

FREE
mag for
homeless
people

the Pavement

March / April 2020

Moving On



Missing



John Davis

John went missing from Tetney, Lincolnshire on 28 January 2020. He was 56 at the time.

John, 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/text 116 000. It's free, confidential and 24/7.



Michael Thomas

Michael has been missing from Trevalga, North Cornwall since 2 February 2008. He was 32 at the time of his disappearance.

Michael can call our free, confidential and 24/7 helpline for support and advice without judgement and the opportunity to send a message to loved ones. Call/text 116 000 or email 116000@missingpeople.org.uk.

If you think you may know something about John or Michael, 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.

Free, confidential, 24/7.

**missing
people**

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

A lifeline when someone disappears

Moving on

Moving on means all sorts of things for people who are homeless – both negative and positive. For street artist Stik it meant he kept losing his art, see p17. McGinlay suggests planning can help, see p10. Ian Kalman looks at your connection to the area on p14. And our columnist Mat Amp charts his transition, p18. If you fancy writing poems see Neanderthal Bard's tips on p28. For general help finding food, recovery support and somewhere to stay use the centre pages of this mag for the list of services. There's also a full list on www.pavement.org.uk. If you notice times or addresses are wrong on our list please email web@thepavement.org.uk Stay safe.

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- www.thepavement.org.uk
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Cover: Thanks to super-talented street artist Stik. See stik.org and read more about Stik on p17.

- © Claude Crommelin
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Photo competition: Cafe Art is once again doing its yearly My London calendar competition writes *Ian Kalman*. Around 100 cameras are given out to people who are homeless or recently homeless on 4 May. The 2020 theme is **what you like about London**. Everyone gets free photography training and their photos printed. From all the photos printed the top 20 photos are picked and there are prizes (a total of £2000 cash). To get involved contact Paul Ryan who can visit any homeless group in April to share info and take down names to reserve cameras. © *Pavement*

Email paul@cafeart.org.uk or text/WhatsApp on **07517 141948**.

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. Right in the centre is a list of places to help you. 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.

We believe that sleeping rough is physically and mentally harmful, but reject the view that a one-size-fits-all approach to getting people off the streets works.

We are 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 been homeless. A big thank you our readers and writers.

- www.thepavement.org.uk

Fundraisers needed

Can you fundraise or donate so we can keep providing *the Pavement* free to homeless people? A magazine that helps in moments of crisis, as well as giving the info people may need to move on.

- nicola@thepavement.org.uk

Outsource outrage

Are you fit for homelessness? That is the outrageous question councils across **England** are asking, and they've hired a private medical company to answer it. *The Bureau of Investigative Journalism* reveals that NowMedical received more than £2m from at least 118 councils since 2014, in order to carry out medical case reviews. The private company is responsible for recommending whether someone qualifies for priority homelessness support. They do this, despite rarely meeting the subjects of their reviews, for £35 an assessment.

The Bureau details the case of a woman and her adult daughter living in temporary accommodation in **Bexley**. The council employed NowMedical for the assessment, who duly concluded that the council had no obligation to house them. The daughter has autism, a learning disability and several mental health issues, including anxiety, ADHD, PTSD, severe obsessive compulsive disorder, agoraphobia and depression. NowMedical consulted on the family's case four times meeting neither them, nor their regular doctors. A legal battle later forced the council to admit the family were indeed in priority need of support.

There is some good news: Islington council plans to drop NowMedical.

74% of women who are homeless have a **physical health** issue finds new research by Groundswell

68% were experiencing **mental health** issues

International Women's Day is
8 March 2020

21 years on the buses

A **BBC** story details the initial plight and subsequent travails of an asylum seeker from **Nigeria**. Sunny (not his real name) escaped Nigeria after protesting in support of democracy which saw him imprisoned and facing execution. A series of bribes got him to London, where he took a documentary-making course awaiting asylum. His request was rejected, and Sunny was forced into a nomadic life, spending every night sleeping on London buses for 21 years. He has documented his time spent homeless through photography. In 2017 Sunny was granted leave to remain, giving him the right to shelter and work. Now he is working on a photo project with photojournalist Venetia Menzies.

• venetiamenzies.com/night-rider

Group effort

Guardian reported that London Labour Mayor Sadiq Khan warned Conservative PM Boris Johnson: “We are judged as a society by how we treat the most vulnerable and we’re letting them down.”

The same newspaper published numbers released by a team of outreach workers employed by the Mayor’s office, revealing almost 9,000 people were counted sleeping rough in 2018–19. This is double the number of people counted in 2010–11.

- **The London Mayoral election is on 7 May 2020. You need to register if you want to vote. See how at www.gov.uk/government/publications/register-to-vote-if-you-havent-got-a-fixed-or-permanent-address**

Eco-pod jobs

Homeless charity Emmaus **Bristol** has outlined plans to build tourist accommodation at their HQ in St Pauls using eco-pods made from timber and wheat straw, supported by stilts. The low-carbon pods will be furnished, maintained and managed by people who were formerly homeless.

Speaking to the *BBC*, Jessica Hodge, chief executive of Emmaus Bristol, said: “With homelessness rising we need to do all we can to sustain and expand our work.”

Guarded report

The **Northamptonshire** Safeguarding Adults Board (NSAB) has not yet published its report revealing the number of deaths among homeless people in the county. NSAB is under pressure to release the report for public viewing, but maintained the report’s contents were for local authorities to divulge. NSAB is responsible for coordinating organisations protecting vulnerable adults. The *Northampton Chronicle* quoted Robin Burgess, chief executive of the Hope Centre in Northampton, deploring the fact that “homeless deaths are not being taken seriously in this county.”

Take control

Artist Anthony Luvera has collaborated with people who have experienced homelessness in cities and towns across the UK for more than 15 years. In February these photo self-portraits, Assembly, were shown at The Gallery at Foyles, **London**. “People experiencing homelessness have been subject to photographic practices that depict them in ways as passive or pitiful,” Luvera told the *Metro*, “I teach the participants how to use professional camera equipment tethered to a laptop, over repeated sessions, to enable them to take control of the way they are represented.”

- **Londoners, see p4.**



No Sweat play at The Pleasance theatre, London explored the lives of London's LGBTQ+ hidden homeless who use saunas and dating apps to get a bed, writes *the Pavement's* Matthew Hobbs. L-R after show panel: Cardboard Citizens' Julius, *No Sweat* writer/director Vicky Moran, Cardboard Citizens associate director Terry O'Leary, actor Denholm Spurr. Rated 5 stars. © *Pavement*

Bench bother

Many readers will be all too familiar with the scourge of hostile architecture. In an effort to punish homeless people, authorities alter public benches with needless studs and prohibitive armrests so that they cannot be sat or slept on. The latest criticism of such callous decisions has prompted **Oxford** City Council to remove two armrests from a bench popular with people sleeping rough. The council told the *BBC* that they didn't fit the extra armrests, but removed them once a member of the public tweeted their disapproval.

Taking the piss

In 2011, with austerity beginning to bite, **Manchester** City Council decided to permanently close 18 public toilet blocks. Today only the Lloyd Street public toilets are left in the city centre, leading to an epidemic of public urination. Even worse, that toilet is locked at 5.30pm leaving homeless people without a pot to piss in (in a literal, proverbial, and ironic sense). Councillors now want to extend Lloyd Street opening hours to around the clock. They also propose opening more public toilets, says the *Manchester Evening News*.

- For more toilet talk see *the Pavement* issue 116 Sep/Oct 2018 online at: www.thepavement.org.uk



Act differently to end homelessness: every January world leaders in business and politics gather in Davos, **Switzerland** for the World Economic Forum. In a bid to get homelessness on the forum's agenda Andrew Funk, founder of the **Spanish** charity **Homeless Entrepreneur**, took his monthly camp out to the ski resort, although Funk says, "it was too cold to sleep." On 28 February Funk was due to be sleeping out in the UK to raise money for a sustainable food shelter in **Manchester** © homelessentrepreneur.org

Safe house

San Francisco opened its first transitional housing project in late January. The project aims to provide transgender and gender non-conforming people with a supportive, safe space. The accommodation comprises a 13-unit apartment and is the brainchild of the Our Trans Home SF coalition. Local government contributed US\$2.3m to the project, according to the *San Francisco Examiner*. The city will support tenants with rental subsidies, and the apartment's occupants will receive vocational training and opportunities. Our Trans Home SF estimates one out of every two trans people in the US have been homeless.

Long-haul

New Zealand's waiting list for state housing has more than doubled in two years, to 14,500, as homelessness steadily increases among the population. There are 5,000 families awaiting accommodation in Auckland alone. Meanwhile, Demographia international housing affordability survey, published in the *Guardian*, found the housing market in New Zealand to be "severely" unaffordable. PM Jacinda Ardern recently sacked her housing minister and scrapped "overly-ambitious" plans to build 100,000 affordable homes in 10 years.

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

Heralding change

The *Herald on Sunday* ran an exposé in January detailing the sorry state of temporary accommodation across **Scotland**. Then the Scottish government greenlit legislation to introduce “legally enforceable standards” for temporary accommodation. Housing minister Kevin Stewart also said the legislation will ensure stays in temporary accommodation are as brief as possible. Wendy Malloy, from Govan Law Centre, a law firm for vulnerable and homeless people, said, “We know these standards are required... but we don’t know what that standard is going to be.”

