

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
PAGES A – P
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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.

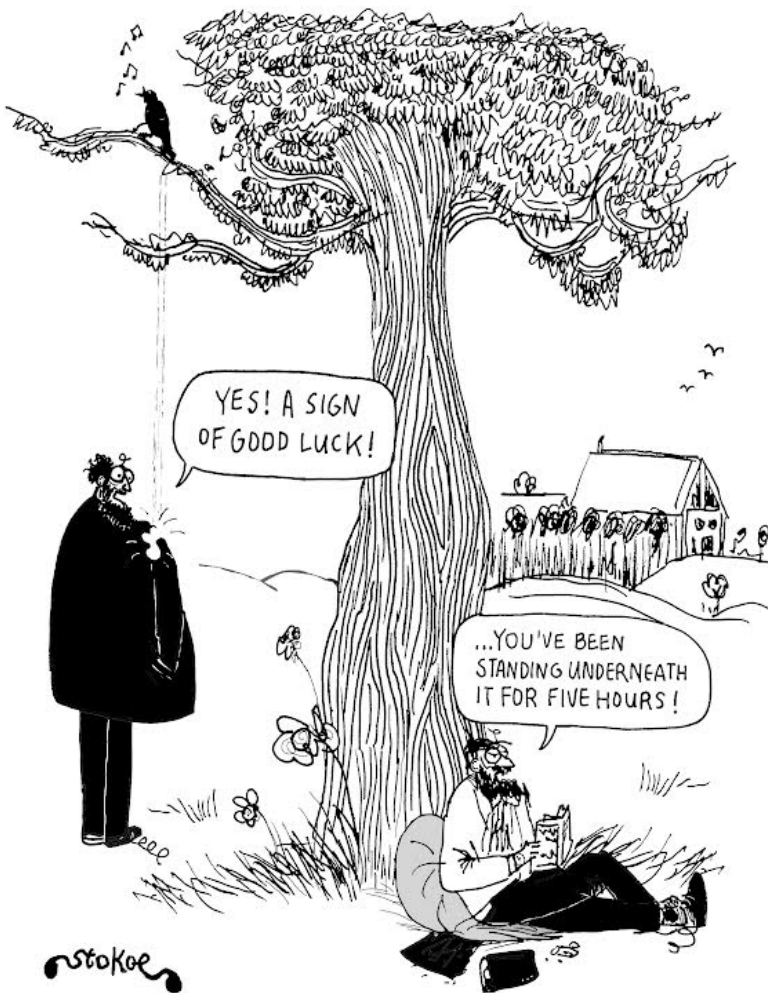
"And what sorrows have you got to drown Byron?"

"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

HELP & ADVICE

APEX SCOTLAND

9 Great Stuart St, Edinburgh, EH3 7TP
0131 220 0130

www.apexscotland.org.uk

For offenders, ex-offenders and young people at risk of offending, many of whom may also be homeless. Helping move onto employment, training or further education. To find your local office please visit the website.

AH, BA, CA, ET, IT

SUPPORT IN MIND SCOTLAND

6 Newington Business Centre, Dalkeith Road Mews, Edinburgh EH16 5GA
0131 662 4359

www.supportinmindscotland.org.uk

Mon – Fri: 9am – 5pm;

Support and action for all people affected by mental illness. This includes carers, friends and families.

MH

WELLBEING SERVICE FOR YOUNG PEOPLE

171 Wilton Street, Glasgow G20 6DF
0808 143 2002, www.qcha.org.uk/qc-wellbeing/young-people

Mon – Sun: Open 24 hours

24/7 support for homeless 16–21 year olds. Referral only via Glasgow City Council: 0141 302 2744 (or 0800 838 502 for out of hours).

AH, AD, BA, C, ET

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

FOOD

BALVICAR STREET

Balvicar St, Glasgow, G42 8QU

Thurs: 7pm – 9pm

Soup run every week.

FF

CARRUBBERS CHRISTIAN CENTRE

65 High St, Edinburgh EH1 1SR

0131 556 2626; www.carrubbers.org

Tue: 5:30 – 7:00pm

Soul Food serve food from the café door

Sundays: 9:00 – 10:00am

Free breakfast from the café door

FF

CADOGAN STREET

39 Cadogan House, Glasgow G2 7AB

Directly opposite No.28, on corner

Mon – Sun: 7 – 10pm

Soup, sandwich and hot drinks.

