

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](mailto: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](mailto: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](http://www.pavement.org.uk). If you notice times or addresses are wrong on our list please email [web@thepavement.org.uk](mailto:web@thepavement.org.uk) Stay safe.

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**Cover:** Thanks to super-talented street artist Stik. See [stik.org](http://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](mailto: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](http://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](mailto: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](http://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](http://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](http://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](http://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

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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

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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

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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

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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/](http://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

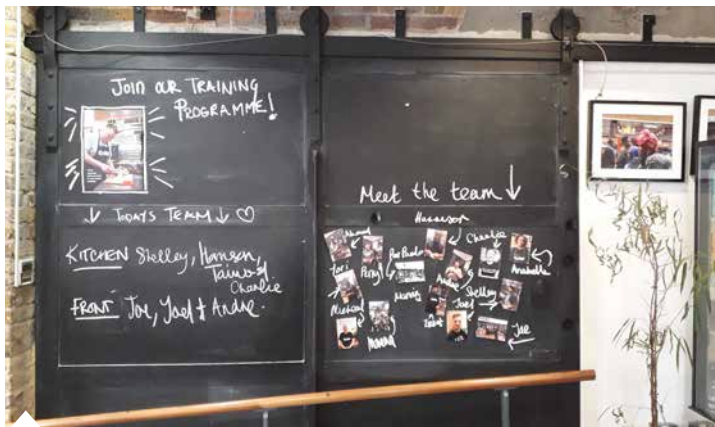
**Food:** I lacked basic nutrition in the hostel, so I invested in a £10 blender from Argos and started making smoothies. The hostel food was processed crap so I collected fresh fruit from outreaches and blended them. Recipes can be found on YouTube (if you don't have a device, get a library card and 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.

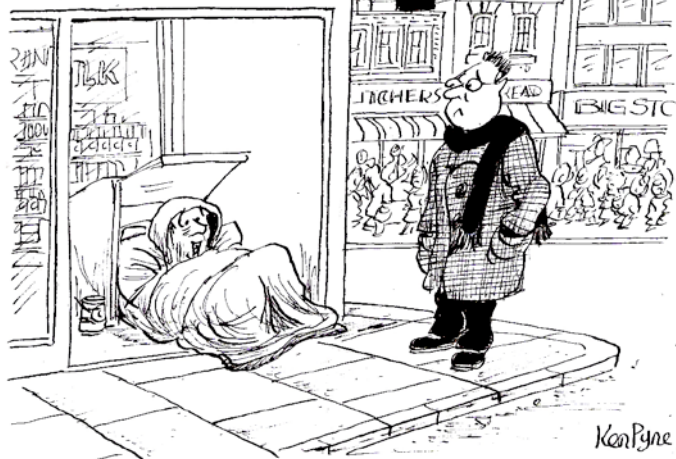
**Do you have local connections?** To prove a local connection through close family (such as parents, brothers, sisters or adult children) your relatives must have been living in the area for over five years. Time in prison or hospital will not count towards your connection.

**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](http://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](http://www.citizensadvice.org.uk)
- Look for social groups on the internet. Sometimes they charge but might be worth a try, see [www.meetup.com](http://www.meetup.com)
- There are lots of volunteering opportunities at St Mungo's, see [www.mungos.org/get-involved/volunteer](http://www.mungos.org/get-involved/volunteer). You can even volunteer if you have a criminal record. Any questions, email [volunteer@mungos.org](mailto: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](http://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](http://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](http://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**

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

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.”

## 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

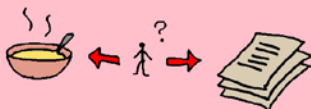
2

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!



# 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

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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](http://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.*

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# 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](http://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.*

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

**3. Citizens Advice Bureau**

- Web: [www.citizensadvice.org.uk](http://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](http://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**

# the Pavement

## KEY TO ALL SERVICES

<b>A</b>	Alcohol workers
<b>AC</b>	Art classes
<b>AD</b>	Advocacy
<b>AH</b>	Accommodation/housing advice
<b>B</b>	Barber
<b>BA</b>	Benefits advice
<b>BE</b>	Bedding available
<b>BS</b>	Bathroom/showers
<b>C</b>	Counselling
<b>CA</b>	Careers advice
<b>CL</b>	Clothing store
<b>D</b>	Drugs workers
<b>DA</b>	Debt advice
<b>DT</b>	Dentist
<b>EF</b>	Ex-forces
<b>EO</b>	Ex-offenders
<b>ET</b>	Education and training
<b>F</b>	Food
<b>FF</b>	Free food
<b>FC</b>	Foot care
<b>IT</b>	Internet access
<b>L</b>	Laundry
<b>LA</b>	Legal advice
<b>LF</b>	Leisure facilities
<b>LS</b>	Luggage storage
<b>MD</b>	Music/drama
<b>MH</b>	Mental health
<b>MS</b>	Medical/health services
<b>NE</b>	Needle exchange
<b>OL</b>	Outreach worker links
<b>OW</b>	Outreach workers
<b>SF</b>	Step free access
<b>SH</b>	Sexual health advice
<b>TS</b>	Tenancy support

Changes: [val@thepavement.org.uk](mailto:val@thepavement.org.uk)  
Updated: Feb 2020

This is a partial list, tailored for this issue of *the Pavement*. Full list at [thepavement.org.uk/services.php](http://thepavement.org.uk/services.php)

## Scotland List

### DAY CENTRES/DROP-INS

#### AL-KHAIR FOUNDATION IN PARTNERSHIP WITH MADRASSAH AL-FAROOQ

32-38 Dixon Avenue, Crosshill, Glasgow G42 8EJ

0141 433 2686

Mon–Sat: 5.30pm–6.30pm (soup kitchen and foodbank)

Fresh meals six days a week. Aims to contribute towards the betterment and prosperity of the people of Glasgow. Pushtu and Arabic spoken.