UCeless

The Scottish government released their third annual report on welfare reform in early January, with particular scorn reserved for Universal Credit (UC). Welfare cuts passed down from faraway Westminster had left UC inadequate, putting an estimated 3,320 families close to homelessness. Paired with rising rent, UC has created an explosion in rent arrears, totalling £74m in **Scotland**, according to the report. Quoted in the *Daily Record*, Scotland’s housing minister, Kevin Stewart, complained, “Cutting housing benefit by £64 per week for some families puts them at risk of homelessness.”

Shelter victory

Readers of *the Pavement* will be familiar with **Glasgow** City Council’s (GCC) shambolic neglect of its duty to provide adequate temporary accommodation – aka ‘gatekeeping’. Readers will also know of Shelter Scotland taking GCC to court over the scandal. Now the charity is declaring a major victory in its campaign, after the Scottish Housing Regulator (SHR) intervened. SHR will now investigate GCC’s gatekeeping, with Shelter providing evidence. As a result of SHR’s intervention, Shelter has agreed to pause court proceedings until the regulator’s assessment of GCC is complete. “The inquiry... brings new hope that this grave injustice can be stopped without going to court,” a press release quoted Director of Shelter Scotland, Graeme Brown.

Dog friendly

The **Glasgow** City Mission (GCM) homeless shelter on East Campbell Street is now dog-friendly. Food, bedding and treats have been supplied for pets since early February. The change in rules follows guidance from the Simon Community Scotland and Dogs Trust. According to their report, *Paws for Thought*, only an estimated 10 % of hostels in Scotland are dog-friendly.

- www.simonscotland.org/paws-for-thought-report/

My moving on plan

Sometimes moving on is lonelier than you'd think. Here's help from regular *the Pavement* writer, McGinlay

In a nutshell

"I was motivated by frustration and wanted to take control of my life, even on a small level"

- Plan 1 focused on wellbeing
- Plan 2 listed the things that needed to be in place when it was time to leave the hostel

Unhappy and struggling at a hostel (see #123 Nov/Dec 2019) McGinlay made two plans to tackle a crap diet and the toxic place she was staying.

PLAN 1 : Wellbeing

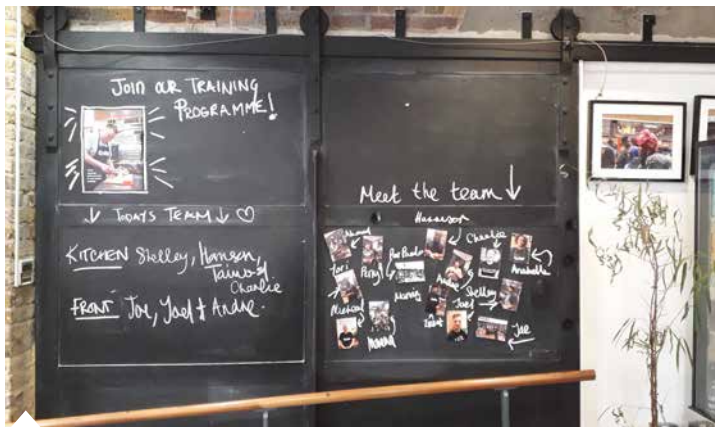
Food: I lacked basic nutrition in the hostel, so I invested in a £10 blender from Argos and started making smoothies. The hostel food was processed crap so I collected fresh fruit from outreaches and blended them. Recipes can be found on YouTube (if you don't have a device, get a library card and use their PCs). Educate yourself on simple cooking techniques and take control of your nutritional intake. Reduce caffeine which disturbs sleep patterns, causes dehydration and is aggressive on the nervous system. If, like me, you suffer insomnia, anxiety or panic attacks, it

is crucial to reduce or quit caffeine – instead drink water, juices and herbal teas. Invest in a flask for hot drinks and soups.

Get out: My environment was toxic for my CPTSD symptoms, so I made sure I removed myself from the hostel building every day. I would go for walks in the park and sit by a pond or river. I was based near the Thames and would stay there for a few hours, watching boats or walk to the Royal Festival Hall because it hosts lots of free events. The plus side of being homeless is that there are lots of free sessions available, such as yoga, deep breathing, art therapy, sound healing and meditation.

PLAN 2 : Support & safety network

Network: No matter how much people say they care for you or support you, they do not fully understand. This can put a strain on the relationship as many people cannot offer much help. This is a hard fact to come to terms with when facing homelessness, but it's a common challenge. So, I widened my network to support all aspects of my needs: dyslexia, CPTSD, back pain management, women's support and peer mentorship. I have now gained



Do something different: Crisis Skylight, Recovery Colleges and numerous other places offer free courses and training. © Pavement

a Level 2 Peer Mentor Certificate and voluntarily support others in my local area.

Safety: You will not be the same person after your homeless experience! You might have to change ALL contact details. Your change might include appearance, clothing and even your name – for example if you have experienced domestic violence, sexual violence and/or have been in prison and want a fresh start. You can legally change your name by Deed Poll for £10. It will take a while for these changes to take place but is worth doing for your own personal safety and to start over with a clean slate.

Keep up the emotional support after you move on: Homelessness is a shock to the system and the impact can still linger years after. I recommend that you journal your journey. Write your plan, feelings, thoughts, goals, achievements, strengths and things that need improvement. Do not rush. Try not to be hard on yourself. Send cards of gratitude to those who have continuously supported you and forgive those who did not understand. Build better relationships with others, most importantly with yourself. ■

Read more like this on insta, see #McGinlays2020vision #HMLLM

About last night

A snapshot of Friday at Croydon's Crisis walk-in. Interviews by Elizabeth Mcmanus (EM) who lived on those streets for a year

In a nutshell

- Rough sleepers in the borough of Croydon can come to Crisis Skylight at Bridge House, 13 Surrey Street, CRO 1RG on a Friday to register for help from 9am-5pm. Once you've had an assessment you can use all the facilities, open Mon-Fri.
- **EM says:** "Keep your appointments at outreach because they will sort you out with accommodation."
- Groups such as Homeless Link, Crisis, Centrepoin, Shelter etc want MPs to scrap the 1824 Vagrancy Act.

It's only 10 am and already the lobby is filling up. Everyone looks tired and cold. They all carry a rucksack or suitcase, or both. Receptionists hand out a welcome cup of tea.

JOE is 41 and has been a Croydon resident of 30 years. He has been sleeping rough since coming out of prison in November last year.

EM: I see you are wearing a U2 T-shirt, are they your favorite band?

Joe: "Not really, the church where I stayed last night gave it to me. Croydon Churches Winter Shelter is in a different church each night from November to March, some are a bit of a trek. I have to get there before 8pm then I get a hot home cooked meal, warm drinks all night and snacks. I get a camp bed and clean quilt and sheet. I had a great sleep. Everyone – all volunteers - was so warm and friendly. In the morning I woke at 7am, packed up my bedding into a bin liner, so I know it's mine for tonight. Then a cooked breakfast and at 8am we must leave."

EM: How many people slept there?

Joe: "Ten men and four women. The shelter is given names by the council or outreach. I told outreach I had no fare to get to the church last night and they put money on my Oyster card. Outreach also said that I will get moved on from the shelter into somewhere a bit more permanent. Most people do end up with a place to stay when the shelters close in March. I hope to be moving into a hostel like the YMCA or such like, moving on with my life."



Pop up coat rack: Take one, leave one on London railings. © Pavement

Meet MARTIN: "I'm 42. I have never been homeless before, but I left my home to my ex wife and kids and walked out. I am an alcoholic and she couldn't take it, so I left before she threw me out. Every day I come here for a hot drink. Sometimes I do my laundry. I can have a shower or just a wash. I'm sleeping at the Croydon churches winter shelter."

EM: What does the phrase 'moving on' mean to you?

Martin: "I was moved on by the police yesterday. I was doing a bit of ham and egg, you know begging. I was sitting outside Aldi in west Croydon. Anyway, I had only been there about 20 minutes when the coppers turned up. I ignored them while stashing my begging cup under my leg. They asked: 'Exactly what is it you are doing then?'. See how they try and trick me because it's illegal to beg. At this point the manager of

Aldi came out and told the copper that I was harassing his customers for change. He wanted me to move."

EM: What did you say then?

Martin: "I told all three of them I was not begging, I'm just having a rest. But the copper saw my cup under my leg and went to pick it up, but I was quicker and I got it first. He asked me if I had been using the cup to beg with. I said: 'I'm not begging'. Having a 'receptacle', as the law calls it, is a separate offence to get nicked for! I think it was only added to the vagrancy law last year."

EM: Is that a criminal offence?

Martin: "Yes, it bloody well is, just so the court can give you more time in jail and more offences to charge me with. The copper then told me I need to be moving on. I went somewhere else and started all over again." ■

Q: What is your local connection?

Ian Kalman points out that the law of connection has many inconsistencies between councils

Under the Homeless Reduction Act you can go into any homeless persons unit and claim you are homeless. They must help you, but they will ask: "What is your local connection?". If you do not have a local connection, they will refer you to the area you came from, but until that authority accepts you the place where you are must do all they can to help. Get as much advice as you can.

I am sure most of you have been asked "What is your local connection?" in a day centre or a homeless persons' unit. I was asked this the first time I was on the streets. Let us look at this law and what I see as inconsistencies.

The first one is how long does it take to lose your connection? The law states it is between 6-12 months, but most councils will probably pick six months.

The next question is **how long does it take to gain local connection status?** Once again, the law is vague, it states three to five years. Last year I was trying to help a neighbour go on the housing register. His medical history was quite extensive and every time I tried to save it, the form refused. I emailed to state this fact and the reply I got back shocked me. It said he had,

"Only been living there for four years, so he would have to wait till he had been there for five years". Waiting a year is a long time, but I did find a way to overcome this, for this man. As if you have a medical condition **ask for a medical priority form** and that will get you on the housing register.

