the year.

Troubling trends

The Department for Levelling Up, Housing and Communities has also released official data on statutory homelessness in England. Like the government's rough sleeping snapshot, the statutory homelessness data shows an alarming trend. The number of people housed in temporary

accommodation in England continues to grow. A shocking 99,270 households, including more than 125,000 children, were staying in temporary accommodation at the end of September 2022. Crisis points out the number of households in temporary accommodation is at its highest level in 18 years. Alarming, Section 21 'no-fault' evictions continue to leave people facing homelessness. According to the statistics released in late February, 6,170 households were facing homelessness because of a 'no-fault' eviction notice. Despite promises, there has been no update on the progress of the Renters' Reform Bill, which would scrap these evictions.

Cost of crisis

Westminster Council has announced that the number of households lodging in hotels has grown by an astonishing 1,740 % in the borough. The reported costs on average of £8,152 a month, or £268 a night to house a family in a hotel in Westminster, contributes to the council's staggering £48m spend on temporary accommodation in 2022. Shelter has calculated that 150,000 people across London are living in temporary accommodation, such as hotels. The *Evening Standard* notes half of these people are children.



The Orwell Foundation has created a new category among its prestigious awards to celebrate journalism and writing on homelessness. The Prize for Reporting Homelessness was launched this year to coincide with the 90th anniversary of George Orwell's seminal text *Down and Out in Paris and London*. The book explored and described the root cause and impact of homelessness and poverty in early 20th century London and Paris. The prize will run annually and is open to everybody. People experiencing homelessness are encouraged to apply. Entries for the 2023 prize close on 17 April.

- For information on this year's prize and when submissions for the 2024 prize are open, visit the Orwell Foundation website here: www.orwellfoundation.com

FIFA foul-up

FIFA president Gianni Infantino has been telling anyone who will listen that the latest iteration of FIFA's showpiece event, controversially staged in Qatar in November – December 2022, was the best ever. However, evidence and countless reports from the Gulf state suggest the host nation's record on worker exploitation was far from the best. The latest, courtesy of Norwegian investigative site Josimar, details the experience of migrant workers having to sleep rough after working at the World Cup. Security guards working for FIFA subcontractor Stark

Security have not been paid and have also been forced to sleep rough. Speaking to Josimar, teenagers Paul and Dave (whose names have been changed for anonymity) spoke of abuse and hardship in the World Cup labour camps built for migrant workers, before being kicked out with hardly any warning in January. At the time of the interview in February, the pair had slept rough for three straight days, telling Josimar: "We don't have food. We haven't eaten in two days. The court doesn't take action [against unpaid wages]. We don't have anything."

Ukraine update

Homelessness among Ukrainian refugees in the UK has increased sixfold since June 2022, according to data released by the Department for Levelling Up, Housing and Communities. In response, a coalition of 70 cross-party MPs have signed a letter urging the government to act. More than 4,000 Ukrainian households have received homelessness support from their local authority over the past year. More recently, there was a 44% increase in the number of homeless Ukrainian households between November 2022 and January 2023.

NIMBY

In **Bristol**, local charity We Can Make has teamed up with the local council to build homes in unused backyards of agreeing tenants of council houses. The new scheme has already built two eco-friendly micro-homes in under-used spaces, bringing new life and opportunities into the community. Under this scheme, the charity leases the land from the council that manages the council homes and then rents out the housing to those in need for a reasonable price. As well as being able to help solve the issue of a lack of housing, this scheme is also bringing the community together. The council said that the planning

application of the first two homes got over 40 letters of support, which they said was surprising since they typically receive “hundreds of letters of complaint” when building work takes place. This demonstrates there is strong support for more of these houses to be built.

Strike action

The union Unite is set to ballot on possible strike action for the homeless charity St Mungo's. This means that if they vote to strike, approximately 500 of the charity's workers in London, Bristol, Brighton, Oxford, Bournemouth and Reading will not be working. Unite says that this vote comes in response to a 2021 pay dispute. Sharon Graham, General Secretary of Unite, commented: “St Mungo's frontline workers are on the streets every night helping homeless people but many can't afford to pay their own rent,” as these workers also face the growing pressure of rising rents and bills. The postal ballot for strike action ran until the end of March.

TURN TO
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OF SERVICES



© Common Wheel

A UK-first eco-tricycle has been launched by University College London Hospital's (UCLH) "Find and Treat" outreach team to screen and treat homeless people and people sleeping rough in **London**. UCLH has termed the tricycle the UK's first fold-out health clinic on wheels, and will be used to identify and treat illnesses including tuberculosis, HIV and Covid-19. NHS doctors and outreach staff will be using the eco-tricycle, which will cover London's most deprived areas.

Capital crisis

About 1 in 58 people in **London** experienced homelessness in 2022, according to a new study published by Shelter in March. This number far outweighs the national average of 1 in 208 people, highlighting that the capital is facing a huge crisis that is not being adequately addressed. Shelter warns that there will be a steep rise in this number in 2023

with the increasing pressure of the cost of living crisis. Councillor Darren Rodwell, London Councils' Executive Member for Regeneration, Housing & Planning told the *Evening Standard*, "the numbers are so high they are equivalent to the entire population of a London borough," further demonstrating the gravity of the current state of play.

Charity batch

A **Glasgow** musician has partnered with the city's Hidden Lane Brewery to produce a beer, with all proceedings going to Homeless Project Scotland (HPS). Kenny Lee Roberts, whose music has been described by *Glasgow Live* as a mix of Americana and Northern Soul, is covering all the production costs himself, so will donate the full amount of every single sale to HPS. Explaining the thinking behind the fundraising collaboration, Kenny told *Glasgow Live*, "We all have to do something to help. We just do. Reading the stories about what the team from Homeless Project Scotland do is inspiring and horrifying all at the same time."

Moving forward

The harsh reality of temporary accommodation will be familiar to many readers of *the Pavement*. The often-difficult experience was talked about in-depth on *Scotland Tonight* in March on STV. John Conway was interviewed about his journey navigating temporary accommodation in **Edinburgh**, to owning a housing association flat in the city. "It's hard work," he told the show. "You are already in a prison within yourself anyway and then you get put in a box, a room, to fend for yourself. Most of them don't

have cooking equipment." John now enjoys working for the homeless charity Cyrenians, telling *Scotland Tonight*: "I just love working with people and instilling hope in people when they have none."

- **Watch full interview here:**
<https://youtu.be/KCv39Mv6vtc>

Funding cut

The Alliance to End Homelessness, a body set up to bring together and coordinate organisations tackling homelessness in **Glasgow**, faces a disastrous £2.1m cut to its funding, according to the *Daily Record*. The move comes as part of a wider set of £22m cuts proposed by the Glasgow City Health and Social Care Partnership. Campaigner Sean Clerkin, of the Scottish Tenants Association, said the number of people experiencing homelessness in the city will continue to rise, commenting: "This [the homelessness crisis] is going to worsen with forthcoming budget cuts at local and national level with the Scottish Government proposing to cut the social homes budget by £112.8m, which is a 16%."



© Glasgow City Mission

Glasgow City Mission (GCM) marked 100 nights of its 2022/23 winter night shelter on 11 March. The Overnight Welcome Centre opened on 1 December and a GCM press release says it has prevented 422 guests sleeping rough. The Overnight Welcome Centre closed until the end of the year on 31 March, but people can still visit GCM's day centre.

- For more information, visit the GCM website here: www.glasgowcitymission.com

£177m

cut to Scottish Government's Homes First budget, down to £567.47m for the year 2023/24, according to *The Herald*.

70%

of the proposed 110,000 homes built under the Homes First project were to be for social rent.

What is hope?

Why do we need hope, and what is it good for? Should we be hopeful in the world we live in? Tackling these questions – and considering the questions they lead to – is *Leon Eckford*

Hope, eh? This is such a wishy-washy term for a Scottish council estate kid to consume easily. It feels like I'm swallowing an uber-liberal dose of Prozac verbiage, at odds with the Scottish pragmatism that I'm fluent in. Example: We hope Hibs beat Hearts (which never happens!); I hope that one day I can see outside this frame of concrete reference; I hope my last intervention with one of my clients leads to a positive outcome.