*FF*

#### BARONY (CONTACT POINT)

101 High Riggs, Tollcross, Edinburgh EH3 9RP

0845 140 7777; [www.baronyha.org.uk](http://www.baronyha.org.uk)

Drop-in times: Mon: 2–8pm (art & games); Tue: 10.30am–4.30pm (walking & taster sessions); Thu: 2–8pm (health, body & mind); Wed: 10.30am–4.30pm (swimming & wellbeing); Sun: 11am–4pm (Sunday papers!)

A safe place for those experiencing mental health problems to socialise or gain 1:1 or peer support.

*MH, MD*

#### BETHANY CHRISTIAN TRUST (CARE VAN & SHELTER)

Waterloo Place, Edinburgh

0131 225 9445; [bethanyct.com](http://bethanyct.com)

Mon–Sun: 9:15pm & 9:30pm

Joint venture by Edinburgh City Mission and Bethany Christian Trust goes out 364 evenings a year in Edinburgh city centre at various locations. Sleeping

facilities, soup, rolls & tea/coffee.  
Winter Service: transport to night shelter from Western Approach Road (Lothian Road end) at 9:15pm and 9:30pm every night, unless shelter is already full. Dinner and breakfast provided. 0131 561 8930 (daytime) or 07919 557 673 (night time)

*CL, FF*

## CADOGAN ST

Corunna, 39 Cadogan House, Glasgow G2 7BA

Mon–Sun: 9–10pm

Together ROPKA, Religious Society of Friends, St Mary's, Salvation Army, Glasgow Gurdwara, Emmaus, Caledonian Uni, FeedGlasgow, Glasgow Uni, Marks & Spencer, Marist Brothers, St Peter's, Humanists, Catholic Worker, City Mosque, GUSH and others provide a hot drink, soup, a sandwich and a friendly face to anyone over 20 years old. 365 days a year. Aim to direct homeless service users to appropriate services.

*FF, OL*

## CARRUBBERS CHRISTIAN CENTRE

65 High St, Edinburgh EH1 1SR

0131 556 2626

Sun: 8am–9am

Serves free breakfast along with a short service.

*FF*

## GLASGOW CITY MISSION

20 Crimea St, Glasgow G2 8PW

0141 221 2630; [glasgowcitymission.com](http://glasgowcitymission.com)

Mon–Fri: 10am–10pm; Sat: 4–8pm

Activities, services and 1-2-1 support to tackle immediate needs and underlying issues. Free meals, art class, music studio, gym, computers, college courses, money help, ESOL classes, gardening, etc

*AH, AD, A, AC, B, BS, BA, CA, C, DA, D, ET, FF, FC, IT, K, LA, LF, MH, MD, OL, OW, SF, TS*

## LODGING HOUSE MISSION

35 East Campbell St, Glasgow G1 5DT

0141 552 0285; [lhm-glasgow.org.uk](http://lhm-glasgow.org.uk)

Mon–Sun: 8am–3pm (breakfast & lunch. Closed New Year's Day)

Free breakfast and lunch. Showers, foot clinic, haircuts, counselling. Pool, table tennis, board games. IT suite.

*AH, AD, B, BS, BA, CA, CL, C, DT, ET, EO, F, FF, FC, IT, LS, MD, SH, TS*

## MOVE ON (GLASGOW)

4th Fl, 24 St Enoch Sq, Glasgow G1 4AA

0141 221 2272; [moveon.org.uk](http://moveon.org.uk)

Mon–Fri: 9am–5pm

Enables homeless people to develop the skills they need. Services for people 18–28.

*AH, AD, BA, DA, ET, OW, TS*

## QUEEN'S PK GOVANHILL PARISH CHURCH

170 Queen's Drive, Glasgow G42 8QZ

0141 423 3654; [qpypc.com](http://qpypc.com)

Wed: 5.30–8pm (free meal – 28 Daisey St, G42 8JL); Sun: 5–6pm (free meal, toiletries, clothing – 170 Queen's Dr,

G42 8QZ); Tue & Wed: 10am–1.30pm  
(low-cost meal – 28 Daisey St)  
Church where everyone is loved  
unconditionally.

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

## ROCK TRUST (ALBANY ST)

55 Albany St, Edinburgh EH1 3QY  
**0131 557 4059; [www.rocktrust.org/](http://www.rocktrust.org/)**

Mon-Fri: 9am-midday (drop-in);

Mon: 4-7pm (cooking); Tue: 2-4pm

(employability)

Educates and supports young people to  
build the personal skills and resources  
required to make a positive and healthy  
transition to adulthood, while avoiding  
or moving on from homelessness.

*AH, BS, C, CL, F, FF, IT, L, OW, TS*

## SHELTER SCOTLAND GLASGOW COMMUNITY HUB

116 Osborne Street, Glasgow, G1 5QH  
**0808 800 4444 (9am–5pm, Mon–Fri)**

[shelterscotland.org/glasgow](http://shelterscotland.org/glasgow)

Information, advice, advocacy and  
representation for people facing  
homelessness or bad housing. We have  
advice online at [shelterscotland.org/](http://shelterscotland.org/)  
getadvice, and a free helpline for urgent  
Monday – Friday on 0808 800 4444.

