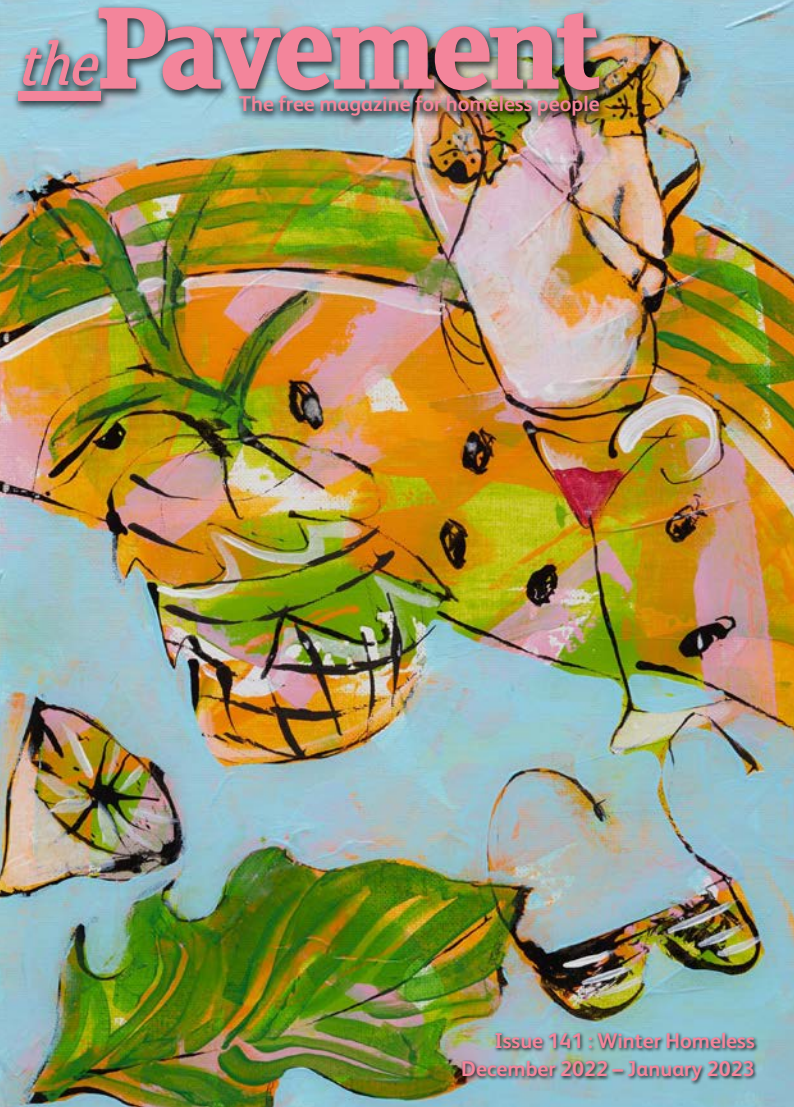


the Pavement

The free magazine for homeless people



Issue 141 : Winter Homeless
December 2022 – January 2023

Missing



Ngo "Ago" Van Nghia

Ngo "Ago" Van Nghia disappeared from Sidcup, London, on 17 March 2020. He was 16 at the time.

Ngo, 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.



Neil Dryden

Neil Dryden went missing from Swanage, Dorset, on 23 April 1985. He was 25 at the time of his disappearance.

Neil, 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 Ngo or Neil, 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: Our colourful cover is by an unnamed artist from Arbury Court. The work, titled *Beach Fever*, is on display at the Koestler Awards show in London. Koestler Arts is a trust working with people in criminal justice settings to encourage creativity and explore new skills. Learn more about the Koestler Awards on page 7.
© Koestler Arts

The Pavement magazine

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The Pavement is written for your entertainment and information. Whilst every effort is made to ensure the accuracy of the publication, *the Pavement* cannot be held responsible for the use of the information it publishes. The contents should not be relied upon as a substitute for medical, legal or professional advice. *The Pavement* is a forum for discussion, and opinions expressed in the paper are not necessarily those of *the Pavement*.

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Paul Atherton (right) and Mike Stokoe pictured in front of their collaborative cartoon at the Cartoon Museum. © Mike Stokoe

Congratulations to regular contributors to *the Pavement* Paul Atherton and Mike Stokoe for having their work featured in the Cartoon Museum's current exhibition, *This Exhibition is a Work Event*. The exhibition runs until April 2023 and features memorable cartoons from a wide range of cartoonists printed during Boris Johnson's tenure as Prime Minister. Paul and Mike's collaborative cartoon titled *Best of Times... Worst of Times...* – depicting real-life events affecting Paul and drawn in humorous detail by Mike – will also enter the museum's permanent collection.

The cartoon follows Paul as he experiences homelessness during the early days of the Covid-19 pandemic. *Best of Times... Worst of Times...* was first published in issues 132 and 133 of *the Pavement*.

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

Winter and homeless

Winter is often the harshest season. Freezing temperatures punish people sleeping rough, and feelings of isolation and loneliness can be all the more acute during the festive season. But every person experiencing homelessness has a friend in *the Pavement*.

This issue we take a look at experiencing homelessness during the winter, with a number of articles aimed at finding some shelter or some support during the colder months. See page 18 for information on Crisis at Christmas 2022, including a helpful map of where the centres are located. Sophie Glickman pens a piece on how The Connection at St Martin's can offer help this winter on page 28.

Alongside the regular news, views and cartoons, there are short stories and absorbingly creative pieces to enjoy. See page 22 for Chris Sampson's latest, and page 26 for David Wishart's return. We hope everyone enjoys the holidays and have a happy new year.

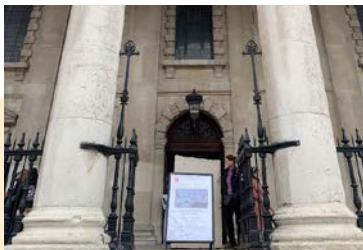
the Pavement team

www.pavement.org.uk

We remember: The annual service of commemoration for people who have died homeless was held at St Martin-in-the-Fields in November. The service was hosted by St Martin-in-the-Fields and organised by the Connection at St Martin's, the Museum of Homelessness and Housing Justice.

Everyone at *the Pavement* wishes to thank the organisers of the service, and pass on our deepest condolences to people who have lost somebody this past year. Reverend Richard Carter, who led the service, commented that "this service is one of the most important services that we hold at St Martin's each year. Usually we remember one person who died but at this service we remembered more than 140. Our aim is to give those who died recognition, dignity and peace".