For me, these wishes and desires are not exactly easy to trace and thinking about them often leads me to look at my own fears – linked to the deepest parts of the psyche. Spring looms, and we're hurtling towards a magic roundabout of blue skies, white clouds, blooming flowers and the fresh smell of optimism. So, like Alexander Pope writing to one of his homies – let's have a look at where we're at today.

Arise King Charles, to the beat of strikes, Tory governments, earthquakes, war and climate change – to pick just five things that are being constantly beamed into our frontal cortex through our eyeballs continuously. I could

In a nutshell

- **Leon works in outreach in London. He has witnessed the effects of hope and fear on people in the homeless community**
- **Although it can be difficult to stay hopeful, Leon argues we can't diminish and lose the light of hope from our lives**
- **Find out about helpful services in the List in the centre pages of the magazine.**

be here all day highlighting what is wrong with our world – and where our collective and individual neurosis and malady is leading us. However, the eternal optimist in me clings onto the light afforded to us by the quest for community and connection.

This aspiration leads me to the people I encounter on the streets of London every day. We yearn for each other, regardless of whether the other is a healthy connect or otherwise. Johnny Square might



not see the value in interpersonal relationships at a begging pitch in Westminster or in a back alley of Whitechapel, but I see the need for peer relationships that reflect where we are as individuals. It makes individual trauma easier to process and highlights why addiction is so prevalent within our society. Interestingly, different strata of class see this issue criminally, psychologically, or professionally. I love to see our street community laughing at the absurdity of life around them.

If you're rough sleeping in Tower Hamlets, bookended by the corporate behemoths in Canary Wharf or Aldgate, I'd suggest that any person would see the bizarre abstraction and viewpoint through a comedic filter. Either that, or you'd

burst into tears. Is hope something that we all have collectively, as human beings, starting from our first breath until we take our very last breath? And are our ambitions, dreams and expectations linked to our individual circumstances and our desire to level up onto the next challenge and journey into the forest of life ahead of us?

One thing is for sure, these questions are eternal. With this question of eternity spread out millions of years before us and ahead of us, I'd offer the light of hope burning brightly in a timeless state until our soul elevates into the next dimension and beyond. Even the grim reaper can't fuck with that.

• **Leon Eckford works in homeless outreach in London** ■

Swept under the rug, part II

The second instalment of the impactful, emotive story of Kathy and her family. Kathy enjoys a peaceful, happy life, but her past and family troubles threaten the tranquillity. The themes explored in this story may be upsetting or traumatic for some readers. Story by *Rosie Healey*

The silhouette of a car was sitting outside Kathy's home. As she came closer, the light from inside revealed a beige-coloured Fiat. She also noticed Byron's light was on, and his head was practically stuck to the window. He then quickly appeared at the door.

"Kath, I hope you don't mind but I let her in. She doesn't look so good." Byron held both hands together, then moved his sweaty palm through what was left of his hair. Kathy's hands remained resting in her pockets. She walked over to her home, suppressing the peace she had just spent the day indulging in.

"Hi Mum"

"Hi Charlotte," Kathy replied, observing her dismantled face. "What happened this time then?"

"N-nothing, I just w-wanted to see you," Charlotte's head leaned towards the floor, examining the collage of muddy footprints. "Can I stay w-with you tonight?"

"I guess so, have my bed and I'll take the couch at Byron's." Her hands were still in her pockets.

"W-Why can't you stay in here with me?"

Recap

Issue 142 of *the Pavement* carried part I of *Swept under the rug*. Catch up on key points from the first part of the story below.

- Kathy, living a settled life in a caravan, is talking to her friendly neighbour Byron
- Byron informs her that her husband, now separated, has been released from prison
- Kathy has no interest in reconnecting with her husband, James, and the story is left at Kathy returning home from a peaceful walk in the woods.

"You look like you could do with some space," Kathy replied, yet she was looking at the ceiling rather than her daughter. The last time they spoke, Charlotte moved in with Lee. Kathy had begged her not to. Now she only sees her daughter when she has black eyes, missing teeth, or a broken bone.

Kathy sat on the other side of the sofa. "So, did you fall down the stairs again?" Charlotte didn't answer. Kathy was stiff as a brick, but a subtle tear crept down her ageing cheek when she studied Charlotte's eye, and the grey, green horror surrounding it. Silence exposed both their hostile exteriors. She could see Charlotte was shackled in chains. A feeling that was familiar to her.

"Mum, have you spoken t-to Dad?"

"He's probably getting arrested again, let him get on with it".

"H-h-how can you say that?"

"He's not worth your breath Charlotte"

"You're not even going to try?"

"No" Kathy replied.

"W-why don't you talk about him?"

"I think you should get some rest, if you need me, I'll be at Byron's."

"And you w-wonder why I go back to Lee, at least he cares about me!" Tears were streaming down Charlotte's face. She tried to comfort her oozing eye with the heat from her sleeve.

"Yeah, it really looks like he cares about you, Charlotte." Kathy stood, glaring at her beaten child. She walked out, shutting the door behind her. She leaned her back onto the divided wall. A second tear escaped, making the skin on her face feel itchy.

The following morning, the rain

was beating on the ceiling again, but Kathy was already awake. She sat, staring out of the dusty window. The Fiat had gone. She cautiously opened the door so she wouldn't wake Byron. Although his snoring was so loud, she was surprised he hadn't woken himself up. She paused. "Fuck it" she muttered and began to look through Byron's cupboards, which were clinging onto their hinges for dear life.

"If you're looking for the good stuff it's under the sink." Byron's head was still bound to his pillow. Kathy looked under the sink, retrieving an unopened bottle of vodka. At the sound of the cap crackling, Byron sat up, straining his neck in the process.

"Pour me one love," he yawned. Kathy looked for another glass.

"Here love." Byron had a glass next to his bed. To his surprise, there was still alcohol inside, he drank the remains, shivering, as the burning spirit hit his throat. He then handed the empty cup to Kathy.

"So, are we going to talk? Or are we drowning our sorrows instead?" he asked.

"And what sorrows have you got to drown Byron?"

"Ok then, you drown your sorrows, and I'll celebrate the morning with a drink."

• **To be continued in the next issue...** ■



"IT DOESN'T WORK"



Hope helps

On the importance of hope and belief in yourself when you are in recovery. By *Mat Amp*

Anyone who reads this column regularly knows that recovery is a big issue for me. As a recovering addict so much of what I write about recovery references substance misuse, but addiction, mental health issues, domestic abuse, childhood trauma and homelessness are like one of those elastic band balls. These issues are tied together so tight, overlapping at numerous different points with many of them invisible. And like one of those elastic band balls, they can only be untangled together.

So, recovery isn't straightforward and all of us have our own different elastic bands tangled in their own specific way. But I think there is one ingredient that is needed for the foundation of any recovery: Hope.

A mate of mine once said: "We're born, and we spend the rest of our life trying to recover from it." That's pretty harsh but his life had been beyond bleak by just about anyone's standards. It's proper bleak like a quilt of trauma patches, knitted together by an evil old lady with long bony fingers and clackety-clack needles.

Of course, his outlook is the product of his many traumatic

experiences since birth and his worldview is barbed fatalism at it's finest. From the moment he was born, shitty things were going to happen to him and there was never going to be any escaping that absolute certainty. By accepting his fate in this way, it allowed him to find some peace at the end of a needle. There is nothing worse than struggling to get out of being a homeless addict when you really have no means to get started. It feels hopeless so it's a lot less stressful to give up caring.

It is really difficult to follow through on that first decision to get help. We're dealing with that overwhelming elastic band ball of issues whilst making the incredibly difficult decision to start caring about things again.

When the editor said this issue's theme was 'Hope springs' my mind immediately went to recovery. Nowhere in life do you need hope more than in recovery. My recovery came in stages. I got the roof in a hostel – a shit roof but it got me off the street. I put the drugs down with the help of a script. Eventually I started doing yoga, running and volunteering. Bit by bit things

gradually got better but without hope I never would have started what has been an incredibly tough but immensely rewarding journey.

But when you've lived on the margins, outside of the rules and regulations of modern life, the whole concept of hope isn't that alluring. When I envisage hope I think of skipping in the park with multi-coloured balloons on strings in the wholesome sunshine rather than snogging birds and smoking fags behind the bike shed and not giving a fuck. I hate the saying "hope spring eternal" and I'm sure whoever came up with that was an annoyingly cheery twat. Okay, I had to Google it. Apparently, it comes from Alexander Pope's 1732 poem *An Essay on Man*. He wrote: "Hope springs eternal in every human breast." Seeing as he's known to be a satirist perhaps he was taking the piss.

