



the **Pavement**

The free magazine for homeless people

Issue 140 : Resolve
October - November 2022

Missing



Stuart Campbell

Stuart Campbell was last seen in Colinton Dell, Edinburgh, on 22 March 2022. He was 36 at the time.

Stuart, 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.



Lee Boxell

Lee Boxell went missing from Sutton, Surrey, on 10 September 1988. He was 15 at the time of his disappearance.

Lee, call our free, confidential helpline for 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 Stuart or Lee, 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: A big thank you to regular contributor Marius Samavicius for providing this issue of *the Pavement's* cover art. Marius has been contributing his artwork to the magazine for over a year, usually in the guise of spindly, intricate, pencilled characters. Our cover is an experiment in printmaking, as Marius explores new modes and techniques.

© Marius Samavicius

The Pavement magazine

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London/Scotland Issue 140 October – November 2022

Published by *the Pavement*
Registered Charity Number 1110656
www.thepavement.org.uk

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

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thepavement.org.uk/complaint



An interactive map of solutions and issues surrounding homelessness in Haringey, by Mitchel Ceney © MC

Organisations and charities working with the homeless community in London came together in late September to celebrate the fifth annual StreetsFest. The day festival, featuring live music and numerous services, was held in Finsbury Park, north London, on 23 September. Services present included Streets Kitchen, providing food to visitors and promoting its Solidarity Hub on Seven Sisters road, north London.

Also present was the Museum of Homelessness, taking input from visitors on what they want from the museum's new home in Manor House. More on that exciting news in the next issue of *the Pavement*.

The festival is organised by Streets Kitchen, Haringey Council and Islington Council, providing visitors with an opportunity to connect with a wide array of services. Covid-19 vaccinations were also readily available to guests. We're already looking forward to next year's event.

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

Word play

TURN TO PAGES A – P
FOR THE LIST OF SERVICES

This magazine, and all of the services featured within our pages, work towards resolving homelessness and providing the support and information to help people experiencing homelessness or sleeping rough. Working to this issue's theme of Resolve, our writers have taken care to exercise their solutions-based journalism skills, with many trained in the form thanks to our European Journalism Centre-funded scheme in 2021.

But we can't ignore the dual-meaning of the word. Many articles in this issue of the magazine focus on the resolve and strength of writers during their experience of homelessness. On page 14 Rosie Healey discusses the difficulty of finding hope and a way out of alcohol dependency. Mat's otherworldly column takes on addiction and... crack squirrels on page 18. You won't want to miss it.

Elsewhere, there is a bumper edition of our poetry section, found on page 28. The introspective, defiant power of poetry fitting neatly with our theme. Meanwhile, you can find all of the regular news, views and cartoons, as well as the List of services in the centre pages of the magazine.

the Pavement team
www.pavement.org.uk



Trust by Don Pollard © Don Pollard

Coming Home, the annual commemoration service for people who died homeless in the last year, will be held at St Martin-in-the-Fields on Thursday 10 November. The commemoration will run from 11am – 1pm.

The service is a difficult day for everyone in the homeless community. We send our love and strength to everyone who has lost somebody this past year. The service is a special opportunity to remember and celebrate the lives of those we have loved and lost.

Thank you to St Martin-in-the-Fields, The Connection at St Martin's, Housing Justice, and The Museum of Homelessness for organising the service.

As *the Pavement* goes to print, readers still have time to submit names of people who have died while experiencing homelessness in the last year. To have their names read out, the person has to have passed since 4 November 2021. Add names to the form online here: forms.office.com/r/CZK06wC5CL

New strategy

At the beginning of September the government announced “landmark plans” to end rough sleeping, by adding an extra £2bn funding to existing funding streams. Under these initiatives the government aims to provide 14,000 beds and 3,000 staff across England, as well as provide further funding to a list of existing services across England. They have also announced plans to build an extra 2,400 long-term supported homes for those with complex needs. Whilst extra accommodation is welcome news, figures taken from *Big Issue* show that in London alone during April-June 2022, 3,000 people were counted as sleeping rough. The figure points towards the scale of action required from the government to meet the demands of **London**, never mind the entire country.

Hopeless

Priti Patel’s new £120m pound scheme was set to deport UK asylum seekers to **Rwanda**, moving them into hostels, such as Hope Hostel in the capital, Kigali. The *Guardian* reports that in order to meet the demands of this deal, the hostel hastily kicked out all of the former residents, all of whom were survivors of the Rwandan genocide, leaving them homeless and without long-

term support. Some of the residents had lived there for over eight years and many were still students with no other support systems or safe places to live due to the genocide. The Rwandan genocide took place in 1994, with mass killings leaving hundreds of thousands of people dead. With the pressures of the pandemic, many former hostel residents feel unable to ask for support from friends, meaning they are forced to sleep on the streets and abandon their education. However, due to legal challenges to deport people to Rwanda, no one from the UK has been sent over – meaning the hostel remains empty.

Monsoon misery

Severe flooding in **Pakistan** has killed at least 1,391 people and has left half a million people homeless. Although contributing less than 1% of global emissions, Pakistan finds itself on the front line of the climate crisis, with 33 million people affected by the months of heavy monsoon rains and flooding. For the time being, the *Guardian* reports many of the people displaced have pitched tents on roads or paths on higher ground. Aid has arrived slowly and there are fears more rain – as has been forecast – will force them to move on once again.



© Carousel by Milena for Cafe Art

Mark the calendar: Cafe Art's annual MyLondon calendar launches in mid-October, shortly after World Homeless Day on 10 October. The MyLondon calendar features photographs taken in **London** by people with lived experience of homelessness. All profits from the calendar go to the photographers, with £2,000 in prize money also allocated to selected participants. A fundraising campaign was launched in September for the project. Each year Cafe Art hands out 100 single-use cameras to people with lived experience of homelessness and photographers are given seven days to "capture London".

- For more information about Cafe Art's MyLondon calendar, including purchase details and how to get involved in the project. Visit: www.cafeart.org.uk

Hot topic

The heatwave of early August demonstrated the dangerous effects of climate change. As well as the stark environmental impact, the extreme hot weather is dangerous for people sleeping rough. Those sleeping in tents or out on the street during high temperatures

are at risk of heatstroke and other dangerous conditions. Councils across England, including **Bristol** City Council, belatedly activated a Severe Weather Emergency Protocol (SWEP). Speaking to the *BBC*, Mel, a rough sleeper in Bristol, said, "it's horrendous. Being in a tent from 8pm to 7am in this heat is not good."

Funding fumble

Fear abounds among **London's** councils over proposed funding changes. Changes to the Homelessness Prevention Grant could see councils lose almost £50m in funding – equivalent to 32% of their current funding to tackle homelessness. London Councils, the cross-party organisation representing London's borough councils and the City of London, has said two proposed changes to the Homeless Prevention Grant would cut council funding from 2023. The changes relate to a new allocations methodology. London Councils' Executive Member for Regeneration, Housing and Planning, Darren Rodwell cautioned "it makes no sense to reduce London's overall level of resources."

Cost of giving

Research conducted for estate agents Savills warns that in **London**, 125,000 households are at risk of homelessness due to the increasing pressures caused by the cost of living crisis. These households, in the coming months, are calculated to not have their benefits meet the cost of rent. Boroughs are urging the government to increase Local Housing Allowance rates to cover at least 30% of market rents to help prevent further increase

of homelessness among the approximately 500,000 people most at risk in London. The research also looked at the effect of the benefit cap, finding that less than 1% of single family households with two children over four are within budget, meaning the vast majority of these families are at huge risk of homelessness. The need to increase Local Housing Allowance is clear.

Shady behaviour

The latest from Lakewood, New Jersey, **USA**, where all of the trees in the town square have been felled to deter homeless people seeking shade. With twisted irony, the decision to cut the trees down was made on the recommendation of the Police Department Quality of Life Unit. Sounding (and acting) like something from George Orwell's 1984 (think Ministry of Peace), the Quality of Life Unit convinced mayor Ray Coles that removing shade from the square would prevent homeless people spending time there. Quoted by the *Asbury Park Press*, Steven Brigham, a minister and head of Lakewood Outreach Ministry, was having none of it: "Public parks property is public property. It belongs to the public. And they [homeless people] should have the right to stay on public property."