The names of people who died experiencing homelessness were read out during the service, which also featured moving performances from the Choir with No Name and Streetwise Opera. After the service Reverend Carter noted "the average age of the names we have read out today [at the service of commemoration] is 48 – in this one of the richest cities in the world. As the economic situation worsens [this winter] it is the poorest who will suffer most."



St Martin-in-the-Fields on the day of the service © *the Pavement*

Home office shame

In late October 2022, the news erupted with reports of a racially motivated attack on Manston, a detention centre in **Kent**. Two were injured and the assailant killed themselves shortly after staging their attack. Instead of inspiring hate, this attack brought focus to the inhumane experience many of those seeking asylum in the UK have endured since arriving. Many have been detained in Manston immigration centre, a prison-style centre surrounded by barbed wire. Reports from the inside speak of widespread diseases caused by poor sanitation, and it is estimated that 4,000 people have been held in a space built for just 1,600.

Home office shame II

Amid growing criticism, hundreds of people staying at Manston have been moved, with some of these people let go with no secure accommodation, money, warm clothing or food. One of the people left stranded told the *Guardian* they were informed that they would be moved to **London**, and to contact friends and family to stay with them. A group of 11 asylum seekers, many of them without coats and some even wearing flip flops, were released from Manston and dropped at Victoria station on a Tuesday

night in November 2022, they didn't have any contacts in London. It was only after charities helping them contacted the Home Office did the reply arrive claiming an "operational error". Enver Solomon, chief executive of Refugee Council said that "people are not being supported with dignity, humanity and compassion."

3D home

A £6m housing project will develop 46 eco-friendly homes for homeless veterans and low-income families in Accrington, **Lancashire**. The project, run by not-for-profit Building for Humanity, will build the UK's first 3D printed houses. Many of the homeless veterans included in the project will be given the opportunity to work on their new homes, receiving training in the printing of the houses. The *Big Issue* reported in November 2022 that Building for Humanity is hopeful of starting construction in 2023.

Far from home

More than 6,000 homeless households were moved more than 20 miles outside of their local area in England in out-of-area placements in the past four years, according to



© Stephen Pover

Award season: This year's Koestler Awards Southbank Centre show marks the 60th anniversary of Koestler Arts, with the annual exhibition this year curated by multimedia artist Ai Weiwei. The show, titled *Freedom*, runs from 27 October to 18 December 2022 and features artworks created by people in criminal justice settings. *Freedom* is free to visit. Koestler Arts is a prison arts charity encouraging people in criminal justice settings, including immigration detention centres and prison, to explore creativity and new skills. If you'd like to visit the Koestler Awards exhibition, make your way to the Royal Festival Hall, **London**. The exhibition is open Monday to Tuesday 10am-5:30pm; and Wednesday to Sunday 10am-8pm.

• **Learn more about Koestler Arts on its website:** koestlerarts.org.uk

figures obtained by the *Guardian* in a freedom of information request. The practice sees councils rehouse homeless families outside of the local area, often forcing people to change jobs and children to change schools. One family caught up in the practice, a mother and three children, has been experiencing homelessness

since July 2022. Originally from Nottingham, by late October 2022 they had been placed in 20 B&B rooms across the Midlands. Another homeless household from London was relocated to Blackpool, a staggering 233 miles from their local area.

Chain mail

Research by Combined Homelessness and Information Network (Chain) put the number of people sleeping rough in **London** between July and September 2022 at 3,628, a 25% rise on the network's figures from the same period in 2021. Chain relies on frontline workers from numerous services to provide data. Chain figures are generally considered more reliable than other counts, as the network doesn't rely on one-night counts and estimates. However, the discrepancy between Chain figures and City Hall figures (see *Capital gains* story) points towards the difficulty in identifying the true number of people sleeping rough in London.

Cost of giving

Before the graffiti artist Opake, aka Ed Worley, rose to fame within the art scene, he struggled with homelessness and addiction. Speaking to the *BBC* on his recent east **London** exhibition *Sanity Through Repetition*, Worley talked about how his hardships informed his art. His work, which he describes as "urban, chaotic, pop art", explores the realities of his repetitive day-to-day existence with drug abuse and rough sleeping. Despite being offered a contract at a prestigious gallery, he decided to exhibit his work

at Quantus Gallery, where he was able to work with homeless charity Centrepont and inspire others who have similar experiences to him. *Sanity Through Repetition* ran from October to late November 2022.

- **Follow Opake on Instagram at [@opake_lwi](#)**

Capital gains

The number of people sleeping rough in **London** between April and September 2022 marked a 21% increase on figures from last year over the same period. City Hall figures show 5,712 people people slept rough between April and September. Quoted in the *Evening Standard*, the mayor of London, Sadiq Khan, said that the cost of living crisis has meant that we are seeing a "revolving door of people ending up homeless." Rising levels of rent and energy prices has driven people into further vulnerable positions. Khan is calling for an end to Section 21 notices, commonly referred to as 'no fault' evictions, a leading cause for homelessness that allows landlords to kick tenants out without reasonable cause. Khan also announced his £36.6 million annual budget to tackle homelessness and called on the Government to freeze private sector rents to prevent further instances of homelessness.



St Mungo's hostel resident Nicky with her pet chihuahua Foxy © Dogs Trust

No dogs: Dogs Trust is working to make it easier for people to keep their dogs with them when accessing homelessness services in the UK. Through the charity's Hope Project, homelessness service providers were surveyed to assess the experiences their service users with dogs have when applying for accommodation. A startling 70 % of the service providers surveyed say their clients face barriers to accessing homelessness services because they have a dog. On top of this, 84 % knew of people who had refused temporary or emergency accommodation because they couldn't bring their dog.

- **Learn more about the Dogs Trust Hope Project on its website here:**
www.dogstrusthopeproject.org.uk

University challenge

University students in the UK are finding themselves vulnerable to homelessness, as the housing crisis continues to spiral out of control. The situation has become so bad that some universities advise students to remain at their family homes instead of returning after the summer holidays. One student at the University of **Glasgow**, who spoke to the *Big Issue*, said they had spent the first term of university between hotels and friends' sofas. Alongside other University of Glasgow students, the student speaking to the *Big Issue* founded the group Unhoused Students, a collection of students without access to secure housing. At the University of Glasgow alone, Unhoused Students connected with 25 fellow students who are also sofa-surfing. Across other universities, such as Durham, students have held protests against unaffordable housing in the city, and their universities' inaction in increasing the amount of university-owned accommodation. For students coming from low-income backgrounds, this issue is increasingly worrying and may serve as a further barrier to higher education.