Exceptions to stop you being sent back to another council are if you are at risk of domestic abuse or violence in the area you came from.

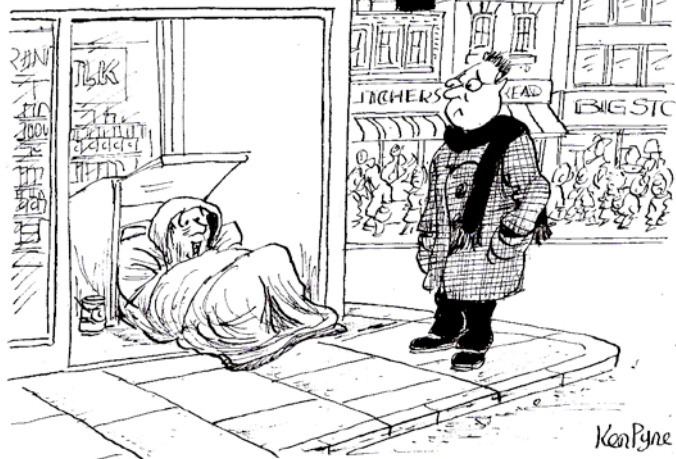
Do you have local connections? To prove a local connection through close family (such as parents, brothers, sisters or adult children) your relatives must have been living in the area for over five years. Time in prison or hospital will not count towards your connection.

If you are under 21 and you have lived in the area for two years you can claim local connection. If you have **refugee status** and the Home Office puts you in an area, you can claim local connection status.

In my mind the law is unfair, but it is the law. ■

30% of clients who are ready to move on from supported housing are not able to do so
Homeless Link's 2016 Annual Review

Supermarket



"I'VE LIVED IN THIS BOX FOR THREE YEARS AND AFTER ANOTHER TWO I'LL HAVE A LOCAL CONNECTION."

Do the maths

Cheap as chips phone deals picked by Ian Kalman

Years ago you had two choices: pay as you go or contract. Later on sim-only deals appeared. I will not cover any contract that depends on your credit worthiness, the companies mentioned take anyone and you can cancel anytime.

If you need to make a phone call abroad look at **Lycamobile** or

Lebara. But you might prefer to talk using the **WhatsApp** app.

Giff Gaff was the place to go. For £20 you got unlimited everything, but then they wised up and now it's £25 and only the first 40GB is on 4G then you go to 3G.

3 network offer some good deals and you can buy a PAYG (pay as you go) voucher for £35 for 30 days.

You can get good deals with www.Voxi.co.uk. For £20 a month they offer unlimited calls and texts, 45GB (not enough for me) and ►

► unlimited use of any social media.

I am using **Superdrug**. I pay £20 a month for unlimited everything and so far it's been great. You can pick up a sim at any Superdrug store, but you pay £10, then you must go online to

activate it and top-up if you think you need extra data. Payment is only online, either set up an automatic payment deal or cancel that and pay when you want.

What I'm thinking



David Lawrence remembers how false friends made his life tough

When I moved into my housing association flat, the mistake I made was to give the wrong people my address. I used to be scared when the doorbell rang at 3am for a very long time and I would answer the door without checking who it was. This meant people could bully me into giving them all my benefit because they became violent and would make sure I had no food to eat.

Luckily for me I was volunteering at St Mungo's and they helped me to get help. Whilst it is hard to stand up for yourself, especially bullies, it has to be done to have a life.

I felt that my issues were too small to waste my GP's or police time. **This is never true.** I managed to see a psychotherapist who did a trauma test and then wrote a letter so I could apply for sheltered housing.

A lot of people have mixed feelings about moving into their permanent accommodation. I often wondered if I would remember everything I had learnt. The unknown is always scary!

One way to help avoid these fears is to join some social groups or to volunteer in your neighbourhood. Having something to do does get rid of boredom and loneliness and helps you meet real friends, not ones who just want your money. I have a few tips for people to make the most out of their life:

- Find your local nearest community groups – try libraries
- Your local Citizens Advice Bureau can also link you with voluntary work: www.citizensadvice.org.uk
- Look for social groups on the internet. Sometimes they charge but might be worth a try, see www.meetup.com
- There are lots of volunteering opportunities at St Mungo's, see www.mungos.org/get-involved/volunteer. You can even volunteer if you have a criminal record. Any questions, email volunteer@mungos.org or call 0203 856 6160.

6 lines, 2 dots

What do you think of *the Pavement's* stunning cover by Stik? Stik, who spent several years homeless in Hackney, explains how street art helped him move on

Q: How did you start?

"In the early 2000s I started painting the streets of Hackney. I used the half-tins of white house paint left in the street by property developers, and black pound-shop car spray for the lines. It was the quickest way to paint the human form in the street without getting caught. It became my style."

Q: Were you able to do art when you were homeless?

"I always managed to stay in derelict buildings, squats or on people's floors but I didn't have a safe place to keep my drawings or a camera. All of my early artworks were lost when I got moved from place to place. At least when I made paintings on the street they got seen before they were destroyed."

Q: Tell us about the cover?

"This is a painting of a person being slowly deconstructed on a half-demolished wall. The figure represents our neighbourhood being taken to pieces and sold off, and what that might feel like from the



Front cover: *Deconstruction* on Hackney Road, London, 2015. © Stik

perspective of the wall itself."

Q: How do you work?

"I got lots of help from people and still do, I couldn't do this on my own. I'm grateful for the opportunities I've had. Many of my friends from that period when I was homeless didn't make it. That's why I say that this is not a success story, it is a progress report."

• www.stik.org

One step at a time

Changing things in life is difficult but when you are homeless and completely disempowered, it's a concept that often gets buried by the need to survive. Here's how Mat Amp found the transition from street to home

A home is so important because it offers a safe place to eat, rest and sleep. Without one it can be difficult to keep our sense of self intact. It's also almost impossible to take stock of life, something that is essential if we need lasting and meaningful change.

For those living on the streets, or in precarious housing, a large proportion of time is spent surviving. And for those in active addiction, getting sorted has to be the priority because it's impossible to function effectively without a hit. I've heard people refer to drug addicts as "lazy, feckless and useless", but addicts definitely put hard work and ingenuity into getting their drugs.

No matter how willing you are to work to get drugs, feed yourself or whatever else it is you do to survive, the thought of getting back into mainstream life when you're homeless can seem to be an insurmountable challenge. Just thinking about it can be overwhelming, which can in turn lead to the onset of serious depression at



the hopelessness of your situation. It's easier to just carry on surviving and accept things the way they are.

When you're at the broken edge, inspirational quotes about the "power of the struggle" are meaningless and pointless because the other side of the mountain is not visible. It's a place where other people live, the people that walk past you in their thousands. It's a world you cannot see and a world that cannot see you.

The "one day at a time" mantra espoused by the "anonymous" groups used to make no sense to me either (see box). I used to think that recovery is about the future, surely it's about building a new life beyond today? Perhaps I would have understood the idea better



First seen on the Pavement's insta.
Find us on **@pavement_magazine**
#pavementpix © Mat Amp

if it had been “one step at a time”. That sounds more like you’re going somewhere, rather than repeating the same day over and over again.

Change for me came step-by-step and instead of looking at the destination I learned to concentrate on the journey, taking pleasure in the small victories that would eventually add up to something resembling recovery. Now I realise that I never wanted to reach the other side of that mountain. All I wanted was a comfortable, safe place where I could sort my mental health issues, beat my addiction and be myself. ■

In a nutshell

Living on the street is about survival.

- Take it **one day at a time** is advice from Alcoholics Anonymous tel: 0800 9177650 & Narcotics Anonymous tel: 0300 999 1212. Mat couldn't get his head around the “day” part of this mantra. He preferred to take change “one step at a time”.
- Getting back to mainstream life one step at a time is possible, but changes in your accommodation are sudden.
- When you come off the streets you'll be in an **assessment centre**, with all the new challenges that throws up. You have to sleep there every night, there are cameras in the corridors, intercoms in the rooms and you're not allowed visitors. Everyone is in the same precarious situation, which means the atmosphere is anxious and unrelaxed.
- Once assessed you will be placed in a **hostel or supported living house**. The institutionalised nature of hostels can be a real shock after the frontier freedom of the streets. It can feel like you're trading liberty for comfort at times, but at least you can come and go as you please and have people round.
- When you finally arrive at the nirvana of being housed in a **proper home** you may feel cut off and lonely. Mat says: “I did everything I could to get out of the house and connect with people. It's surprising how many cheap or free things are on offer if you look hard enough.”

Photojournalist James Hopkirk helps people share their experiences on www.SouthLondonStories.com. He met Mark at Ace of Clubs' day centre

Ace of Clubs

"It was scary at first, going into Ace of Clubs, and I didn't trust anyone at that point. Over time I started to get to know them, and they were always kind to me.

"It became a routine – every day I'd go there in the morning and take everything out to air and dry. Ace gave me an address so I could get my benefits back and renew my CPCS card, so I could start working on building sites again. I registered with a GP through them, and I'd go and see Amy, the nurse – she told me that I had hepatitis C, but that it could be cured.

"It wasn't just about practical stuff, though, it was about being able to have a normal conversation with normal people about normal things. They kept me positive and stopped me from giving up at a time when my mental health was all over the place.

"Without them I'd probably be dead. I mean, if there isn't somewhere for you to dry your sopping wet sleeping bag in the depths of winter then you're going to get pneumonia, aren't you?"