Our Hubs operate drop-ins too, please  
check [shelterscotland.org/glasgow](http://shelterscotland.org/glasgow) for  
times. The Hub offers specialist advice  
on Housing, Money & Debt, and Welfare  
Benefits as well as having a team of  
solicitors who make sure your rights are  
represented and fairly enforced.

*AH, BA, CA, DA, LA*

## SHELTER SCOTLAND - EDINBURGH COMMUNITY HUB

Scotiabank House, 6 South Charlotte St,  
Edinburgh, EH2 4AW

**0808 800 4444 (9am–5pm, Mon–Fri)**

[shelterscotland.org/edinburgh](http://shelterscotland.org/edinburgh)

Monday-Friday: 9am-5pm

Information, advice, advocacy and  
representation for people facing  
homelessness or bad housing. We have  
advice online at [shelterscotland.org/](http://shelterscotland.org/)  
getadvice. Our Hubs operate drop-ins  
too, please check [shelterscotland.org/](http://shelterscotland.org/)  
edinburgh for times.

*AH, BA, CA, DA, LA*

## STREETWORK CRISIS CENTRE

22 Holyrood Rd, Edinburgh, EH8 8AF

**0131 557 6055; [streetwork.org.uk](http://streetwork.org.uk)**

Mon–Fri: 7am–10pm (drop-in); Sat &

Sun: 8am–4pm (drop-in)

Helpline 24/7: 0808 178 2323.

Assistance with housing, benefits,  
domestic violence, addictions,  
information and referrals. Washing,  
toilets and storage facilities.

*AH, BS, BA, CA, CL, D, ET, IT, L, LS, MH, OL, OW*

## THE MARIE TRUST

32 Midland St, Glasgow, G1 4PR

**0141 221 0169 (option 2);**

[www.themarietrust.org](http://www.themarietrust.org)

Mon–Fri: 9am–4pm (closed 11.30–

12.30); Tue: 1pm–4pm (Expressive Arts);

Fri: 10am–12noon (art drop-in)

Low-cost breakfast and lunch, as well as  
a range of classes and activities.

*AH, AD, AC, BS, BE, BA, CA, CL, C,*

*MS, OL, OW*

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*LA* Laundry  
*LA* Legal advice  
*LF* Leisure facilities

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

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*OW* Outreach workers  
*SF* Step-free  
*SH* Sexual health  
*TS* Tenancy support

FULL LIST  
AVAILABLE ON  
OUR WEBSITE



## THE SALVATION ARMY (EAST ADAM ST)

1 East Adam St, Edinburgh  
EH8 9TF  
**0131 667 4313; [salvationarmy.org.uk](http://salvationarmy.org.uk)**  
Mon: 9am–12noon;  
Tue & Thu: 3–9pm; Fri: 1–4pm; Sat:  
6–9pm  
Weekly job club and fortnightly lunch  
club – call for details.  
*AH, A, BA, CL, ET, F, FF*

## NIDDY ST WELLBEING CENTRE (SALVATION ARMY)

25 Niddry Street, Edinburgh, EH1 1LG  
**0131 523 1060**  
Monday-Friday: 9am–1pm Cafe;  
Monday: 1pm–3pm Sally's WOW Group  
(Women only);  
Monday: 9am–1pm Parish nurse;  
Tuesday: 11am–12pm Here and Now  
(wellbeing);  
Thursday: 1pm–2pm Here and Now  
(wellbeing);  
Thursday: 2pm–3pm Move Breathe  
Relax (yoga & mindfulness);  
[https://www.salvationarmy.org.uk/  
niddy-street](https://www.salvationarmy.org.uk/niddy-street)  
Cafe space, various activities,  
shower facilities, one-to-one support,  
psychosocial group, crisis intervention.  
*AD, BA, BS, BE, CL, FF, F, L, MS*

## THE SPACE

257 London Rd, Glasgow G40 1PE  
**0141 237 1221; [thespacescotland.org](http://thespacescotland.org)**  
Wed–Sun: 12–6pm  
Vegetarian/vegan. Pay as You Decide.  
*FF*

## THE WAYSIDE CLUB CENTRE

32 Midland St, Glasgow G1 4PR  
**0141 221 0169**  
Mon–Sun: 7.30–10pm;  
Sat: 1–4pm and 7.30–10pm  
Drop-in for people affected by  
homelessness and poverty.  
*B, BS, CL, FF*

## DRUGS & ALCOHOL

### ADDACTION (NORTH WEST GLASGOW RECOVERY HUB)

**0808 178 5901; [addaction.org.uk](http://addaction.org.uk)**  
Mon–Sun: 8am–8pm  
Support on your recovery journey  
from alcohol and drug use. They will  
assist you to make positive changes  
in your life to help you get on the road  
or sustain your recovery journey. All  
interventions will be tailored to meet  
your needs – including outreach workers  
coming to you so you do not need to  
travel. Call the helpline to refer yourself  
for services.  
*AD, A, D, MH, OL, OW*

### BETHANY CHRISTIAN TRUST

65 Bonnington Rd, Edinburgh EH6 5JQ  
**0131 561 8930; [bethanycct.com](http://bethanycct.com)**  
Tue: 12.30–2.30pm (women only drop-  
in); Thu: 1–3pm (men only drop-in)  
Supports individuals to tackle long-  
term homelessness problems including  
addictions, debt, lack of furniture,  
unemployment and social isolation.  
*AH, A, CA, C, D, FF, OW*

### KEY

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*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

## COCAINE ANONYMOUS (SCOTLAND)

PO Box 26812, Glasgow G1 9AB  
**0141 959 6363; [cascotland.org.uk](http://cascotland.org.uk)**  
 Fellowship of people who help each other to stay off cocaine, crack and other drugs. Contact them ([info@cascotland.org.uk](mailto:info@cascotland.org.uk) or the helpline number) to find your nearest meeting.