TURN TO
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OF SERVICES

25,525

Long stay

The Pave ment sends its deepest condolences to the family, friends and everybody fortunate enough to have known Maya Nager, who passed away in late October. Nager, from **Glasgow**, passed after collapsing at Terminal V festival. She was 19-years-old. An avid volunteer and friend of the homeless community, Nager has had a fundraiser created in her memory. All proceeds will go to the charities Homeless Project Scotland, animal charity the SSPCA and Refuweegee, a refugee charity. By mid-November 2022, more than £12,000 had been raised for the charities.

- You can visit Maya Nager's fundraiser here: www.justgiving.com/team/maya

53% rise in people approaching housing advice services in Scotland aimed at preventing homelessness, according to Scottish Labour figures.

554 people approached services in 2021-22 because they faced homelessness due to eviction or mortgage defaults (*PA Scotland*).

current open housing advice cases at housing advice services in Scotland.

Going south

Shelter Scotland has warned homelessness services in Scotland are “on the brink of failure”, as an increasing number of councils ask homeless people to move hundreds of miles to England. *STV News* understands people are being asked by their local authority in Scotland to move as far afield as England, due to a lack of suitable accommodation. A Scottish Government spokesperson said they were “concerned” by the reports, adding “this year [2022] we’re providing councils with £23.5 million for homelessness prevention and response measures, on top of £8 million to help them reduce use of temporary accommodation by moving people into settled homes as quickly as possible.”

Kitted out

Football clubs in Scotland have signed up to Shelter Scotland’s #NoHomeKit project for December 2022, which will see home teams wear their away or third kits to raise awareness for the Shelter Scotland project. Teams in the men’s leagues will wear their alternative kits for the fixtures on 23 and 24 December. Teams in the Scottish Women’s Premier League will wear away or third kits on 4 December, reports the BBC. Scottish Professional Football League chief executive Neil Doncaster said: “We are delighted to support Shelter Scotland’s #NoHomeKit this season and are committed to helping this worsening problem in Scotland.”

579 people housed and supported through Scotland’s Housing First Pathfinder Programme, according to a new report published in *Scottish Housing News*.

88% level of tenancy sustainment rate over 12 months in the Pathfinder Programme, which has Housing First developments in Aberdeen, Aberdeenshire, Dundee, Edinburgh, Glasgow and Stirling.

1,333 Housing First tenancies across Scotland as of November 2022. With the Pathfinder evaluation report highlighting numerous benefits to the scheme.

Ode to you all

The winter months are often difficult and challenging, especially when family life is complicated. A reminder of your strength and resolve, by *Greta Gillett*

This will be my first Christmas in my new home. The first time I have had my own flat that is in my name and not temporary and not shared and not with rent so high each month it scares me.

I will celebrate on Christmas Eve with my daughters who live with my parents. For the day we are a family and then they will go back to their home, and I will not completely be mother/mum but return to woman/lady/Greta.

I will light candles for my other two children who are 300 miles away who are alive and surviving, but whose father says we cannot see each other and they cannot see their sisters.

On Christmas day I plan to walk close to the trees, to listen to them, to ask them to reach out and touch the sky where the moon lives and to send sweet words of love to my children.

I will tell myself I am here, still standing. Alive, despite it all. I have faced death clean in the eye, and insanity has hovered over me too many times, and yet I'm here.

Survivor they say now instead of victim. I wish all of you a peaceful Christmas, one where you too can

Alone this winter?

- Check out **Page 18** for information on **Crisis at Christmas centres operating during December 2022**
- Visit the **List of services in the centre pages of the magazine for a directory of services near you**
- You can call the Samaritans on **116 123** for free at any time. The number works across the UK. Volunteers will be on the line to talk through any concerns, troubles or worries you may have.

acknowledge yourself and say how damn amazing you are.

How each and every one of us who has lived through poverty, homelessness and war in our own homes, whether as children or adults or both, deserve statues to be erected of our beautiful selves in each and every city.

I'm writing here an ode to you all. You made it another year despite a hopeless, often callous government, despite the police and ignorant housing officers, despite sanctions



A colourful landscape featuring some houses, trees and a contented moon © Chris Bird

and fucking noodles from the food bank.

Look up at the moon, for she is smiling at you. Look across to the trees, for they are listening to you. You did it. You are the living embodiment of not giving two fucks.

Many people will complain about the cost of living crisis forcing them to hang their washing instead of using the tumble dryer. They might not get their three holidays this year, spare a thought. But those of us who are or have been homeless and have spent many years in poverty, crisis, chaos and in desperate need of food or heating; those of us who rob Paul to pay Peter each month with the

bills and doing cash-in-hand work to top-up meagre benefits: we met the cost of living crisis with an “oh yeah, I’ve budgeted all of my life! I know a million ways to spread ten quid till Friday and how to cook for my family with three quid.”

We are and will continue to be amazing. We will decorate our bedrooms with tinsel from Poundland and cards from family, we will eat chocolate and wrap presents for our children, we will make all the sacrifices we can so that we can make everything as special and exciting as possible for ourselves. And exhale.

Till next year. ■

Wales makes rough sleeping a priority

In a new law, Wales has made people sleeping rough a priority group when applying for accommodation assistance with their local authority. *Jamie McGowan* explains what this means

Wales have just brought in a law change making it easier for homeless people to get help. From 24 October, any person sleeping rough will be able to demonstrate to local authorities that they belong to a priority group for being offered assistance obtaining accommodation.

Housing policy in the UK is devolved, which means Scotland and Wales can (and increasingly do) have different rules to England. We've already seen both countries take a bolder stance on no-fault evictions: Wales significantly extending landlords' notice period for issuing them and Scotland abolishing them altogether. This latest example of innovation by the Senedd (Welsh parliament), should come as good news to anyone experiencing or at risk of homelessness in Wales. Better still, it's just the beginning of a raft of new measures that ministers hope to introduce down the line.

Wales and England both brought in emergency homelessness measures during the pandemic which saw rough sleeping figures fall. But Wales are making it very clear that

Getting support

Check the List of services on Pages A – P for organisations which can offer advice on finding a home.

they plan to springboard off of these short-term successes and bring in major new legislation as part of their 'Ending Homelessness Action Plan'. Julie James, the minister responsible for introducing this regulation on 18 October, emphasised that it was just a start, saying:

"I make no bones about the fact that this is a sticking plaster on a system that doesn't work, but it's a necessary sticking plaster".

Unfortunately for anyone reading in England, that 'system that doesn't work' is essentially what they will have to contend with for the time being. Although there are a number of longer-term projects in the pipeline aimed at ending rough-sleeping entirely 'within this parliament', it does not look as though there is the same desire to bring in interim measures as bold as this recent regulation in Wales.