But that's my point. I love sarcasm, self-deprecation and find comfort in a brutalist type of humour that doesn't apologise for the absolute slaughter of all sacred cows. What people often refer to as 'gallows humour' is how you get through the day when you find yourself without the comfort of a safe and secure home. When I turned my back on drugs I needed to believe that things would eventually get better, and in the face of a lot of proof to the contrary I turned to hope.



© Marius Samavicius

My life had been burnt to the ground, I was in a dysfunctional homeless hostel in Brixton, living with rip and run crack heads and repeat offenders. The first few months of recovery were a white-knuckle ride down the river of pain.

We live in an unforgiving world. My credit history was obliterated, I had no employment record to talk about and what I needed was some of Pope's hope springing eternally from my bosom. At some point you just have to believe things will improve even when it feels hopeless and this is where faith comes in. You have to have faith. Oh fuck no... not in him, please. I mean in yourself. In ▶

Road to recovery

As Mat details in his piece, the road to recovery is often a long and winding one, with plenty of bumps along the way. It helped Mat to view his recovery in stages, but every recovery starts the same: recognising your addiction and seeking help and support.

If you are struggling with addiction and want to recover, the following contacts can help:

- UK Narcotics Anonymous (UKNA) is run by recovering drug addicts, it organises meetings across the UK and operates a helpline open every day from 10am – 12am on **0300 999 1212**.
Visit its website here: ukna.org
- You can talk to Frank about drug use and advice on **0300 123 6600**.
The line is open 24/7. Visit the Talk to Frank website here: www.talktofrank.com

fact, be weary of religion when you are feeling that vulnerable. If you're gonna sign up for the Christian march then don't let me stop you, but it's better not to get involved in any relationships until you're soundly on your own two feet and that includes with the Lord and his sidekick baby Jesus.

Recovery can be a long, stumbling journey. You don't just arrive, all at once. For a long time, I was hyped on anxiety, fuelling my moods with coffee and tobacco and dragging myself to one N.A. meeting after another, listening to people bitch and moan about the shit they were going through.

Eventually, though, I started to thaw out and connect. Most people weren't bitching and moaning.

They were talking insightfully about experiences that they found incredibly difficult to deal with and I was being a total prick by dismissing them in the way I initially did. My hope got me through a lot of stuff that I didn't initially enjoy until I did.

Hope doesn't spring eternal in my breast. Some days I feel so fucking low and cynical I just want to pour petrol on the world and set it on fire. These days, however, I work through it and by doing that I work my way back to a place where there is a small brook of hope. I work my way upstream until I get to the river where I let the current take me to the ocean. You feel me. What I'm trying to say is that it takes work – but it does eventually pay off.

GHOSTS ON STRIKE

A frightful tale of political intrigue and ghostly goings-on in the upper echelons of British society, as our reporter investigates the Ghost Creation Scheme. Words by Detective (not really) *Chris Sampson*

Sipping on supermarket own-brand Worcester sauce, to wash down an unidentified foodstuff found in a fridge unopened since before the fall of the Berlin Wall, I suddenly experienced a hallucinatory swirl of colours and ASMR-type whispering voices.

Had I gone mad? (What do you mean, *madder*? Cheek!) Or was the ancient East German nosh laced with nightmarish communist propaganda, as in the astonishingly bizarre 1957 film *The Singing, Ringing Tree*? Or was the sinister small print on the ersatz Worcester sauce warning me that it was designed for external application only?

None of the above, as it turned out. Rather, I sensed a chilling disturbance in the very ambience of Britain. And felt strangely drawn to a nearby Ouija board. These are a rarity in the UK now, since Brexiteers realised that 'Oui' is French and 'Ja' German, and they had most of them burnt as mechanisms of Beelzebub or, worse (to their narrow minds), the EU.

Anyhoo. Via the Ouija board, I was contacted by The Grey Lady,

Write for us

Need an outlet to exercise your creative talent? *The Pavement* magazine welcomes creative writing, as well as the regular journalism, opinion, column writing and experience pieces.

- Get in touch with the magazine if you are interested in contributing, email: editor@thepavement.org.uk

the spirit of a, erm, lady who'd died in the Great Plague of 1665 and who had ever since haunted Splendourford Hall in the picturesque Buckinghamshire village of Bumface St Willoughby.

The Grey Lady wanted mortals to know that she and her fellow ghosts had voted to go on strike, in solidarity with NHS workers and many others feeling the pinch in the austerity of 2023 Britain.

"No more shall there be ye wailing and knockinge during ye guided ghoste toors of ye Great Halle, til ye Nurses are payed a realistic livinge ▶



Burlesque by Tessa Paxton
© Arlington and Beyond

wayge,” she spelt out on the board. As a writer (what do you mean, *of sorts?* Cheek!) I resisted the pedantic urge to Korrekter her spulling, as no one likes a smart orse.

Ahem. The Grey Lady bade me pass on her message to the current owners of Splendourford Hall, the Rt. Hon Lord Percival and Lady Pandora Ingleby-Thomas, who she characterised in terms unprintable in a family magazine like *the Pavement*. Suffice to say, both are Tory MPs.

After arranging to visit them,

and enjoying the rarity of travelling outside of Zone 4, I arrived in Bucks, though declined to tug forelock, doff cap or exhibit any other form of deference to the landed gentry stipulated by the current owners of the stately pile. They let me in anyway, or at least their liveried butler did. As for the Strike of the Spectres, my hosts were dismissive. “Why, these wraiths are work-shy!” scoffed crusty old Lord Percival. “No better than Jobcentre layabouts or the homeless!” “Like, totes,” added Lady Pandora, his somewhat younger wife, judging by her vocabulary. “I mean, the government goes out of its way to kill off asylum seekers, benefits claimants and northerners in general, right? And now the scroungers won’t even haunt our stately home. I mean, duh! It’s a haunted house, and you’re ghosts. Do the maths, phantoms!”

It was time for your reporter to adopt Italics, like a proper journalist: *You mean the government is deliberately letting people die?* “Quite so!” Lord Percival agreed heartily. “Why do you think we brought in the Ghost Creation Scheme? Obviously, there’s no reason why claimants should have to wait five or six weeks without money to receive Universal Credit. It’s the 21st Century: changing from one benefit to another can be done at the press of a button. No one need

die waiting.”

But they have. They do. Don't they?

“Which is why,” Lady Pandora interrupted, “we've baked the delay into the legislation. You should be glad that we've managed to eradicate, like, 70,000 freeloaders, disableds, down-and-outs, and all sorts of stinky urchin types. No offence!”

Plenty taken.

Lord Percival nodded approval of his wife's summary. “We got the blighters off the streets and off the taxpayers' backs, found 'em work in the afterlife, and are they grateful? Are they buggery!”

Are they buggery? Isn't that a specialist club in Soho, your Lordship? Frequented by ex-public schoolboys? Even the homophobic ones? “Harrumph! I wouldn't know,” he muttered, shuffling his feet and looking at them. “You bohemian scribbler types are more the sort who frequent such places,” he mumbled. Are we? Hmm, I wonder... Bunty Cavendish says hi, by the way...

His lordship seemed keen to change the subject. Time for your reporter to change tack. Are you prepared to go on record with what you've told me? About the unnecessary deaths, I mean? “Good lord, no!” he ejaculated. “If the British public ever found out the truth, there'd be a bally revolution!” But

is it really true? 70,000 avoidable deaths? “It's not a lie,” Lady Pandora chipped in. “It's more an extension of the truth.”

But as they'd told me this, surely they must expect that I'd publicise the scandal? Unless, of course, they had other plans for me. Their eyes now shone, at odds with their rictus grins as they edged towards me. I sensed that liveried servants had been ordered to sharpen swords, axes and other weaponry found in stately homes, perhaps with a view to my joining the ghostly strikers if I threatened to spill the beans.

As for the Grey Lady and her fellow spirits, I don't know if they did refuse to titillate ghost-hunting paying tourists to Splendourford Hall. I felt it more important to live to be cowardly another day, so I absquatulated sharpish.