Script

"Methadone is how you transition from using on the streets and from raising funds illegally. It enables you to start thinking about getting your life back – paying bills, getting yourself clean and working again.

"Initially you do take both heroin and methadone, but over time they increase your dose of methadone and you take less heroin. They do it very slowly until you get to the point where you're not craving any more. It took me many months.

"You have to go to the chemist every day – if you drop your script then you have to go back to the beginning. It's your responsibility, and taking that responsibility is an important part of the process. Once you're off the heroin and you feel confident that you're ready, you start reducing the amount of methadone very slowly. I was on 90ml a day at one point, which is really high, and I went down in 5ml doses. I haven't used drugs since October 2017, when I got the all-clear from my hepatitis C treatment, and I started reducing my methadone about six months later.

"Now I'm on a 20ml dose and I'm going to stick with that while I do my alcohol detox – one step at a time. But I can finally see an end to it, I really do see a light at the end of the tunnel." ■

Ace of Clubs, St Alphonsus Road, SW4 7AS (tel: 020 7720 2811) helps between 80-100 people each day. Find advice, food, laundry & showers on Monday-Friday 12noon-4pm. www.aceofclubs.org.uk



Mark's picnic on Clapham Common: "Cooking is my passion, and having access to a good kitchen is my greatest luxury. I'd never do it for a living, that would spoil it – it's a little bit of peace, just for me" © *South London Stories*

Mark: You can function on methadone, you feel OK and because it's free it takes you away from crime. People on the street who wanted me to stay there tried to warn me off it, saying you just end up with two habits. That's a load of bollocks.
© *South London Stories*



Different city

Tours by Invisible Cities are with guides who love to show off their city, cracks and all.
Report by Jack Hanington

Daniel Collins is 45 minutes early to his tour as usual. He has become a familiar face at the People's Palace on Glasgow Green, the start for his tour of Glasgow's underbelly, entitled Crime and Punishment in the Merchant City. The tour is part of a UK-wide social enterprise, called Invisible Cities, which trains people with experience of homelessness to conduct tours of the places they know best.

"I grew up in Glasgow, I think it comes out in my tour that I'm passionate about this brilliant city, even though it's shit!" says Daniel.

After growing up with troubles at home, Daniel was homeless at the age of 16. He spent time in and out of hostels and emergency accommodation, then he started taking heroin and became addicted. The cycle of drugs, gambling and homelessness has lasted most of his life but now he is using his experiences to educate people about the seldom-told stories of Glasgow's past and present.

Zakia Moulani, the social enterprise's founder says, "The concept of Invisible Cities is that we show the invisible side of places on our tours: homelessness, social

Want to be a tour guide?

WHERE:

Invisible Cities runs walking tours in Edinburgh, Glasgow, York and Manchester. It's soon launching in Cardiff. <https://invisible-cities.org/>

HOW:

Founder, Zakia Moulani says: "We recruit guides via a network of local partners: charities and social enterprises. Some tour guides are self-employed. Some are employed for set hours per week. Some prefer to volunteer to figure out what their income could be before taking the plunge."

projects... but also parts of the history and local life that are invisible to many people."

Stories of closed-down hostels and old drug pick-up spots are fascinating interjections between the historical tales of crime and punishment. An open-top bus tour goes by in the background. You can imagine the typical sanitised pre-recorded commentary coming through the headphones. Meanwhile Daniel leads us round the former courts on Crown Street, Wilson Street and St Andrews Street whose beautiful buildings



GLASGOW Invisible Cities guide Daniel Collins (middle) with walkers at the end of his alternative Glasgow tour.

© Jack Hanington

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

Byres Road where he sold copies of the *Big Issue* and played the role of agony uncle for West Enders on their way to work. “Selling the *Big Issue* really helped me, because you have to learn how to deal with people. Just like on the tour as well.”

Daniel tells us of the great Paisley Union Bank robbery of 1811 as well as his own experience of being “the worst shoplifter in the world”, then spending time in jail for stealing a block of cheese when he was too skint to buy food. With the support of the *Big Issue* and Invisible Cities, along with his own determination to get clean and get into work, Daniel has fought to challenge the misconceptions around being homeless. “I’ve seen stories of ‘fake homelessness’ going around. If somebody came on my tour I’d like to think their attitude towards homelessness would have softened a little after the tour.”

Founder Zakia adds, “We challenge the stigma around homelessness by showcasing that it can happen to everyone and that everyone has a different story.”

were left abandoned last century.

Even more stark is the widespread closure of emergency accommodation in Glasgow. One former hostel, Hope House on Clyde Street, nicknamed “Hope-less House” by those who stayed in the old Salvation Army accommodation, now hosts student living pods. Daniel puts this and the closure of other hostels down to the relentless austerity measures imposed by both council and central government.

He was not always such a confident public speaker. Previously, Daniel had been a familiar face on

CHARACTER:

JACK

AGE:

52

STATUS:

HOMELESS

SUPERPOWER:

RESILIENCE

WEAKNESS:

ALCOHOL



START

1

BEGGING FOR £2
TO BUY A FROSTY JACK'S
OR BLACK ACE FEELS
THE MOST
IMPORTANT
THING
RIGHT
NOW



7

YOU NEED
TO BE REFERRED
AGAIN BY THE SOCIAL
SERVICES. BUT FIRST
YOU NEED TO GET FOOD



6

WITHOUT A PHONE YOU
CAN'T NOTIFY THE ALCOHOL
WORKER YOU'RE RUNNING
LATE. YOU MISS YOUR
APPOINTMENT



YOU DISCOVER SOMEONE HAS
BURNT DOWN YOUR TENT. YOU
SPEND THE REST OF THE DAY
LOOKING FOR A SAFE
PLACE TO SLEEP

8



9

YOU OVERSLEPT AND
MISSED YOUR GP
APPOINTMENT. YOU HAVE TO
WAIT A MONTH, MEANWHILE
YOU STILL STRUGGLE WITH THE
ANTIDEPRESSANT
SIDE EFFECTS



BY IOANNA KYRIAKI TOUFEXI

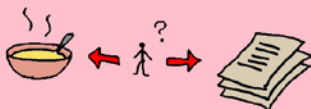
2

YOU GET DRUNK
AND LOSE
YOUR OYSTER
CARD



3

NOT HAVING MONEY
FOR A BUS, YOU CAN'T
WALK TO BOTH THE FOODBANK
AND THE JOB CENTRE IN TIME,
YOU CHOOSE THE FOOD.



5

YOU HAVE A SHOWER
AND DO YOUR LAUNDRY
AT OFF THE STREETS.
YOU FEEL BETTER, BUT
LATER YOU
REALISE
YOU'VE LOST
YOUR PHONE



4

IT'S RAINING BUT YOU SIT
OUTSIDE THE COMMUNITY
CENTRE BECAUSE YOU
THINK YOU STINK



10

YOUR FRIEND WHOM YOU
RUSHED TO HOSPITAL WITH
GANGRENE HAS DISAPPEARED.
YOU WONDER IF HE'S OK



WELL DONE FOR
MAKING IT!



ALCOHOLICS ANONYMOUS: 0800 91 77 650. SAMARITANS: 116 123

Dealing with diabetes

There is no diabetes outreach service for people who are homeless, but diabetes specialist nurse Judith Kennon, who is based in Glasgow, has some tips to keep you healthy

There are two main type of diabetes: Type 1 and Type 2. Both cause your blood sugar levels to rise higher than what's considered to be normal.

Eating regularly

Insulin and some of the oral medications used to help lower blood sugar readings will put you at risk of low blood sugars. This is called **hypoglycaemia**. Not having a regular supply of food and/or drinking alcohol can put you at risk of low blood sugars.

Signs and symptoms of low blood sugars are feeling shaky, dizzy or hungry; headaches, sweating and acting drunk.

A blood sugar reading less than 4 is classed as a "**hypo**". These should be treated with something sugary such as 4-5 jelly babies or 200ml fruit juice/Lucozade or Glucogel or 5 Glucose tablets. Once you have taken something sugary it's important to re-check your **blood sugar reading**, about 10 minutes later, to make sure it has come back up above 4. If it hasn't then you need to eat again.

TIP from the street: prevent another hypo with carbs from biscuits, sandwiches and toast.

Alcohol

One of the big risks of drinking alcohol and having diabetes is that alcohol will cause your blood sugar readings to drop. If you are drunk, then you may not notice your blood sugars are low. For this reason, it is a good idea to let people around you know that you have diabetes and to carry some form of **diabetes ID**. It is also a good idea to keep a snack on you.

Very severe hypos can lead to comas and require medical attention and admission to hospital.

The balancing act between making sure that your blood sugars don't go too high or too low can be difficult, particularly if you don't have access to food. For this reason, you should be given a **blood glucose monitor** which is a machine that measures the sugar in your blood. There should be someone who can teach you how to use this and help you learn what numbers to aim for.

If you have type 1 diabetes your blood sugar meter should also allow you to check for something called ketones. **Ketones** are a chemical that your body produces when it has to burn fat for body energy. This can happen when you do not get enough

to eat as your body relies on food for energy so when it doesn't get it, it starts to use up any fat stores that you might have instead.

In diabetes, the main cause for ketones is lack of insulin which can result in ketones building up in the bloodstream. High levels of ketones in the body can be toxic and in type 1 diabetes can lead to **diabetic ketoacidosis (DKA)**.