What exactly does the change mean?

It is worth mentioning that the simplified summaries in this article should not be relied on as legal advice by anyone. The 'statutory tests' that councils use for establishing if someone will be offered homelessness assistance can be complicated enough already, as many readers will know. And now this new regulation in Wales means there are three separate tests in Britain.

They are set out briefly here but if anyone is unsure please make sure to get advice from somewhere like Shelter or Citizens Advice.

In England the four tests for getting statutory assistance are that someone is:

1) Homeless: more complex than it sounds, but essentially means unsuitably housed.

2) Eligible for assistance: basically the need to have correct immigration status.

3) In priority need: can be very complicated, some groups are automatically, such as people at risk of domestic violence, but not street homeless applicants who still need to show another vulnerability like a medical condition on top of this.

4) Not intentionally homeless: a question of how someone became homeless, you can't have deliberately left or refused suitable accommodation.

In Wales it will still be necessary for most applicants to meet all four tests as in England. However, following the introduction of The Homelessness (Priority Need and Intentionality) (Wales) Regulations 2022 in October street-homeless applicants are one of the groups that will automatically be regarded as in priority need.

In Scotland where we have probably seen the most significant departure from what was once mainly shared British homelessness law, step 3) the 'priority need' test was abolished altogether in 2012. Applicants now only need to meet the other three steps above to get statutory assistance.

So it has become even more important to check that any advice you read applies to the region you're in as the rules in England, Scotland and Wales diverge. There are promising plans to continue significantly reducing rough sleeping in all three British countries, although probably more cause for optimism in Scotland and Wales right now. What we know for now is that this recent change in Wales will make it much simpler for anyone who has been sleeping rough to demonstrate to local authorities that they need to be offered assistance.

• **Jamie McGowan works in social welfare policy research and the advice sector** ■





"GO FOR THAT FRANKINCENSE AND IT MIGHT
KNOCK AND BRING DOWN THE GOLD WITH IT..."

Crisis at Xmas

Crisis cordially invites you to celebrate the holidays at one of its Crisis at Xmas centres. This year there will be four centres in London and one in Edinburgh, read on for more information

Every winter Crisis run Crisis at Xmas, a network of day centres across the UK covering Christmas and some of the surrounding days. For Crisis at Xmas 2022 there will be four centres in London running from 24-28 December 2022, 11am-5pm. A map of how to get to the centres, which are spread across north, east, south and west London, can be found on page 19.

Guests cannot stay overnight at the centre, but during the day numerous services will be available. These include information and support, healthcare, podiatry and opticians, internet access and support to get online, toiletries, hot meals and snacks, haircuts and beard trims, films and TV, creative sessions, and games such as bingo and quizzes.

The centres are run by volunteers, and are a space to feel companionship and find support during a tough time of the year. Crisis do not allow alcohol, drugs, smoking, weapons or violence at the centres. Regrettably pets are not allowed in the centres and guests must be 18 or over.

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

What's near me?

There are Crisis at Xmas centres and projects dotted across the UK. Find out more about Crisis at Xmas here: www.crisis.org.uk/crisis-at-christmas

Xmas help

Spaces at Crisis at Xmas do fill up. If you are looking to access services this winter, check out the List in the centre of the magazine.

For advice or support, you can contact the free Shelter helpline on **0808 800 4444**. Use this number in England and Scotland.

In England, the helpline operates Monday – Friday, 8am – 8pm and on weekends and bank holidays from 9am – 5pm.

In Scotland, the helpline is open Monday – Friday, 9am – 5pm.

If you are feeling alone or isolated, or would just like to talk, you can call the Samaritans for free on **116 123**. The helpline is available to call any time.

Where are the centres and what time do they open?

Our day centres are in North, West, South and East London.

The centres are open 11am-5pm from Saturday 24 December to Wednesday 28 December 2022.

Please make your own way to the centre.



1 Bermondsey Day Centre

Harris Academy Bermondsey
55 Southwark Park Road
SE16 3TZ



3 Hackney Day Centre

The City Academy, Hackney
Homerton Row
E9 6EA



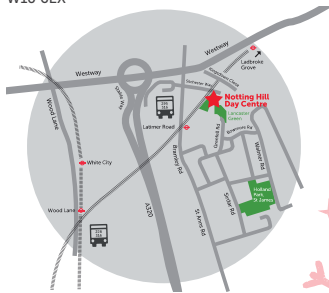
2 Camden Day Centre

Haverstock School
24 Haverstock Hill
Chalk Farm
NW3 2BQ



4 Notting Hill Day Centre

Kensington Aldridge Academy
1 Silchester Road
W10 6EX



Stop blaming addicts

On using drugs, the stigma attached to addiction, and the problem with criminalisation. By *Mat Amp*

Blaming an addict for using is like judging a house for being made out of bricks. As an addict I've wrestled with the mechanics of addiction and the thorny issue of just how much blame I should accept for the ramifications of an obstinate and enduring habit. The answer to that is there is no easy answer because addicts are human beings and the only thing we have in common is this: we are all different in so many different ways.

In my opinion, it is possible to accept responsibility for all the fucked up shit you've pulled in active addiction without wearing the blame like a concrete trench coat. While every addict differs from the next, my observations have been that an understanding network comprised of supportive services, friends and family (if you've got one) is far more likely to help someone into recovery than anger, blame, guilt or recrimination.

Sure, it can be difficult to live with an addict but being angry with that addict for using ain't going to achieve jack shit. Sever contact with someone if you can't abide their chaos but please don't do it to teach them a lesson or punish them.

Anger directed at an addict

just for being an addict is fuel to their fire, feeding the greed of self loathing's infinite furnace that burns bright at the heart of what I do now recognise to be a disease. I know it is easier said than done, to withhold our anger and frustration, but if we really want to understand addiction we have to stop blaming people who suffer under its yoke.

It's understandable, the way that people make these emotive judgements about addicts. After all we are bombarded with mixed messages when it comes to addiction from an early age. People are the victims of drugs, according to the *Daily Mail* et al, but addicts are lambasted for being the scourge of our society. At the same time booze is everywhere; on billboards, in corner shops and mixed with sweet pop in bottles that are marketed to under 18s. Meanwhile, heroin addicts have been cast as society's lepers for a long time. And while the thieving pockmarked junkie stereotype is front and centre of every anti-drugs campaign, there are many heroin addicts who quietly indulge their habits.