Can direct to other services.

FF, OL

GLASGOW CITY MISSION

20 Crimea Street, Glasgow G2 8PW

0141 221 2630

glasgowcitymission.com

Mon – Thur: 9am – 4:45pm

Fri: 9am – 3:45pm

Dinner: 6:30 – 8:00pm

Overnight Welcome Centre open til

31st March 2023. Various activities throughout week - call or drop in for info.

AC, AH, FF, IT, SF

H4TH (HELP FOR THE HOMELESS)

07966 062 495

www.h4th.org.uk

Cadogan Street, Glasgow

Thursdays: 8 – 10pm

H4TH is a weekly outdoor soup kitchen for free food and clothing.

FF, CL

HOMELESS PROJECT SCOTLAND

0800 0147 160

07828 584 544 (24/7)

homelessprojectscotland.org

We support homeless and vulnerable

people and families in Scotland by

working alongside partners and

supporting people who need our help.

Food distribution, hygiene packs,

advice all available. Based in Glasgow.

FF, OL

KINDNESS STREET TEAM

George Square, Glasgow, G2 1AL

Mon, Wed, Fri & Sun: 7pm

Hot food, clothing & sleeping bags

FF, CL

MISSIONARIES OF CHARITY (HOPETOUN CRESCENT)

18 Hopetoun Cres, Edinburgh EH7 4AY

0131 556 5444

Mon, Tue, Wed & Fri: 3:45 – 4:45pm

Sundays: 1:30 – 4:15pm

FF

NEXTMEAL.CO.UK

www.nextmeal.co.uk

A new mobile app to help support homeless people to find free food.

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

QUEEN'S PARK GOVANHILL PARISH CHURCH

170 Queen's Drive, Glasgow G42 8QZ

0141 423 3654; qpgpc.com

Tues: 12noon (hot meal)

Thurs: 10am – 12noon (food bank)

Sun: 5pm – 6pm (free take out meal, toiletries, clothing)

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

SOCIAL BITE (ROSE SREET)

131 Rose St, Edinburgh, EH2 3DT

0131 353 0250; social-bite.co.uk

Mon – Fri: 8 – 9:30am (breakfast)

Mon – Fri: 4 – 4:45pm (evening scan)

Free food take-away.

FF

SOCIAL BITE (UNION ST)

516 Union St, Aberdeen, AB10 1TT

0131 353 0250; social-bite.co.uk

Mon – Fri: 8 – 9:30am (breakfast)

Mon – Fri: 2:15 – 3pm (evening scan)

Free take-away.

Thursday: 3 – 5pm (sit-in free meal)

FF

STEPS TO HOPE

07949 838 666

www.stepstohope.co.uk

Phone-line open all time

Monday Munchies: 6pm

(at St Cuthberts, 5 Lothian Rd, EH1 2EP)

Sunday Suppers: 5pm

(at St Cuthberts, 5 Lothian Rd, EH1 2EP)

FF

PETS

PDSA PET HOSPITAL (EDINBURGH)

2B Hutchison Crossway, Edinburgh

EH14 1RR

0800 917 2509; www.pdsa.org.uk

Monday – Friday: 8:30am – 5:30pm

Veterinary surgery offering medical care for pets and other animals. Please

use the Freephone number or website to check availability: pdsa.org.uk/pet-help-and-advice/eligibility

SF

PDSA PET HOSPITAL (GLASGOW EAST)

Muiryfauld Drive, Tollcross, Glasgow

G31 5RT

0800 917 2509; www.pdsa.org.uk

Monday – Friday: 8:30am – 5:30pm

Veterinary surgery offering medical care for pets and other animals. Please

use the Freephone number or website to check availability: pdsa.org.uk/pet-help-and-advice/eligibility

SF

PDSA PET HOSPITAL (GLASGOW)

1 Shamrock Street, Glasgow G4 9JZ

0800 917 2509; www.pdsa.org.uk

Monday – Friday: 8:30am – 5:30pm

Veterinary surgery offering medical care for pets and other animals. Please

use the Freephone number or website to check availability: pdsa.org.uk/pet-help-and-advice/eligibility

SF

SF

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



NIGHT SHELTERS

NIGHTSTOP (DEPAUL)

uk.depaulcharity.org/nightstop
Mon – Fri: 9am – 5pm (4pm in Glasgow)
Nightstop provides young people, aged between 16–25, with emergency accommodation within vetted and trained host households.