Signs of DKA include vomiting, stomach pains, breath that smells like pear drops or nail varnish remover, breathing quickly/struggling to breathe and loss of energy. If left untreated DKA is very serious and can lead to a diabetic coma or death. Anyone with these symptoms should contact the nearest A&E as soon as possible. ■

In a nutshell

If you have diabetes or your blood sugars are high you will be thirsty, need to pee more often, be tired, lose weight.

- **Type 1 diabetes:** the pancreas has lost its ability to make a hormone called insulin. Insulin is needed to get sugar out of your blood and into your cells for energy. Someone with type 1 diabetes needs to take insulin injections to help the sugar levels in their blood.
- **Type 2 diabetes:** your body can still produce insulin, but the insulin can't work properly. The insulin isn't always able to enter the cells because of "insulin resistance". Most people with type 2 diabetes are given advice on diet and lifestyle changes and their high blood sugars are often managed with tablets, although some end up on insulin injections if their blood sugars remain high.

Your GP or diabetes hospital team can help you manage your diabetes. In an emergency call 999.

Find info at Diabetes UK and Diabetes Scotland visit www.diabetes.org.uk. Questions? Tel: **0345 123 2399**.

Poem for *the Pavement*

by the Neanderthal Bard

This poem was written specially for *the Pavement* by the Neanderthal Bard – who has the best pen name for a poet ever. He's also Crisis's poet in residence. Can you use your experiences to write poetry and songs?

I have stayed in that hostel, and had my shoes nicked off my feet.
Felt safer alone, and more secure on these streets.
When we bundle the vulnerable together, predators will appear.
Taking from those with nothing, governing with nothing but fear.

I have shared a tent with a dead friend left next to me,
No answer in the morning when offered hot tea.
What's scary is it didn't scare me a bit, no heat or beat from his heart.
What's scarier still is he's not the first, probably won't be the last.
I screamed all my sorrys at cold concrete walls,
Squatted alone in a mansion but own nothing at all.
I was a danger to me, I was not born to last,
My future was decided by having a past.
I lived in an empty penthouse, squatted in boarded up pubs.
Forgotten all of my nightmares by using Spice, Beer, and Bud.
When moving on was never moving up.
Then I found love.

Now I live with my wife, been gifted with 2 boys and 1 girl,
I will never forget my life on these streets,
or the hurt served up by the world.
I will never forget, I will teach my children to see,
That hostel on the corner used to house me.
I was a beggar, a chancer I was a shoplifting thief,
I was so many things, never again set free.
He is gone but not forgotten, my love keeps me strong,
I learned from my family, this is where I belong.

• *Enjoy more @neanderthalbard poems on insta.*

Serene Places by Rodney Young (extract)

Pure gases being so enjoyed in central places; so many unknown faces,
Unperceived silent gazes, but all alone, paying least attention to
pedestrians;

Consciously refusing to respond to messages on your phone, thoughts of
your newest loved one wouldn't leave you alone

Imagining you're holding hands tightly together walking towards
imaginary divine places

*Rodney wrote this while at No Second Night Out North Hub in Hackney which
is run by St Mungo's. If you are sleeping rough, you can refer yourself for help
using www.streetlink.org.uk. Or ask a passer-by.*

My poem...

Four letters, one word

by Oscar Smith (extract)

But four letters, one word
Keeps me going
A word so small
So simple
So human
A word easy to forget
When plagued with regret
So, when I'm struggling to cope
I sit down, remind myself
The word is hope







*Oscar is 20 years old and a keen
writer who has been homeless
since November.*

From bard to verse

1. Make your poem a journey.
2. Show your feelings.
3. Just do it.

Moving 'Em On

Livestreamed from PC Wellbeloved's consciousness, by Chris Sampson

-  Now, if the government wanted homeless people living in the doorways of shops that went out of business due to its policy of austerity, they'd have said so at the election, wouldn't they, eh?
-  So, what's he doing here? Look at him! Straggly beard, layers of ragged, food-stained clothes, probably host to a flea circus. Mental health issues? A fair bet; maybe he thinks he's Napoleon? Or Mary Queen of Scots? Whatever. If he thinks he's going to ponce loose change from that shop doorway he's got another think coming.
-  Anyhow, we can't have a dollop like that clogging up Her Majesty's pavements and not fitting into the tone of the area, can we now? What if a valid, rich member of society should see? Or a snowflake do-gooder? Them and their "help the homeless" malarkey, handing out loose change like confetti. Do they really think the homeless spend it on food? Booze and drugs more like.
-  And as for all their: "Why don't you catch real criminals instead of harassing the homeless?" stuff, well, if you care so much, why don't you put 'em up in your spare room, eh?
-  If I had my way, I'd fill in the Channel Tunnel with the homeless and all the bleeding dole scroungers and... Stop! Calm down! I think this sort of thinking might be why the Sarge wants me to go on that course, "How To View The Homeless As People And Not Dehumanise Them As The Filthy Scum They Are"... something like that.
-  As for now, I suppose I'm going to have to move this Herbert on, out of that doorway. Can't have a dollop like that clogging up Her Majesty's pavements, can we now...?

Note: The views expressed in the stream of Officer Wellbeloved's consciousness are not necessarily those of the Metropolitan Police.

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 their 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!

My notepad...

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

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

Changes: web@thepavement.org.uk

Updated: February 2020

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

HOT MEALS - DAY CENTRES

AMERICAN INT'L CHURCH

79a Tottenham Ct Rd (entrance in Whitfield St), W1T 4TD

020 7580 2791; amchurch.co.uk/soup-kitchen

Mon & Tue: 10-midday; Thu-Sat:

10am-midday

Free hot meals, clothes and toiletries.

Clothing store alternate Mons.

CL, FF

AMURT

3a Cazenove Rd, Stoke Newington, N16 6PA

020 88064250 ; www.amurt.org.uk/who-we-are/amurt-uk/

Thu: 6.30-8pm (Lincoln's Inn Fields)

Vegetarian food, and music.

FF

ANCILLA SOUP KITCHEN

The Most Precious Blood & St Edmund, 115 Hertford Rd, N9 7EN

020 8804 4070; <https://www.facebook.com/Ancilla-Soup-Kitchen-1454166508210331/>; Fri:

11am-2pm

FF

ASLAN (ALL SOULS LOCAL ACTION NETWORK)

c/o All Souls Clubhouse, 141 Cleveland St, W1T 6QG

020 7580 3522; allsouls.org

Sat: 5.45am–noon: tea: 5.45–6.15am
Tavistock St; 7–7.45am King Wm IV St;
Sat: 9am–noon (Webber St); Sat: 6.30–
8.30pm (invites via tea run or All Souls)
Step-free access via Cleveland St entry.

AC, CL, D, ET, F, FF, LF

BE ENRICHED

URC Rookstone Rd, SW17 9NQ

07397288160; be-enriched.org.uk

Mon: 12.30–2.30pm, 18 Hampton St,
SE1 6SN; Tue: 7–9pm, 1 Ethelburga St,
SW11 4AG; Fri: 12.30–2.30pm URC,
Rookstone Rd, SW17 9NQ
Free or pay-as-you-can meals.

F, FF

CARPENTERS CAFÉ

Carpenters Est Community Hall, 17
Doran Wlk (entry Carpenters Rd),
Stratford, E15 2JL

07932 661 089; deptfordreach.org.uk

Tue: 10am–midday (food, drinks,
clothes, books, toiletries, showers)

BS, BE, CL, D, F, FF, SF

CHRIST APOSTOLIC CHURCH (BETHEL) UK

217–23 Kingsland Rd, Hackney, E2 8AN

020 7729 4375; cacbethel.org/dev

Last Sat of month: 2–3.30pm; Sun: 8–9am
Cooked Sunday breakfast and hot meal
on the last Sat of the month.

FF

CHRISTIAN KITCHEN

65 Blackhorse Rd, W'strow, E17 7AS

info@christiankitchen.co.uk;

www.christiankitchen.co.uk/

Mon–Sun: 7.30–8.30pm (Mission Grove car park, Walthamstow)

FF

COMMUNITY OF SANT'EGIDIO

0753 1597364; www.facebook.com/santegidiolondon

Sat: 4–4.30pm (hot drinks & sandwiches
at Carmelite Priory, Pitt Street W8 4JH);
Sat: 4–6pm (last Sat of the month –
3-course meal in the Carmelite Priory)
Food, hot drinks and good company.

F, LF

COMMUNITY TABLE

Southcroft Church (Ichthus), 276

Mitcham Lane, Streatham, SW16 6NU

020 8677 0880; www.southcroft.org/

Thu: 11am–3pm

Food, clothing and a warm welcome.