You see, the truth is, the truth that nobody dare speak, is that a vast majority of the problems

associated with drug addiction are the direct result of criminalisation. You can argue about this all day long but what is undeniable is that we find the same problems with the criminalisation of drugs as we saw with alcohol prohibition in the early 20th Century. Okay, let's leave the detail of that argument for another day and just make the point that so much of the way we perceive and talk about addicts is shaped by this crusade to criminalise drug users.

Long-standing, entrenched opinions have led to the widespread use of labels such as 'junkie'. These labels dehumanise addicts and when you think about it they are no better than labelling someone with mental health issues as a nutter. People are struggling with addiction, they are not just another junkie to be abandoned at the margins, like trash.

One of my lowest points as an addict came when the Maudsley Hospital refused me access to counselling because I was in active addiction. The twisted irony of this policy is clear when you consider that the entire reason I wanted counselling in the first place was to understand my addiction so that I could stop using drugs. In other words, they wouldn't give me access to the counselling I needed to stop using drugs because I was using drugs. They told me to get clean and reapply. As far as I am concerned this is part of the stigmatisation,



© Marius Samivicius

labelling and blame of addicts that is the result of a criminal justice system based on the prohibition of drugs and the criminalisation of the user.

Recently I have repeatedly heard people suffering with mental health issues express disapproval at having to share emergency accommodation with drug addicts, citing addicts' chaotic behaviour as something they shouldn't have to put up with.

What has disturbed me is the tone in which these criticisms have been delivered. There is a blame attached, a kind of disgust at having to put up with our dysfunctional behaviour.

The truth is that none of us should have to be living with anyone we don't want to live with. We should be able to choose our flatmates like everybody else, but in the meantime we have to stick together because if we can't do that, then what hope do we have that others are going to respect us. ■

A lovely winter's tale

In this otherworldly story, a hideous rhubarb-faced creature speaks (to an alien). By *Chris Sampson*

Journalistic integrity is supposed to get both sides of the story. But when people claim to have been abducted by aliens, no one ever seems to get the otherworldly creature's version of events. So in the interests of equal time, *the Pavement* sent this reporter on an all-expenses-spared trip to UFO Central. Which is, of course, in...?

Roswell, New Mexico? Nope. Then surely the Blaze Channel on Freeview, which is festooned with shows about, erm, shall we say, unusual ideas? Not even close. The Bermuda Triangle, then?

Ah! Not quite. Yet its UK equivalent – The South London Dodecahedron – has long been a hotbed of weird and wonderful characters and goings-on. So where better for a not-of-this-earthling to hide in plain view?

And so in a greasy spoon, I met up with Kvob-Blorq (an 11-dimensional hyperbeing from the Thropple star system). K-B for short.

"Embezzle the ferrets at glughouse," he began in greeting. "Fondue nay truncheon..oafish!"

I must admit to being somewhat taken aback by this. "Erm, hello," I offered meekly. "All right?"

"Sorry," he resumed, indicating a

small metallic device clamped to his green throat. "It takes a while for the translator to adjust and convert into Earth-tongue. English, isn't it? The language you use?"

"More or less," I replied, thinking how my editor might have something to say about my usage of the language of Shakespeare, Milton, Dickens and Stormzy.

K-B grinned an alien grin; a smile far too indescribable to be described here, which is a shame given that this is a writing assignment. Ahem.

Anyway, over a cup of overpriced coffee with twigs, essence of Marmite and lord knows what else they put in it to justify the bank-account-curdling price, I quizzed the otherworlder about allegations of abduction and experiments on humans aboard spaceships.

"Oh, that's all cobblers," he snorted. "What they see as being probed is just a form of greeting in our culture."

Hmm. And what about cattle mutilation, then? Loads of farmers in the USA claim that aliens slice up their cows of an evening. K-B rolled three eyes, and squinted with the other two. "Puh-leezel!" he tutted. "I mean, yes my boy Glumbie-Woopiz gave an ostrich a burn once, and I've

given several wasps a funny look, but cattle mutilation? Honestly!"

Then I rolled out the big guns; the sort of question that wins obscure hacks Pulitzer prizes. "If you're really an advanced species," I began, "then why don't you share your superior technology with us humans?"

Yet far from crumbling at this devastating line of questioning, K-B merely sighed, shook his head and looked pityingly at me.

"Isn't it obvious?" He said. "Earth is full of lunatics; some of the worst ones are allowed to have guns, and even the best of your societies allows poverty, homelessness, inequality and even James Corden to proliferate. It would be irresponsible of any civilised race to allow you out into the universe, now wouldn't it?"

He had a point, damn him! But was I to allow the worst of humanity to howl down the best of us? What about music, art, football? Comedy, love, kindness?

"Ah, yes," he agreed. "But what about Putin, Trump, and that fascist woman who is now Italy's leader?"

You can't argue with such logic. For every Leonardo Da Vinci I proposed in defence of humanity, he countered with a Windrush scandal or *Love Island*; for every Pele, Nina Simone or Jimi Hendrix I lauded, he reminded me that my species had produced Hitler, Piers Morgan and semolina pudding (yuck!).



The Homeless People © Eve McDougall

Like any disgraceful hack, I let him pick up the tab. As we rose to leave, I – and humanity – was beaten; perhaps never to join the ranks of civilised species in the celestial chumocracy of the cosmos. War, pollution, famine, climate catastrophe. And yet more austerity to come. That's the way of humanity, sadly. Bearing all that in mind, I said: "One final question: Can I come with you?"

He laughed like a drain of course. Maybe one day, the twinkle in some of his eyes seemed to suggest, the human race would have evolved and matured enough to allow it to be considered to join in with the civilized species, but not today.

"Time I was going," K-B smiled. "I've got wasps to give funny looks to in the West Country!"

And off he went. Still, at least Christmas was coming. And New Year. Maybe we can improve things on this planet after all, before we start ruining other worlds. Maybe... ■

One of a Kind

An in-depth focus on east London's the Kind Counter, a soup kitchen for homeless people and people struggling with the cost of living crisis. Report by *Emdad Rahman*

The Kind Counter is a pop-up soup kitchen based in east London. The community support project believes in collaboration as the best way to provide excellent service and is run entirely by volunteers from the Stratford-based One Third Soup Kitchen, which closed in 2020.

Helpers were apprehensive about volunteering as they were worried about their health and exposure to Covid. It was during the very early days when there was heightened fear and a lot of misinformation being spread, which resulted in high anxiety and fear among people.

Two volunteers decided to carry on as they felt strongly about having an ongoing presence out on the streets when people were struggling like never before.

They were correct. Despite the Everyone In scheme housing many homeless people and rough sleepers, it didn't take away from the fact that many of these people had serious issues in their lives that wouldn't be resolved through having a room to lock themselves away in. Others were left out on the streets.