Besides, I had another case to investigate back in London: The Case of The Haunted Condom. Did it once contain another, erm, member? Of Parliament, I mean. And was it really ectoplasm that was discovered at the scene of the alleged haunting? Or something much less likely to be printed in a family mag? Ew!

THE END

**TURN TO PAGES A – P
FOR THE LIST OF SERVICES**

Best foot forward

Take good care of your feet, and learn how to treat some common foot issues, with the following advice and tips from Groundswell staff

Foot problems are common when you don't have access to clean, dry shoes and socks, or somewhere warm. Here are some basic tips to look after your feet:

- Do your best to keep your feet warm and dry
- Change your socks regularly, especially when they get wet
- Try to wash your feet every day, taking care to dry them
- Wet wipes can be used as an alternative cleaner, if you don't have access to running water
- Try to get air to your feet often. Don't sleep with your shoes on, unless it's cold
- Day centres, night shelters and some drop-in services often have socks and shoes available. Ask a support worker.

How to avoid and treat: Bunions

Bunions are deformities of your toes. They are caused by walking a lot and not wearing the right size shoe. Symptoms are cracked red skin and toes overlapping

- Wear shoes that fit
- Put soft padding around the bunion
- Use an ice pad to cool the injury
- In extreme cases, surgery may be necessary to correct the issue.

How to avoid and treat: Foot ulcers

Foot ulcers are open wounds caused by poor blood supply to the feet. They are more common if you inject drugs or have diabetes

- Ulcers will not heal themselves, so seek medical treatment. Contact your GP, or sign up to a local GP if you don't have one. It is free and you don't need ID or proof of address
- Inject safely, remember to wash your hands, use clean surfaces and never reuse or share needles.

How to avoid and treat: Frostbite

In very cold weather, parts of the body may freeze. Frostbite starts with a sensation similar to pins and needles, and skin eventually turns white, blue or blotchy if you don't leave the cold

- Keep feet warm and dry where possible
- Slowly warm the area up, don't apply heat too fast or intensely. A warm, but not hot, bath is best
- If skin is discoloured or goes hard, or you can't feel your foot, you need urgent medical help. Call an ambulance or go to A&E.

How to avoid and treat: Trench foot

Trench foot happens when your feet are wet for a long time. Feet often turn grey, go numb, swell up and wrinkle. Trench foot leads to skin tissue dying off and can lead to gangrene, resulting in losing the foot

- Keep feet dry
- Change socks frequently, especially when they get wet.

Groundswell exists to enable people who have experience of homelessness to create solutions and move themselves out of homelessness – to the benefit of our whole society. Our vision is of an equal and inclusive society, where the solutions to homelessness come from the people with experience of homelessness.



All together

Cooperation and coordination is key for local, smaller homeless services and outreach projects. Their survival and efficiency should be admired and serves as a template moving forward.

Words by *Emdad Rahman*

Now we're a few months into the new year, it's a good time for grassroots projects to assess how things are going, plan in advance and weigh up how the rest of the year is likely to look for homeless friends.

The winter has seen unprecedented struggles, with rising living costs obliterating communities. Homeless friends have struggled more as the woes of the general public have led to less attention and less support for the most vulnerable.

There are increasing levels of poor mental health among homeless people.

With dwindling resources many organisations have pooled assets to offer services to those who are experiencing homelessness. When you speak to people on the front line they often say that sourcing resources and donations is getting increasingly difficult.

It doesn't have to be the case if you have an ethos of sharing practises and resources. Fortunately, my experience of working with front line relief groups has put me

in touch with selfless people and organisations who are intent on reaching out to communities using various means and methods.

In their own way, these grassroots groups are leading the fight to tackle poverty.

Some are laden with donations but may not have the local knowledge or expertise to organise distribution of community aid, whilst others may not wish to venture down that path and are content with simply passing on donations to groups that are already established and doing an excellent job.

This is a useful approach which ensures a smooth system of genuine and effective relief response. A case in point is Bookbike recently receiving 20 sleeping bags from Rough Sleeper Co, Australia, to share with homeless friends and people sleeping rough in east London.

To ensure continuous service, Bookbike and the Kind Counter have teamed up with local partners like the Docklands Community Initiative to save time and ensure donations reach their intended demographic. With Bookbike, the recipients have

the added bonus of a book and food parcel if they choose.

This cooperation is working, and the sharing of resources means people with the know-how are able to deliver aid and goods effectively to the people who matter the most.

This is precisely why I believe 2023 will be a year local groups will rely greatly on pooling ideas, talent and resources to achieve community objectives.

For many this year, things already look bleak. In fact, at least half a dozen homeless friends I catch up with on a weekly basis have intimated that their mental health has been affected a great deal by the cost of living crisis, leaving them unable to make ends meet.

Those with addictions are really feeling the pinch. As part of the Bookbike outreach, I collect food from Humdum and Docklands Community Initiative and regularly prepare parcels at Company Drinks.

An NHS nurse who used to visit me at Company Drinks to collect parcels and refer mental health patients – some of them experiencing homelessness – for food support has now resorted to seeking the very same help and is sofa surfing.

This is indicative of how far we have fallen. The support of local organisations is only a sticking plaster. Longer term, there needs to be a proper national and



Emdad (far left, second row) with members of Docklands Community Initiative. © Emdad Rahman

local strategy in place to ensure communities are supported effectively and appropriately.

Not everyone who needs support is unemployed and unwell. Many working people are facing horrendous financial plight.

We are experiencing circumstances that have left many struggling even before our communities feel the full force of a recession and rising living costs.

Times are hard and things may have to get harder before they get any better.

In the meantime let's count our blessings and thank our lucky stars for our friendly neighbourhood projects. ■

Self in bloom

Lines on sense of self and understanding, taking in themes including inner-strength, pride and growth. Words by *Greta* and *CAM*

Awareness

by Greta Gillett

(a poem about PTSD)

Some days I am looking over my shoulder
And some days I am looking ahead.
And some days I look down at my toes and
notice the colours I have painted them.
The fear and the panic often lies close to me.
Terrifying memories,
And then the other memories come
And soothe me like an embrace.
My children
My children,
And again I see my body.
My feet
My arms
My belly
My face,
I am here.
And I bore babies,
And I am here

Reflections / Meditations

by CAM

I have been losing a lot of skin lately.
Sliced – Cleaned.
Knick by knick, bit by bit
I am making mistakes,
learning mistakes, learning to fill out my body,
filling my body as form, forming me once again.

Again by again by again.
Do we ever stop healing from trauma,
even when we understand it, consumed it,
after the scar is pushed out of our fingers,
legs, knuckles, hips, knees, tissues, tissues, tissues?
Blood ducts trickle down like tears.

They say that your skin is your biggest organ.
Curving – Thinking.
I am my biggest organ. Sentient skin
letting me go, cell by cell,
again by again by again.
Forming me, letting me go, forming me once again. ■

YET AGAIN LONDON Baffles MYSTERY MEAT WHO TRIES UNSUCCESSFULLY TO GET WORK!



MEAT'S FIRED FROM A NIGHTCLUB!



MEAT'S SERIOUSLY TEMPTED TO BECOME AN ELECTRON!



MEAT SLEEPS ON IT...AND IS STILL VERY CLOSE TO DESERTING THE MEATY RACE!

BUT BEFORE DECIDING MEAT MAKES A FLOWCHART TO AID DECISION MAKING...



HAPPY AS AN ELECTRON MEAT HEADS FOR THE DUAL CARRIAGEWAY...



WHO WILL WIN THIS GAME OF CHICKEN? MEAT OR THE LORRY?

TO BE CONTINUED...
ROKSOPH 23

Housing in England: Your Rights

Your local council does not always have to help you find emergency accommodation if you are homeless.

If you need help right now, please try these numbers below.

Ask them to help you make an emergency housing application.

For free help with your emergency housing application:

1. Streetlink

- Tel: **0300 500 0914** & also an App

2. Shelter

- Web: www.shelter.org.uk
- Tel: **0808 800 4444**
(8am–8pm Monday – Friday,
8am–5pm weekends)

3. Citizens Advice Bureau

- Web: www.citizensadvice.org.uk
- Tel: **03444 111 444**

If your application is rejected:

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

Visit www.thepavement.org.uk for a more detailed version of your housing rights in England and Scotland.