© Haircuts4Homeless

A cut above: Readers of *the Pavement* are likely familiar with the great work Haircuts4Homeless does. The charity provides free haircuts to people experiencing homelessness across England. In September Haircuts4Homeless celebrated the launch of its new book, *Hear Me, See Me*, with an exhibition in Islington, **London**. The exhibition featured photographs taken by Jack Eames during Haircut4Homeless outreach over the course of three years. The photographs, taken in monochrome and featuring both candid and portrait shots, were accompanied by anonymous text, recorded from guests during haircuts. All proceeds from book sales will be put back into running the charity.

- To buy *Hear Me, See Me*, or to learn about how to get a haircut from Haircuts4Homeless, visit its website: www.haircuts4homeless.com

Unsuitable suites

Glasgow City Council has admitted hundreds of homeless people in the city are placed in temporary accommodation legally defined as “unsuitable”. *Glasgow Evening Times* reported in August that there were 374 breaches of the Unsuitable Accommodation Order among temporary accommodation premises for homeless people. The council released figures relating to one day, 30 June 2022. *Glasgow Evening Times* had also revealed in August that in one temporary accommodation premises, the Queens Park Hotel, there were 221 breaches between September 2021 and March 2022.

Fringe players

The Fringe comedy festival in **Edinburgh** returned in August after a Covid-induced hiatus of two years. Although much-loved, the festival places the city’s housing – and homelessness – crisis in the spotlight. Edinburgh’s population balloons during Fringe, as hoards of comedy-lovers from across the world descend upon the city. According to Helen Russell, progression manager at a Skylight centre run by Crisis in the city, homeless people are edged out of the city to make room for Fringe-goers: “We have seen individuals and families offered accommodation as far away as

Leicester, Newcastle and Aberdeen.” The *i* notes accommodation prices soar during Fringe, pricing the council out of acquiring more temporary accommodation in the city.

Long stay

Figures released by the Scottish Government in August revealed there were 3,048 households living in temporary accommodation in **Edinburgh** at the end of March 2022 – a 25% increase on the figures from 2021. It also represents the highest number of households in temporary accommodation ever recorded in the city. Visitors’ stays are hardly temporary, either. The average stay in temporary accommodation in the city lasts 449 days, climbing to 725 days for couples with children, according to the Scottish Government.

409 average number of days homeless families with children stay in temporary accommodation in Glasgow, according to the Scottish Tenants Organisation.

2,636 children living in temporary accommodation in Glasgow in July 2022.

Good news cycle

Cycling legend Sir Chris Hoy joined hundreds of other cyclists on Social Bite's Break the Cycle event in early September. The event involved cyclists tackling a 66-mile route from Scotstoun Stadium in Glasgow to Edinburgh's BT Murrayfield Stadium to raise funds for the social enterprise. Virtual challenges, as well as shorter cycle routes, were available for everyone who wanted to take part, according to the *Independent*. Congratulating the cyclists and everyone involved in the event, Social Bite chief executive Josh Littlejohn said: "The hard work continues now as we put the money raised to good use and help break the cycle of homelessness."

- Learn more about Social Bite on its website: social-bite.co.uk

New trim

In September **East Ayrshire Council** approved a £75,000 grant for East Ayrshire Churches Homelessness Action (EACHA) to run a mobile barber and barista van for homeless people. Reported in the *Daily Record*, EACHA's application for the grant outlined "the vehicle will provide an inviting, safe, comfortable space for community members to attend to have their haircut." Going on to add that "local services will use the project as a mobile engagement platform where connections, advice and support will be offered and developed."

TURN TO PAGES A – P
FOR THE LIST OF SERVICES

8,835

children in temporary accommodation
in Scotland as of March 2022, figures
released in August show.

17% rise on previous year's figure
of 7,385, notes *STV News*.

35,230

applications made for
homelessness assistance
in the year 2021/22.

How not to crack

With perseverance and resolve, you can recover from setbacks and maintain the belief and hope for a better tomorrow, while learning to enjoy today. This story contains sensitive material.

Written by *Greta Gillett*

Recently and over the last two years I have been back in hell. Back in the family court system.

The place where decisions are made about children, parents and families and it's a very secret place mostly full of working class people with no legal representation because of the dismantling of legal aid by the government.

I was there not only begging (that is how you are made to feel, calculated and purposefully, by a system that wants to see you on your knees) to see two of my four beautiful children, but also that my children may see each other and lastly that someone will help my 14-year-old who was self-harming last year in two different ways.

All requests were denied and I was told I am not allowed to return to court, even if I'm concerned for my children's welfare and safety, for a period of 12 months and even after that time it will more than likely be denied.

The horror of begging in a court of law when I have on more than one occasion begged for people not to beat, kick or rape me was more than humiliating.



As mentioned in issue 139 of *the Pavement*, Greta is an incredibly talented artist. This artwork is titled *Believe Me*. © Greta Gillett

A life long non-smoker, I now smoke. Before I only drank socially, now a glass of wine will "settle" my nerves. I've been off medication for years and am now once again taking thought-numbing medication to try and soothe the disassociation.

I've also tried mushrooms and cannabis to soften the nightmares. Neither prescription or street drugs were effective and once again in my daydreams I started to consider crime in the most majestic sense. My criminal fantasy is of an ethical brothel of which I am the madame.

By day my ladies will study and by night service the lonely and greedy.

But I am terrible at all this. I can only smoke two cigs before I feel sick; max two glasses of wine before I feel dizzy, and the brothel would surely fail because I would simply tell all the punters to fuck off!

You see, despite establishment and government repeatedly telling me I'm bad, despite the reams of reports that say I'm unbelievable and untrustworthy, I am actually inherently a simple, nice – dare I say – even a good person.

I'm kind, empathetic, I'm even known to make people laugh.

But inside I often think I'm nasty, dirty and a slut. Or "puta" (a Spanish word that can translate as "whore", "bitch" or even "motherfucker"), as I was often called.

Too many people have spat words of hate at me, and I'm not just referring to violent men, but police and social workers, even doctors have all also called me names as well.

Too many reports have dehumanised me. I told my eldest daughter I would bring her brother and sister home at least for a visit and I feel I have failed.

I felt confident enough to promise that because I naively hoped that the system would punish me but not my children as well.

And I bleed pain, hurt, sadness, heartache.

I bleed it onto this page. I bleed it

when I watch violent pornography as a way to calm my nerves.

I can only take five minutes and then I feel repulsion again.

I pick at my nails and my hair and I grimace in the mirror when I paint my face in the morning.

"You're a fraud," I say, "a fucking fraud." Then I remember I'm also an artist who loves to cook and travel. So I sew, I draw, I start to write. I'm going to Seville in a few weeks to eat tapas and look at the Moorish city and feel alive again.

We are not what they tell us. We are who we see and feel we are.

We have been stripped figuratively and physically, and questioned and prodded so that we feel raw, we feel vulnerable, we feel exposed.

I say fight back. Seek joy, beauty, comfort. Hold yourself tightly and eat chips, as many as you can fit in your mouth, smothered in sauce.

Embrace and hold tightly onto those things that lessen the hurt deep inside you.

I like to cook in my pyjamas and sing loudly to Teddy Pendergrass, and I remember what my son used to love and my tears fall into the bowl and I stir it in because that's my love, and I cook with love and I am love.

I am not what they did to me or wrote about me or labelled me.

Please say this out loud.

You are so loved.



True grit

Enduring a difficult time struggling with alcohol misuse and sleeping rough, Rosie took solace in inner-strength and a stranger's support. *By Rosie Healey*

Unable to focus on the world around me, I attempted to study the maze of featureless buildings. Above me, birds flew in packs of violent gangs. Nothing but a canopy of clouds leaking acid rain over my weakened body. My Disney dreams were not of a fairy-tale ending. Inside, I felt as dead as Bambi's mum, often fantasising of a quick, clean bullet putting me to rest. But instead, I chose a patient, torturous death.

In the reflection of a distorted puddle, disturbed by the faceless nine-to-fivers rushing past, I raised my icy fingers to my dirty hair, desperate to feel normal. Layer upon layer of London's city grime, the dirt attacked my tongue. Coins rained down, alongside an upturned face from the floor. The bricks, so cold, not even my shadow could bare to lean on them. Just another empty shell, stuck in the streets of Euston.

The darkness drew in, embracing and cuddling me. A cardboard box would have been one of life's luxuries, as the only roof above this girl's head was the sky. The leaves seemed to whisper, everything whispered in this mind. In the park, I took a broken, well-used Martell



Congratulations to Maurice Woolger for winning first place in the judges' choice award for Cafe Art's 2023 MyLondon calendar. © Cafe Art

Next steps

If you are struggling with alcohol or drug use, there are services available to help.