## CROSSREACH (RANKEILLOR INITIATIVE)

205 Cowgate, Edinburgh EH1 1JH  
**0131 225 4901; [crossreach.org.uk](http://crossreach.org.uk)**  
 Mon–Fri: 9am–5pm (phone only for referrals)  
 Temporary supported accommodation for men in recovery from drug/alcohol in shared flats in Edinburgh. Referral via individuals, professional workers and independent agencies.

*AH, A, C, DA, D, TS*

## CROSSREACH MOVE ON

0/5, 13 Victoria Pk Drive South, Whiteinch, Glasgow G14 9RN  
**0141 959 5069; [crossreach.org.uk/](http://crossreach.org.uk/)**  
 Mon–Fri: 9am–5pm (phone for referral)  
 Temporary furnished accommodation and support to adults in recovery from substance misuse, who have achieved a period of stability through residential or community rehabilitation. Service is mainly for people living clean, but some methadone, etc, users who are stable will be considered.

*AH, A, C, D, MH, SF, TS*

## DRINKLINE

**0300 123 1110; [drinkaware.co.uk](http://drinkaware.co.uk)**  
 Mon–Fri: 9am–8pm;  
 Sat & Sun: 11am–4pm  
 Free, confidential 24/7 helpline for people worried about their alcohol intake. Advice on services to help you cut down your drinking.

*A, C, OL*

## GLASGOW COUNCIL ON ALCOHOL (CLAREMONT ST)

2nd Floor, 14 North Claremont St, Glasgow G3 7LE  
**0141 353 1800;**  
**[www.glasgowcouncilonalcohol.org](http://www.glasgowcouncilonalcohol.org)**  
 Thu & Fri: 9am–5pm; Mon–Wed: 9am–9pm; Sat: 9am–1pm (fortnightly - please phone first)  
 Help and support to anyone experiencing problems related to alcohol consumption. Alcohol counselling, training, prevention and education, group work, support, advice and information. Whether you are concerned about yourself or someone you know, contact them. Phone to check times of fortnightly drop-in on Sats. Helpline: 0808 802 9000

*A, C*

## HUNTER ST HOMELESS HEALTH SERVICE

55 Hunter St, Glasgow, G4 0UP  
**0141 553 2801**  
 Mon–Fri: 9.30am–4.30pm (closed 12.30–13.30; GP/nursing from 13.30)  
 One-stop shop to meet the health and addiction needs of service users who are

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homeless and are the most vulnerable such as rough sleepers, those living in emergency accommodation and temporary accommodation for up to three months.

*A, D, FC, MS, MH, SH, SF*

## KNOW THE SCORE

**0800 5875879; knowthescore.info**

Mon–Sun: 8am–11pm (helpline)

Free confidential 24-hour drugs information helpline and good online advice for people in Scotland.

## MARIJUANA ANONYMOUS UK

**0300 124 0373 (helpline);**

**www.marijuana-anonymous.org.uk**

Marijuana Anonymous follows the 12-step model of Alcoholics Anonymous. They are there to help those who have become addicted to or dependent upon marijuana, and who wish to recover from that condition. Email: [helpline@marijuana-anonymous.org.uk](mailto:helpline@marijuana-anonymous.org.uk).

*C, D*

## TURNING POINT SCOTLAND (DRUG CRISIS CENTRE)

123 West St, Glasgow G5 8BA

**0800 652 3757 (9am–5pm); www.**

**turningpointscotland.com/**

Open 24/7 (drop-in, needle exchange, advice and assessment)

A safe, confidential 24/7 drop-in service which will support and encourage people to find ways of making their substance misuse less problematic and to achieve a better quality of life.

*A, C, D, LF, MS, NE, SH, SF*

## TURNING POINT SCOTLAND (HOMELESSNESS SERVICE)

112 Commerce St, Tradeston, Glasgow G5 9NT

**0800 652 3757 (9am–5pm); www.**

**turningpointscotland.com/**

Mon–Sun: Open 24 hours (needle exchange & temp accommodation)

A safe, confidential 24/7 drop-in service which will support and encourage people to find ways of making their substance misuse less problematic and to achieve a better quality of life.

Open 365 days a year. Temporary accommodation available by self-referral. Max stay is around three weeks.

*A, C, D, LF, MS, NE, SH, SF*

## TURNING POINT SCOTLAND (MIDWAY PROJECT)

Kingston Business Centre, 75 Stanley St (3rd Floor), Glasgow G41 1JA

**0141 429 2668; www.**

**turningpointscotland.com/**

Support and accommodation for homeless people (18+) with mental health and/or addiction issues.

*AH, A, BA, D, MH, OW, TS*

## TURNING POINT SCOTLAND (NORTH EAST RECOVERY HUB EDINBURGH)

5 Links Pl, Leith, Edinburgh EH6 7EZ

**0800 652 3757 (9am–5pm);**

**www.turningpointscotland.com**

Mon, Wed, Thu: 10am–4pm (drop-in);

Tue: 10am–7pm (drop-in);

Fri: 10am–1pm (drop-in);

Mon: 9am–4.45pm (needle exchange);

KEY

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*AC* Art classes

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*AH* Accommodation/  
housing advice

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*EF* Ex-forces

*EO* Ex-offenders

*ET* Education/training

*F* Food

*FF* Free food

Tue & Thu: 9am–7.45pm (needle exchange);  
 Wed: 11am–4.45pm (needle exchange);  
 Fri: 9am–4.15pm (needle exchange)  
 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. Phone or drop in for more services information, including Cooking, Art Classes, Gardening, etc. Other venues across Edinburgh available: call freephone number for information.