Housing in Scotland: Your Rights

Call Shelter Scotland for free housing advice

9am–5pm, Monday to Friday on **0808 800 4444**.

You may be able to make a homeless application with a local council. This is different from a housing options interview and from an application to the mainstream housing waiting list.

You have the right to temporary accommodation while the council considers your application. The council must notify you of its decision in writing.

TELL US: If you want to order more or less copies of *the Pavement* OR need to make a change to the list of services in the centre pages please use the contact details on p3. Thanks!

We want to hear from you!

As the magazine develops and grows, we want to hear what our readers think about *the Pavement*. Hearing from our readers will help us improve the magazine, and will inform us what we're doing right and where we're going wrong.

If you read the magazine, please fill out our survey. It will only take a few minutes!

Look out for the survey at numerous services in London, Glasgow and Edinburgh.

You can also fill out the survey online, here:

www.smartsurvey.co.uk/s/Pavement-Readers

Or scan the QR code with your mobile phone:



Make sure you read...

the **Pavement**

online at
www.thepavement.org.uk



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

Updates: web@thepavement.org.uk
Compiled: March 2023

This is a partial list, tailored for this issue of *the Pavement*. Full list at thepavement.org.uk/services.php

Are your details incorrect?

Please send changes to:
web@thepavement.org.uk

MENTAL HEALTH

CAMDEN HEALTH IMPROVEMENT PRACTICE (HAMPSTEAD ROAD)

108 Hampstead Road, NW1 2LS
020 3182 4200; chip@nhs.net
Mon, Wed & Thurs: 9:30am – 4:30pm
Tues 10:30am – 4:30pm, Fri 9am – 4pm
Due to Covid-19, please phone first unless impossible to do so. For people sleeping out or in hostels.

MH, BA, BS, CL, DT, FC, MH, NE, OW

CARITAS ANCHOR HOUSE

81 Barking Rd, Canning Town, E16 4HB
0207 476 6062;

www.caritasbrentwood.org/charity/caritas-anchor-house

Opening times: 24/7. Referrals, short term stays for people affected by homelessness, drug & alcohol misuse, domestic abuse & offending.

MH, AD, A, AC, BA, CA, C, DA, DW, ET, IT, MD, SF

HEARING VOICES NETWORK

Various locations

www.hearing-voices.org/hearing-voices-groups/find-a-group

Network of over 180 mental health support groups across the UK. Check website listed above, or email info@hearingvoices.org for more information about a support group near you (several groups across London).

MH

www.thepavement.org.uk/services.php A

GREAT CHAPEL ST MEDICAL CTR

4th Floor, Soho Centre for Health,
1 Frith Street, Soho, London, W1D 3HZ
020 7437 9360; greatchapelst.org.uk

Mon – Fri: 9am – 5pm

Walk-in nurse/GP appointments:

Thu & Fri: 10am; Mon, Tue, Wed, Fri: 2pm

Primary healthcare for homeless people plus drug/alcohol and mental health nurse. Walk-in clinics are **first-come-first-serve** so please arrive 20minutes before to ensure you are seen to.

For pre-bookable appointments, please call **020 7437 9360**, or check website.

MH, AH, AD, A, C, D, FC, MH

LISTENING PLACE

3 Meade Mews SW1P 4EG

020 3906 7676

www.listeningplace.org.uk/i-need-help

Open 7 days a week: 9am – 9pm

Provides free, face-to-face, ongoing support, by appointment, for those who feel that life is no longer worth living.

Appointments by Self-referral only via the link above.

MH, C

MAYTREE RESPITE CENTRE

020 7263 7070

maytree.org.uk

maytree@maytree.org.uk

8am–8pm (email/telephone support)

Maytree provides a one-off four-night stay for people who are in a suicidal crisis, with opportunity to talk, reflect and rest, subject to an assessment, in confidence and without judgement.

Feeling suicidal and need support now? Help available online - we also signpost a number of organisations that can help!

"Maytree house is no ordinary house. During their free 4 night, 5 day stay, our guests can explore their thoughts and feelings, and feel heard with compassion and without judgement."

MH, C

MIND

0300 123 3393

www.mind.org.uk

info@mind.org.uk

We're Mind, the mental health charity.

We're here to make sure no one has to face a mental health problem alone.

Text SHOUT on 85258

Legal line: 0300 466 6463

Support for anyone experiencing a mental health problem.

MH, AD, LA

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

TRAUMATIC STRESS CLINIC

4th Fl, West Wing, St Pancras Hospital,
St Pancras Way NW1 0PE
020 3317 6820

www.candi.nhs.uk/services/traumatic-stress-clinic

Psychological treatment for people 18+ with post-traumatic stress disorder (PTSD) in North London. See website for services and help.

MH

GREENHOUSE

19 Tudor Road, Hackney, E9 7SN
020 8510 4490

www.greenhousegppractice.nhs.uk
Mon – Fri: 8am – 6:30pm

Medical care for men & women who are sleeping rough. Also provide consultation rooms for partner organisations to provide housing and legal advice, social justice, education and debt counselling.

MH, AH, A, BA, DA, DW, NE, OL, LA, SF

NEED TO TALK**FRANK**

0300 123 6600

www.talktofrank.com

82111 (text line)

24hrs, 7 days a week (phone lines open)

Live online chat available daily 2 – 6pm

Honest drug advice for young people.

Find local drug treatment centres.

DW, OL

SAMARITANS

116 123 (open 24/7)

Provides support to anyone in emotional distress or at risk of suicide.

SHELTER

0808 800 4444 (emergency helpline)
england.shelter.org.uk/get_help

Monday – Friday: 9:30am – 6pm;

Weekends: 9am – 5pm

Website offers an online chat, advice line and directory.

AH, TS

LGBTIQ+**ANTIDOTE SERVICES (LONDON FRIEND)**

86 Caledonian Road N1 9DN

020 7833 1674

<http://bit.ly/2IsCP05>

Was an LGBT+ drop in pre-Covid-19.

Drug and alcohol service targeted at the

lesbian, gay, bisexual and transgender

(LGBT) community. For support email

counselling@londonfriend.org.uk;

antidote@londonfriend.org.uk

See website for latest information.

A, C, DW, SH

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

FULL LIST
AVAILABLE ON
OUR WEBSITE



AKT (LONDON)

19-20 Parr Street, London, N1 7GW
020 7831 6562
www.akt.org.uk/refer
Mon – Fri: 10am – 4.30pm
Supports LGBT 16 – 25-year-olds who are homeless or living in a hostile or violent environment after coming out. Support online due to Covid-19.

C

EACH

0808 1000 143
www.each.education
Mon – Fri: 9am – 4.30pm (helpline); EACH provides a free and confidential, homophobic, biphobic or transphobic bullying reporting service for children and young people up to 18 years of age. Email: info@each.education.
www.facebook.com/eacheducation

AD, C, LA

GALOP

020 7704 2040
www.galop.org.uk
Mon – Thurs: 10am – 8:30pm
Fri: 10am – 4pm
The LGBT+ anti-violence charity. Offers support for LGBTQ+ people experiencing hate crime, sexual violence or transphobia. Online chat and free helpline available. Referrals: galop.org.uk/make-a-referral

AH, AD, C, MS, LA

OUTSIDE PROJECT & STAR REFUGE

Stonewall advice line: 0207359 5767
Mon – Fri 10am – 1pm
lgbtiqoutside.org
campaigns@lgbtiqoutside.org
Referral form: www.stonewallhousing.org/services/referral-form/
The Outside Project runs the LGBTIQ+ Centre, an inclusive and supportive space operating seven days a week. The LGBTIQ+ has a varied timetable, which can be viewed online here: lgbtiqoutside.org/centre
If you would like more information about access to the LGBTIQ+ Centre, write to the Outside Project on its dedicated contact page here: lgbtiqoutside.org/contact

AH

SPECTRA CIC

St Charles Centre, Exmoor St, W10 6DZ
0203 322 6920; spectra-london.org.uk
1-2-1 and trans social groups in-person and online. Check Spectra website, Facebook or Twitter for details. Health and well-being services, including sexual health & emotional resilience. Outreach, social and therapeutic groups, support, health screening, counselling. HIV Testing available to people with no Covid-19 symptoms.