So, despite a national and global lockdown, it was not uncommon

to see many homeless friends out on the streets. Some were less visible as they were aware of lockdown rules and didn't fancy facing repercussions despite being able to explain why they were out. Others were just too focused on their own problems to worry about the complicated rules.

The Kind Counter continued to operate throughout lockdown as a pop-up soup kitchen and relied greatly on donations of food and essentials to distribute. Many organisations approached the team to offer hot/cold food and items for sharing with homeless friends.

As a result of the needs of the patrons who visited and based on homeless visitor feedback a decision was made to make use of Bookbike London – a free book sharing social enterprise project which involves cycling to deliver books to individuals and establishments, including homeless hostels, care homes and schools. During the Covid-19 pandemic, Bookbike London expanded its remit and operations to include food parcels, clothes and medicine collection, along with the usual books for home visit drop-

offs. The soup kitchen expanded its services to hostels using Bookbike in order to be able to serve hard-to-reach homeless friends, or those who were unable to venture out and had requested support.

The success of the Kind Counter has been consistency. It is a very small and under-resourced soup kitchen set up, but draws strength from using shared resources and accessing available help from others.

The Kind Counter can be found operating two days a week in east London, outside East End Cycles every Tuesday lunchtime (12:30pm – 1:30pm) and opposite Westfield shopping mall and the Stratford Centre every Saturday.

I once had an exchange with a lady who I had noticed for two weeks at Stratford. She had situated herself behind a pillar and her furtive glances caught my attention. I decided to get to the bottom of the matter and approached her to have a chat. Mary explained that she had noticed the “delicious food” being shared and really wanted to take some but felt too shy to do so. She also explained that she wasn’t homeless and had convinced herself that it would be unfair to take food. Whilst we chatted, I learnt that both she and her husband worked full time but she had her hours reduced by more than 50%, whilst he had suffered back trouble and had been



Emdad (first on right) with the One Third Soup Kitchen in east London.
© Emdad Rahman

off work as a cabbie for over six months. Things had slowly started to get on top of the family. Mary told me that for three weeks she and her husband had not been able to afford a hot meal and had kept going on buttered sandwiches.

I was astonished and told Mary that she didn’t have to join the queue if she felt self-conscious and all she had to do was get my attention and I would walk up to her with her food parcels. My interaction with Mary changed my perspective completely and we changed our criteria at the Kind Counter to include people who weren’t homeless. Many may not be living rough on the streets but they need support as the level of hardship they are facing due to the cost of living crisis is simply off the scale. ■

Home is...

A collection of thoughts on homelessness and what home means, from the imagination of *David Wishart*

My first separation from a safe place I called a refuge would be 26 September 1949. On a large double bed in a small white bungalow in a village near Lockerbie, Scotland called Hightae. Exactly two hours later my twin sister arrived. It was quite a quick birth I believe, as I gracefully slid down my mother's birth canal.

I can remember being pushed by my sister's feet on my head, which may account for my strange thoughts at times, as she helped me speed up my journey along the way. It's been an interesting ride. In France when you're going home you say you're going *chez moi*, meaning my place, but not all of us have that luxury, of course. In farming country, they say a home is not a home without a dog or a cat.

If you are sick, or if you are sad, it's impossible to settle in a place you might like to call home. Home is always better if there is a friend you can share a home with, and you are really homeless if that friendship ever breaks down. It's not easy to live with people. For some, institutional life is the safest place, like prison, or the army, or the navy. Different words come to mind, such as sanctuary, retreat, nest, or even

Get creative

Do you have a story you would like to share? Fancy flexing your creative talent? If you are interested in contributing to *the Pavement*, get in touch with the editor via email at: editor@thepavement.org.uk

hut in the garden.

To be more topical, I ask you a question: Is a palace a home? You may reply, *depends who is there with you, or is it warm? Or is it clean?* It surprised me how comfortable people appeared to be queuing for the Queen's funeral in a little tent or a blanket. So maybe a blanket can be a home, especially if you are sharing the blanket with a nice person.

A home could be where you eat or where you keep your most precious books or music. Maybe a home is a place inside your head, or your heart.

When I was a boy, 73 years ago, I learned to sing a song called *There's No Place Like Home*, although some people may think Ibiza is like home. I camped on a beach in Sardinia for three months once, and it was the best home I ever had. ■

Mental health in winter

You have the right to access mental health support. Read on for advice from Groundswell and Mind if you're experiencing homelessness and are having thoughts, feelings or experiences that are upsetting or overwhelming

Treatment and support options

- Talking therapy is offered by the NHS and some charities
- Medication is sometimes offered by the NHS
- Peer support is available from charities, social groups and some religious groups
- There are alternative therapies, such as meditation, herbal remedies and yoga, offered by some charities and social groups
- Approach your GP, support worker, or local charities to see what treatment and support options are available to you
- You do not need an address to sign up to a GP
- For urgent help call 999
- The NHS has a dedicated web page for people needing urgent mental health support. Visit the website here: www.nhs.uk/nhs-services/mental-health-services/where-to-get-urgent-help-for-mental-health

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.



'Tis the season

For a lot of people in London the festive period can be the least wonderful time of the year. A member of the team at The Connection at St. Martin's shares what The Connection is offering this winter. *By Sophie Glickman*

At The Connection at St. Martin's, we've seen more than 100 Christmases in Westminster. For most people, this brings excitement. For staff, the upcoming holidays mean time off work to relax with family. It gives supporters a chance to get more involved in our work giving them a sense they've really made a difference this year.

But what about the people we work with?

The truth is, Christmas can be a time of great joy but once the new year begins, this can quickly fade.

As the weather freezes, so can donations, leaving many without support in the harshest months of the year. Ultimately, a roast dinner and one night in a warm bed can't undo years of trauma.

This year may be especially difficult as we've seen the number of people sleeping rough increase by 25% in the last year alone, while the cost of living crisis means resources are even more limited.

To make matters more distressing, many people struggle with their mental health at this time of year as it's a stark reminder that, for some, they will have no home to

In a nutshell

- If you would like support with homelessness this holiday season, visit The Connection at St. Martin's centre at 12 Adelaide Street or call [020 7766 5544](tel:02077665544)
- Find information on Crisis at Christmas centres on page 18
- The List in the centre pages of the magazine carries information on helpful services.

put a Christmas tree in or family to celebrate with.

From the months of build-up, to the quick return, to the indifference many face while homeless, the winter months can be emotionally, physically and mentally draining for people who've already faced so much.

So what can we do?