BS, FF, IT

COPTIC CITY MISSION (ST MARK'S COPTIC ORTHODOX CHURCH)

Allen St, Kensington, W8 6UX

0207 937 5782; copticcitymission.com

Tue: 9–9.45pm (Spenser St, SW1E 6AA,
then Strand)

FF

EMMANUEL CHURCH (STRATFORD)

Romford Rd/Upton Lane, E7 8BD

020 8522 1900

Thu: 8–10am (cooked breakfast)

FF

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

EMMANUEL PENTECOSTAL CHURCH

374 Lee High Rd, SE12 8RS
020 8852 8261; epchurchaog.com
 Tue: 6–7.30pm (Life Bread)
 Hot meal, and clothing when available.
CL, FF

FAST58

www.fast58.org.uk
 Fri: 8.45–11pm (Strand, nr Ryman's) &
 9.15–10.30pm (Waterloo, nr IMAX)
FF

FLOWING RIVERS FOUNDATION

37 Elizabeth Rd, Essex, CM15 9PA
07985585996;
flowingriversfoundation.org
 Tue: 7–10pm (fellowship – Castle Green,
 Dagenham); Sun: 6.30–9.30pm (2nd &
 3rd week – Lincoln's Inn Fields)
CL, FF

GOOD SAMARIA NETWORK

12 Voyagers Cl, SE28 8QQ
0203 651 0869; www.sn-works.com/
 Sun: 6–7pm (Lincoln's Inn Fields)
FF

GREENWICH MIGRANT HUB

Woolwich Common Com Centre, Leslie
 Smith Sq, SE18 4DW
07429031389; greenwichmigranthub.com
 Tue: 10.30am–1.30pm
 Immigration, housing & domestic
 violence advice and a meal for migrants
 in Greenwich and neighbouring
 boroughs.
AH, AD, BA, FF, LA, SF

HARVEST OF GRACE TRINITY CENTRE

John Morris Hse Com Centre, 164 St
 John's Hill, Battersea, SW11 1SW
07904 302 139; harvestogtc.com/
 Sat: 10am–4pm (breakfast & lunch)
FF

HAVERING ISLAMIC CENTRE

91 Waterloo Rd, Romford, RM7 0AA
01708 741 333
 Wed: 6.30–7.30pm (hot meals & drinks)
FF

MISSIONARIES OF CHARITY SOUP KITCHENS

c/o 177 Bravington Rd, W9 3AR
020 8960 2644
 Mon, Tue, Wed, Fri: 4.30–5pm (Pius X
 Ch Hall); Sun: 3–3.30pm (Pius X); Mon–
 Wed & Fri: 10–10.30am (112–116 St
 George's Road)
FF

OPEN DOOR MEAL

St James the Less Parish Centre,
 SW1V 2PT **020 7630 6282**; www.sjtl.org/getinvolved/open-door-meal/
 Fri: 7–9pm (2nd and 4th wks of month.)
FF

ORDER OF MALTA SOUP KITCHEN

Crypt of St James's Spanish Place Ch,
 22 George St, W1U 3QY
 Thu: 7.45–9pm; Thu: 7.30–9pm (café,
 St James's, Spanish Pl, W1U 3QY); Wed:
 6.15–7.45am (breakfast, Challoner Rm,
 24 Golden Sq W1F 9JR)
CL, F, FF

FC Foot care
IT Internet access
LA 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



SALLY'S KITCHEN

Salvation Army Hall, Southwell Gr,
Leytonstone, E11 4PP
07944 281 485; on.fb.me/1J1HkcP
Tue: noon–1.30pm

FF

SEVENTH DAY ADVENTIST CHURCH (STOKE NEWINGTON)

Yoakley Rd, N16 0BD
020 8800 8422; stokeysdachurch.org.uk
Wed: 12.15–1.30pm (drop-in); Sun:
7–7.30pm (Lincoln's Inn Fields)

FF

SIMON COMMUNITY (HOUSE OF HOSPITALITY)

129 Malden Rd, Kentish Tn, NW5 4HS
020 7485 6639; simoncommunity.org.uk
Sunday: 1.30–3.30pm (street cafe: St
Giles, nr Centrepont); Mon, Wed, Fri:
7.15 Arundel St; 7.30 Agar St, Strand
Clothing from cafe when available.

C, FF

ST ANDREW'S CHURCH

Star Centre, Greyhound Rd, W14 9SX
07956 587176; standrewsfulham.com
Sat: 8am–12.30pm
Three-course meal; sandwiches to take
away; showers; clothing; fortnightly
medical attention.

CL, FF

ST ANNE'S DROP-IN KITCHEN

Ch Hall, Hemsworth St, N1 6TS
07847 761 361
Sat: 5–7pm

FF

ST JAMES CONFERENCE OF SOCIETY OF ST VINCENT DE PAUL (SVP)

St James Catholic Ch, George St,
W1U 3QY
www.svp.org.uk/soup-runs
Tue & Fri: 7.45–8.15pm (Lincoln's Inn
Fields)

FF

ST JOHN THE EVANGELIST

39 Duncan Terr, Islington, N1 8AL
020 7226 3277
parish.rcdow.org.uk/islington/
Tue–Sat: 12.30–1.30pm

FF

ST JOHN VIANNEY CATHOLIC CHURCH

4 Vincent Rd, N15 3QH
020 8888 5518; [parish.rcdow.org.uk/](http://parish.rcdow.org.uk/westgreen/)
westgreen/
Sat: 5.30–6pm (Temple)

CL, FF

ST JOHN'S SOUP KITCHEN

St John the Evangelist, Brownswood Pk,
Gloucester Dr, N4 2LW
www.sjebp.com/soup-kitchen.html
Tue: 7.30–9.15pm (advice 1st Tue of
month). Vegetarian meal.

FF

ST MONICA'S CHURCH

1 Stonard Rd, Palmers Grn, N13 4DJ
020 8886 9568; <http://www.stmonica.co.uk/Contactus.htm>
Tue: 8.15–8.45pm (Temple)

FF

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

ST PATRICK'S OPEN HOUSE

21a Soho Square, W1D 4NR
020 7437 2010; <http://stppatricksoho.org/outreach/open-house/>
Tue & Thu: 7–9pm (registration 6.30);
Sun: 6–8pm (film club, 1st Sun)

FF

ST THOMAS OF CANTERBURY CHURCH

Wed: 9–9.30pm (2nd and last of the month, Lincoln's Inn Fields)
www.stthomaswoodford.org

FF, CL

STREET SOULS

143 Lee Rd, SE3 9DJ
020 852 0467; en-gb.facebook.com/streetsoulshomeless/
Fri: 8–9pm (St Stephen's, Rochester Row, and W'minster Cathedral. In months with 5th week, Cathedral only)
Hot meals, sandwiches, drinks. Biscuits, cakes etc. Toiletries, sleeping bags etc.

CL, FF

STREETLYTES

Dalgarno Comm Centre, 1 Webb Cl, W10 5QB
020 7603 7956; www.streetlytes.org/
Mon: 6–9pm (St Stephen's Ch)
Open to anyone who is homeless or can't afford to pay for food and housing.

AH, AD, A, BE, CL, D, FF, OL, OW

SUFRA NW LONDON

160 Pitfield Way, Stonebridge, Middx NW10 0PW
0203 441 1335; sufra-nwlondon.org.uk
Wed & Sun: midday–3pm (food bank, referral from Brent Council and other orgs); Wed & Sun: 10am–2pm (Growing Club); Mon–Sun: 10am–6pm (office open); Fri: 6–8.30pm (vegetarian meal)
Food bank & community kitchen.

AD, BE, BA, CL, ET, FF

TEEN CHALLENGE LONDON

Wilkerson Hse, Uphall Rd, Ilford, IG1 2JJ
020 8553 3338; www.tclondon.org.uk
Mon: 9–11pm (Whitechapel); Tue: 9–11.30pm (Hackney); Thu: 9–10.30pm (Ealing); Wed: 9–11.30pm (Brixton); Sat: 9–11.30pm Stratford Central Baptist Ch; Fri: 9–11.30pm (Waterloo stn)
Hot food and drinks.

FF, OW

THE CABIN

St Gabriel's Comm Centre, 21 Hatchard Rd, N19 4NG
020 7272 8195
Mon–Sun: 8.30–9.30am;
Thu: noon–1pm

FF

THE MANNA PROJECT

St Stephen's, 17 Canonbury Rd, N1 2DF
020 7226 5369; themanna.org.uk
Tue: 7–9pm; Fri: 9–11am; Wed: 1–3pm
Food, showers, laundry (£1), activities, alongside targeted keyword.

AS, AD, A, AC, BS, BE, BA, CA, CL, FF, IT, L, LA, LF, MD, OL, SF, TS

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

LS Luggage storage
MD Music/drama
MH Mental health
MS Medical services
NE Needle exchange

OL Outreach worker links
OW Outreach workers
SF Step-free
SH Sexual health
TS Tenancy support



THE MANNA CENTRE

12 Melior St, SE1 3QP

020 7357 9363

www.mannasociety.org.uk

Thu: 9.30am–1pm (health advice for refugees); Mon–Fri: 10.30am–1pm (computers); Mon & Wed: 10–11am (clothing, ticket only); Tue: 10am–1pm (chiropractist 1st & 3rd wks); Tue: 9.30–12noon (mental health); Wed: 10am–1pm (osteopath); Thu: 9.30am–1pm (DWP surgery); Sun: 10.30–11.30am (clothing, 2nd, 3rd & last of month, Oct–May); Mon: 9am–1pm (nurse); Mon & Fri: 9.30am–1pm (nurse)

AH,BS,BA,CL,ET,FF,FC,MS,MH,SF

THE PENGE RUN

Sat: 8pm–8.30pm (2nd week of month, Tothill St); Sat: 10.15–10.45pm (2nd week of month, Lincoln's Inn)
Food and clothing.