- As Rosie mentions in her article, Alcoholics Anonymous (AA) runs regular meetings offering support to people struggling with alcohol use. Call them for free from anywhere in the UK on **0800 917 7650** to find a meeting near you
- Narcotics Anonymous runs a similar, UK-wide programme to AA. Learn more on their website here: ukna.org
- The Drinkline national helpline in England is available to call for free on **0300 123 1110** on weekdays 9am – 8pm and weekends 11am – 4pm
- The Scottish number for Drinkline is **0800 731 4314**. They can take your call Monday to Friday, 12noon – 8pm and on weekends, 10am – 4pm.

bottle wrapped in an old newspaper, which then became one with sore, blooded lips. I inhaled the fumes that had kept me in chains, then exhaled all the pain, frozen by the numbing air. Taking turns to rest one eye, and then the other, the rush of poison settled in. Warming the body of the girl who cries all by herself.

Ice-tipped grass pierced my cheek, as the muffled sound of sirens rang in my ear. In an impaired line of vision, swings were abandoned, pushed back and forth by the breeze. Brushing off the gravel that had become a part of my jeans, I walked over to the childless swing. A new day of non-existence, shivering in my fever; ready to face the day ahead.

I returned to the gloomy puddle that waited outside the hotel for

me every day. A pair of shoes stood directly in front of me, only this time they were not moving along. I looked up and there a woman stood. She had a softness to her face that comforted me. She reached out her hand and asked me if I wanted a new way of life. I mean I did, I just didn't know how. My life was the streets and escaping reality. She asked me if I would like to go to a meeting of Alcoholics Anonymous with her. I wanted to say no, but the glow in her eyes were somewhat mesmerising, like there was light in them. That's what I wanted. I said yes, and my life changed forever. ■

DON'T FORGET TO TURN TO PAGES A – P FOR THE LIST OF SERVICES



"SO WHAT ELSE IS NEW?"



*"Please bear with me for the next few hours,
practice makes perfect after all"*

Crack squirrels

In a world constantly vying for our attention, our deputy editor at times felt lost in it all. He talks about distraction, addiction, cracking on in life and, well, crack squirrels. *By Mat Amp*

Having come close to finishing Netflix during an extended hospital stay last year, a friend decided it was time for me to get back into reading books. To be honest, I wasn't sure that was something I would still enjoy. It had been a while since I had read anything longer than a standard-length article in the *South London Press*.

Don't get me wrong, I've read some quality yarns in the *Sarf London Press*, most notably an article on crack squirrels, that I don't have time to go in to right now... Oh, fuck it, there is always time for the crack squirrels that became part of Brixton's folklore after an article appeared in the paper in October 2005 quoting one fearful resident, who asked not to be named, saying: "I was chatting with my neighbour who told me that crack users and dealers sometimes use my front garden to hide bits of their stash. An hour earlier I'd seen a squirrel wandering round the garden, digging in the flowerbeds. It looked like it knew what it was looking for. It was ill-looking and its eyes looked bloodshot but it kept on desperately digging. It was almost as if it was trying to find hidden crack rocks."

A week later the *Guardian* ran

a piece entitled 'South London squirrels after different kind of stash'. It occurs to me as I write this that the reason I may have stopped reading in the first place is my inability not to get distracted in a world that is constantly demanding our attention. Take those distractions away and I find myself in a hospital bed, tearing through each page of *Shuggie Bain*, engrossed in a kid's description of his dysfunctional family life in '70s Glasgow.

On my side of the book time becomes irrelevant, while inside the story each page can stand time still or move us on a year. As an addict, reading offers me a state of mind that takes me away from the relentless tick of the clock, each second an opportunity to score. It's like those heavy carriage clocks that they used to give people when they retire. They would sit on the mantelpiece marking each second until you die with a heavy thud and a reminder that you have now been rendered useless. For junkies these seconds are steps to trip on and that's why you can't give something up by constantly denying it. That's too many nos to navigate, too many chances to trip and succumb. NO, NO, NO, NO. For fuck's sake that

Thanks to Chris Bird for this artwork called *Freedom of Choice*.
© Chris Bird



Freedom of choice

is 86,400 seconds in a day: 86,400 chances to fuck it up and say yes.

Don't get me wrong, a bit of resolve goes a long way when you initially give up. I had to quit heroin living with dealers in a supported living house for six months before I got my move on. For me, it was essential that I didn't use in the new place so I white-knuckled my way to sobriety. But this is no solution in the long term. That level of stress will eventually end you. The answer is not to resist with resolve but to embrace the positive. Alan Carr's book, entitled *Alan Carr's Easy to Quit Smoking Without Willpower* – as the title suggests – is all about this.

Renton, at the end of the film *Trainspotting*, nails this – even if he does sound utterly sarcastic: “Now I'm cleaning up and I'm moving on, going straight and choosing life. I'm looking forward to it already. I'm gonna be just like you. The job, the

family, the fucking big television. The washing machine, the car, the compact disc and electrical tin opener, good health, low cholesterol, dental insurance, mortgage, starter home, leisure wear, luggage, three-piece suite, DIY, game shows, junk food, children, walks in the park, nine to five, good at golf, washing the car, choice of sweaters, family Christmas, indexed pension, tax exemption, clearing the gutters, getting by, looking ahead, the day you die.”

Choose Life, innit, despite the fact that a lot of it is a giant pile of wank. Choose life and move on. Forget about the drugs by thinking about it in terms of allowing yourself something you want, something that enriches life and adds something to the sum total of you.

Reading is one of those pastimes that makes me more still and writing is another. I get lost in them and they leave me satisfied whereas, for me ▶

Choose life

A running theme of Mat's regular columns for *the Pavement* is his addiction. As Mat says, different people respond to different things when they are looking to face up to their addiction.

- You can find a number of helpful services in the centre pages of the magazine in the List of services
- Mat works for the homeless charity Groundswell. Groundswell is working to create solutions to homelessness by working with homeless people. Find out more about the work Groundswell does on its website: groundswell.org.uk
- As listed elsewhere in the magazine, if you're based in England you can talk to FRANK about substance misuse 24/7 on **0300 123 6600**
- Scotland-based readers who want to talk about their drug use can phone the Know the Score helpline free on **0800 587 5879** from 8am to 11pm seven days a week.

at least, binging on Netflix for days on end leaves me kind of fidgety and waiting for the next thing. Netflix doesn't quiet the addict in me, you could say.

I honestly believe the problem with illegal drugs is exactly that. That they are illegal. I self-medicated on heroin for years, unable to deal with life and the enormous amount of grief it has thrown at me. But for a long time, I had the money to do it. My problems started when the cash ran out and I had a breakdown. It was only then that I turned to shoplifting and a bunch of my teeth fell out.

The vilifying of addicts by the authorities, who on one hand call you a victim for being in active addiction

while they beat you and toss you in jail with the other, is one of the biggest injustices of modern times. As decriminalisation has proved in Portugal, arresting and locking up addicts only exacerbates the problem, driving addicts deeper into addiction and further away from the option of a fruitful life without drugs.

I will always be an addict but now I'm a non-practicing addict. I've chosen to embrace life, warts and all. I'm not going to get rid of all the hypocrisy and injustice, so I've decided to accept them and take part in this imperfect world rather than chase that perfect one that existed for me briefly, at the end of a needle.

Sanctuary

A story from the streets, where the winds are harsh and reality bites in the struggle with addiction and isolation. Names in this story have been changed. By *Chris Bird*

Heroin looms over an addict like a psychotically single-minded ghost. For street users this problematic reality distorts the daily grind into a primary yearning and compulsion. To get gear usually means hanging around stations or street corners. On the way to scoring there is a focused sense of expectation that borders on exultation or obsession.

Hurrying gaunt figures with cheap mobiles and track-suits hunt the source of utopia. It may be a fleeting recognition of hope and fulfilment because smack out-manoeuvres any alternative goals or aims. Eating, keeping clean physically and warm are way, way down the list of aims day-to-day.

City parks, backstreets and alleys by stations are the typical place to get your gear. Small quantities are traded for crumpled notes. Seedy in one sense, it has an ethereal brilliance too once you feel the hit. I smoked heroin off silver paper foil, so I needed a place out of the King's Cross breeze.