What's important is that no one faces this time of year alone. Even during what can be a lonely time of year, The Connection will welcome and support you with anything from a hot meal to searching for housing. ■

Walking down Arlington

A rhyming story written in the vernacular. Step on to the streets surrounding Arlington hostel, Camden. By *Eve McDougall*

Walking down Arlington Road,
 Hiding fae the people in my shabby clothes,
 Laughing in the sun on a showery day.
 Hiding in the shadows,
 Dodging the light,
 Like a mongrel dog,
 Keeping out of sight,
 Like a mongrel dog.
 Lying on a park bench looking at the stars,
 Tramping around picking up dog ends from outside of the bars,
 Eating from the gutter on a hunter's moon.
 Thought the streets of London were paved wi' gold,
 Now am homeless getting old, lying in filth outside Camden Town
 underground.
 Shivering in the dark an it's battering with rain,
 On a bench in Regent's Park, soaking wet freezing tae the bone.
 Crouched in the doorway of a bank out of my face
 Awe that money behind me but a don't have a key,
 Out my face on this grey dreich day,
 Streets above, streets below, hard roads I don't even know.
 Climbing high in the light of the spiders web,
 Walking through the shadows of yesterday,
 Waiting for Harry Krishna van down Arlington.
 Cold, cold nights, don't know if I'll wake when the daylight breaks,
 Hoping for the sun tae warm the skin forget the long bitter harsh
 nights,
 It's a living crime in the shadows down Arlington Road,
 In the shadows down Arlington Road.

LAST TIME MYSTERY MEAT'S CREW OF HONEY BADGERS HEADED UP BY RONNIE AND REGGIE (BADGER) DEFEATED THE EVIL ANACONDA SPECIES AND MYSTERY MEAT ANIMAL IS FEELING LEFT OUT!

WAHHH I NEVER DEFEATED ANYTHING!! IT'S NOT FAIR!

AFTER TEN MILLION MYSTERY MEAT HOURS...
BOY HAVING THE HUMP IS TIRING!

MAYBE I'LL FIND GOD INSTEAD

JUST TIME 4 ONE LAST CRIME!!

LATER...

MAYBE I'LL FIND THE GOD OF MYSTERY MEAT ANIMALS

WHO IS ENTITLED?

GOD'S NOT HERE!

SELFISHES

!?

THE WEATHER WILL BE SHIT

MYSTERY-MEAT-ANIMAL THROWS ALL TOYS OUT OF PRAM..

IS IT COS I'M TWO-TONE?

IT IS ISN'T IT!

WAAA!!!

OR HERE!...

THIS IS DISCRIMINATION!
THIS IS A CRIMINAL NATION!
TO BE CONTINUED...

ROKSOPH 22

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



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: November 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

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
0300 323 1545

www.supportinmindscotland.org.uk

Mon – Fri: 9am – 4pm; 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**

WINTER SHELTERS

EDINBURGH:

BETHANY WELCOME CENTRE

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

GLASGOW:

OVERNIGHT WELCOME CENTRE

0800 0277 466 (Simon Community)

www.glasgowcitymission.com

24hr free accommodation service run by Glasgow City Mission from hotel, running from 1 December 2022 till 31 March 2023.

25 beds available - call the phone number listed above for hotel address.

We serve dinner from 6:30pm until 8:00pm, after which, our

Overnight Welcome Centre team will be on site.

Glasgow City Mission is committed to tackling rough sleeping. Building on the experience and expertise of running a winter project for the last 12 years, it is again our aim to make sure no one needs to sleep outside this winter.

AH, OL, OW

NIGHTSTOP (DEPAUL)

Various locations

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.

Mental health issues like anxiety, depression and self-harm can be a barrier to moving forwards.

AH

SAFE IN SCOTLAND

Formerly the Destitution Night Shelter

24/7 accommodation for destitute

asylum seekers. For Referral, phone:

Scottish Refugee Council: 0808 196 7274

Govan Community Proj: 0800 310 0054

British Red Cross: 0808 196 3651

AH, BS

KEY

A Alcohol workers

AC Art classes

AD Advocacy

AH Accommodation/
housing advice

B Barber

BA Benefits advice

BE Bedding available

BS Bathroom/showers

C Counselling

CA Careers advice

CL Clothing store

D Drugs workers

DA Debt advice

DT Dentist

EF Ex-forces

EO Ex-offenders

ET Education/training

F Food

FF Free food

ACCOMMODATION

BLUE TRIANGLE

Various locations
0141 221 8365; bluetriangle.org.uk
 We provide safe and secure mainly
 hotel 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

CROSSREACH (CUNNINGHAM HOUSE)

Cunningham House, 205 Cowgate,
 Edinburgh EH1 1JH
0131 225 4795; <http://bit.ly/2XSiLMD>
 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; <http://bit.ly/2Y2UGhs>
 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: 10am-4pm
 Advice and support for women
 experiencing domestic violence and
 their children. Domestic Abuse Helpline:
 0800 027 1234 (24/7).
 Face to Face Drop in service is
 temporarily closed.
*Supporting women, children and young
 people who are experiencing Domestic
 Abuse for over 35 years.*

C

SAFFRON HOUSING

0141 422 1112
<https://bit.ly/1PEg2cV>
 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
 for more information.

AH, BA, DA, 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

FULL LIST
 AVAILABLE ON
 OUR WEBSITE



SIMON COMMUNITY SCOTLAND

www.simonscotland.org

Glasgow: **0800 027 7466**

Edinburgh: **0808 178 2323**

Phone lines open 24/7.

Accommodation and support services around Scotland, including the Rough Sleepers & Vulnerable People service. For more information call numbers above.

See NIGHTSTOP (DEPAUL), STREETWORK and ACCESS HUB for information about those services.

MH, AH, AD, A, DW, OL, OW

SIMON COMMUNITY SCOTLAND ACCESS HUB (GLASGOW)

389 Argyle Street, Glasgow, G2 8LR

0141 552 4164; simonscotland.org

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: 7am – 8pm

Sat – Sun: 9am – 5pm

Helpline 24/7: **0808 178 2323**.

Supporting anyone in Edinburgh who does not have a safe place to sleep.

AH, AD, BA, BS, C, FF, IT, TS

Are your details incorrect?

Please send changes to:

web@thepavement.org.uk

THE MUNGO FOUNDATION (DE PAUL HOUSE)

27 Cruden St, Govan, Glasgow,

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

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 – 6:30pm

Soul Food serve food from the café door

Sundays: 9am

Free breakfast from the café door

FF

CADOGAN STREET

39 Cadogan House, Glasgow G2 7AB

Directly opposite No.28, on corner

Mon – Sun: 9 – 10pm

Soup, sandwich and hot drink for anyone over 20 years old. 365 days a year. Aim to direct homeless service users to appropriate services.