*A, AC, C, D, LF, MS, NE, SH, SF*

## MENTAL HEALTH

### ADVOCARD

332 Leith Walk, Edinburgh  
 EH6 5BR

Monday-Friday: 10am-4pm  
**0131 554 5307**, <http://bit.ly/12gkeX>  
 Independent individual and collective advocacy services for people with mental health problems in Edinburgh (including the Royal Edinburgh Hospital). Individual advocacy also available to any prisoner in HMP Edinburgh. No drop in service - please phone to make an appointment. Text messages: 07920 207 564, email [advocacy@advocard.org.uk](mailto:advocacy@advocard.org.uk).

*MH, AD, SF*

### BREATHING SPACE SCOTLAND

**0800 83 85 87**

Monday-Thursday: 6pm-2am

Friday-Sunday: 6pm-6am

<http://bit.ly/2ZqTs01>

Free, confidential phone service for anyone in Scotland experiencing low mood, depression or anxiety. Experienced advisors listen and offer advice. For support outside opening hours, contact Samaritans on 116 123 (24/7).

*Mh, AD, C*

### COMBAT STRESS (NATIONAL)

Tyrwhitt House, Oaklawn Road,  
 Leatherhead, KT22 0BX

**01372 587 000**, <http://bit.ly/1tCYx2n>

Monday-Sunday: 9am-9am (via helpline, text 07537 404 719 or email [combat.stress@rethink.org](mailto:combat.stress@rethink.org))

National ex-services charity offering help with Post Traumatic Stress Disorder (PTSD). Residential clinical treatment and community outreach. Helpline (0800 138 1619) is open 24/7.

*MH, AD, C, OW*

### CROSSREACH (HEAD OFFICE)

Charis House, 47 Milton Road East,  
 Edinburgh EH15 2SR

**01316572000**, <https://bit.ly/2t3aNyc>

Monday-Thursday: 8:45am-4:45pm;  
 Friday: 8:45am-3:45pm; Care and support for people with addictions or mental health problems.

*MH, AH, A, B, DA, FF, F, MS, SH, LF*

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## CRUSE BEREAVEMENT CARE SCOTLAND

Riverview House, Friarton Road, Perth  
PH2 8DF

0845 600 2227, <http://bit.ly/2c1QBmu>

Monday-Wednesday: 10am-9pm

Thursday: 10am-9pm

Friday: 10am-4pm

Exists to promote the wellbeing of bereaved people in Scotland. They seek to help anyone experiencing bereavement to understand their grief and cope with their loss.

*MH, C*

## GAMH

St Andrews by the Green, 33 Turnbull  
Street, Glasgow, G1 5PR

0141 552 5592, <http://bit.ly/1u6dtay>

Monday-Thursday: 9am-5pm

Friday: 9am-4:30pm

Emotional and practical support, information and advice for homeless people with mental health problems. Phone, write or just drop in.

*MH, AH, AD, C*

## HEARING VOICES NETWORK

86-90 Paul Street, London EC2A 4NE

0114 271 8210, <http://bit.ly/uNytR>

A network for people who hear voices and see visions. If you want information about hearing voices groups, call 0114 271 8210  
email [info@hearing-voices.org](mailto:info@hearing-voices.org).

*MH, C*

## HEALTH IN MIND

40 Shandwick Pl., Edinburgh, EH2 4RT

0131 225 8508

Monday-Thursday: 9am-5pm

Friday: 9am-4:30pm

Map Website: <http://bit.ly/Ivct8>

A range of mental health and wellbeing services for people with housing and mental health support needs. You can self-refer to most services directly or ask your GP to refer you. Counselling; support for people from minority ethnic communities; combatting isolation by connecting people; art therapy; suicide prevention; support with substance misuse; health information; training and more - check website for details.

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

## HELP FOR DEPRESSION

Website: <http://bit.ly/1sU6yxO>

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

*MH*

## HUNTER STREET HOMELESS HEALTH SERVICE

55 Hunter Street, Glasgow G4 0UP

0141 553 2801, <http://bit.ly/2rFwQfM>

Monday-Friday: 9am-5pm (closed 12.30-13.30; GP/nursing team from 13.30); The Centre is located in the

Gallowgate area near Glasgow city centre, and brings together many of Glasgow's homeless health and social care services under one roof, alongside a dedicated GP service for homeless people. Outreach services also deliver care and treatment in 62 clinics in various locations such as the city's hostels and voluntary organisations.

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



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

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(+44) 0131 225 6714 (Edinburgh)

(+44) 0141 352 7274 (Glasgow)

## MIND (NATIONAL)

Monday-Friday: 9am-6pm  
0300 123 3393, <http://bit.ly/11rhh2>  
Advice and support to empower anyone experiencing a mental health problem.  
Infoline: 0300 123 3393; [info@mind.org.uk](mailto:info@mind.org.uk); text: 86463.  
Legal line: 0300 466 6463;  
[legal@mind.org.uk](mailto:legal@mind.org.uk).

**MH, AD, LA**

## PENUMBRA

Norton Park, 57 Albion Rd,  
Edinburgh, EH7 5QY  
0131 475 2380, <http://bit.ly/00SvD>  
Provides a wide range of mental health support services for adults and young people. Good leaflets on self-harm.  
Phone or email [enquiries@penumbra.org.uk](mailto:enquiries@penumbra.org.uk).