MH, C, ET, OL, OW, SH

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

STONEWALL HOUSING

8 Coppergate House, 10 White's Row,
London, E1 7NF
0800 6 404 404

stonewallhousing.org

Option 1 advice.

Option 2 advocacy.

Option 3 supported housing,

Mon – Fri: 10am – 1pm

Stonewall has a self-referral form,
and can provide the following:

Housing support and advice; specialist
support around domestic abuse;
mental health advocacy; safe and
supported accommodation schemes.

Fill in a self-referral form online here:

stonewallhousing.org/referralform

MH, C, ET, OL, OW, SH

SWITCHBOARD LGBT+

0800 0119 100; switchboard.lgbt

Mon–Sun: 10am – 10pm (helpline)

For LGBT+ people who have experienced
hate crime, sexual violence or domestic
abuse. Supports people who have
had problems with the police or have
questions about the criminal justice
system. Chat option available on
website for advice and support.

LA, AD, MH

EX-FORCES**COMBAT STRESS**

combatstress.org.uk

0800 138 1619 (24/7 helpline)

01372 587 000 (urgent enquiries)

Monday – Sunday: Open 24 hours

Residential clinical treatment and

community outreach.

We are Combat Stress, the UK's leading
charity for veterans' mental health. For
over a century, we've helped former
servicemen and women with mental
health problems such as post-traumatic
stress disorder (PTSD), anxiety and
depression.

MH, AD, C, OL

QUEEN VICTORIA SEAMEN'S REST

121-131 East India Dock Road, Poplar
E14 6DF

020 7987 5466; qvsr.org.uk

Monday – Sunday: 9am – 8pm;

For unemployed, retired and active
seafarers (25+), other male ex-services
personnel and single homeless men
with low support needs. Phone, visit
or write. If you would like to make
an application for accommodation,
download a referral form and send it to
the address above or to welfare@qvsr.org.uk

IT, LF

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



SSAFA FORCESLINE

0800 260 6767; www.ssafa.org.uk

Monday – Friday: 9am – 5pm;
SSAFA helps combat homelessness among ex-Service personnel.

Their London Homeless Division works with ex-Service rough sleepers. If you have gone AWOL, contact their Reclaim Your Life scheme and get your life back on track.

AH, EF, TS

STOLL

446 Fulham Road SW6 1DT
020 7385 2110; stoll.org.uk

Monday – Friday: 8am – 8pm (closed 12.30 – 1.30);

Saturday & Sunday: 8am – 5pm

Stoll is the leading provider of supported housing for ex-servicemen and women. As well as housing, they provide life-changing support including employment training, advice, addiction services and wellbeing activities.

MH, AH, AD, A, BA, CA, C, DA, DW, EF, ET, MD, OW, TS

VETERANS AID

40 Buckingham Palace Rd, SW1W 0RE
020 7828 2468; veterans-aid.net

Monday – Friday: 9am – 3pm
Free helpline: 0800 012 68 67.

On your first visit, staff will assess your problems so the right specialist help can be arranged. For 90 years, Veterans Aid has been battling homelessness among the ex-service community.

MH, AH, AD, A, BA, CA, CL, C, DW, ET, MS, OL, OW, LA

EX-OFFENDERS

NATIONAL PRISONERS' FAMILIES HELPLINE

0808 808 2003

prisonersfamilies.org

Monday – Friday: 9am – 8pm (not Bank Holidays); Saturday & Sunday: 10am-3pm; Advice, info & support if a family member is in the criminal justice system in England and Wales.

LA

FORWARD TRUST

020 3981 5525

forwardtrust.org.uk/

Empowers people to break the cycle of crime and addiction. Services are tailored to individuals' needs, strengths and motivations.

Harm reduction, care and assessment, plus motivation, inspiration and support to transform your life.

A, C, DW

TREASURES FOUNDATION

07950 585 947

treasuresfoundation.org.uk/

Monday – Friday: 10am – 5pm;

Treasures Foundation helps female ex-offenders and former addicts with a home and support. By referral only, email: mandy@treasuresfoundation.org

MH, AH, F

KEY

A Alcohol workers
AC Art classes
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AH Accommodation/
housing advice

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D Drugs workers
DA Debt advice
DT Dentist

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

WORKING CHANCE

Claremont Building, 24-27 White Lion Street N1 9PD

0207 2781532,

workingchance.org/

Monday – Friday: 9am – 6pm; Supports women with criminal convictions and those leaving the care system into sustainable, quality employment. They place candidates into a huge variety of jobs in hospitality, finance and media, as well as the public and third sectors. Support around CV writing, interview practice and disclosing convictions to potential employers.

AH, AD, BA, C, DA, ET, TS

FOOD**ACE OF CLUBS**

St Alphonsus Rd, Clapham SW4 7AS

020 7720 2811; bit.ly/1B0VMJY

Mon – Fri: 12pm – 2.30pm; Lunch.

AH, B, BA, BS, BE, CL, ET, F, MS, OL

AMERICAN INT'L CHURCH

79A Tottenham Court Road, W1T 4TD

0207 580 2791

soupkitchenlondon.org

Mon – Sat (except Wed):

10am – 12noon

Mondays: Clothing

Provides hot food, toiletries & mental health support

FF

AMURT UK

3A Cazenove Rd, Stoke Newington N16 6PA

0208 806 4250

Thursday: 6:30pm-7:30pm (Lincoln's Inn Fields) Pre-packed Hot Meals, Tea & Coffee and Healthy Energy Snacks

Thursday: 12:30pm – 1:30pm and 17:30 onwards (3A Cazenove Road, Stoke Newington) Pre-packed Hot Meals and free fresh vegetables for the taking.

Thursday: 1:30pm onwards (The Greenhouse GP surgery, London Fields) Pre-packed Hot Meals and

Healthy Energy Snacks

Thursday: 1:30pm onwards (Health E1 Homeless Medical Centre, Brick Lane)

Pre-packed Hot Meals and Healthy Energy Snacks amurt.org.uk/projects/feeding-program/

Serving free hot vegan meals every

Thursday from 3A Cazenove Road and Lincoln's Inn Fields (Holborn).

FF, F, SF

HOLY TRINITY CHURCH (TOOTING) HOMELESS SUPPORT CAFE

74 Trinity Road, Tooting Bec, SW17 7RH

0208 696 1564

BA, FF

MISSIONARIES OF CHARITY SOUP KITCHENS (ELEPHANT)

112–116 St George's Rd,

Elephant & Castle, SE1 6EU

0207 620 1504

Sun, Mon, Tue: 10 – 11am

Hot takeaway available outside

FF

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

FULL LIST
AVAILABLE ON
OUR WEBSITE



MISSIONARIES OF CHARITY SOUP KITCHEN (LADBROKE GROVE)

PIUS X Church Hall, 79 St. Charles Square, London W10 6EB
020 8960 2644
Tues, Fri & Sun: 4 – 4:30pm
Free takeaway for local homeless people
FF

NIGHTWATCH

Queen's Gardens, Croydon, SE23 3ZH
croydonnightwatch.org.uk/about/nightwatch
Mon – Sun: 9:30pm – 10pm
Sandwiches, soup, hot drinks & biscuits
FF

NORTH LONDON ACTION FOR THE HOMELESS

St Paul's Church Hall, Stoke Newington Road, N16 0AJ
07421 032 553; nlah.org.uk/about
Mon: 12noon – 2pm; Wed: 6 – 9pm
Free vegetarian meal, shower and laundry facilities. Provides advocacy.
AD, FF

OUR FORGOTTEN NEIGHBOURS

Toynbee Hall, Commercial Street, E1
www.ourforgottenneighbours.co.uk
Soup kitchen: Thursday 5pm.
We provide hot meals drinks and perishable and non-perishable food. We also give toiletries.
We also help ensure that refugees are not 'forgotten' and our support is focused on the goods and services that refugees need most.
FF

STREETS KITCHEN

streetskitchen.org/locations/london
Daily food in various London locations.
Mon, Tues, Thurs & Friday breakfast from 7am, Camden/Kings Cross.