CL,FF

THE SWISS CHURCH

79 Endell St, WC2H 9DY

020 7836 1418; swisschurchlondon.org.uk/community/local-community

Tue: 8–10am (breakfast on the steps)

FF

THE VISION ORGANISATION UK

St Silas Comm Hall, Penton St, N1 9UL

07405200064; www.thevision.org.uk/

Wed: 7–8pm (Lincoln's Inn: food, drink, personal hygiene goods, and help); Thu: 7–9pm (3-course meal, clothes, books)

B,CA,CL,FF

TREM

(PLACE OF OUR SANCTUARY)

84 Lillie Rd, Fulham, SW6 1TL

0207 381 5366; tremfulham.org.uk

Sat: 2–4.30pm (1st Sat of month)

CA,FF

UCHARITY

020 3642 6868;

www.ucharity.org.uk/

Mon: 9–11pm (9–10, Waterloo nr

Imax; 10.15–11.15, Strand nr Charing X station)

FF

URBAN TABLE

The Round Chapel (Clapton Park URC), Powerscroft Rd, E5 0PU

020 8533 9676

theroundchapel.org.uk/community/urban-table

Sun: 2.30–4pm

FF

VICTORY

INTERNATIONAL CHURCH

77 Coburg Rd, Wood Green, N22 6UB

020 8617 1715; vicintchurch.org.uk/

Wed: 12–1pm

FF

WALTHAM FOREST

FEET ON THE STREETS

07448633694;

Outreach group in Waltham Forest. For support with appointments or to find out when their next soup run is, ring or email feetonthestreets@hotmail.com.

FF

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

WYCOMBE & MARLOW GROUP

Lincoln's Inn Fields
Tue: 8.15–8.45pm
FF, CL

MENTAL HEALTH

In a crisis...

- Phone your council and ask for their **Emergency Social Work Service**, which generally operates 6pm to 8am.
- **NHS 24** – call 111 if you cannot wait until your GP surgery re-opens.
- Go to your local **A & E department** if you're in a crisis and ask for a psychiatric assessment.

ANXIETY ALLIANCE

www.anxietyalliance.org.uk
020 987351

Mon–Fri: 10am–10pm For people who suffer from anxiety, phobias, panic attacks or obsessive compulsive disorder, or wish to withdraw from tranqu and anti-depressants.

MH, C,

CARITAS ANCHOR HOUSE

81 Barking Rd, Canning Town, E16 4HB
www.caritasanchorhouse.org.uk;
0207476 6062;

info@caritasanchorhouse.org.uk
For people affected by homelessness, drug & alcohol misuse, mental health, domestic abuse & offending.

MH, AS, A, AC, BA, CA, C, DA, D, ET, IT, MD, SF

CHILDLINE

0800 1111; www.childline.org.uk
Free, confidential helpline for young people.
MH, AD, C

COMBAT STRESS

Tyrwhitt Hse, Oaklawn Rd, Leatherhead
KT22 0BX

www.combatstress.org.uk/; **0800 138 1619**; combat.stress@rethink.org
Mon–Sun: 9am–9am (via helpline, text 07537 404 719 or email)
Help with PTSD. Residential treatment and community outreach. Helpline 0800 138 1619 is open 24/7.

MH, AD, C, OL

CRISIS SKYLIGHT (LONDON)

66 Commercial St. E1 6LT
www.crisis.org.uk; **0300 636 1967**
Mon–Thu: 9am–8pm; Sat–Sun: 11am–5pm; Fri: 9am–6pm; Mon–Fri: 4–5pm (mental health drop-in)
Support available regarding employment, housing, mental health and wellbeing.

MH, ET, SF

HESTIA

Maya House
134–138 Borough High Street, SE1 1LB
020 7378 3100; www.hestia.org
Supports male and female victims of modern slavery to ensure their voices are heard and they get the support they need to rebuild their lives.

MH, AD, DW, A

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



Want to work but need help taking the first step?

Central London Works is our name for the Central London Work and Health Programme.

We give local people the knowledge and independence to create better lives for themselves and their communities through employment.

We know everyone is different, that's why we provide a local service, tailored around you and your needs.

We work with a range of people throughout Central London including health professionals, employment specialists and local community organisations to create a support package to help you find the right job, at the right time.

Once you move into work you can continue to access online learning to help you progress both personally and professionally. Our in-work support team can also offer advice and support to ensure you are settling into your new job and your new routine.

Central London
WORKS
Work and Health
Programme

What you will get from Central London Works

Don't worry, we don't expect you to be ready to start work when we first meet, it's our job to help get you ready at a pace that works for you.

The service is tailored to each individual and works with a range of local services throughout Central London, including health professionals, employment specialists and local community organisations.

- **A dedicated caseworker**
- **Specialist support** to help with barriers such as substance abuse, addiction or rehabilitation, housing issues or homelessness
- **Fast and direct access to physical and mental health advice** from in-house professionals and community health experts
- **In-work support** to help the transition into work and overcome new challenges from managing an income and a new routine
- **Free courses** including money management, job searching skills and confidence building
- **Support for those further away from the labour market, such as skills training and work trials**
- **Employer relationships and vacancy matching for London Living Wage** employment

For more information about Central London Works please contact:
Lisa on 07585 968 584 or
lburley@ingeus.co.uk



This programme is co-financed by the European Social Fund





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) 020 7526 3445

HOLY TRINITY BROMPTON

Queen's Gate (St Augustin's)

SW7 5LP

020 7590 8248

Wednesday & Friday: 9am-2pm;

<https://www.htb.org/>

Safe, non-judgmental place where all are welcome. Food, advice, friendship and practical support. Hot breakfast, coffee bar and a range of activities.

Counselling, debt and welfare advice, and alcohol and drug support.

CrossLight Debt Advisors, and CGL Addiction Specialists.

MH, AH, AD, A, BA, CA, C, DA, FF, F, IT, OL, OW

HOPE WORLDWIDE UK – ODAAT

The Chambers

St.Mark's Church

337 Kennington Park Road SE11 4PW

02036594809

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

One Day At A Time (ODAAT) is a quasi-residential men only (18+) rehab. 12 steps, counselling and psychotherapy are employed in a loving community to transform from chaos to constructive living. Services for people on the scheme include one to one counselling, yoga, community meetings, psychotherapy, relapse prevention and life skills, group therapy and aftercare, family contact and recreation.

BA, CA, C, DA, DT, EF, EO, F, FF, IT, L, MH

LAMBETH & SOUTHWARK MIND SOUTHWARK (HEARING VOICES)

Cambridge House, 1 Addington Square
Camberwell SE5 0HF

0203 228 1800

Tuesday: 1pm-3pm;

Group for people to explore their voice-hearing experiences in a safe and confidential way, and to develop non-medical approaches to understanding and dealing with voices.

020 3228 1800 / 07969128185

MH

GROUNDSWELL HOMELESS HEALTH PEER ADVOCACY

St Matthew's Ch, Brixton Hill, SW2 1JF

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. Support clients with a dual diagnosis of mental health and substance abuse.

MH, AD, ET, OW

MAYTREE RESPITE CENTRE

72 Moray Rd, N4 3LG

020 7263 7070, maytree.org.uk/

Mon–Sun: 9am–9am

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.

MH, C

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

MIND

www.mind.org.uk; 0300 123 3393
Mon–Fri: 9am–6pm
Support for anyone experiencing a mental health problem. info@mind.org.uk; text: 86463. Legal line: 0300 466 6463; legal@mind.org.uk.

MH, AD, LA

MUSLIM YOUTH HELPLINE (MYH)

www.myh.org.uk;
0808 808 2008
Mon–Sun: 4pm–8pm (incl Bank holidays and Eid)
Free, confidential and non-judgmental services via phone, email (info@myh.org.uk) or letter. The number will not appear on your phone bill. Run by young Muslims trained to be sensitive towards different cultural backgrounds.

MH, AD, C

NATIONAL PROBLEM GAMBLING CLINIC

69 Warwick Rd, London SW5 9BH
cnwl@nhs.net;
800 0234 650
Mon–Fri: 9am–5pm
For gamblers in England and Wales 16+. Team inc. psychiatrists, psychologists, family therapist, debt management specialist. Find nearest clinic online.

MH, AD, C, DA

ONE IN FOUR

020 8697 2112; oneinfour.org.uk
Mon–Thu: 9am–9pm; Fri: 9am–6pm;
Sat: 10am–5pm
For people who have experienced sexual abuse and/or sexual violence. Info about flashbacks and panic attacks.

MH, C, MS

RESPOND

www.respond.org.uk; 0207 383 0700;
Thu: 10am–4pm (helpline)
Free service for young people, adults and elders with learning difficulties who have experienced trauma, loss or abuse. Therapy for people in London and SE England. Phone or email.

MH, AD, C, MS

RETHINK

www.rethink.org; 0300 5000 927
Mon–Fri: 9.30am–4pm (helpline)
Employment, supported housing, day services, helplines etc for people affected by severe mental illness, inc. special BME services. Phone or email.

MH, AS, AD, C, ET

SAMARITANS (CENTRAL LONDON)

46 Marshall Street W1F 9BF
020 7734 2800; <http://bit.ly/1BYSGaW>
Monday–Sunday: 9am–9pm; Visitors welcome 365 days a year. You don't need an appointment to speak in confidence to a trained volunteers and the service is free. Please note that due to the popularity of the drop-in service, you may experience a short wait.

C

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



SOUTHWARK DAY CENTRE FOR ASYLUM SEEKERS

The Copleston Centre, Copleston Rd, SE15 4AN

www.sdcas.org.uk

020 7732 0505

Tue: 12.30–5pm (drop-in: lunch, advice, creche, ESOL, gardening, wellbeing)

Drop-in centre for asylum seekers and refugees. Advice on housing, health, education, training and employment.

MH, AS, CL, ET, FF, LF, MS

YOUTH ACCESS

www.youthaccess.org.uk; 020 8772

9900; admin@youthaccess.org.uk

Local contacts for mental health counselling, advice and information.