That bloody biting wind whips around London on grey days so you can't light a fag easily let alone chase gear. Glasgow is reputedly



© Mark McGowan

even worse. Chill winds swarm around Glasgow I hear, forcing junkies to hide away somewhere concealed.

Street junkies need a sheltered spot preferably hidden from CCTV or police patrols. I carried heroin for several people. It would have been seriously incriminating if I had been nicked but oddly I never was.

My friend Jon was often stopped and searched. He radiated criminality in his gestures, movements and appearance. He claimed he got police hassle because he was Scottish. Does a broad Glasgow accent cut the rarefied London air? I doubt it. Jon was good at looking tough. He had a ruthless air but he seemed heroically resilient to me.

I felt lonely, confused and anxious much of the time. I yearned to fit in. I yearned to belong. So I took the risk of buying smack in King's Cross for Jon and his mate Sam. I didn't get pulled. I delivered. ■

Treating addictions

When it comes to treating addiction, the answer lies in funding support and services, rather than falling back on an unhelpful, punishing criminal justice system. *By Leon Eckford*

The futility of fighting addiction and its underlying causes using the existing framework of criminal justice is made even clearer when working with the street community.

The research is in: a lack of connection, suffering abuse, developmental and childhood trauma will ultimately manifest in behavioural challenges in adulthood. On top of that people are going un/misdiagnosed and/or untreated and are receiving inconsistent mental health support.

And then there's the socio-political climate: low wages, the high and increasing cost of living, the lack of social mobility, and widening gaps between the top echelons of society and everyone else.

Our institutions creak under the weight of individual and collective suffering. Hospitals, schools, prisons, social work, housing... our frameworks of support are crippled by funding cuts and systemic decay in terms of process and implementation, alongside some draconian attitudes and mindsets of those monitoring and applying money to these institutions. Day on day, shift on shift, on the ground it feels as though we're in a bit of a

Leon's piece explores the holes in support for addiction. However, there are many services, as Leon notes, here to help.

- In Scotland, contact the Know the Score helpline for free on **0800 587 5879** from 8am to 11pm seven days a week
- In England, you can talk to **FRANK** on **0300 123 6600** about drug use, or text them on **82111**. They are available to talk 24/7.

stalemate in terms of progress.

Put all these strands together, you've got a complex mass of collective ills that manifest in people being left outside of society. I see people getting high, yes. But I also see them self-medicating individual and collective trauma.

Yes, the person is ultimately responsible in the final analysis however, the layers of other causation cannot and shouldn't be discounted. Let's look at the punishment doled out on the streets in terms of enforcement and criminal justice.

Imagine arresting a rough sleeper, funding crippling personal and

psychosocial chaos through begging, and having them pay a fine?

With criminalisation through vague by-laws, prohibition-style possession barriers, and hard-to-access treatment options this is only disenfranchising the person further.

With poverty of expectation in place, I've heard prison essentially being used as a wrap-around treatment option! The short-range thinking and funding implications are huge compared to short-term expensive but long-term effective health and wellbeing intervention. Then there's poor prison exit formation, a terrible coalition between supporting agencies, minimal community reintegration innovation, and no creative thinking. And then bang: The person is back to their usual pattern.

At a baseline level, Nietzsche springs to mind: "He who has a why to live for can bear almost any how."

For me, the majority of clients don't have a why. I mean why bother? Right? To summarise, our hierarchy is set up this way. Top-down, trickling from the upper echelons onto our streets every day.

So what do I know about such a multi-layered topic? Well, to be frank, I've been on both sides of the fence. I have the cache to inform what worked for me, and I feel I now have the professional and evidence-based practice to comment on.



© Marius Samavicius

I have a simple, achievable hope for the future. An outreach van with clinical support on board, inclusive of physical and mental health practitioners, ready to go. Ideally with prescribing support.

With the complexities of the latter, I think even a fast-track referral worker, who has access to a 24-hour turnaround pathway to titration based on the person's preference, alongside a comprehensive harm-minimisation kit would be one notch below my original idea.

This isn't some woke whiteboard concept – it works. And until we radically alter our approach in this country, our front line services will always be hamstrung by the powerful chains of addiction. ■

More on monkeypox

Although a rare infection, monkeypox has recently been spreading in the UK. The risk of catching the virus is currently low, but it's important to take care and know to stay safe. Groundswell staff have the following advice.

What is monkeypox?

- First found in a group of monkeys in the 1950s
- Anyone can contract monkeypox
- After catching the disease, people with monkeypox will usually experience symptoms for a couple of weeks
- The risk of dying from monkeypox is very low
- Find out more about monkeypox on the dedicated NHS page: www.nhs.uk/conditions/monkeypox
- If you have no access to the internet, you can ask a support service or support staff to print off the NHS information for you.

The symptoms

Symptoms of monkeypox include:

- A high temperature and headache
- Muscle aches and backache
- Swollen glands
- Shivering (chills)
- Exhaustion
- A rash, usually spreading from the face to other parts of the body.

Taking care

Here are tips on how to avoid catching monkeypox

- The virus can be spread through touching or sharing clothing, bedding towels or cutlery used by someone with the monkeypox rash
- Touching skin infected with monkeypox, including during sex, spreads the virus, as do coughs and sneezes
- Try to avoid sharing items with a person experiencing the symptoms of monkeypox
- If you are around someone with monkeypox, try to wear a face covering and avoid close contact.

Treating monkeypox

There are plenty of ways to treat monkeypox

- The symptoms of monkeypox are usually mild and people recover after a few weeks without treatment
- It is important to try to isolate if you do have monkeypox, as people with weak immune systems are at a higher risk of getting seriously ill from infection
- Seek medical advice if you believe you have monkeypox. Contact a sexual health clinic you know and tell them you think you have monkeypox
- If you don't know a sexual health clinic, search "find a sexual health clinic" online, or ask support staff at a service or accommodation you are connected to if they know one
- Call 111 for free and tell them you may have monkeypox
- Call your GP, but don't visit in-person in order to avoid spreading the virus. GPs are free and anyone can sign up to use one. If you don't have one, ask support or outreach staff how to contact a local GP service.

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.



Out and about

Working on a homeless outreach programme, a chance encounter results in a new friend (or two) and a heartening story.
By *Emdad Rahman*

“What are you two doing then?” enquired the nosy policeman. “What does it look like,” I grunted, “two geezers having a natter, innit?”

“This is my mate Emz, and he shares free books and food,” said Andy. “If that’s alright with you?” I added.

The long arm of the law looked at me funny. His two colleagues looked slightly embarrassed. “Off you go now officer, there’s motorists out there for you to get your teeth into!”

I presume he thought we were drug dealing!

Andy summed it up: “They see two dishevelled, hairy blokes, a homeless guy and a Muslim fella and they can’t help it. It’s called instant judgement.”

I told him I respect the police a great deal but do pull them up if they fall short – some of them just aren’t the brightest sparks.

On the beat with East End Cycles and Docklands Football Club, I made a new friend during the homeless outreach programme.

Andy bought Bailey off a street beggar when he was barely a month old for £12. He had just left Pentonville Prison and after exchanging the fee and completing this unusual transaction he saw the

beggar buy a bottle of Baileys from the store, so he chose the very name for his new pet friend.

Bailey was taken to the vets, who informed Andy that his new friend was doped up on Valium so he wouldn’t cry out for his Mother.

Homeless Andy weaned him off the Valium – and at the same time. He himself hasn’t touched Class A drugs since. He had previously been using for 15 years non-stop. Andy contemplated suicide many times but says Bailey has given him purpose and a new lease of life.

Andy loves reading biographies and I had one on Franklin Delano Roosevelt to share with him, along with a book about Australia. This was a chance meeting. I was setting up for a photo and Andy stopped by with Bailey to have a friendly chat.

Some of the friendliest people I have met live on the streets and have no material wealth. Many are however blessed with good manners and kindness in abundance.

Through Bookbike London I have the pleasure of meeting such friends every day.

**DON'T FORGET TO TURN TO PAGES
A – P FOR THE LIST OF SERVICES**

The art of politics

Politics can be surreal. But not necessarily in a fun or awe-inspiring way. A surreal odyssey by *Chris Sampson*

One nipple bigger than the other? I feel your pain. My (oversized) third nipple recently escaped, leaving the petite fourth seething with jealousy – despite the extra space on my right elbow it now enjoys. Searching for the absconding teat, I encountered all manner of oddities. Not least when a tree somehow came to life, clutching at me with slimy, rain-sodden twigs... and oozing sap. Dream? Nightmare? Unspeakable euphemism? Or a twisted image plucked from the unconscious mind, as favoured by the Surrealists?