Please phone first for referral:

Glasgow:

472 Ballater Street, G5 0QW

Phone: 0141 418 6990

Email: nightstop@simonscotland.org

Edinburgh:

55 Albany St, EH1 3QY

Phone: 0131 557 4059

Email: andy.murdoch@rocktrust.org

West Lothian:

20 Grampain Court, EH54 6QF

Phone: 01506 591860

Email: westlothianadmin@rocktrust.org

We work with young people to plan and overcome barriers at the start of their journey with us. When relationships break down, we provide support and mediation to keep families together.

AH

SAFE IN SCOTLAND

Formerly the Destitution Night Shelter
www.safeinScotland.com

24/7 accommodation for destitute asylum seekers. For Referral, phone: Scottish Refugee Council: 0800 196 7274
Govan Community Proj: 0800 310 0054
British Red Cross: 0800 196 3651

AH,BS

WELCOME CENTRE (BETHANY, EDINBURGH)

Haymarket Hub Hotel, 7 Clifton Terrace, Edinburgh, EH12 5DR

07919 557 673

www.bethanychristiantrust.com

Open 24/7

October 2022 – April 2023

Free accommodation, food and support for people sleeping rough. Just show up or call the number above for support.

AH,F,FF,OL,OW

ACCOMMODATION

BLUE TRIANGLE

Various locations

0141 221 8365; bluetriangle.org.uk

We provide safe and secure mainly hostel type accommodation for vulnerable people who are homeless or at risk of homelessness. Various services around Scotland, for men and women aged 18 – 40.

AH,AD

CASTLECLIFF (CITY OF EDINBURGH COUNCIL)

25 Johnston Terrace, Edinburgh, EH1 2NH

0131 225 1643

Monday – Sunday: 9am – 9am;
Emergency direct-access hostel for single people or couples, who are homeless and over 16.

Some provision for pets. It aims to help residents find more sustainable long-term accommodation.

AH,BS,BE,CL,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 (CUNNINGHAM HOUSE)

Cunningham House, 205 Cowgate,
Edinburgh EH1 1JH
0131 225 4795; crossreach.org.uk
Ring or visit. Short-term supported
residential accommodation for single
homeless people (18-65) who have
additional support needs; such as
offending, drug, alcohol and mental
health matters.

TS

DUNEDIN HARBOUR

4 Parliament St, Leith,
Edinburgh, EH6 6EB
0131 624 5800; tinyurl.com/vvx5fxtp
Accommodation and support for
vulnerable individuals who are sleeping
rough or at risk of sleeping rough.
Couples and pets accepted.

Referral via Edinburgh City Council:
0131 529 7355 or **0131 529 7829**

[AH, AD, A, BA, CA, DW](#)

GLASGOW WOMEN'S AID

4th Floor, 30 Bell St, Glasgow G1 1LG
0141 553 2022
glasgowwomensaid.org.uk
Monday – Friday: 9:30am – 4:30pm
Advice and support for women
experiencing domestic violence and
their children. Domestic Abuse Helpline:
0800 027 1234 (24/7).

C

SAFFRON HOUSING

0141 422 1112
[southside-ha.org/find-a-home/
saffron-project](http://southside-ha.org/find-a-home/saffron-project)
Mon – Fri: 9am – 5pm
Accommodation and support for
single minority ethnic homeless people
(16–25) with low support needs. Referral
only via GP or social worker. Phone or
email enquiries@southside-ha.co.uk.
[AH, BA, DA, TS](#)

SIMON COMMUNITY SCOTLAND

www.simonscotland.org
24/7 : Glasgow: **0800 027 7466**
& Edinburgh: **0808 178 2323**
Accommodation and support services.
See STREETWORK and ACCESS HUB for
information about those services.
[MH, AH, AD, A, DW, OL, OW](#)

ACCESS HUB (GLASGOW)