FF, OL

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

GLASGOW CITY MISSION

20 Crimea Street, Glasgow G2 8PW

0141 221 2630

glasgowcitymission.com

Open Monday – Friday

Drop In: 10am – 4:30pm, 6 – 7:30pm

Lunch: 1 – 3pm, Dinner: 6 – 7:30pm.

Our Urban café is open for music lessons

Also working with some guests to get them into employment. Nursery open.

*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: 4 – 4:45pm

Sundays: 3:30 – 4:30pm

Providing a full meal. Ninety per cent of residents are over 40.

Not step-free.

*FF***NEXTMEAL.CO.UK**

www.nextmeal.co.uk

A new mobile app to help support homeless people and show them where to find food. Search postcode, town or street.

*FF***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: 2 – 3pm

Free food take-away.

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



SOCIAL BITE (UNION ST)

516 Union St, Aberdeen AB10 1TT
 0131 353 0250
social-bite.co.uk
 Mon – Fri: 2–3pm
 Free take-away.
FF

STEPS TO HOPE

07949 838 666
www.stepstohope.co.uk
Phone-line open all time
 Monday Munchies: 6pm
 (at 14 Johnson Terrace, EH1 2PW)
 Tue & Fri: Catering Van: 5pm
 (at Old St Paul's, 63 Jeffrey St, EH1 1DH)
 Souper Saturday: 10am
 (at Old St Paul's, 63 Jeffrey St, EH1 1DH)
 Sunday Suppers: 5pm
 (at St Cuthberts, 5 Lothian Rd, EH1 2EP)
FF

WOODLANDS COMMUNITY CAFE

66 Ashley Street, Glasgow, G3 6HW
 0141 332 2656;
www.woodlandscommunity.org.uk
 Sunday: 1–4pm
 Pay What You Can cafe now open to drop-in, no longer need to book.
 Serving soup, bread, tea, coffee and cakes - all food is vegan, plus there are gluten free options.
 Check website for various other events at the Woodlands Community Gardens.
AH, F, BA, FF, LA, MD

LGBTQI+

BREATHING SPACE SCOTLAND

0800 83 85 87; <http://bit.ly/2ZqTsO1>
 Monday-Thursday: 6pm-2am; Friday-Sunday: 6pm-6am; Free, confidential phone service for anyone in Scotland experiencing low mood, depression or anxiety. Experienced advisors listen and offer advice. Outside opening hours, contact Samaritans on 116 123 (24/7).
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
 08088 01 03 02; www.erc.scot
 Monday-Sunday: 6pm – 2am (helpline); 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@erc.scot. Text: 07537 410 027
AD, 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

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 and free helpline available.

AH, AD, C, MS, LA

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/
Textline: 07984 356 512
See website for branches
Advice and information for LGBT youth in Scotland.
Online chat and one-to-one support.

C, SH

RAPE CRISIS SCOTLAND

46 Bath Street, Glasgow G2 1HG
0141 331 4180
rapecrisisScotland.org.uk/
Monday-Sunday: 6pm-12am;
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; <http://bit.ly/13d5lf>
Monday, Wednesday, Thursday, Friday:
9:30am-4pm; Tuesday: 1pm-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

FC Foot care
IT Internet access
L Laundry
LA Legal advice
LF Leisure facilities

LS Luggage storage
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MS Medical services
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FULL LIST
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OUR WEBSITE



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.

Contact Freephone for information.

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. We are a safe space for anyone to discuss anything, including sexuality, gender identity, sexual health and emotional well-being.

We support people to explore the right options for themselves.

We aspire to a society where all LGBT+ people are informed and empowered.

LA, AD, MH

National Domestic Abuse

0800 2000 247

24/7

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



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

- 1 Selling the Big Issue allows you to work when you want and you can earn a decent living
- 2 Selling the magazine also improves your people 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

(+44) 0131 225 6714 (Edinburgh)

(+44) 0141 352 7274 (Glasgow)

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://bit.ly/2WpFA7b>
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

MIND (NATIONAL)

0300 123 3393; www.mind.org.uk
Mon – Fri: 9am – 6pm
Advice and support to empower anyone experiencing a mental health problem.
info@mind.org.uk
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
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
01224 642 854 (Aberdeen)
0131 221 9607 (Edinburgh)
0141 229 2580 (Glasgow)
Mon – Fri: 9am – 5pm
Offers a wide range of mental health support. Coronavirus Hub available at:
www.penumbra.org.uk/coronavirus
MH, A, C, D, TS

KEY

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D Drugs workers
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DT Dentist

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

SAMARITANS

Helpline: 116 123
(24hrs, 365days)
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: 07984 967 708 (leave name and number and SANE will call back)
Mon – Sun: 4:30pm – 10:30pm
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

SURVIVORS OF BEREAVEMENT BY SUICIDE (NATIONAL)

0300 111 5065;
uksobs.org
Mon – Sun: 9am – 9pm
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

FC Foot care
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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

CROSSREACH MOVE ON (WHITEINCH - GLASGOW)

0/5, 13 Victoria Park Drive South, Whiteinch, Glasgow G14 9RN

0141 959 5069;

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

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

0300 123 1110; 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

talktofrank.com

Comprehensive and honest information about drugs online.

Find local drug treatment centres

Message us through the website in confidence.

Text: 82111

DW

KEY

A Alcohol workers

AC Art classes

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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

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://bit.ly/2WpFA7b>

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

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; bit.ly/2IGlaB4

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/

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

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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](#)

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 (OVERDOSE RESPONSE TEAM)

121 West Street, Glasgow, G5 8BA
08088 008 011
bit.ly/3nKcSMY

Monday – Sunday: 24 hours
A rapid response to near-fatal overdoses which provides a short, focused period of support to each person. GORT assertively connects individuals with mainstream alcohol and other drug services (maximum 3 interventions).

[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
bit.ly/2qKeiWM

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](#)

KEY

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F Food
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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

EX-FORCES

COMBAT STRESS

combatstress.org.uk

0800 138 1619

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](#)

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](#)

[FC](#) Foot care
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SUPPORT IN MIND SCOTLAND (VETERANS COMMUNITY CAFE)

<https://www.supportinmindscotland.org.uk/veterans-community-cafe>
0300 3231545 (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@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

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/
Monday, Wednesday, Thursday, Friday:
9:30am – 4pm; Tuesday: 1pm – 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

www.thewelcoming.org
0131 346 8577
Mon – Fri: 9am – 5pm
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