Ah well, my search led me to an exhibition of Surrealist art and objects, where, naturally, I was seized and put on display alongside other weird artefacts. At the media previews critics baulked at the quality of works on offer, and the exhibition swiftly descended into an orgy of destruction, and then an orgy of, erm, orgy as several orifices (or should that be orifiii?) were repurposed – in the name of art, of course.

Ahem. Anyhoo, I escaped during the ensuing mayhem, resuming the hunt for my missing nipple. Now, back to reality, which I found had also been tainted by all things surreal. That the Britain we were

now living in was governed by a haystack-bouffanted, character-from-the *Beano*, greased pig of a Prime Minister (previously satirized at greater length in these pages and elsewhere/everywhere). Yet it soon emerged that he had mired himself in so many scandals that, finally, even the Conservatives could take no more and had ousted him from office.

During a lengthy ‘zombie’ government, when a rudderless Good Ship UK listed ever further to the right, the candidates hoping to replace him consisted of the usual rogue’s gallery of weird-beaks and dodge-pots, with Liz Truss – Margaret Thatcher without the warmth or compassion – eventually the victor.

How had this happened? Who had decided that reality and surrealism should be merged, and that the most unsuitable of people should be allowed to preside over the mess? It certainly wasn’t the electorate, as a mere 0.2 % of the population got to decide that In Liz We Truss.

How surreal is that?

THE END [of us all, possibly].

**DON'T FORGET TO TURN TO PAGES
A – P FOR THE LIST OF SERVICES**

Poetry corner

The poems featured on these pages take on a wide range of themes, and are presented in varied form. From lyrically dynamic to passionately sparing, there is something for everyone. Thanks to all who contributed

I am here

by Rosie Healey

Through flames I found waves
 I found shelter in a hurricane
 I've felt warmth from open arms
 When shivering in the cold
 I've lifted my head
 When I've felt despair
 A light that never left
 Because deep down,
 I knew it was fear
 So I climbed that mountain
 I reached for my soul
 Because there was nothing left
 No further to fall
 I found purpose
 And began to comprehend goals
 I am another human being
 With thoughts and emotions
 I tried to fix them
 Like a fish in the ocean
 So one day I let go
 And something appeared
 I could not see it
 But there was no more fear
 I then finally realised, I am here.

Schizophrenia

by Chris Bird

Let light erase these voices,
 From dawn stars,
 Mesmerising silver and emerald,
 Eradicating skyline,
 Where profit stalks like villains,
 Corpses walk upright,
 In suits and ties,
 Banks and finance companies,
 Evade our fragile touch,
 Voices follow me,
 Like troubled shadows,
 Counted and coded,
 Intrusive whispers,
 Suffocating calculations,
 Remote from truth,
 Dictating a new, unhelpful logic of
 Distress
 Alone with my crucifix,
 Bright with ending.

Selected stanzas from Refugee

by David Sohanpal

I hold my breath as I wish for death
Only the mirror knows my pain
You race towards an early grave
Someday you will know my pain and smile
I suffer from excess anxiety
A product of pollution of the hostile environment
Speak on mental health, people laugh at me
That is why I tapped out
Sometimes it feels odd when there's no one you can relate to
Like nobody understands and everybody just hates you
And you wanna run and hide cause the loneliness won't escape you
And everything that's different about you is all that made you.

How often must I ask myself why do I exist?
I feel like a freak, in this world that is a circus
I am just trying to find myself as well as my purpose
Even paralysed people have to stand for something
I don't need to defend my defensiveness
Even though the pressure is on me, can't let it fuck with my focus
So understand all the pressure we hold
Will I succumb or will my heart grow numb?
Or will I save myself from this living hellish nightmare, or will I end it all?
I am ready to lose my mind, but instead I use my mind
To stay strong and weather this storm
Only difference is I am stronger and better from when I have begun
Does this paper define who I am?
Am I still a Refugee once I got this paper that you love so much
We should change the subject but this is what I lived through and know.

Thanks to the many readers who reach out to contribute poetry to *the Pavement*. We can't get enough! If you have some lines you'd like to share with the magazine, get in touch with the editor by emailing:
editor@thepavement.org.uk

MYSTERY MEAT
SMELLS A RAT...

**BADGERZ
ONLY**



OH NO!
NOT AGAIN!
FFS

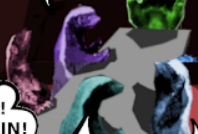
THE BADGER BOARDROOM..

OK REGGIE!
WOT'S THE
SCORE?

WE'RE OFF
TO FIGHT
ANACONDA

WE'RE
MERCENARIES?

SWEET!



LATER ON...

WHILE SLEEPING
THE BADGERS CARRY
MEAT ONTO A PLANE!



IN THE PLANE...

THE BADGERS ARE
ARMED!

HEY LADZ
WHY THE
WEAPONS?

YEAH! US
HONEY BADGERS
DON'T NEED EM!

MYSTERY MEAT AND THE
BADGERS THROW THE
WEAPONS OUT OF THE PLANE



IN THE AMAZON RAINFOREST.....

I'M STARVING!



WILL THE
BADGERS EAT
THE ANACONDA
OR VICE VERSA?

PLACE YOUR BETS!



TO BE CONTINUED!

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!

Make sure you read...

the **Pavement**

online at
www.thepavement.org.uk



London List

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: September 2022

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

ALCOHOLICS ANONYMOUS

0800 9177 650

<http://bit.ly/7ptuE>

Fellowship of people who help each other to recover from alcoholism. Call their national helpline free on 0800 9177 650 or email help@aamail.org, or enter your postcode to find your nearest support meeting.

C

CITIZENS ADVICE

03444 111 444;

citizensadvice.org.uk

NATIONAL SELF-HARM NETWORK

0800 622 6000

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.

MH, C

THE TRICKY PERIOD PROJECT

www.trickyperiod.com/pick-up-points/
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

NEED TO TALK

AZIZIYE MOSQUE

117-119 Stoke Newington Road
N16 8BU

020 7254 0046

bit.ly/2O1x7Rn

Monday-Sunday: 11am – 11pm

Drop-in for advice and support on housing, family, substance use etc.

Turkish & Arabic, interpreters available for other languages.

A, AD, BA, C

BRIXTON ADVICE CENTRE

167 Raiton Road SE24 OLU

020 7733 7554

bit.ly/9Q6Xk

Monday-Thursday: 10am-3pm.-

Advice on benefits, housing, employment & debt (first-come, first-served). Online info on health services.

AH, AD, BA, DA, ET, LA

FRANK

Need some friendly, confidential advice?

0300 123 6600

www.talktofrank.com

Mon – Fri: 2pm – 6pm (live chat);

Drug advice for young people.

email: frank@talktofrank.com

Or text: 82111

AD, C, DW, OL

NATIONAL DOMESTIC ABUSE

Call 0808 2000

Dial 999 for emergencies

C

SAMARITANS

116 123 (open 24/7)

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

SHELTER (CALL OR GO ONLINE)

0344 515 1540

england.shelter.org.uk/get_help

Monday-Friday: 8am – 8pm;

Monday-Weekends: 9am – 5pm.

Website offers an online chat, advice line and directory. Advice on homelessness, eviction, benefits, repossession and council housing.

VETERANS AID

40 Buckingham Palace Road,
Victoria SW1W 0RE

020 7828 2468; bit.ly/1qnjco6

Monday-Thursday: 8:30am – 3:30pm

(helpline); Friday: 8:30am – 1:30pm;

Free helpline: 0800 012 68 67.

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

YOUTH ACCESS

020 8772 9900; www.youthaccess.org.uk/

admin@youthaccess.org.uk

Local contacts for mental health counselling, advice and information.

MH, AD, C, OL

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

C

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

FOOD

STREETS KITCHEN

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

Also, Monday:

Tooting Streets Kitchen

6:45 – 7:15pm outside Iceland at
25–27 Tooting High Street, Tooting,
London, SW17 0SN

Tuesday:

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,
25-27 Hackney Grove, E8 3NR

Friday:

Camden Streets Kitchen

7.30pm nr Camden Town tube, NW1 8QL

Kilburn Streets Kitchen

7.15-8.15pm nr Kilburn High Rd tube

Dalston Streets Kitchen

8pm Ridley Rd, opp train station E8 2PN

Saturday:

Hackney Streets Kitchen

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

Sunday:

Camden Streets Kitchen

7.30pm nr Camden Town tube, NW1 8QL

Haringey

5pm Outside Seven Sisters Station

ACE OF CLUBS

St Alphonsus Rd, Clapham SW4 7AS
020 7720 2811

<http://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;

amchurch.co.uk/soup-kitchen

Mon, Tues, Thurs, Fri & Sat:

11.30 – 12.30pm, hot lunch.