389 Argyle Street, Glasgow, G2 8LR
0141 552 4164; simonscotland.org
Mon – Fri: 9am – 5pm
Drop in to get help with benefits, health,
finances, legal advice, access to the
digital world and more.
[MH, AH, AD, A, DW, OL, OW](#)

STREETWORK CRISIS CENTRE

22 Holyrood Road, Edinburgh EH8 8AF
0808 178 2323; streetwork.org.uk
Mon – Fri: 8:45am – 8pm
except Wednesdays: 10am – 8pm
Sat – Sun: 9am – 5pm
Supporting anyone in Edinburgh who
does not have a safe place to sleep.
[AH, AD, BA, BS, C, FF, IT, 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



THE MUNGO FOUNDATION (DE PAUL HOUSE)

27 Cruden St, Govan, G51 3RP
0141 445 2800
[www.themungofoundation.org.uk/
service/de-paul-house](http://www.themungofoundation.org.uk/service/de-paul-house)
Support and accommodation for young men & women (16-21). Referral only via Social Work Care Manager.

AH,AD

LGBTQI+

BREATHING SPACE SCOTLAND

0800 83 85 87; breathingspace.scot
Mon – Thu: 6pm – 2am
All Weekend: Fri 6pm – Mon 6am
Free, confidential phone service for anyone in Scotland experiencing low mood, depression or anxiety.

MH,AD,C

EACH

0808 1000 143 (helpline);
each.education/homophobic-transphobic-helpline
Helpline and support for young people affected by homophobic bullying.

If you have been a target of this bullying you can call our freephone Helpline on 0808 1000 143 (Monday to Friday, 9:00am – 4:30pm) or email: info@each.education

AD, C, LA

EDINBURGH RAPE CRISIS CENTRE

17 Claremont Cres, Edinburgh EH7 4HX
www.ercc.scot

Open Monday – Sunday:
08088 01 03 02 (call): 5pm – midnight
07537 410 027 (text): 6pm – midnight
Free and confidential emotional and practical support and information to women, all members of the transgender community. Young people aged 12–18 who live in Edinburgh and the Lothians and have experienced sexual violence can get help via the STAR project on star@ercc.scot. Text: 07537 410 027

AD, C

EQUALITY NETWORK

www.equality-network.org;
0131 467 6039
A leading national charity working for lesbian, gay, bisexual, transgender and intersex (LGBTI) equality and human rights in Scotland.

Run events, 1-2-1 support groups and produce guidance.

C, OL

GALOP

www.galop.org.uk;
020 7704 2040 (Hate Crime Helpline)
Mon – Tue: 10am – 4pm
0800 999 5428 (Domestic Abuse Help)
Mon, Tue & Fri: 10am – 5pm
Wed & Thur: 10am – 8pm
The LGBT+ anti-violence charity.
Offers support for LGBTQ+ people experiencing hate crime, sexual violence or transphobia. Online chat available.

AH,AD, C, MS, 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

LGBT HELPLINE SCOTLAND

www.lgbthealth.org.uk;
helpline@lgbthealth.org.uk
 0300 123 2523 helpline open on:

Tue & Wed: 12noon – 9pm

Thu & Sun: 1 – 6pm

Working to improve the health, wellbeing and equality of lesbian, gay, bisexual, transgender (LGBT) people in Scotland.

C, MH, OL

LGBT YOUTH SCOTLAND

www.lgbtyouth.org.uk
info@lgbtyouth.org.uk

Advice and information for LGBT youth in Scotland. See website for local youth groups. Online chat and one-to-one Digital Support available.

C, SH

RAPE CRISIS SCOTLAND

46 Bath Street, Glasgow G2 1HG

08088 01 03 02 (call)

07537 410 027 (text)

rapecrisisscotland.org.uk

Monday – Sunday: 5pm – midnight

Free, confidential helpline for anyone, women and men, affected by sexual violence, no matter when or how it happened. We can also put you in touch with local rape crisis centres or other services if you need longer-term support.

Interpreters are available if your first language is not English.

C, OL, SH

SHAKTI WOMEN'S AID

Norton Park, 57 Albion Road,
 Edinburgh EH7 5QY

0131 475 2399; shaktiedinburgh.co.uk

0800 027 1234 (24hr domestic abuse)

Mon, Wed, Thu, Fri: 9:30am – 4pm

Tue: 1 – 4pm

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

AD, OL, SF

STONEWALL SCOTLAND

www.stonewallscotland.org.uk;

0800 0502020 (freephone)

Mon – Fri: 9:30am – 4:30pm

Help, information and support for LGBT communities and their allies.