**MH, A, C, D, TS**

## SAMARITANS (EDINBURGH)

25 Torphichen St, Edinburgh EH3 8HX  
0330 094 5717  
[www.samaritans.org/branches/edinburgh/](http://www.samaritans.org/branches/edinburgh/)  
Everyday, 9am - 10pm  
Visitors welcome. Please call - a Samaritan is there to help you. You can take things at your own pace, whatever is troubling you, they will listen carefully and talk things through on a confidential basis.

**C**

## SAMARITANS (GLASGOW)

210 W George St, Glasgow G2 2PQ  
0330 094 5717  
[www.samaritans.org/branches/glasgow/](http://www.samaritans.org/branches/glasgow/)  
Everyday, 9am - 10pm  
Visitors welcome. Please call - a Samaritan is there to help you. You can take things at your own pace, whatever is troubling you, they will listen carefully and talk things through on a confidential basis.

**C**

## SANE (NATIONAL)

0845 767 8000  
<http://bit.ly/BMb5E>  
Monday-Sunday: 6pm-11pm (SANEline)  
Information on schizophrenia, depression and bi-polar disorder in Bengali, Chinese, Gujarati, Punjabi and Urdu as well as English - check the website. Phone or email [sanemail@sane.org.uk](mailto:sanemail@sane.org.uk).

**MH**

## SUPPORT IN MIND SCOTLAND

6 Newington Business Centre, Dalkeith Road Mews, Edinburgh, EH16 5DU  
0131 662 4359, <https://bit.ly/1E1lz3X>  
Monday-Friday: 9am-4pm  
Support and action for all people - homeless and not - affected by mental illness. This includes carers, friends and families.

**MH**

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	<b>AD</b> Advocacy	<b>BE</b> Bedding available	<b>D</b> Drugs workers	<b>ET</b> Education/training
	<b>AH</b> Accommodation/housing advice	<b>BS</b> Bathroom/showers	<b>DA</b> Debt advice	<b>F</b> Food
		<b>C</b> Counselling	<b>DT</b> Dentist	<b>FF</b> Free food

## MORE SUPPORT

### FRESH START

22-24 Ferry Rd Dr, Edinburgh, EH4 4BR  
**0131 476 7741**; [freshstartweb.org.uk](http://freshstartweb.org.uk)

*Please call for opening hours.*

Helps people who have been homeless get established in their new home with practical and social support.

If you have just moved in to a new tenancy, our Starter Packs of everyday household goods might help, please ask your Housing Officer to contact Bethany Gateway on **0131 561 8903**

*AD, LF, TS*

### THE RUNAWAY HELPLINE

Phone: **116 000**

Website: <http://bit.ly/1nN08mS>

Free, confidential 24-hour helpline for young people who've run away or are thinking of running away. 1-2-1 chat service for people aged 11-17. If you're over 17, they can still support you through the free, 24/7 helpline by phone or text: 116 000. Or email: **116000@missingpeople.org**.

### UK THE MUNGO FOUNDATION (FAIRSTART)

31 Fairburn Street, Glasgow, G32 7QA  
**0141 778 2929**, <http://bit.ly/30FwPpF>  
 Support and accommodation for single homeless women (16-25), and single homeless mothers and children.

*AH, CA, Bs, BA Ad*

### QUARRIERS (PROJECT/STOPOVER)

189 Pollockshaws Rd, Glasgow, G41 1PS  
**0141 420 3121**; <https://bit.ly/2MLTE5a>

Monday-Sunday: 9am-9am

For men and women aged 16-25.

Accommodation is on the upper levels of a four-storey building, so not suitable for people with physical disabilities. They support young people experiencing drug addiction, alcohol misuse, mental health problems, offending behaviour or severe emotional and psychological issues.

*ET, D, BA, A, AD, AH, MH*

### QUARRIERS ('WHAT IF' PROJECT FOR WOMEN) SCOTLAND

Unit 5, The Quadrangle, 59 Ruchill Street, Glasgow, G20 9PX

**0141 946 1116**; <http://bit.ly/2ILitN6>

Supports young women (18-25) with complex needs wherever they are - hospital, prison, B&B and other homeless accommodation. They don't exclude or give up on anyone.

*MH, AH, AD, A, C, D, MS, OW*

### QUARRIERS ('WHAT IF' PROJECT FOR MEN) SCOTLAND

**0141 638 5170**; <http://bit.ly/2KfWXn7>

Supports young men (18-25) with complex needs wherever they are - hospital, prison, B&B or other homeless accommodation. They don't exclude or give up on anyone. Young people receive housing support and therapeutic support (i.e. emotional support, access to counselling etc).

*MH, AH, AD, A, C, D, MS, OW*

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## SIMON COMMUNITY SCOTLAND (ROUGH SLEEPERS AND VULNERABLE PEOPLE SERVICE)

472 Ballater Street, Glasgow, G5 0QW  
0141 418 6984 (see below)

Monday-Sunday: 8am-11pm (street outreach); 8am-8pm (crisis response); 9am-8pm (planned intervention); 10am-6pm (The Hub, London Road); 9am-9am (freephone)

**Map Website:** <https://bit.ly/2S1yhTj>

A service for people who are experiencing homelessness and other difficulties and need consistent, long-term support. Street Outreach Freephone: 0800 027 7466.