Also, Monday:

Camden Streets Kitchen

7.30pm nr Camden Town tube, NW1 8QL

Tooting Streets Kitchen

6:45 – 7:15pm outside Iceland at 25 Tooting High St, London, SW17 0SN

Tuesday:

Camden Streets Kitchen

7.30pm nr Camden Town tube, NW1 8QL

Clapham Common

7.30pm near Joe's Pizza, opp Waitrose 8-1 The Pavement, London, SW4 0HY

Wednesday:

Camden Streets Kitchen

7.30pm nr Camden Town tube, NW1 8QL

Thursday:

Camden Streets Kitchen

7.30pm nr Camden Town tube, NW1 8QL

Hackney Streets Kitchen

8pm outside Hackney Central Library

Friday:

Archway Streets Kitchen

7pm outside Archway tube station

Kilburn Streets Kitchen

7.30-8.15pm nr Kilburn High Rd tube

Dalston Streets Kitchen

8pm Ridley Rd, opp train station E8 2PN

Saturday:

Camden Streets Kitchen

7.30pm nr Camden Town tube, NW1 8QL

Hackney Streets Kitchen

8pm St John's Churchway, opp M&S

Sunday:

Haringey

5pm Outside Seven Sisters Station

We want to hear from you!

As the magazine develops and grows, we want to hear what our readers think about *the Pavement*. Hearing from our readers will help us improve the magazine, and will inform us what we're doing right and where we're going wrong.

If you read the magazine, please fill out our survey. It will only take a few minutes!

Look out for the survey at numerous services in London, Glasgow and Edinburgh.

You can also fill out the survey online, here:

www.smartsurvey.co.uk/s/Pavement-Readers

Or scan the QR code with your mobile phone:



THE PASSAGE

St Vincent's Centre,
Carlisle Place SW1P 1NL
020 7592 1850; passage.org.uk
The Passage provides an emergency accommodation night shelter. For information on staying at the Passage night shelter, call **020 7592 1850**. A resource centre is open Monday-Friday, 9am – 12pm and 1pm – 3:30pm, at St Vincent's Centre, Carlisle Place. Here you can access housing advice and support. There are other services on-site, too, including: Showers, toilets and laundry; nurse and GP services; breakfast and lunch; benefits information; education and employment advice, and a range of support groups, such as art therapy, addiction management and more. Visit the website for more information.
MH, AH, A, BA, CA, CL, DW, ET, F, FC, IT, MS, TS

REFETTORIO FELIX ST CUTHBERT'S

The Philbeach Hall, 51 Philbeach Gardens, Earl's Court, SW5 9EB
020 7835 1389; refettoriofelix.com
Mon – Fri: 12 – 1pm (takeaway lunch)
Tue – Fri: 12 – 3pm (Glass Door support)
Mon: 11am – 2pm (AgeUK advice)
Tue: 12:30 – 1:30pm (AgeUK lunch club)
Tue: 12 – 3pm (TurningPoint substance abuse support)
Housing advice and benefit claims support also available.
AH, F

ST JOHN THE EVANGELIST CH

39 Duncan Terrace, N1 8AL
0207 226 3277
Tue – Fri: 12:30 – 1:30pm
Sat: 12:15 – 1:30pm
Sun: 3 – 5pm
Sandwiches and soup for those experiencing homelessness.
FF

ST MARY ABBOTS CHURCH

Soup run route: Whole Foods on High Kensington Street to Holland Park.
Mondays: 6 – 6.30pm
FF

ST PATRICK'S OPEN HOUSE

21a Soho Square, London, W1D 4NR
020 7437 2010; stpatricksoho.org
Mon, Fri & Sat: 8:30am
Wed: open house evening meal
Breakfast Club, indoor seated service with limited capacity, first come first served. Limited showers also available.
Tue – Thu: 7pm: Open House evening meal, indoor seated service with limited capacity, ticket holders only.
FF, BS

STREETLYTES

Saint Stephens Church
1 Coverdale Road, London, W12 8JJ
0207 602 9011
www.streetlytes.org/
streetlyteslondon/en/page/need-help
Mondays: 5 – 6pm
Our drop in offers a free hot meal, friendship and donated items.
FF

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

SELBY FOOD HUB

Selby Centre, Selby Road Tottenham,
London, N17 8JL
0208 885 5499;
selbytrust.co.uk/selby-foodhub
Tue: 2 – 4pm; Thu: 4:30 – 6:30pm
FF

WHITECHAPEL MISSION

212 Whitechapel Road, London,
E1 1BJ
0300 011 1400;
whitechapel.org.uk/help/timetable
Mon – Fri: 8am (free breakfast)
Advice worker available for questions
on benefits, accommodation, night
shelters and even Zoom interviews.
We have takeaway food parcels and
clothing parcels.
AH, B, BA, BS

WOMEN**CLEAN BREAK**

2 Patshull Road NW5 2LB
020 7482 8600, cleanbreak.org.uk
Inspirational theatre company working
with women whose lives have been
affected by the criminal justice system.
Free courses in acting, writing, singing
and recording. The Women's Space will
be for women offenders and women at
risk of offending due to drug or alcohol
use or mental health needs.
MH, A, DW, ET, MD, C, MS

THE MARGINS PROJECT

19b Compton Terrace N1 2UN
020 7704 9050, unionchapel.org.uk
Mon & Wed: 11am – 1pm
Showers, clothes, food. Advice on health,
housing, money & legal issues.
Also therapy, job club & English tuition.
AH, BS, DA, F, LA, C

THE TRICKY PERIOD PROJECT

www.facebook.com/TheTrickyPeriod
Together we are working to end period
poverty. Tricky Period is a grassroots group
collaborating with local libraries, stations
and other welcoming community spaces
to provide period products to those -
experiencing homelessness and poverty.
MH

YOUNG PEOPLE**ALONE IN LONDON FOR YOUNG PEOPLE (DEPAUL)**

Endeavour Centre, Sherborne House, 34
Decima Street, London SE1 4QQ
0207 278 4224; 0207 939 1220
uk.depaulcharity.org/london-get-help
Mon – Fri: 9am – 5pm
Our direct-access services provide advice
and support for young people aged 16
to 25 who are at risk of homelessness.
Also counselling for ages 11 – 25.
AH, AD, CA, C, ET, MH

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
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FRANK

0300 123 6600

www.talktofrank.com

82111 (text line)

24hrs, 7 days a week (phone lines open)

Live online chat available daily 2 – 6pm

Honest drug advice for young people.

Find local drug treatment centres.

DW, OL

NEW HORIZON YOUTH CENTRE

68 Chalton Street NW1 1JR

020 7388 5560

nhyouthcentre.org.uk

Mon, Wed, Thu, Fri: 10:30am – 4pm

(drop-in/closed 1:30 – 2pm)

Wed: 2 – 4pm (women only space)

For young homeless people. 16–24

years old. Free lunch, mental health,

life skills & advice, and employment/

resettlement support. Sex worker

project. Street outreach. Refugee

worker.

MH, AH, AD, A, BA, BS, CA, CL, DW, ET, FF, IT, LF,

MS, OL, OW

SHOWERS

999 CLUB (DEPTFORD CENTRE)

21 Deptford Broadway SE8 4PA

020 8694 5797; 999club.org

Gateway Centre:

Mon – Fri: 9am – 4pm

Serving food and access to a shower.

A warm and welcoming environment.

MH, AH, B, BA, BS, CA, ET, FC, IT, L, MS, TS, LA, EO

CONNECTION AT ST MARTIN'S DAY CENTRE

12 Adelaide Street, London, WC2N 4HW

020 7766 5544, services@cstm.org.uk

www.connection-at-stmartins.org.uk

Mon, Tue, Thu, Fri: 9am – 3pm (drop-in);

3 – 4:30pm (appointment only)

Wed: 9am – 12:15pm (women only)

Provides short- and long-term support

to people affected by homelessness,

substance abuse, mental health etc.

BS

MARGINS PROJECT

19b Compton Terrace N1 2UN

020 7704 9050, unionchapel.org.uk

Monday & Wednesday: 11am – 1pm

Showers, clothes, food. Call Nick at

07384 463 846 for Advice Service.

AH, BS, DA, F, LA, C

SHOWERBOX

St Giles Church, High St, WC2H 8LG

near Leicester Square / Covent Garden

showerbox.org

Sat: 10am – 2pm (last shower at 1:30)

Offering a free and secure shower space,

some toiletries, sanitary towels and a

pair of socks.