FF

AMURT UK

0208 806 4250; amurt.org.uk

Thu: 12:30 – 1:30pm at

Mildmay Community Centre, Woodville
Road, Mayville estate, N16 8NA

Thu: 6:30 – 7:45pm at

Lincoln's Inn Fields, Newmans Row,
Holborn, WC2A

Free, pre-packed hot meals & snacks.

FF, F, SF

BRIXTON SOUP KITCHEN

297–299 Coldharbour Lane, SW9 8RP

07538 419514

Mon – Fri: 11am – 3pm

Free meals, sleeping bags & clothes.

FF

HARE KRISHNA FOOD FOR ALL

Islip Street, Camden, NW5 2EN

02074373662

Mon – Sat: 12noon – 1pm

Free vegetarian meal

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



HOLY TRINITY CHURCH (TOOTING) TRINITY HOMELESS SUPPORT CAFE

74 Trinity Road, Tooting Bec, SW17 7RH
0208 696 1564

Monday 2 – 4pm

Dop-in advice, hot food. Plus help with universal credit applications, access to a NHS nurse.

BA, FF

JCT

83 Margaret St (Down Marylebone passage) W1W 8TB

07719828267; jct.charity

by appointment only, please call.
Help with: accommodation needs, showers & clothing, benefits & immigration advice, healthcare referrals, and signposting to other agencies.

FF

MISSIONARIES OF CHARITY SOUP KITCHENS (ELEPHANT)

112–116 St George's Rd,
Elephant & Castle, SE1 6EU

0207 620 1504

Tues, Wed, Sat & Sun 9:30 – 11:30am

Hot takeaway available outside

FF

MISSIONARIES OF CHARITY SOUP KITCHEN (LADBROKE GROVE)

PIUS X Church Hall, 79 St. Charles Square, London W10 6EB

020 8960 2644

Tues & Fri 4 – 5pm, Sun 3:30 – 4:30pm

Free takeaway for local homeless people

FF

NIGHTWATCH

Queen's Gardens, Croydon, SE23 3ZH
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

www.nextmeal.co.uk/places/northlondonactionforthehomeless

Mon: 12noon – 1:30pm; Wed 6 – 7:30pm

vegetarian meal, shower and laundry facilities. Due to Covid-19 all food is take-away.

FF

OUR FORGOTTEN NEIGHBOURS

Outside Toynbee Hall,
Commercial Street, E1

Soup kitchen: Thursday 5pm.

We provide hot meals drinks and perishable and non-perishable food. We also give toiletries.

FF

REFETTORIO FELIX ST CUTHBERT'S

The Philbeach Hall, 51 Philbeach Gardens, Earl's Court, SW5 9EB

020 7835 1389

Mon – Fri 12noon – 1pm take-away lunch.

- Call our mental health worker for advice on 07928 831 372

Tues, Wed, Thu & Fri.

And housing advice available.

AH, F

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

REFUGEE NETWORK UK SOUP KITCHEN

Beside the Embassy of Zimbabwe,
Agar Street, Charing Cross.
Saturday: 1pm
FF, CL

ST JOHN THE EVANGELIST CH

Brownswood Park, Queen's Dr,
Finsbury Park, N4 2LW
020 8809 6111
Tue 6.30 – 8.30pm (Soup Kitchen)
Fri 11am – 12noon (Clothes bank)
Sun 12.30 – 2pm (Hot Lunch)
Tue & Sun (Food banks)
FF

ST JOHN ON BETHNAL GREEN

200 Cambridge Heath Rd, Bethnal
Green, London E2 9PA (Tower Hamlets)
0208 980 1742
Tuesday 6 – 7pm
'Tuesday Night Bites' free hot meal
FF

ST PATRICK'S OPEN HOUSE

21a Soho Square, London, W1D 4NR
020 7437 2010;
www.facebook.com/stpatricksoho
Mon, Fri & Sat: 8:30am: 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. Meal
tickets for the week on Mondays at
1:30pm from Sutton Row entrance.
FF, BS

STREETLYTES

Saint Stephens Church
1 Coverdale Road, London, W12 8JJ
0207 602 9011
[www.streetlytes.org/
streetlyteslondon/en/page/need-help](http://www.streetlytes.org/streetlyteslondon/en/page/need-help)
Mondays: 5 – 6pm
Dinner - restricted opening hours during
Covid-19.
Our drop in offers a free hot meal,
friendship and donated items.
FF

SELBY FOOD HUB

Selby Centre, Selby Road Tottenham,
London, N17 8JL
0208 885 5499;
selbytrust.co.uk/our-services
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
Free breakfast Mon – Fri from 8am
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

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 support



SHOWERS

999 CLUB (DEPTFORD CENTRE)

21 Deptford Broadway SE8 4PA

020 8694 5797

<https://999club.org/our-services/>

Gateway Centre:

Weekdays: 9am – 12pm & 1pm – 4pm

erving 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

Keeping many of our services open during Lockdown.

Reduced Service and referral only showers, food, laundry and assessments.

BS

MARGINS PROJECT

19b Compton Terrace N1 2UN

020 7704 9050, unionchapel.org.uk

Monday & Wednesday: 11am – 2pm;

Showers, clothes, food.

Advice on health, housing & legal issues.

AH, BS, DA, F, LA, C

OUR LADY OF THE ASSUMPTION & ST GREGORY

10 Warwick St, Piccadilly Circus, W1B 5LZ

020 7734 9313

warwickstreet.org.uk

Wednesdays 6.30 – 10.30am

Showers, toiletries and clothes.

BS

SHOWERBOX

St Giles Church, High St, WC2H 8LG

near Leicester Square / Covent Garden

showerbox.org

Sat: 10am – 2pm

Offering a free and secure shower space

for homeless people in London.

Shower, some toiletries,

sanitary towels and a pair of socks.

BS

SPIRES CENTRE

8 Tooting Bec Gardens SW16 1RB

020 8696 0943, <http://bit.ly/FrCQf>

Clothing, showers and healthcare. Also

breakfast between 9 and 11am

BS

ST ANDREW'S CHURCH

Greyhound Road, London, W14 9SA

0207 385 5023

15 mins walk from Barons Court Tube

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

ST PATRICK'S OPEN HOUSE

21a Soho Square, London W1D 4NR

020 7437 2010;

www.facebook.com/stpatricksoho

Mon, Fri, Sat: 8.30 – 9am

Breakfast and showers available.

Tues, Wed, Thurs: 7pm dinner - limited

availability; tickets Monday at 1:30pm.

FF, BS

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

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

THE MARGINS PROJECT

19b Compton Terrace N1 2UN

020 7704 9050

unionchapel.org.uk/

Monday & Wednesday: 11am – 2pm;
Showers, clothes, food. Advice on health,
housing, money & legal issues. .

*AH, BS, DA, F, LA, C***WEBBER STREET (LONDON CITY MISSION)**

6-8 Webber Street SE1 8QA

020 7928 1677, <https://bit.ly/2vPkv9n>

Showers - also clean clothes & toiletries

See DAY CENTRES for more.

*BS, CL***WHITECHAPEL MISSION**

212 Whitechapel Road, London, E1 1BJ

0300 011 1400;

whitechapel.org.uk

Mon – Sun: 6am (day centre opens)

Mon – Sun: 7 – 9am (free breakfast)

Mon – Fri: 7:30am – 9:30am

(showers by appointment)

Mon – Fri: from 9am

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

Numbers limited - ring ahead if possible.

Opening hours: 12.30pm – 3:30pm

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

www.aceofclubs.org.uk

NHS Dental Van: every Wednesday (for
rough sleepers and people with NRPF).

*DT***ACTON HOMELESS CONCERN**

Emmaus House, 1 Berrymead Gardens,
Acton, London W3 8AA

020 8992 5768

<http://bit.ly/1rY49Ay>

Monday – Friday: 9am–12pm

Call for the times of their wide range of services.

*AH, A, B, BA, CL, C, DT, DW, F, FC, MS***CENTRAL LONDON COMMUNITY HEALTHCARE NHS TRUST**

Homeless Dental Service, Soho Centre
for Health and Care, 1 Frith Street.