At Stonewall, we stand for lesbian, gay, bi, trans, queer, questioning and ace (LGBTQ+) people everywhere. We imagine a world where all LGBTQ+ people are free to be ourselves and can live our lives to the full.

C, LA, OL

SWITCHBOARD LGBT+

0300 330 0630; 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. Phone or email chris@switchboard.lgbt or message via the website. Bereavement help also.

LA, AD, 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
SH Sexual health
TS Tenancy support

FULL LIST
 AVAILABLE ON
 OUR WEBSITE



MENTAL HEALTH

ADVOCARD

0808 196 3525; advocard.org.uk
advocacysupport@advocard.org.uk
Mon – Fri: 9am – 5pm

All our services are still open to accept referrals for advocacy support.

Independent individual and collective advocacy services for people with mental health problems in Edinburgh.

Text: 07920 207 564

AD, MH, SF

BREATHING SPACE SCOTLAND

0800 83 85 87; breathingspace.scot

Mon – Thu: 6pm – 2am

All Weekend: Fri 6pm – Mon 6am

Free, confidential phone service for anyone in Scotland experiencing low mood, depression or anxiety.

MH, AD, C

CAMPAIGN AGAINST LIVING MISERABLY (CALM)

0800 58 58 58; thecalmzone.net

Open 5pm – midnight, 356 days a year
Calm is leading a movement against suicide. Call, email or chat on website.

MH

GAMH

0141 552 5592; www.gamh.org.uk

Mon – Thur: 9am – 5pm

Fri: 9am – 4:30pm

Emotional and practical support, information and advice for homeless people with mental health problems. Referral via GPs, social work, housing officers & community addiction teams.

MH, AH, AD, C

HEALTH IN MIND

0131 225 8508; health-in-mind.org.uk

Monday – Thursday: 9am – 5pm

A range of mental health and wellbeing services for people with housing and mental health support needs. You can self-refer to most services or ask your GP to refer you. Phone for information.

MH, AH, AD, C, TS, AC, ET

HELP FOR DEPRESSION

www.healthline.com/health/depression/help-for-depression#TreatmentFacts1

An online comprehensive explanation of the various approaches and treatments for depression.

MH

HEARING VOICES NETWORK

www.hearing-voices.org

A network for people who hear voices and see visions. For groups info email info@hearing-voices.org

MH, C

HUNTER STREET HOMELESS HEALTH SERVICE

55 Hunter Street, Glasgow, G4 0UP

0141 553 2801 (call first);

<https://tinyurl.com/3bp8rm3n>

Mon – Fri: 9am – 5pm

Located in the Gallowgate area.

Combination of homeless health and social care services under one roof, and GP service for homeless people.

Call first to arrange appointment.

MH, A, DW, FC, MS, SH, SF

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:



MIND (NATIONAL)

0300 123 3393; www.mind.org.uk

info@mind.org.uk

Mon – Fri: 9am – 6pm

Advice and support to empower anyone experiencing a mental health problem.

Legal support: 0300 466 6463;

legal@mind.org.uk

MH, AD, LA

NHS INFORM - SCOTLAND

www.nhsinform.scot

Online health information service.

MS, MH

NATIONAL SELF-HARM NETWORK

www.nshn.co.uk

Forum supporting individuals who self harm to reduce emotional distress and improve their quality of life Resources and information available online.

A supportive and understanding forum.

C, MH

PENUMBRA

57 Albion Rd, Edinburgh EH7 5QY

www.penumbra.org.uk

0131 475 2380

Mon – Thu: 9am – 4:30pm;

Fri: 9am – 4pm

Offers a wide range of mental health support. Call number above for signposting to services in various locations across Scotland.

MH, A, C, D, TS

SAMARITANS

Helpline: 116 123

(Open 24hrs, 365days)

www.samaritans.org

Whatever you're going through, free and confidential mental health support. You can take things at your own pace, they will listen carefully and talk things through on a confidential basis.