Phone numbers: 0141 418 6984 for Complex Needs, 0141 552 4230 for the Street Team and 0141 552 4164 (Information Hub)

*MH, AH, AD, AW, DW, OL, OW*

## SIMON COMMUNITY SCOTLAND (N LANARKSHIRE INTENSIVE HOUSING SUPPORT SERVICE)

Room 15, Atrium Business Centre, North Caldeen Rd, Coatbridge, ML5 4EF

01236 702 102; <http://bit.ly/1QFnur8>

Outreach support for individuals across North Lanarkshire who require support to find/maintain a tenancy.

*TS*

## SURVIVORS UK

Unit 1, Queen Anne Terrace, Sovereign Court, The Highway, E1W 3HH

0845 122 1201; <http://bit.ly/Ws6IX>

Helpline webchat:

Monday-Wednesday: 6pm-9pm

Wednesday & Thursday: 12pm-2:30pm

National helpline offering information and support to men who have been sexually assaulted at any time in their lives, and those who care for them.

Awareness and training for agencies whose client group includes male survivors.

*AD, C, SH*

## SURVIVORS OF BEREAVEMENT BY SUICIDE (NATIONAL)

0300 111 5065, <http://bit.ly/2JDat2x>

Monday-Friday: 9am-9pm

Support for people over 18 bereaved by suicide. Phone or email [email.support@uksobs.org](mailto:email.support@uksobs.org), or visit the website to find your nearest group.

*AD*

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	<i>AC</i> Art classes	<i>BA</i> Benefits advice	<i>CL</i> Clothing store	<i>EO</i> Ex-offenders
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		<i>C</i> Counselling	<i>DT</i> Dentist	<i>FF</i> Free food

## TRAINING & WORKSHOPS

### APEX SCOTLAND

9 Great Stuart St, Edinburgh EH3 7TP  
 0131 220 0130;  
[www.apexscotland.org.uk](http://www.apexscotland.org.uk)  
 Services will help clients to move onto employment, training or education. To find your local office, visit the website.  
*AH, BA, CA, ET, IT*

### BETHANY CHRISTIAN TRUST

65 Bonnington Rd, Edinburgh EH6 5JQ  
 0131 561 8930; [www.bethanychristiantrust.com/](http://www.bethanychristiantrust.com/)  
 Tue: 12.30–2.30pm (women only drop-in); Thu: 1–3pm (men only drop-in)  
 Supports individuals to tackle long-term problems including unemployment.  
*AH, A, CA, C, D, FF, OW*

### BETHANY CHRISTIAN TRUST (COMM EDUCATION)

65 Bonnington Rd, Edinburgh EH6 5JQ  
 0131 454 3119; [www.bethanychristiantrust.com/](http://www.bethanychristiantrust.com/)  
 ILA accredited centre.  
*CA, ET*

### CLAIRE MULHOLLAND COACHING

Hired rooms in city centre, Edinburgh  
 07809197529; [coachclaireuk@gmail.com](mailto:coachclaireuk@gmail.com)  
 Mon–Sun: 8am–8pm  
 Free/low-cost personal coaching, in person, by email or via Skype.  
*CA, ET*

### COUNCIL FOR HOMELESS YOUNG PEOPLE

71 Wilton St, Glasgow G20 6DF  
 0141 945 387  
 Residential support for young, single homeless people. Referral via Social Work Dept, Glasgow CC: 0141 302 2744.  
*AH, AD, BA, C, ET*

### CRISIS SKYLIGHT (EDINBURGH)

Crichton House, 4 Crichton Close, Edinburgh EH8 8DT  
 0131 209 7700, <http://bit.ly/2smRePd>  
 Monday–Friday: 9am–5pm;  
 Helps single homeless people get set up for a more stable and secure future. Multiple activities, workshops and learning opportunities available. Crisis Skylight is NOT a drop in - please phone for appointment. Events do not take place at Skylight - we use multiple venues across the city. Please visit the website or phone for full timetable and venue information: <https://crisis.org.uk/get-help/edinburgh/timetable>  
*AH, AC, ET, IT, MD, LF*

### DEPAUL UK

020 7939 1220; [uk.depaulcharity.org](http://uk.depaulcharity.org)  
 Mon–Fri: 9am–5pm  
 Helps young people through training and employment, prison work, work in communities and volunteering & mentoring.  
*AH, BA, CA, DA, ET, 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





## EMMAUS GLASGOW

Emmaus House, 101 Ellesmere St,  
Glasgow G22 5QT  
0141 353 3903; [www.emmausglasgow.org.uk/](http://www.emmausglasgow.org.uk/)  
Accommodation and work for homeless people. Helps people with addiction problems to access local services.

*AH, CA, CL, ET, OL*

## FOYER FEDERATION

020 7430 2212; [foyer.net](http://foyer.net)  
Provides more than 10,000 homeless 16–25-year-olds with accommodation, training, job search etc.

*AH, AD, CA, C, ET*

## MOVE ON (EDINBURGH)

2nd Floor, 25 Greenside Pl, Edinburgh EH1 3AA  
0131 558 3740; [moveon.org.uk](http://moveon.org.uk)  
Access training, volunteering, education and work towards employment.

*CA, ET, IT*

## MOVE ON (GLASGOW)

4th Floor, 24 St Enoch Sq, Glasgow G1 4AA  
0141 221 2272;  
[www.moveon.org.uk/](http://www.moveon.org.uk/)  
Mon–Fri: 9am–5pm  
Access training, volunteering, education and work towards employment. Services for people 18–28 years old.

*AH, AD, BA, DA, ET, OW, TS*

## RAISED VOICES (PIRNFIEFIELD BANK)

27/3 Pirniefield Bank, Edinburgh EH6 7QH  
07968546034, <http://bit.ly/10TBvMF>  
Provides creative services for homeless people in Edinburgh. This can range from creative writing workshops to organising fundraisers for other charities. Phone for details.

*ET, LF*

## ROYAL BRITISH LEGION

0808 802 8080;  
[www.britishlegion.org.uk](http://www.britishlegion.org.uk)  
24/7 (contact centres)  
Info, advice and support to members of the armed forces. 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*

## STREETWORK CRISIS CENTRE

22 Holyrood Road, Edinburgh EH8 8AF  
0131 557 6055; [streetwork.org.uk](http://streetwork.org.uk)  
Mon–Fri: 7:15am–10pm  
Sat & Sun: 8:15am–4pm (drop-in);  
Helpline 24/7: 0808 178 2323.  
Open 365 days a year to support anyone in Edinburgh who does not have a safe place to sleep. Providing help and support through their Holyrood Hub.

*AH, BA, BS, CA, CL, DA, DW, ET, IT, L, LS, MS, OL, OW, SF, AD*

### 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

**THE BIG ISSUE (EDINBURGH)**

31 Queensferry Street, Edinburgh  
EH2 4QS

**0131 467 4701**

Monday: 7:30am-3:30pm;

Tuesday-Friday: 8am-4pm;

Offers a self-employment opportunity to anyone who is facing poverty or homelessness.

*SF*

**THE BIG ISSUE (GLASGOW)**

43 Bath Street, Glasgow  
G2 1HW

**0141 553 0924**

Saturday: 8:30am-1pm;

Tuesday-Friday: 8am-4pm;

Monday: 7:30am-3:30pm;

<https://www.bigissue.com/>

Offers a self-employment opportunity to anyone who is facing poverty or homelessness.

*SF*

**THE SALVATION ARMY (EAST ADAM STREET)**

1 East Adam Street,  
Edinburgh EH8 9TF

**0131 667 4313**, <http://bit.ly/2JCw9eW>

Friday: 12:30pm-12:30pm (fortnightly lunch club);

Wednesday: 7pm-9:15pm (choir & band practice);

Thursday: 10am-1pm (debt & employability drop-in); Friendly church.

Weekly job club and fortnightly lunch club - call for details.

*AH, A, BA, CL, ET, FF, F, SF*

**FUN ACTIVITIES****BARONY****(CONTACT POINT, EDINBURGH)**

101 High Riggs Road, Tollcross,  
Edinburgh, EH3 9RP

**0345 140 7777**

Map Website: <https://bit.ly/2x2qOqR>

See Page A of List for timetable of activities

Mental health resource offering emotional, social and practical support to adults who are vulnerable and who feel isolated.

*MH, C, LF, Md, AC, SF*

**BARONY****(CONTACT POINT, KIRKCALDY)**

411-417 High Street, Kirkcaldy, KY1 2SG

**0345 140 7777**;

<https://bit.ly/2G4Qo4D>

Monday-Friday: 9:30am-4pm

The mental health day centre is for people aged 18+ experiencing mental health problems; for those with dual diagnosis (for example, mental health and learning disability; mental health and/or drug, alcohol problems).

*AD, DW, AW, Mh, MD, AC, LF*

*FC* Foot care  
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FULL LIST  
AVAILABLE ON  
OUR WEBSITE



## GIVIN' IT LALDIE

Gorbals Parish Church, 1 Errol Gardens,  
Glasgow G5 0RA

**07749028424; [givinitlaldie.org.uk](http://givinitlaldie.org.uk)**

Wednesdays:

7:15–9pm (Gorbals Community Choir)

1:30–3pm (Sing For Life choir)

5:30–6:30pm (Strum For Life guitar)

The Gorbals Community Choir is completely free, all music is taught by ear and you can choose where to sit - tunes, highs or lows! You don't have to have been in a choir before and they won't make you sing on your own. It is all about making friends and having fun. Sing for Life is a choir suitable for older adults, individuals with health problems or anyone who would enjoy a gentle, uplifting singing session. Strum for Life is a community guitar class for all ages and levels. Guitars are provided (or you can bring your own).

*MD*

## RAISED VOICES (PIRNIEFIELD BANK)

27/3 Pirniefeld Bank, Edinburgh  
EH6 7QH

**07968546034**

**<http://bit.ly/10TBvMF>**

Provides creative services for homeless people in Edinburgh. This can range from creative writing workshops to organising fundraisers for other charities. Phone for details.

*ET, LF*

## THE SPACE

257 London Road, Glasgow  
G40 1PE

**0141 237 1221; <http://bit.ly/2cJIAoD>**

Wed-Sat: 12pm-6pm (drop-in)

Scotland's first 'Pay what you decide' community arts venue for events, workshops, food, non-alcoholic drink and laughter.

*AC, F, LF, CL, MH, SF*

## THE ART FACTORY

Platform, The Bridge, 1000 Westerhouse  
Road, Glasgow G34 9JW

**0141 276 9696; <http://bit.ly/2dmlOFI>**

Tuesday: 1pm-4pm; For anyone who wants to draw, paint or try a new craft. You could be brand new to it or maybe you did it years ago and want to try again.

*AC*

## THE MARIE TRUST

32 Midland Street, Glasgow G1 4PR

**0141 221 0169 (option 2)**

**<https://bit.ly/2Nx7g7q>**

Monday-Friday: 10am-4pm

(closed 11.30–12.30);

Day service for people affected by homelessness/poverty. Offers low-cost breakfast and lunch, as well as a range of classes and activities. Call for activities. Closed 11:30am - 12:30pm for lunch.

*AC, BA, BS, BE, CA, CL, C, F, FC, MS, OL, OW, TS*