020 7534 6628

Appointments Tues – Fri: 9am – 5pm

<http://bit.ly/1DDHrCo>*DT***COMMUNITY DENTAL SERVICES**

0203 286 4186

facebook.com/CommunityDentalServices/?ref=page_internal

Complete the 'enquiry' page online.

Dental services available for rough
sleepers in London and UK.

DT

FC Foot care
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L Laundry
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SH Sexual health
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FULL LIST
AVAILABLE ON
OUR WEBSITE



GUY'S HOSPITAL EMERGENCY DENTAL SERVICES

23rd Fl, Tower Wing, Thomas Street
SE1 9RT

020 7188 7236

bit.ly/2SPruMn

Opens at 8am (at full capacity by 9am.)
DT

KING'S DENTAL INSTITUTE

Bessemer Road, Denmark Hill SE5 9RS

0203 299 9000

bit.ly/2aZpDA0

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)

0203 286 4186

visioncarecharity.org/

Free sight tests and spectacles.

London, Tower Hamlets.

Wednesdays from 11am until 3:00pm

Vision Care for Homeless People

CRISIS SKYLIGHT

66 Commercial Street,

London E1 6LT

0300 636 1967

Nearest tube: Aldgate East/Liverpool

St; Bus: 67

BY APPOINTMENT ONLY – To enquire
about appointment availability email
london@crisis.org.uk.

MS

BARBER

ACTION HOMELESS CONCERN

1 Berrymead Gardens W3 8AA

020 8992 5768

bit.ly/1rY49Ay

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
or email team@haircuts4homeless.com

B

NORTH LONDON ACTION FOR THE HOMELESS

St Paul's Church Hall,
Stoke Newington Road
N16 7UE

07745 227 135

nlah.org.uk

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

B

WHITECHAPEL MISSION

212 Whitechapel Road, London,
E1 1BJ

0300 011 1400

whitechapel.org.uk/

Haircuts every third Wed.

AH, B, BA, BS

A man wearing a red vest with 'THE BIG ISSUE' logo is smiling and handing a coin to a woman. He is holding a yellow magazine titled 'THE BIG ISSUE' with the headline 'NEARBY BIG IDEA' and 'DAN DEATON REVEALS THE TRUTH ABOUT...'. The woman is wearing glasses and a purple and white scarf. They are on a busy city street with buildings and other pedestrians in the background.

**THE BIG
ISSUE**

Become a vendor

Looking for a flexible way to earn extra cash and develop new skills?

Selling The Big Issue allows you to work when you want, and you can earn a decent living.

Selling the magazine also improves your people skills and sales skills, and places you at the heart of a loyal community of customers and supporters.

You'll get **5 free magazines** so you can start earning straight away, and you'll receive ongoing support from our team.

Go to www.bigissue.com/become-a-vendor to find out more or call **020 7526 3445**

CREATIVE

ACCUMULATE

34 Clovelly Road, London, N8 7RH
07799 450636; accumulate.org.uk
 Photography and art for young people in hostels. At the end of the project the photographs are sold and 40 per cent of the selling price goes to the photographer. One scholarship for creative & digital media course at Ravensbourne Uni. January to June. Please ring to check step-free access and dates/times.

AC

CORE ARTS

1 St Barnabas Terrace, E9 6DJ
0208 533 3500
www.corearts.co.uk
 Promotes the artistic and creative abilities of people who experience severe and enduring mental health problems. Not free, but accept Direct Payments or Personal Budgets. Some activities are online during restrictions.

MD, LF

ARTS & HOMELESSNESS INT'L

0207 012 1400
artshomelessint.com
 Arts & Homelessness International (formerly With One Voice)
 Based in London, we work to strengthen the arts for people who've experienced homelessness - welcoming all.
 Circus, crafts, creative writing, dance, film, music, theatre and visual arts.
 email: david@artshomelessint.com

SINGING

THE CHOIR WITH NO NAME (LONDON)

Bloomsbury Central Baptist Church,
 235 Shaftesbury Avenue, WC2H 8EP
07772 230744
choirwithnoame.org/choirs/london-choir

Choir for people who have experienced homelessness with gigs around London and further afield. No prior singing experience or talent required! Women particularly welcome.

FF, MD, LF

ACTING

CARDBOARD CITIZENS

77a Greenfield Road E1 6QR
020 7377 8948; <http://bit.ly/niiZB>
 Monday-Friday: 10am-6pm; "theatre at its funniest, blackest, most daring and challenging best" - Brit Theatre Guide.
 Workshops at Crisis Skylight and hostels around London. Theatre, dance and music workshops. Individual support for workshop participants.

AH, CA, C, ET, MD, LF

STREETWISE OPERA

020 7730 9551; <http://bit.ly/n4DDS>
 Acting and singing workshops in homeless centres and arts centres in London, Nottingham, Manchester, Newcastle and Middlesbrough. Build confidence, meet people, learn new skills and have fun!
info@streetwiseopera.org

KEY

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

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

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

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

WOMEN

BENCH OUTREACH

14 New King Street, Deptford SE8 3HS
020 8694 7740

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

Thursday: 1pm-4pm (SHE); SHE (Support, Help, Empowerment) is a weekly drop-in session offering advice to homeless and vulnerable women in a safe, female-only space.

AH, BA, FF, LF, OL, TS

CLEAN BREAK

2 Patshull Road NW5 2LB
020 7482 8600

cleanbreak.org.uk

Monday: 11am – 1pm (health and wellbeing); 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

SMART WORKS

Unit 2, Shepperton House, 89-93 Shepperton Rd N1 3DF
020 7288 1770

<http://bit.ly/2G8Cwo6>

Smart clothing for women for job interviews.

Mentoring programme run by CIPD and referral to employability programmes.

CL

THE MARGINS PROJECT

19b Compton Terrace N1 2UN
020 7704 9050

www.unionchapel.org.uk

Monday & Wednesday: 11am – 2pm; Showers, clothes, food. Advice on health, housing, money & legal issues. Also therapy, job club & English tuition.

AH, BS, DA, F, LA, C

TREASURES FOUNDATION

07950 585 947

<http://bit.ly/2ymbbru9>

Open 24-7;

Treasures Foundation helps female ex-offenders and former addicts with a home and support. By referral only – please contact your key worker. "We provide housing each day, every day". email: mandy@treasuresfoundation.org

MH, AH, F

WORKING CHANCE

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. Giving support around CV writing, interview practice and disclosing convictions to potential employers.

AH, AD, BA, C, DA, ET, T

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FULL LIST
AVAILABLE ON
OUR WEBSITE



MENTAL HEALTH

BRENT MIND (BELIEVE IN US GROUP)

1b Dyne Road NW6 7XG
0207 604 5190 / 0207 604 5164,
<https://bit.ly/2HXtQcI>
 Monday: 2pm-4pm; If you have experience of paranoid or unusual beliefs and are interested in joining this group, you can self-refer or get professionals who support you (support worker, care coordinator or GP etc) to refer you. Open to anyone in Brent. Visit website, email or phone.

MH

CAMDEN HEALTH IMPROVEMENT PRACTICE (HAMPSTEAD ROAD)

108 Hampstead Road, NW1 2LS
020 3182 4200; chip@nhs.net
 Mon, Wed & Thurs: 9am – 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.caritasanchorhouse.org.uk
 Opening times: 24/7
 Referrals and short term stays for people affected by homelessness, drug & alcohol misuse, mental health, domestic abuse & offending. Accommodation and varied services.

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

CLAPTON COMMUNITY DROP-IN

Round Chapel Old School Rooms,
 Powerscroft Road, E5 0PU
020 8533 9676
coordinator.claptondropin@gmail.com
<https://theroundchapel.org.uk/projects/clapton-community-drop-in>
 Sundays and Wednesdays
 Help to access services, particularly in relation to housing, benefits, JobCentre. The Job Club is for anyone wanting support with maintaining their benefits, with support to access Universal Job Match, write a CV and apply for jobs. For info about peer support for women or mental health support, phone or check the website.

MH, BA, CA, FF, OL, LA, EO

CLEAN BREAK

2 Patshull Road, NW5 2LB
020 7482 8600;
www.cleanbreak.org.uk/about
 Mon: 11am – 1pm
 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, D, ET, MD, C, MH

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

COMBAT STRESS

Tyrwhitt Hse, Oaklawn Rd, Leatherhead
KT22 0BX

www.combatstress.org.uk/
combat.stress@rethink.org

Our 24/7 Helpline **0800 138 1619**
remains available to all veterans and
their families for confidential mental
health advice and support.