C, MH

SANE (NATIONAL)

www.sane.org.uk

support@sane.org.uk

SANEline: 0300 304 7000

Callback service: 07984 967 708

Mon – Sun: 4 – 10pm (365 days a year)

We believe that no-one affected by mental illness should face crisis, distress or despair completely alone.

Information on schizophrenia, depression and bi-polar disorder in Bengali, Chinese, Gujarati, Punjabi & Urdu as well as English.

C

SUPPORT IN MIND SCOTLAND

0300 323 1545

www.supportinmindscotland.org.uk

Mon – Fri: 9am – 4:30pm

Support and action for all people affected by mental illness. This includes carers, friends and families.

Support and guidance to help your mental health during lockdown available on website.

MH

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

SURVIVORS OF BEREAVEMENT BY SUICIDE (NATIONAL)

0300 111 5065;

uksobs.org

Mon – Tue: 9am – 5pm

Support for people over 18 bereaved by suicide. Phone or email or visit the website to find your nearest group.

AD

THE SANDYFORD INITIATIVE

2-6 Sandyford Place, Sauchiehall Street, Glasgow, G3 7NB

0141 211 8130;

www.sandyford.scot

Specialist sexual health services: counselling for male survivors of childhood sexual abuse.

Emergency contraception and rape/assault services.

Testing and counselling for men who have sex with men and for women involved in prostitution.

MH, AD, C, DW, FC, MS, NE, OL

YOUNG MINDS (NATIONAL)

Text 85258 (24/7 support)

www.youngminds.org.uk/young-person/find-help

Young Minds makes sure all young people get the best possible mental health support and have the resilience to overcome life's challenges. Advice on mental health, medications and depression. Advice on Coronavirus too.

AD, MH, MS

RECOVERY

BETHANY CHRISTIAN TRUST

65 Bonnington Rd, Edinburgh, EH6 5JQ

0131 561 8930;

www.bethanychristiantrust.com

Supports individuals and families to help them tackle long-term homelessness problems including addictions, debt, lack of furniture, unemployment and social isolation. Welcome Centre & multiple other services across Edinburgh - call for information.

AH, A, CA, C, DW, FF, OW

COCAINE ANONYMOUS (SCOT)

PO Box 26812, Glasgow G1 9AB

0141 959 6363 (24/7);

www.cascotland.org.uk

Fellowship of people who help each other to stay off cocaine, crack and other drugs. Contact them to find your nearest meeting. It is patterned very closely after Alcoholics Anonymous.

C

CROSSREACH (RANKEILLOR INITIATIVE - EDINBURGH)

205 Cowgate, Edinburgh EH1 1JH

0131 225 4901

<https://bit.ly/30N3eA2>

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

For those in the early stages of recovering from substance use, we can provide temporary accommodation in shared flats while you get back on your feet again.

AH, A, C, DW, BA, BS, CL, CA, ET

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



CROSSREACH MOVE ON (WHITEINCH - GLASGOW)

0/5, 13 Victoria Park Drive South,
Whiteinch, Glasgow G14 9RN
0141 959 5069;
<https://bit.ly/2MKuxzU>
Mon – Fri: 8am – 10pm;
Sat & Sun: 9am – 5pm;
Phone first for referral/to arrange a visit.
Temporary furnished accommodation
and support to adults in recovery from
substance misuse, who have achieved a
period of stability through residential or
community rehabilitation.

MH, AH, A, C, DW, TS, SF

DRINKLINE SCOTLAND

0800 7314 314
drinkaware.co.uk
Mon – Fri: 9am – 8pm;
Sat & Sun: 11am – 4pm
Free, confidential helpline for people
worried about their alcohol intake or
anyone concerned about them.

A, C, OL

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

GLASGOW COUNCIL ON ALCOHOL

14 North Claremont St, Glasgow G3 7LE
0141 353 1800;
www.glasgowcouncilonalcohol.org
0808 802 9000 (freephone helpline)
Mon – Thu: 9am – 9pm;
Fri: 9am – 5pm; Sat: 9am – 1pm
GCA is an accredited counselling
service and provides individual, free
and confidential counselling for people
experiencing alcohol-related difficulties
and those affected by someone else's
alcohol use. Group and 1-1 support.

A, C, OL, SF

HEALTH IN MIND

0131 225 8508; health-in-mind.org.uk
Monday – Thursday: 9am – 5pm
A range of mental health and wellbeing
services for people with housing and
mental health support needs. You can
self-refer to most services or ask your GP
to refer you. Phone for information.

MH, AH, AD, C, TS, AC, ET

HUNTER STREET HOMELESS HEALTH SERVICE

55 Hunter Street, Glasgow, G4 0UP
0141 553 2801 (call first);
<https://tinyurl.com/3bp8rm3n>
Mon – Fri: 9am – 5pm
Located in the Gallowgate area.
Combination of homeless health and
social care services under one roof, and
GP service for homeless people.
Call first to arrange appointment.

MH, A, DW, FC, MS, 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

NARCOTICS ANONYMOUS (NA)

0300 999 1212; ukna.org
 Helpline open 10am – midnight.
 Online meetings available

*D***SCOTTISH FAMILIES AFFECTED BY ALCOHOL & DRUGS**

08080 10 10 11; www.sfad.org.uk
 Mon – Fri: 9am – 11pm (helpline).
 We are here to support you if you are concerned about someone else's alcohol or drug use. We can chat, offer advice and information, and link you either into our own services or services local to you. Bereavement service also available. Email: helpline@sfad.org.uk

*C***SECOND CHANCE PROJECT SCOTLAND**

402 Sauchiehall St, Glasgow G2 3JD
 0141 336 7272
secondchanceproject.co.uk
 Mon – Fri: 9am – 5pm
 Three-stage day treatment programme for people with drug and/or alcohol problems. Training & counselling. Self-referral. See also: [facebook.com/secondchanceprojectglasgow/](https://www.facebook.com/secondchanceprojectglasgow/)
ET, DW, A, C

SMART RECOVERY

smartrecovery.org.uk/online-meetings
 Zoom meetings listed on the website.
 Use their call-back service between 9am – 5pm: request by email: support@smartrecovery.org.uk
C, D

TURNING POINT SCOTLAND (ALCOHOL & DRUG CRISIS)

80 Tradeston Street, Glasgow, G5 8BG
 0141 420 6969
bit.ly/3HGJcI5
 Monday – Sunday: 24 hours
 Turning Point Scotland Glasgow Alcohol and Drug Crisis Service offers integrated health and social care which provides low threshold, direct access services for people experiencing a crisis due to alcohol or other drug use including people who may be experiencing homelessness.
 These include a crisis residential unit, 24-hour Injecting Equipment Provision (needle exchange), woundcare, harm reduction advice, signposting and naloxone training and provision.
A, C, D, LF, MS, NE, SF, AD, AH, FC

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



TURNING POINT SCOTLAND (ALCOHOL & DRUG RECOVERY)

112 Commerce Street, Tradeston,
Glasgow G5 9NT
0141 948 0092
bit.ly/3xer4AX
Monday – Sunday: 24 hours
Needle exchange & temp
accommodation. 24 hour service 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.
[A, C, D, LF, MS, NE, SF, AD, AH, FC](#)

TURNING POINT SCOTLAND (NORTH EAST RECOVERY HUB EDINBURGH)

5 Links Place, Leith, Edinburgh EH6 7EZ
0131 554 7516
tinyurl.com/bdcmzfkfs
Mon & Fri: 9:15am – 4:45pm
Tue & Tue: 9:15am – 7:45pm
Wed: 11am – 4:45pm
Drop in open, but with limited service.
Drop in to arrange further 1-to-1
support.
Needle Exchange Mon – Fri at the times
stated above.
Range of addiction and recovery
services open to men and women aged
16 and over who are aware they have a
substance misuse problem and would
like to start their recovery journey. Other
services across Edinburgh available: call
freephone number for information.
[A, AC, C, D, LF, MS, NE, SH, SF](#)

WE ARE WITH YOU (NE GLASGOW RECOVERY HUB)

24-28 Broad Street, Bridgeton, Glasgow
G40 2QL
0808 164 4261; bit.ly/3v1Cupl
Mon – Sun: 8am – 8pm (outside these
hours, call 0808 178 5901)
For your recovery from alcohol and drug
use. Individual support and tailored
interventions, including outreach,
Call the helpline or email.
[OW, OL, MH, AD, A, DW, ET](#)

WE ARE WITH YOU (NW GLASGOW RECOVERY HUB)

The Quadrangle, 59 Ruchill Street,
Glasgow G20 9PX
0808 178 5901
bit.ly/2P9nxSS
Mon – Sun: 8am – 8pm (outside these
hours, call 0808 178 5901)
For your recovery from alcohol and drug
use. Individual support and tailored
interventions, incl outreach workers.
Call the helpline or email.
We're here to listen – you can tell us as
little or as much as you want.
We'll work with you on your own goals,
whether that's cutting down your drug
or alcohol use, stopping completely or
just getting a bit of advice.
[MH, AD, A, DW, OL, OW](#)

Are your details incorrect?

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

KEY

A Alcohol workers
AC Art classes
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B Barber
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DT Dentist

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

EX-FORCES**COMBAT STRESS (NATIONAL)**

combatstress.org.uk

0800 138 1619

07537 173 683 (textline)

24hr, 365 days helpline

Confidential advice and support to veterans and their families.

MH, AD, C, OL

ROYAL BRITISH LEGION

0808 802 8080

www.britishlegion.org.uk

Monday – Sunday: 8am – 8pm

Delivers information, advice and support to members of the British armed forces, reservists, veterans and their families across the UK. Visit one of their centres, call (free from UK landlines and main mobile networks) or use their online resources to find out more.

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

SCOTTISH VETERANS RESIDENCES

53 Canongate, Edinburgh EH8 8BS

0131 556 6827

www.svronline.org/

Monday – Friday: 7am – 5pm;

Ring first. Accommodation for homeless ex-service men and women, including ex-merchant mariners. Can accept married couples.

Online enquiry form on website.

AH

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, C

SUPPORT IN MIND SCOTLAND (VETERANS COMMUNITY CAFE)

<https://www.supportinmindscotland.org.uk/veterans-community-cafe>

0300 323 1545 (main info line)

Weekly drop-in cafe for Veterans

at Broughton St. Face-to-face groups currently on hold, but for

other services email: [jsangster@](mailto:jsangster@supoportinmindscotland.org.uk)

supoportinmindscotland.org.uk

MH

VETERANS UK

0808 1914 2 18

www.gov.uk/government/organisations/veterans-uk

Mon – Fri: 8am – 4pm

Free help and advice for veterans, and access to dedicated one-to-one welfare advice.

Email: veterans-uk@mod.gov.uk

AH, DA, BA

FC Foot care
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OUR WEBSITE



REFUGEE SUPPORT

POSITIVE ACTION IN HOUSING

98 West George Street, Glasgow
G2 1PJ

0141 353 2220; www.paih.org

Contact form online.

Mon: 9am – 1pm (open)

Tue: 2 – 4pm (destitution service);

Wed & Thu: 10am – 12pm (destitution

service, welfare rights), 2 – 4pm (EU

drop-in); Friday: 9am – 4pm (open)

Independent, multilingual

homelessness and human rights charity

dedicated to supporting people from

refugee and migrant communities.

Any other queries? Please email:

home@positiveactionh.org

AH, FF

SCOTTISH REFUGEE COUNCIL

www.scottishrefugeecouncil.org.uk

0808 196 7274

Mon – Fri: 9am – 5pm

Advice and support for refugees and

asylum seekers. Can signpost you to

charities all over Scotland

AD, BA, TS, OL

SHAKTI WOMEN'S AID

Norton Park, 57 Albion Road,

Edinburgh EH7 5QY

0131 475 2399; shaktiedinburgh.co.uk

Mon, Wed, Thu, Fri: 9:30am – 4pm

Tue: 1 – 4pm

Support and information to Black

Minority Ethnic women, children and

young people experiencing and/or

fleeing domestic abuse.

24hr domestic abuse helpline:

0800 027 1234

AD, OL, SF

THE WELCOMING

20/1 Westfield Avenue, Edinburgh,

EG11 2TT

www.thewelcoming.org

0131 346 8577

Mon – Fri: 9am – 2pm (drop-in hours)

We welcome New Scots to Edinburgh,

build community and learn together.

We support New Scots to learn English,

find jobs and access local services; offer

opportunities for friendship, sustainable

living, creativity, health and well-

being; connect locals and New Scots

through social and cultural exchange;

and collaborate with others to share

knowledge and influence positive

change.

AD