MH, AD, C, OL

HELP FOR EX-OFFENDERS

CLEAN BREAK

2 Patshull Road NW5 2LB

020 7482 8600

<http://bit.ly/6kVZI>

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

CLEAN SLATE TRAINING & EMPLOYMENT

Elmfield House, 5 Stockwell Mews, Stockwell Road, SW9 9GX

020 3540 7420

Monday & Friday: 10am–1pm (drop-in advisory service) **Map Website:** <https://bit.ly/2OUZAKa>

Clean Slate helps unemployed people facing barriers to work. Clean Slate works with long-term unemployed people, ex-offenders, those with histories of substance abuse, and people with learning and physical disabilities. Careers advice, Education/training

CA, ET

ENFIELD AND HARINGEY HOMELESS RESPITE ALL PEOPLE ALL PLACES

N8 & EN2

December to April

Monday–Sunday: 7:30pm–8am; Daytime casework (housing, benefits, health) and advocacy all year. From December to March, there is overnight respite offering evening meal, bed and breakfast, but it is recommended that you apply for a place before December to get on the list/waiting list: info@allpeopleallplaces.org. Email contact 7 days per week. Response often immediate, always same day and within 24 hours. Day centre operates 4 or 5 days per week. All enquiries by email: info@allpeopleallplaces.org.

AD, A, AH, BS, BE, BA, DA, L, MD, TS

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

HARINGEY RECOVERY SERVICE

590 Seven Sisters Road N15 6HR

020 8801 3999

<http://bit.ly/2ZXG9oB>

Monday-Friday: 9:30am-5pm; Works with individuals in recovery from drug & alcohol misuse. Holistic approach, with continued support, equipping people with the skill for self-development.

AD, A, AC, BA, CA, C, DA, DW, ET, IT, LF, MD, OL, OW, SH, TS, LA, EO, SF

THAMES REACH (EMPLOYMENT ACADEMY)

29 Peckham Road SE5 8UA

020 7702 4260

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

Monday-Friday: 9am-4pm; Supports homeless, vulnerable and isolated men and women through a range of services, activities and accommodation projects. Their aim is for the people they help to have decent homes, supportive relationships and fulfilling lives. Phone or email enquiries@thamesreach.org.uk for more info.

MH, AH, CA, ET, IT, OL, OW, TS

FUN ACTIVITIES

A MILE IN HER SHOES

152-160 City Road, EC1V 2NX

Monday: 5:30pm-6:30pm (Recovery College, 33 Rushworth St);

Wednesday: 4pm-5pm (Employment Academy, 29 Peckham Rd);

Friday: 4:30pm-5:15pm (Crisis reception, 66 Commercial Street);

Women-only running fitness classes suitable for all abilities, beginners welcome!

If you need suitable clothing or shoes (quality, clean & second-hand), please contact: run@amileinher shoes.org.uk Or call 07518 221 613 in advance with your sizes. Led by qualified, insured female volunteers.

MS, LF

ACCUMULATE

34 Clovelly Road N8 7RH

07799 450636; <https://bit.ly/2wLbiNI>

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

DO-IT

50 Featherstone Street EC1Y 8RT

020 7250 5700; www.do-it.org

National database of volunteering opportunities in the UK.

ET

240 PROJECT

116 Bramley Road W10 6SU

0207 221 7530

<http://bit.ly/1WDI7ne>

Friendly charity helping people mainly who have a history of homelessness, are vulnerable and mostly need support.

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



Acupuncture, art, cognitive behavioural hypnotherapy, computing, cooking, drama, felt workshop, group therapy, leather work, mosaics, music, poetry, qi gong, yoga etc. Ring for details or check the timetable (www.240project.org.uk/timetable/). Not step-free.

AC, CL, FF, F, IT, LF, MD

BE ENRICHED

URC Rookstone Road SW17 9NQ
07397288160; <http://bit.ly/1MtkjRr>
 Monday: 12:30pm-2:30pm Crossways Church, 18 Hampton St, SE1 6SN;
 Tuesday: 7pm-9pm London Cooking Project, 1 Ethelburga St, SW11 4AG; Friday: 12:30pm-2:30pm URC, Rookstone Rd, SW17 9NQ; Connecting people through community activities and cultivating respect over a bite. Free or pay-as-you-can community meals three days a week in S London. Volunteering or training opportunities through cooking lessons.

FF, F

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" - British Theatre Guide. Workshops at Crisis Skylight and hostels around London. Theatre, dance and music workshops. Individual support for workshop participants.

AH, AD, CA, C, ET, MD, LF

CORE ARTS

1 St Barnabas Terrace E9 6DJ
020 8533 3500
<http://bit.ly/w3FwW>
 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.

MD, LF

STREETWISE OPERA

020 7730 9551
<http://bit.ly/n4DDSD>
 Singing and acting workshops in homeless centres and arts centres in London, Nottingham, Manchester, Newcastle and Middlesbrough. No auditions, and sessions are free. Build confidence, meet people, learn new skills and have fun! info@streetwiseopera.org

MD

THE CHOIR WITH NO NAME (LONDON)

Bloomsbury Central Baptist Church, 235 Shaftesbury Avenue WC2H 8EP
07772 230744
<https://bit.ly/2LLtvWW>
 Monday: 7pm-9pm (doors open at 6.30pm, with dinner afterwards); Choir for people who have experienced homelessness with upcoming gigs around London and further afield. No prior singing experience or talent required! Women particularly welcome.

FF, MD, LF

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

TRAINING & WORKSHOPS

BIKEWORKS CIC

138-140 Cambridge Heath Rd,
241 Old Ford Road, E1 5QJ
020 8980 7998; <http://bit.ly/vhwd5>
Monday-Friday: 8:30am-6:30pm;
Saturday: 10am-5pm; Sunday: 11am-5pm; Bikeworks CIC is an award-winning social enterprise which provides training, employment opportunities and work experience programmes to homeless people, young marginalised people and refugees. Trainees work in a professional workshop and gain City and Guilds accreditation.

CA, ET

CLEAN SLATE TRAINING & EMPLOYMENT

Elmfield House, 5 Stockwell Mews,
Stockwell Road, SW9 9GX
020 3540 7420
Monday & Friday: 10am-1pm (drop-in advisory service) Map Website: <https://bit.ly/2OUZAKa> Clean Slate helps unemployed people facing barriers to work. Clean Slate works with long-term unemployed people, ex-offenders, those with histories of substance abuse, and people with learning and physical disabilities. Careers advice, Education/training.

CA, ET

CONSONANT

Berol House, 25 Ashley Road N17 9LJ
020 7354 9631
<http://bit.ly/2PGBofc>
Tuesday: 1:30pm-4pm (phone advice: 020 7402 6750); Wednesday: 10am-12:30pm (phone advice: 020 7402 6750); Tuesday: 10am-12:30pm (Derry House, Penfold St. NW8 8HJ); Wednesday: 10:30am-12:30pm (Church Street Library); Monday-Friday: 9:30am-5:30pm (legal advice: legal@consonant.org.uk; 020 7354 9631); Immigration legal advice and representation, education and training, ESOL classes and much more for migrants in Westminster and Tottenham.

AD, LA, AH, BA, CA, DA, ET, IT, MS

THE MANNA PROJECT

St Stephen's, 17 Canonbury Rd, N1 2DF
020 7226 5369; <http://bit.ly/1SNVUVU>
Tuesday: 7pm-9pm; Friday: 9am-11am; Wednesday: 1pm-3pm; Drop-in offering food, showers, laundry (£1), pool, table tennis, singing, art, poetry and gardening, alongside targeted keywork.

AH, AD, A, AC, BA, BS, BE, CA, CL, DA, FF, IT, L, MD, OL, TS, LA, EF, EO, SF, LF

FC Foot care
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L Laundry
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FULL LIST
AVAILABLE ON
OUR WEBSITE



HOUSE OF ST BARNABAS

1 Greek Street W1D 4NQ
0203 011 1865, bit.ly/1K9GN0i
Monday-Friday: 10am-5pm; Runs Employment Academy for people who are homeless or are at risk of homelessness who want to work in hospitality or events. Each of the three programmes a year is full-time for 12 weeks. Book on a client information day which is the first step to making an application to go on the training. Training is a mix of workshops and work experience in the social business, a private members' club in Soho.

ET

ST MUNGO'S (WAS BROADWAY DAY CENTRE)

13 Market Lane W12 8EZ
020 8735 5810
<http://bit.ly/2g8dloq>
Monday: 10am-12pm (nurse & podiatry services); Wednesday & Friday: 10:30am-12pm (rough sleeper service); Wednesday: 10am-12pm (optician and once a month Hep C clinic); Thursday: 10am-12pm (nurse); Friday: 10am-12pm (acupuncture); The service has changed. Health services are available on a drop-in basis, as is access to the local outreach team. The recovery college offers courses such as music, art, IT, chi gung, script writing and Hearing Voices. Please call **020 8735 5833** for information on the prospectus.

MH, AC, CL, ET, FC, MS, MD, OW

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

WORKING CHANCE

24-27 White Lion St N1 9PD
0207 2781532, <http://bit.ly/1RHpNGL>
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. CV writing support, interview practice and conviction disclosure help to potential employers.

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

MOSAIC CLUBHOUSE

65 Effra Road SW2 1BZ
020 7924 9657 <http://bit.ly/1RULmq0>
Monday-Friday: 9am-5pm (mental health info: 020 7924 965); Monday-Sunday: 6pm-2am (Evening Sanctuary - professional referral); Supports people's recovery with mental health by engaging them in running the service, including the cafe, reception and business unit. Links to employment, adult education, wellness workshops. Young Adults programme for members aged 16 to 30. Wide range of health and wellbeing activities - see website.

MH, BA, CA, ET