(via helpline, text
07537 404 719 or email)
Help with PTSD. Residential treatment
and community outreach.

MH, AD, C, OL

COORDINATE MY CARE (CMC)

The Royal Marsden NHS Foundation
Trust, Fulham Road; SW3 6JJ
020 7811 8513;

www.coordinatemycare.co.uk
Mon – Fri: 9am – 5pm

You will only join the CMC service and
have a CMC plan once you have given
your consent. An urgent care plan will
list your wishes and care preferences,
and includes practical information
(where you keep medicines, or who to
contact in an emergency, for example).

AD, MH

CRUSE BEREAVEMENT CARE

0808 808 1677; www.cruse.org.uk
Mon & Fri 9.30am – 5pm

Tues, Wed & Thu 9.30am – 8pm
Sat–Sun 10am – 2pm

Online chat: Mon – Fri 9am – 9pm
Helpline offering listening support and
practical advice related to bereavement.

C

DUAL DIAGNOSIS ANONYMOUS

07702 510110 (24 hour helpline)
All meetings now on Zoom.

Links on website: www.ddauk.org
Mon: 7.30 – 8pm; Tues – Fri: 7pm
Sat: 11am; Sun: 7.30pm

We are a self-help organisation
supporting people who are struggling
with addiction and mental health
conditions.

MH, C

FOCUS HOMELESS OUTREACH

St Pancras Hospital, 4 St Pancras Way,
NW1 0PE

0800 9173333 (24hr crisis line)
www.candi.nhs.uk/our-services
Mon – Fri: 9am – 5pm

NHS community mental health team
offering support for single homeless
people. Sessions in hostels and day
centres. Referral generally by agency/
hostel/GP, but self-referral is possible.
You may be offered a phone or video
consultation instead of face-to-face.

MH, OW

FRIENDSHIP PEER SUPPORT

The Richmond Library Annex,
Quadrant Road, Little Green,
Richmond, TW9 1DH

0208 898 6727;
wmicklewright@yahoo.co.uk

Last Thursday of the month:
11am – 1pm (online only)

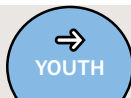
Building is closed but phone or email
for Zoom meeting info. Fine to leave a
message if no answer.

MH

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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 (appts. from 10am)

Mon, Tue, Thu: 10am–12:30pm (doctor)

Mon–Fri: 2pm–4:30pm (doctor)

Mon & Fri: 10am–12:30pm (alcohol & mental health nurse) Currently unfilled

Mon, Tue, Thur, Fri: 2pm–4:30pm

(drugs, alcohol & mental health nurse)

Currently unfilled

Mon & Fri: 10am–12pm (counselling telephone based appt; appointment at other times)

Tue & Fri: 2pm–4:30pm (counselling telephone based appt)

Fri: 9:30am–12:30pm (podiatry by appointment)

Tue & Fri: 10am–5pm (dental service – call for telephone triage)

Primary healthcare for homeless people plus drug/alcohol and mental health nurse. And other drop-in services.

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

GREENHOUSE

19 Tudor Road E9 7SN;

020 8510 4490

online-consult.co.uk/org/the-greenhouse-practice

Health services for men & women who are sleeping rough.

Medical services & advice for Eastern Europeans, including translation services.

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

LISTENING PLACE

3 Meade Mews SW1P 4EG

020 3906 7676

www.listeningplace.org.uk/

Saturday–Thursday: 9:15am–7:45pm;

Providing free, sustained, support, by appointment for those who feel life is no longer worth living.

The Listening Place is somewhere individuals can talk openly about their feelings without being judged or being given advice.

There is no ‘drop-in’ or helpline service. Please complete self-Self referral form online.

We offer ongoing, face-to-face listening appointments that can make a real difference to the lives of many people who are feeling suicidal.

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.

“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

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DA Debt advice
DT Dentist

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

MARYLEBONE CENTER (CHURCH ARMY)

1-5 Cosway St, NW1 5NR

0203 959 1444

<http://bit.ly/1mhvhYf>

We provide 112 long- and short-term beds to homeless women and offer essential facilities and support to women who visit our rough sleeper's drop-in at the Marylebone Centre.

*BS, CA, CL, ET, FF, IT, L, LS, MS, MD, SH, TS, SF, LF***MIND**

0300 123 3393

www.mind.org.uk, info@mind.org.uk

Text SHOUT on 85258

Legal line: 0300 466 6463

Support for anyone experiencing a mental health problem.

*MH, AD, LA***PROVIDENCE ROW**

The Dellow Centre, 82 Wentworth Street E1 7SA

020 7375 0020;

<http://bit.ly/1rvpkW>

Helps people of all backgrounds to an independent and fulfilled life away from homelessness & exclusion.

They address not only users' immediate needs, but also the underlying issues and causes of their homelessness and exclusion.

Download the timetable for their learning and wellbeing programme (<http://bit.ly/2FXNYor>).

Most of their facilities are step-free. Services in Romanian and Polish.

*MH, AC, BA, BS, CA, C, DW, ET, FF, F, IT, NE***STOLL**

446 Fulham Road SW6 1DT

020 7385 2110

<https://bit.ly/2tbLdaD>

Mon – Fri: 8am – 8pm,

Sat & Sun: 8am – 5pm

(drop-in alternative weeks - phone to check); 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 health and wellbeing activities.

*MH, AH, AD, A, BA, CA, C, DA, DW, ET, MD, OW, TS***VETERANS AID**

40 Buckingham Palace Road, Victoria SW1W 0RE

020 7828 2468

<http://bit.ly/1qnjco6>

Monday-Thursday: 8:30am-3:30pm (helpline); Friday: 8:30am-1:30pm; Free helpline: 0800 012 68 67. On your first visit, staff will assess your problems so the right specialist help can be arranged.

All our activities revolve around helping ex-servicemen and women in crisis. Immediate actions might be provision of food, new clothing and shelter. Subsequent interventions might involve prolonged periods of counselling, drink/drug rehabilitation and medical treatment.

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

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OUR WEBSITE



YOUNG PEOPLE

CAMPAIGN AGAINST LIVING MISERABLY (CALM)

0800 58 58 58

www.thecalmzone.net/help/get-help/
Helpline and webchat open 5pm – midnight.

MH, MS, C

GROUNDSWELL HOMELESS HEALTH PEER

Canterbury Court, 1-3 Brixton Road, London, SW9 6DE

0207 725 2851

groundswell.org.uk

Mon – Fri: 9am – 5pm (appointments)

Peer advocates support homeless people to access healthcare, inc with health/mental health appointments and with getting support from community mental health teams, social services, therapy-based services, etc.

MH, AD, ET, OW

NEW HORIZON YOUTH CENTRE

68 Chalton Street

NW1 1JR

020 7388 5560

nhyouthcentre.org.uk/

Monday: 2pm – 3:30pm

For young (16-24) homeless people.

Free lunch. Women-only groups.

Mental health, life skills & advice, and employment/resettlement support. Sex worker project. Street outreach. Refugee worker.

Our day centre is currently open on Mondays, Wednesdays and Fridays between 10:30am and 3.30pm.

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

OFF CENTRE

Unit 7: The Textile Building, 29a – 31a Chatham Place, London E9 6FJ

020 8986 4016

<http://bit.ly/1osHBVf>

Call or email for further information:

OffCentre@family-action.org.uk

Counselling, therapy, advocacy, advice and psychosocial service for young people aged 11 – 25 who live, work or study in Hackney.

Services are free, confidential and aimed at helping Hackney's young people to have greater control over emotional and practical issues including sexuality; bereavement; violence; depression and more.

C

THE YOUTH HUB

Postal address only: Office 7, 35-37 Ludgate Hill EC4M 7JN

0203 283 8616,

theyouthhub.co.uk/

Mon – Fri : 9am – 5pm;

Central hub connecting teens, young adults, employers, training providers and charities to each other.

Their aim is to reduce poverty and increase employment across the UK. Please use contact form on website or call.

CA, ET

OTHER HELP

STREET STORAGE

07932 830 440

Tottenham Court Road: Wednesday, 9am – 12pm. Haggerston: Mon – Fri, 11am – 3pm. Free, safe, flexible storage of belongings including documents for anyone experiencing homelessness.