BS

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

SPIRES CENTRE

8 Tooting Bec Gardens SW16 1RB
020 8696 0943; www.spires.org.uk
 Rough Sleepers Space available on:
 Mon, Tue, Fri: 9 – 10:30am;
 Wed: 10am – 12noon; Thu: 9am – 1pm
 Women's: Mon & Fri: 10:30am – 1:30pm
 Open Access: Tue: 10:30am – 2pm
 Initially known as the 'Sunday Centre',
 we provided hot meals, clothing, and
 advice every Sunday for those who were
 in need.

BS**ST ANDREW'S CHURCH**

Greyhound Road, London, W14 9SA
 15 mins walk from Barons Court Tube
0207 385 5023; standrewsfulham.com
 Sat: 9 – 11am
 Hot takeaway meal with snacks, fruit
 and drinks and we offer a shower from
 8:30am on a first come first served basis
 (with towels and toiletries provided) for
 12 slots throughout the morning.

FF, BS**WEBBER STREET**

6-8 Webber Street, SE1 8QA
020 7928 1677; webberstreet.org.uk
 Mon – Sat: opens 8:30am (doors shut
 between 9:15 – 10am for breakfast)
 Fri (drop-in service)
 We also run a regular art club, Bible
 reading club, job club, as well as visits
 from the nurse and podiatrist.

BS, CL**WHITECHAPEL MISSION**

212 Whitechapel Road, London, E1 1BJ
0300 011 1400; whitechapel.org.uk
 Mon – Sun: 6am (day centre opens)
 Mon – Sun: 8am (free breakfast)
 Mon – Fri: 7 – 10am (showers)
 Mon – Fri: from 9am
 Day centre closes at 11am every day.
 Take-away food parcels and clothing
 parcels. Haircuts every third Wednesday.

FF, BS**WOMEN@THEWELL**

54-55 Birkenhead St, WC1H 8BB
020 7520 1710; watw.org.uk
 Mon – Thurs: 12.30pm – 3:30pm
 Numbers limited - ring ahead if possible.
 Showers, laundry, food, care packages.

A, AD, A, BS, C, L, SH**DENTAL****ACE OF CLUBS**

St Alphonsus Rd, Clapham SW4 7AS
020 7720 2811; aceofclubs.org.uk
 Mon – Fri: 9:30am – 4:30pm
 Mon – Fri: 12noon – 2:30pm (takeaway
 and dine-in lunch opening times).

DT**ACTON HOMELESS CONCERN**

Emmaus House, 1 Berrymead Gardens,
 Acton, London W3 8AA
020 8992 5768
actonhomelessconcern.org
 Monday – Friday: 9am – 12pm
 Call for info on their service times.

AH, A, B, BA, CL, C, DT, DW, F, FC, MS

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



CENTRAL LONDON COMMUNITY HEALTHCARE NHS TRUST

Homeless Dental Service, Soho Centre for Health and Care, 1 Frith Street
020 7534 6628; clch.nhs.uk
Appointments Tues – Fri: 9am – 5pm
DT

COMMUNITY DENTAL SERVICES

0203 286 4186
www.communitydentalservices.co.uk
Dental services available for rough sleepers in London and UK. Complete the 'enquiry' page online.
DT

GUY'S HOSPITAL EMERGENCY DENTAL SERVICES

23rd Fl, Tower Wing, Thomas St, SE1 9RT
020 7188 7236
bit.ly/2SPruMn
Mon – Thu: 9:30am – 1:30pm
Fri: 9:30am – 2pm
Open only during university term-time.
DT

KING'S DENTAL INSTITUTE

Bessemer Road, Denmark Hill SE5 9RS
0203 299 9000
www.kch.nhs.uk
Mon – Fri: 8:30am – 12:30pm;
Walk-in service - first come, first served.
Patients queue from 7am.
DT

NHS 111

For dental emergencies call NHS 111

EYECARE

VISION CARE (LONDON SITES)

London, Tower Hamlets
0203 286 4186; visioncarecharity.org
Free sight tests and spectacles by appointment only on Wednesdays from 11am until 3:00pm
MS

CRISIS SKYLIGHT

66 Commercial Street, London E1 6LT
0300 636 1967; crisis.org.uk
Nearest tube: Aldgate East/Liverpool St; Bus: 67
BY APPOINTMENT ONLY – email: london@crisis.org.uk.
MS

OTHER HELP

HOPE WORLDWIDE UK – ODAAT

The Chambers, St.Mark's Church, 337 Kennington Park Road SE11 4PW
02036594809; hopeworldwide.org.uk
One Day At A Time (ODAAAT) is a quasi-residential men only (18+) rehab. 12 steps, counselling and psychotherapy are employed in a loving community to transform from chaos to constructive living. One-to-one counselling, yoga, community meetings, psychotherapy, relapse prevention and life skills, group therapy and aftercare, family contact and recreation. Also takes self-referrals: www.hopeworldwide.org.uk/recovery-services
BA, CA, C, DA, DT, EF, EO, F, FF, IT, L, MH

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

POSITIVE EAST

159 Mile End Rd, Stepney, E1 4AQ

020 7791 2855

positiveeast.org.uk

Mon – Fri: 10.30am – 5pm (phone line)

Option 1- psychological help.**Option 2- housing & benefits.****Option 3- sexual health questions.**

Practical & emotional support and advice for people with or affected by HIV.

*MH, AD, BA, CA, C, FF, F, IT, MS, OW, SH***STREET STORAGE**

www.streetstorage.org

07932 830 440

Tottenham Ct Rd: Wed, 9am – 12pm.

Haggerston: Mon – Fri, 11am – 3pm.

Free, safe, flexible storage of belongings including documents for anyone experiencing homelessness.

SMART WORKS

Unit 2, Shepperton House, 89-93

Shepperton Rd N1 3DF

020 7288 1770

london.smartworks.org.uk

Smart clothing for women for job interviews. Mentoring programme run by CIPD and referrals for more help.

*CL***THE NEHEMIAH PROJECT**47 Tooting Bec Gardens, Streatham
SW16 1RF

020 8773 7417; www.tnp.org.uk

Monday – Friday: 9am – 5pm;

Nehemiah runs a residential recovery programme for men with a history of addiction; it is abstinence-based and the three-month therapeutic course is compulsory. The Nehemiah Project accepts self-referrals. There is a self-referral form on the website here: www.tnp.org.uk/referrals, or you can call 07719 960 703*AH, A, C, DW, ET, EO***TRINITY HOMELESS PROJECTS (UXBRIDGE)**Redford House, Redford Way, Uxbridge
TW3 1YW020 8797 9500; wearetrinity.org.uk/

Monday – Saturday: 9am – 5pm

Trinity provides services and emergency accommodation in Hillingdon, Slough and Uxbridge. If you are sleeping rough and/or need accommodation, call the Trinity Slough team on 01753 577747, or, if you are in Hillingdon, call 020 8797 9500.

*AH, AD, BA, DA***Are your details incorrect?**Please send changes to:
web@thepavement.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*OL* Outreach worker links
OW Outreach workers
SF Step-free
SH Sexual health
TS Tenancy supportFULL LIST
AVAILABLE ON
OUR WEBSITE

BARBER

ACTON HOMELESS CONCERN

1 Berrymead Gardens W3 8AA

020 8992 5768

www.actonhomelessconcern.org

Hot lunches, showers and clothes too

AH, A, B, BA, CL, C, DT, DW, F, FC, MS

GROOVE, GROOM & GRUB

Tuesday 12pm – 2pm: next to Angel Station, under the covered area.

Tuesday 3pm – 5pm: outside Finsbury Park Station under the bridge.

B

HAIRCUTS4HOMELESS

The Whitechapel Mission at

212 Whitechapel Road, E1 1BJ

or The West London Mission,

19 Thayer Street, Marylebone, W1U 2QJ

email: team@haircuts4homeless.com

B

NORTH LONDON ACTION FOR THE HOMELESS

St Paul's Church Hall,

Stoke Newington Road, N16 7UE

07421 032553

nlah.org.uk

Barber/hairdresser Mon 12 – 1:30pm,
put your name down when you arrive.

Food: Mon 12noon & Wed 6pm

B

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If you read the magazine, please fill out our survey. It will only take a few minutes!

www.smartsurvey.co.uk/s/Pavement-Readers

Or scan the QR code with your mobile phone:

