



the
FREE
mag for
homeless
people

the Pavement

November / December 2018

Her story



Missing



Cass Walker

Cass went missing from Streatham, London on 30 June 2017. He was 31 years old at the time.

Cass, 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 Whinham

Michael has been missing from Newcastle upon Tyne, Tyne and Wear since 14 November 2015. He was 31 years old when he went missing.

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 Michael or Cass, you can contact our helpline anonymously on 116 000 or 116000@missingpeople.org.uk.

Alternatively, you can send a letter to 'Freepost Missing People'.

Free, confidential, 24/7.

A lifeline when someone disappears

**missing
people**

Registered Charity No. 1020419

Her story

"Many women feel they have nowhere to turn so often return to an abusive relationship, whether it be mental, sexual or violent," says Jean Hindry in this From The Ground Up takeover of *the Pavement*. "They may turn to alcohol or drugs, or sink into a deep depression, as they can see no way out. And there is the constant feeling of guilt and fear – the worry that children can be taken away from them at any time, despite trying to do your best. Even asking for help can seem like you are a terrible person or a failure." That's why Kesia Reeve from Sheffield Hallam University, and others, are calling for a gender agenda, to better support women experiencing homelessness. We say the sooner the better. Until then, anyone can use the list in the centre of this mag to find a bed, food and support. Stay safe.

The Pavement team

- twitter.com/thepavementmag
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London/Scotland Issue 117 November–December 2018

Published by *the Pavement*

Registered Charity Number 1110656

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Cover: *Dresscode* is by Chris Bird, who has a history of mental illness and was previously homeless. The Farsi is an Iranian slogan for human rights for women. © **Chris Bird**

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The Pavement (print) ISSN 1757-0476

The Pavement (online) ISSN 1757-0484



Meet our third group of From The Ground Up writers who created this issue on women and homelessness (Her story) and the first issue of 2019 on working while homeless. In the pic: (back row) Sarah, Brian, deputy editor Mat Amp, David (front row) Ruby, journalist trainer Veronique Mistiaen, David, Samantha, Jean (missing Yusif, Anne and Lady). FTGU is an innovative project devised by Groundswell (the homeless health charity) and *the Pavement* to help people who've experienced homelessness put their story out there.

© *the Pavement*

Pavement update

Up in Scotland our team have been focusing on the arts and homelessness and plan to join With One Voice's Manchester summit in mid-November.

The Pavement helps people on the street right now, but back issues have just been requested for the University of the Arts' world-famous zine collection because "they want a record of less-well heard voices". All in all, plenty to shout about.

Welcome to *the Pavement*: a magazine for homeless readers

We're a small charity, founded in London in 2005. Now we produce 8,000 FREE bimonthly magazines 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 use volunteer journalists and photographers to create exclusive content that's written with our readers in mind. Find out more from nicola@thepavement.org.uk

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.

You can fundraise or donate, see how at:

- www.thepavement.org.uk

Join us

We are always looking for volunteer journalists with experience. We particularly welcome those who've been homeless.

- nicola@thepavement.org.uk

Fundraise or donate so we can keep providing *the Pavement* free to homeless people. Mags that help them at moments of crisis, as well as giving the info people may need to move on.

- www.thepavement.org.uk

Written by Jake Cudsi and *the Pavement* team

£100 million investment


The Government is planning to invest £100 million to end rough sleeping by 2027 throughout **England**.

The Rough Sleepers Initiative, announced in August 2018, aims to help homeless people turn their life around and offer support and help with addictions, mental health and accommodation, *writes Jean Hindry*.

The money will be solely targeted at rough sleepers. Local authorities will not be able to spend the money elsewhere, for example on refuse collection or lowering the council tax and they will be made accountable. The aim is to unlock more homes, work with charities and councils, find new ways and new initiatives. But it is obvious that we are in for the long haul and cannot eradicate these momentous and sensitive problems overnight.

Ending period poverty

Stevie-Jo Pasing, a 27-year-old homeless woman being interviewed on the Victoria Derbyshire programme on *BBC*, spoke of her family's struggle to afford sanitary products. She says the embarrassment she felt over her plight led to skipping class. Research commissioned by the brand Always suggests girls who have experienced period poverty are more likely to



Thursday 8 November 2018
11.00am

A Service of Commemoration
for those who have died homeless in the last year




Illustration by Peter Fildes

Memorial service: You are invited to attend the annual Service of Commemoration for those who have died homeless in the past year. It's at St-Martin-in-the-Fields on Thursday 8 November, 11am – 12.30pm

suffer from anxiety or depression as women. Previous research conducted on behalf of Always found more than 130,000 girls had missed school due to period poverty.

- **Find free pads/tampons for school students across the UK via Facebook groups on www.redboxproject.org.**
- **The Tricky Period and Bloody Good Period also provide free pads, see their websites. Also try asking if your local library stocks free items.**

TURN TO PAGES A – P
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Sleep out season

Youth homelessness charity Rock Trust held its 25th annual sleep out in October. The charity raised over £65,000 in 2017, and asks each participant to aim to fundraise £250 for the sleep out. This year the fundraiser was held in St Andrew Square in central **Edinburgh**. Rock Trust's website says the charity houses 400 young people a year, and will use the sleep out's raised funds to keep the doors open to young rough sleepers, and invest in projects to help fight homelessness.

Glasgow rethink

Glasgow city council aims to form an alliance designed to tackle homelessness, in what they call a "UK first". The council is currently recruiting partners to join the project, and will work with them for between seven and 10 years on various schemes submitted by the partners. The alliance's key aim will be to reduce the time spent by people in homelessness services, and to provide homeless people with an easier route to mainstream tenancies. It also looks set to involve many people with first-hand experience of homelessness, reports *Glasgow live*.

All talk

Through a freedom of information request, *Inside Housing* magazine has learned that local authorities in **England** have increased spending on temporary accommodation for homeless families by 56 per cent in five years.

Local authorities now spend about £1 billion a year on temporary accommodation. Meanwhile, *Private Eye* says welfare reforms have increased the number of homeless people, stating that: "measures such as Universal Credit, the bedroom tax, benefit cap and benefit freeze amount to a homeless creation policy."

Botched proposal

Nottingham City council has been forced to defend its plans to tackle anti-social behaviour. According to the *Huffington Post*, it will ban people from asking for money, personal items or other donations by implementing Public Spaces Protection Orders (PSPO). PSPOs have been controversial across England since their pilot in 2014. They allow councils to create a framework intended to curb anti-social behaviour. However, human rights advocacy group Liberty has accused the council of trying to "airbrush their streets".



Kitchen jobs: Only A Pavement Away (no connection with our mag) aims to help homeless ex-offenders and ex-service personnel find work in the hospitality industry. Founder and CEO Greg Mangham launched OAPA at the Houses of Parliament, on World Homeless Day (10 October) saying the new charity would see 500 jobs filled by end of year one. Hospitality is the UK's fourth largest employer and can be a good place to "reintegrate people back into society," says Mangham. © OAPA

Tip of the iceberg

New charity voice

With One Voice, the international arts and homeless movement founded by Streetwise Opera is due to become an independent charity from 1 April 2019. This November With One Voice will host a four-day summit and week-long festival in **Manchester**, with more than 250 delegates from 15 countries. Half of the summit's delegate places will be given free to people who are or have been homeless. Info at **www.with-one-voice.com/summit-festival**

In October at the launch of Only A Pavement Away (see pic), Minister for Housing & Homelessness, Heather Wheeler MP announced a new fund to make £20 million available for schemes that provide those who are homeless or sleeping rough with better access to sustainable tenancies. She said: “We know that rough sleeping is the tip of the iceberg. To break the cycle of homelessness, we have to tackle the underlying issues – and that has to begin with housing.”

Data mishandled

The Information Commissioner's Office (ICO), a government watchdog, has said "it appears likely" that the charity St Mungo's provided the personal information about migrant rough sleepers to the Government. St Mungo's has long denied its outreach team assisted the Home Office enforcement teams, but the *Guardian* reports that Public Interest Law Unit (PILU) filed a complaint against the charity, leading to the watchdog's investigation. PILU says this information was handed over without the rough sleepers' consent, and ICO believes this to be "feasible".

- The Home Office had to stop their strict policy towards migrant rough sleepers after the High Court ruled it unlawful.

Taxing the 1%

Prime Minister Theresa May has a novel way of tackling homelessness. Foreign property buyers will pay an extra tax of between 1 % and 3 %, as well as stamp duty, in a move that is also hoped to halt rising UK house prices. May told Andrew Marr on his *BBC* show that all the money raised by the tax will go towards tackling rough sleeping. Housing charity Shelter was dismissive of the plan, arguing that more social housing had to be built to relieve the homelessness crisis.

Call it a hate crime

Liverpool's Mayor, Joe Anderson, has asked Home Secretary Sajid Javid to make attacks on rough sleepers a hate crime. In a Crisis report from 2016 nearly a third of rough sleepers surveyed said they had been deliberately hit. Around 45 % had been intimidated and 7 % had been urinated on.

Veteran support

Mayor of **London** Sadiq Khan opened the newly remodelled New Belvedere House in September. The residential facility aims to help veterans of the armed services off the streets and get them into housing. Veterans Aid, a charity for rough sleeping veterans, created and runs the project which can house 66 people. The Mayor's office says City Hall provided £1.6m to assist the refurbishment. Khan told those attending the opening "it is completely unacceptable that anyone in London, including veterans of our armed services, should have to sleep rough."

Street clean swap

For the past year homeless residents of **Fort Worth, Texas**, have been given jobs in an effort to combat homelessness. American media company *ATTN:* shared a video on Facebook showing how the city



Spotted: at Streets Fest, a one day music and meet up in Finsbury Park, run by Streets Kitchen and Jamming for Change. From L-R starting with the man in the yellow jacket, Cllr Diarmaid Ward (housing, Islington), Cllr Eldridge Culverwell (Stroud Green), Sophie Konradsen (rough sleeping lead, Haringey), Jon Glackin (Streets Kitchen), Cllr Daniel Stone (Stroud Green), Sarah Turley (street population coordinator, Islington), Pete, Ali Rush (Islington outreach, St Mungo's), Kevin Livingston (Islington outreach, St Mungo's). © the Pavement

has hired homeless people to clean the streets for US\$10 an hour, plus temporary accommodation. According to officials it has already had positive results, with almost 4,000 tons of garbage collected in a year. "This is the way to fix a lot of the homeless issues in 2018 and beyond," said Brandon Bennett, one of the Clean Slate Scheme team.

Art sale

Creative people from all walks of life, including those impacted by homelessness, are donating their artworks for the Bad Behaviour December exhibition.

"As well as raising money for *the Pavement* and St Mungo's the art show aims to encourage visitors and participants to look more closely at an issue that people all too often turn away from. It will feature some art pieces that question stereotypes about homelessness, also creating a space where homeless people are not only visible, but also creative and relevant," says organiser Araba Ocran.

• www.badbehaviour.london

I will survive

Everyone's at risk of violence and robbery, but women aren't safe in many more ways. This powerful piece of wit and wisdom from Ruby, introduces *the Pavement's* takeover issue by *From The Ground Up* on women and homelessness

In my experience any man is a potential threat, especially in a group.

If it's scary when I go out, it's utterly terrifying when it's where I live. Some of my best friends are men but I've no intention of being raped and assaulted any more in my life so I certainly wouldn't go to a hostel full of them. As it is, I get hassled in the street, men demanding attention, grabbing me, wanting sex, getting angry and calling me a slag because I ignore them. Which is a confusing jump in logic. I've had so many male friends claim I'm their wife, to stop some prick hitting on me, that the police will likely pick me up on a bigamy charge.

It's hard for women to be respected in this society coz we're defined by men. OH YES WE ARE. Someone's wife, mother, daughter, girlfriend, bit on the side, tart. If you're in none of those roles, or don't want to be, or escaping them, then

Stop this

Average age of death for street homeless women is 43, about half their UK life expectancy. For men it is 47. (Crisis, 2011)

Drawing on a Crisis survey, looking at 458 recent or current rough sleepers in England and Wales, C4's *Dispatches* found:

- Nearly 1 in 4 female rough sleepers has been sexually assaulted in the past year
- 3 in 10 female rough sleepers have experienced sexual violence at some point while homeless
- Nearly 6 in 10 have been intimidated or threatened with violence in the past year (compared to 4 out of 10 male rough sleepers).

folk think there's something wrong with you.

And we're judged on how we look: we're too old or young, too fat or thin, too ugly or vain. Our worth, or worthlessness, is decided by other people. And that's what we're brought up to do – please people.

We even blame ourselves for being victims of domestic violence. Aye, I know men suffer too, and that the male suicide rate is much higher. But we don't even have to go to the bother of that, men helpfully just kill us instead. Legal defence says "he

was provoked” and everyone nods understandingly.

Women are accused of getting a free ride from the council. But housing officers always told me if I wanted to be on the council list I’d have to get pregnant first, and they didn’t even offer to buy me a drink.

Most of us have periods to deal with. I don’t care if you don’t want to hear it, but some of us bleed like we’ve opened a vein. And the PAIN. Not everyone gets it that bad but for myself, I used to pass out in the street from agony and blood loss. Tucked up in a warm bed with a hot water bottle and a takeaway till I feel better? That knight in shining armour you’re waiting to save you? Some bloody chance. Best find a warm pub with decent toilets and a sofa, and hope no one bothers you. Good luck with that. (Obviously sneak your own bevvy in for medicinal purposes. When I’m past caring whether I live or die, I’ve always chosen the path of pain relief.)

Common sense says that if you’re in a bad situation, you’ll do what you can to escape it. In reality, if life has repeatedly kicked you down so you feel nothing you do makes a difference, eventually you give up and accept whatever situation you’re in.

But chances do come up to get out of this. Sometimes they don’t work which makes you feel your life is ending. But there’ll be other chances,

recognise them. When life closes the door, open it again. That’s how doors work.

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Cities can be very unsafe places for women, especially at night and for women without a home © Sarah Hough

Sister act

Being homeless messes up everything, which is why Samantha Love argues that looking after yourself – in the right way – has to be your priority

When people talk about homeless women, the conversation will often focus on the stereotype of the addict or sex worker living on the street and turning tricks for the price of a fix. Advice on safety is usually boiled down to a few extreme safety measures aimed at saving you from abuse, sexual assault or death.

For every woman in this position, there are many more women in temporary accommodation, perhaps in hostels with other men, or bed and breakfasts with kids. These women live an invisible existence, in limbo, waiting for a change that never comes. Without a safe and secure place to live, they are homeless. These temporary housing situations can often feel unsafe. They may lack privacy and even basic comfort. This situation can be even more harrowing when there are children involved.

Sally (name changed to protect identity), a woman in her 50s who has worked for St Mungo's for 10 years, shared her experiences of being homeless and working with homeless people. "I understand

Feel like a woman

It is important to try and regain feelings of self-worth, writes Samantha Love. For the women in hostels my advice is to work on yourself:

- Yoga, fitness, CBT and education.
- If you have kids then you can educate yourself via the internet, clubs, groups.
- Try and find groups for women on benefits.
- Get out there. Meet people, even if you think you're not worth it. Safety for women has to start with bolstering yourself.

trauma and about the way people have coping mechanisms, they've got learnt behaviour that isn't really helping them to move on. For example, people can sabotage opportunities and that keeps them stuck in abusive lifestyles."

What she's saying is that in order for people to value themselves, they need first and foremost to unlearn patterns of behaviour before they can move forward. As part of her role as a case worker, Sally says that St Mungo's encourage their female clients to do "constructive, engaging stuff, like cooking or hairdressing. It's about encouraging them to have healthy relationships and normality."

You could argue that there is a spectrum that starts with your self-esteem at one end and your personal safety at the other. It's all about looking after yourself, whether that is half-an-hour of yoga in the morning or not following a psychopath down a dark alley so he can cut your throat.

"The types of abuse in hostels can range from financial to sexual. It's about not getting involved in dynamics. Also talk to staff when you have a problem," adds Sally.

She also advises making sure you

assess risk and act upon it. "Just be aware to let people know where you are going, what time you'll be back, carry a rape alarm, condoms of course. If you have a gut feeling that someone is a bit dodgy, don't go with them."

Take care out there girls, and always remember you are worth it. Not because l'Oreal cosmetics said you are, but because you really are. We're all women and we're all sisters. ■

The purgatory of homelessness

by Samantha Love

It's misplaced, misunderstood,
Mamma on the frontline, mamma
in the hood

Purgatory so far from heaven, too
close to hell,

Stuck in the middle,

No ears to hear you yell,

Limbo to put it mildly,

Been there, lived that longest day,

Endless road, with no righter way,

A ghostly existence,

The only shadow is your own.



© Jean Hindry & Mat Amp

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What now?

As homelessness rises and more women are rough sleeping, it's time for a gender specific approach.
Report by Jean Hindry

The shame. The stigma. The torment. And this is without the violence, trauma, alcohol, drugs and sexual abuse that homeless women can face on a regular basis. Women have very complex needs, and more often than not, their needs are not met or understood by politicians and service providers. *The Pavement* has found it extremely difficult to find any statistics relating specifically to women.

“Women experiencing homelessness are typically less visible on the streets than men, more likely to be hidden homeless, and more likely to have experienced trauma and abuse both before and during homelessness, including separation from children. Yet, despite women’s unique and complex experience of homelessness, very few homelessness services are gender specific and responsive to women’s multiple disadvantages and needs, which may make it more difficult for women to access the support they need,” says Lisa Rafferty of Homeless Link, the national membership charity for services working directly with people experiencing homelessness.

Homeless Link is clear that to change this situation there has to be a gender specific approach to women rough sleeping, those suffering with mental health, substance abuse and women without dependent children.

- www.homeless.org.uk

In a nutshell

- At least 20 % of the homeless community are women. But the number could be far higher as many women are hidden homeless. *Safe Lives: homelessness and abuse amongst street sex-working women in Bristol*
- Globally more women aged 15-44 are at risk from rape or domestic violence than from cancer, car accidents, war and malaria. World Bank data (Groundswell)
- 2 women are killed each week by a current or former partner in England and Wales. Office for National Statistics 2016 (Groundswell)
- Surveys show that although 66 % of homeless women have slept rough, only 12 % had been in contact with a rough sleeper team. *Women and homelessness: putting gender back on the agenda* Kesia Reeve (Sheffield Hallam University)

Q. How many children are living in temporary accommodation? Research by Polly Evans

England

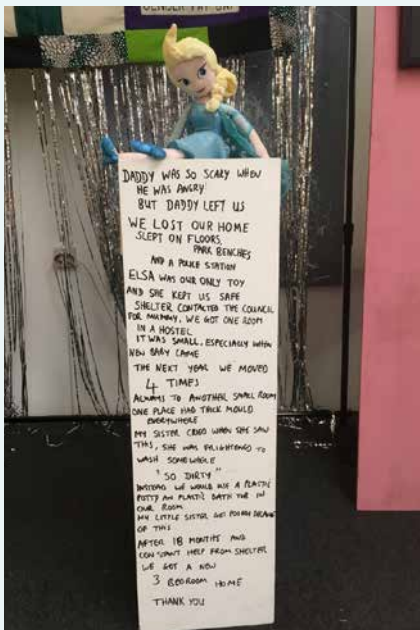
- Of the 79,880 households with children and/or a pregnant woman placed in temporary accommodation at the end of March 2018, 2,180 (3.6 %) were in B&Bs. Of these 2,180 households, 800 had been in B&Bs for six or more weeks.
- 68 % of households placed in temporary accommodation at the end of March 2018 were from London households.

Source: *Households in temporary accommodation report* (House of Commons Library, July 2018)

Scotland

- There were 10,933 households in temporary accommodation, an increase of 60 households (+ 1 %) since last year.
- Of these households in temporary accommodation, 3,349 had children.
- The number of children in temporary accommodation increased by 557 children (+9 %), to 6,615, compared with the same date one year ago.

Source: *National statistics publication for Scotland* (01/04/17 – 31/03/18)






Let it go: Elsa is an installation created by former homeless artist David Tovey for Shelter's carol service (November 2017). "Two kids sharing one toy broke my heart. It's just a dirty old doll. How can there be 128,000 children homeless in this country and 4 million living in poverty?"

This November David will be in Manchester directing his stunning opera, *Man on Bench Fairytale* at the old Mayfield train depot. The performance involves around 100 people who've faced homelessness and will close the international festival of With One Voice Arts & Homelessness (see p. 7 & 29)

If it's cold and wet outside

Scotland

-  Around 5,000 adults sleep rough at least once in a year in Scotland: about 660 people on a typical night. *Scottish Household Survey data*
-  **Edinburgh Care Van** does pick-ups at 9.15pm and 9.30pm (unless shelter is already full) from Waterloo Place (by the station). Dinner and breakfast provided. Call 0131 561 8930 (day) or 07919 557 673 (night).
-  **Glasgow City Mission** runs the only emergency accommodation for rough sleepers in Glasgow. Find it in the Lodging House Mission.



London

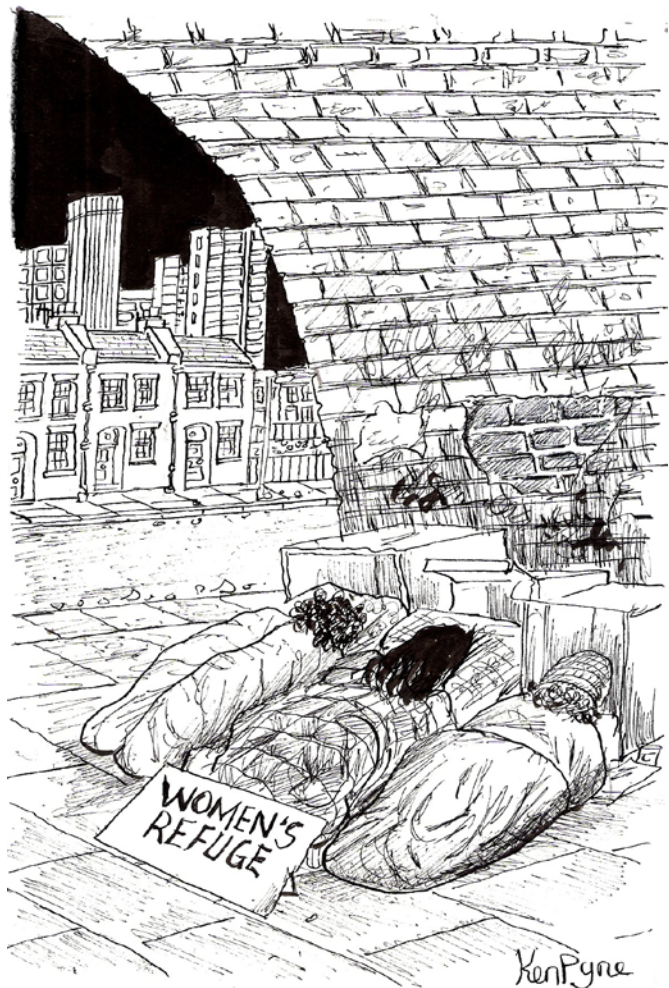
-  You need to be referred to a night shelter, see a full list at www.homeless.org.uk. If you are currently sleeping rough and need to be connected to local services, make an alert via StreetLink by calling 0300 500 0914 or www.streetlink.org.uk
-  **Crisis at Christmas** opens on Saturday 23 Dec. Visit Crisis' GET HELP pages or make your way to a day centre to ask for a referral.
-  **Hackney Winter Night Shelter** is open until end of March. Last year it had about 300 referrals, but only space for 145 guests. "Demand is definitely going to be higher due to the roll-out of Universal Credit."

The Crash Pad poem

Thomas Dalton used the Crash Pad twice, when he was 19 and again when he was 21. It's been a lifesaver.

I've been lost
 Deep in my minds maze
 I've been in a place
 Where i didnt know my face
 Because of the mask in place
 Hiding my inside
 From my real life
 Because the way i am aint seen as right
 So im left
 Stuck at the crossroads
 Give up or man up
 You always called me a dumb ass
 But always told me i could do
 If in my mind i tighten screws
 More than once i deflated like a ballon
 And more than once you let me back too
 Too many mistakes ive made
 But all you show is i can change
 You never give up if you see potential
 Even if my dynamic is so mental
 And I meant to
 Always return my gratitude
 But my attitude never knew
 A deep and sincere enough way to say
 If it wasnt for the Crash Pad
 I'd be dead today
 So thank you

-  **Crash Pad** (for 18-25-year-olds) plans to open in November. Want a place? Call the Pillion Trust on 0207 700 2498 and ask to speak to Sam Parrington.
-  **Quaker Christmas** is now a day centre but will be open 24 hours for hot drinks, food and friendship.



Ken Pyne

Call me

We all need someone to lean on, but it's got to be the right friend. Here's why David has decided not to use sex workers again

Growing up I was taught that you did just as you were told. As the average age of people in my village was around 40, I did not have any peers to socialise with. I then went to a boys-only school where I didn't make friends. I knew nothing about women either.

Once I had rented somewhere in London, I kept trying to make friends but was unaware how many were not real friends.

I never had the opportunity to have the relationship that I craved. I thought that if I visited sex workers I just might find someone. I often ran out of money, so this did not work!

Because I had no money I was evicted from my flat and ended up homeless.

"I started to realise that I had got everything wrong."

I eventually was taken into a hostel and there I met a woman who was a sex worker. As she spoke to me about why she did what she did, I started to realise that I had got everything wrong.

She explained the reasons that some women go down this route

Sex worker basics

How can women doing sex work stay safe? Tips from NSWP (Global Network of Sex Work Projects)

• www.nswp.org

1. Keep in well-lit and busy areas.
2. Always use your gut instinct.
3. Look confident.
4. Always be in control.
5. Know your escape route, in case it is needed.

are complex. Many suffered abuse, verbal or physical, in their youth and cannot trust anyone. Often, they are forced into drugs, then they have to work for their pimp, or on their own, to satisfy their habit. She made me realise that most sex workers did not want to have sex. She explained how sex workers are often too frightened to get help and change their life, or they believe that no one cares. This is the vicious circle that they are in - either work and feed their habit, or get beaten up, or die.

Once I had realised that I was playing the part of a customer keeping this vicious circle going, I decided that I must stop doing this. And I have. Now I can meet people who want to be with me for the right reasons. ■



Look confident © Denise Collins

Go figure

Women and girls make up 98% of sex trafficking victims.

ILO, Minimum estimate of forced labour in the world 2005

An estimated 1,000 to 2,000 women in Scotland have received "sex for rent" approaches annually in the past five years.

Tenants' Union Living Rent

Surveys of homeless women showed 20% had engaged in sex work just to pay for a hotel.

Women and homelessness: putting gender back on the agenda Kesia Reeve, Sheffield Hallam University.

A mother's love

How Mary fell through the gaps. Report by Julz Watt

The main causes of women's homelessness are sexual abuse, neglect, abandonment and other family problems, maternal trauma (reproductive health issues, loss of children), experience of violence and bereavement concludes Kesia Reeve in her report *Women and homelessness*. This case study about Mary (not her real name) reveals how complex any one woman's story can be.

You couldn't write fiction more shocking than Mary's real-life experiences of care while pregnant. Mary came from an Irish Traveller background, but a series of shitty events meant that she was estranged from her family. She struggled with

addiction and paid for this through sex work. Her vulnerability made her open to exploitation from men around her – and those men were real bastards.

John and Attie are Peer Advocates who met Mary after she was referred to Groundswell to get support with her health. She was five months pregnant and had been put by a local authority in a B&B 10 miles away from her local area and hospital.

The B&B Mary was living in was chaotic. The local authority used it as a dumping ground for people they had to legally care for, but didn't have the resources to support. As her pregnancy progressed her day-to-day life became a struggle. At one point they cut her benefits and she couldn't feed herself.

Mary's three previous children were being brought up by family members and she had told Attie that this time she really wanted the child. She had been actively weaning herself off drugs and was calm. Despite all the chaos around her, she was positive and wanted a better life for herself and her child.

She came into hospital on a Thursday evening but was told to come back the next day – even though she had no home to go to. Mary then found herself facing eviction from the B&B when the paramedics came to take her to hospital as labour proper started.

In a nutshell

- There was no care plan for Mary.
- Mary was not informed about what was going on.
- Discharged to the streets the day after she gave birth and her child confiscated.
- No one was willing to take responsibility for Mary.
- What she needed was proper support, a practical care plan and housing.

Chaos ensued. Understandably she refused to leave without her belongings, fully aware that other people had lost their stuff in similar circumstances.

Her baby was born on Saturday. They spent Sunday together, but as the baby needing to be weaned off narcotics, the social services basically confiscated the child on Monday, explaining they didn't trust Mary not to up and run with it. Mary was then discharged by the hospital without her baby, and with nowhere to go.

Could Mary's situation have been

different if so many services had not let her down?

At the least, Mary should have been consulted on the important decisions being made about her life and the life of her child. Social services and the local authority housing office needed to take responsibility for a vulnerable woman. Because they didn't, the hospital discharged Mary and she ended up back on to the streets, back on the game and back using crack and heroin every day.

ASK US

Q: Should sexual assault be reported to the police?

A selection of answers from ThePavementMagazine Facebook page

- ◆ **Susan:** It's a serious crime, of course.
- ◆ **Lucy:** Even if it feels low level, giving police the report may help build a picture of a serial offender. There's no *should* about it though, it's up to each person to decide whether they can face it.
- ◆ **Ruby:** Most women I know who were sexually assaulted never reported it for various reasons, including reprisals.
- ◆ **Carly:** If it was me, yes, but I know a lot of people won't because it won't be believed or investigated, or out of shame or embarrassment due to family/culture.
- ◆ **Cristina:** Yes sexual assault should be reported. But I've never reported my sexual assaults to the police.
- ◆ **Mat:** Women are not letting the side down if they don't report assaults. They've been a victim once, don't make them a victim twice by shaming them.

Live, listen, learn

When *the Pavement* was offered a chance to host a panel at this year's Byline Festival, we thought it might be an opportunity to raise awareness about our magazine and the issues faced by the homeless community we represent, writes *Mat Amp*.

It wouldn't be surprising if you hadn't yet heard of Byline, an annual festival that takes place across the August bank holiday weekend, as it was only launched in 2017.

Organised by elements of the media as a forum for rational and reasonable debate, it all happens alongside the usual fun of the festival, which this year included bands such as Pussy Riot and the Vapours.

The atmosphere was genuinely inspiring and original. Byline's own website describes the event, now in its second year, as a "riot of free speech protest against fake news and alternative facts."

With a narcissist running the world (here's looking at you King Dump and your 140 character grunts), a gathering like the Byline Festival has never been so desperately needed.

There is of course always a danger when members of the chattering class gather to, well, chat, that in all the excitement of righting the world's wrongs, the doing may get neglected.

So, it was encouraging that the festival's organisers made a



conscious effort to not just consult representatives of the homeless community but also to offer us a platform at the festival to engage the public, raising awareness of the issues that affect our community, and the work the magazine does.

Our panel featured four speakers – Ruby, Anne, Denise (graduates from our From the Ground Up project *the Pavement* co-runs with Groundswell) and myself, chaired by our editor Nicola. The venue consisted of 150 seats under an open-sided canopy across a charming wooden drawbridge amongst the trees where we spoke to a virtually full house. The driving rain provided an apt backdrop for an impassioned debate inspired by the panel's experience "in our own words". It was a perfect setting for what turned out to be a thought-provoking and incredibly engaged debate.

The audience listened intently with a general desire to learn; their questions focused on how they could help homeless people, both



The Pavement at Byline – Mat Amp, Denise Collins, Nicola Baird, Ruby and Anne Cooper. © the Pavement

in the short-term, and in the long-term by ending homelessness for good. At the same time the panel demonstrated that homeless people aren't just smelly drug-addicted shoplifting mental patients with attitude problems (before anyone takes issue, that was a pretty accurate description of me less than four years ago).

The willingness of the panel to talk about emotive and shameful issues and the willingness of the audience to listen, seemed to foster an atmosphere of open, constructive dialogue.

It stands in stark contrast to the tone used by many journalists and politicians who are busy utilising the media to blame, shame or despair of the homeless community.

Thanks to those organising the Byline Festival for having faith in us. We appreciated it. We really did. ■

Inner city blues

London may be the 19th most expensive city in the world, but there are plenty of places to enjoy music for free.

- Dance along to ska, roots and reggae and at Hootananny Brixton, 85 Effra Road which offers loads of free gigs.
- See accomplished musicians performing at the prestigious Royal Academy of Music, Marylebone Road.
- Spend a lazy Saturday afternoon at Daylight Music at the Union Chapel (12 noon -2pm).
- The Southbank Centre holds regular free musical performances in the Royal Festival Hall and Queen Elizabeth Hall.
- Enjoy free entry to Soho blues bar Ain't Nothing But, 20 Kingly Street. Sunday to Thursday nights.
- Discover free lunchtime concerts (1-1.45pm) at St Martin-in-the-Fields church by Trafalgar Square.
- Cuban music every Friday at Ronnie Scott's, 47 Frith Street. Get in free before 7pm.
- For London also see: <http://www.londontown.com/London/Free-Entertainment-in-London>
- For Glasgow see: <https://www.watchmeseesee.com/blog/free-things-to-do-in-glasgow/>

Bullring memories?

For 15 years there was a cardboard city close to Waterloo station until it was shut down. Were you there, ask Samir Jeraj and former Bullring resident RC

It was 20 years ago when bailiffs and police closed down the Bullring in Waterloo. The concrete complex of tunnels and pillars had been home to hundreds of homeless people over the previous decade.

Now we're looking to collect memories and testimonies from people who lived in the Bullring. These will be donated to the new Museum of Homelessness and used for some more articles about the history of the Bullring and the people who lived there.

Several people have already come forward including residents, outreach staff and other visitors. Many of the names we already know. Some have passed away: Susie Creamcheese, Digby, Peter Macmillan and Petal.

The last residents included Peter Yates, Ian Ferguson (Big Ian), Quiser and Titch. Ian was determined to stay, according to a *Guardian* article from the time, whereas Titch, then 22, told a journalist at the time "I'd rather be elsewhere".

Lots of people passed through, stayed just a few nights or were on the edges. Others were part of the core groups – described by one

former resident as divided into the "noisy group" on the west side towards the station and the "quiet group" on the east side towards St John's Church.

The Bullring had a reputation, even among homeless people, as a dangerous place. Another person who stayed some nights on the edge said it was the type of place where you might get your bottle of water nicked in the night, but that you'd probably not be touched.

There are a lot of legends and stories told about the Bullring, known in the public imagination as Cardboard City from the cardboard bashes that lined the edges of the ring to stop the pooling rain flooding in.

The Bullring is now the British Film Institute IMAX – something Lambeth Council was talking about in the early 1990s. Extra walls went up to enclose the space, but the walkways and tunnels are still there – as is the access road where soup runs used to happen. One of the stories told is about a soup van set on fire after a volunteer kicked a dog.

Dogs provided vital security, mainly from the people who thought rough sleepers were an easy target. They also kept the rat population down. According to a newspaper story from the time, the National Canine Defence League highlighted the plight of homeless people with

dogs who were unable to get housing because of No Pet policies.

While there are newspaper stories and pictures, there is little on record from the people for whom the Bullring was a home for the best part of a decade. That's what our history hopes to change. ■



The Bullring looks very different now

© Samir Jeraj

Help make a Bullring history

Q: Were you there in 1991 when the Bullring was cleared for structural repairs by the council?

Q: Were you one of the last out when it was closed in the late 1990s?

Q: Did you meet Princess Diana when she paid an unexpected visit in 1994?

Q: Do you remember Caroline, the Thames Reach worker who set up a deckchair in the middle of the Bullring to observe the police when they came to investigate the death of one of the residents?

Q: Did you have one of Wanderer's puppies to help keep you safe and the rats away?

Q: Did you know any of these Bullring names? Andy Morgan, Jimmy Black, Lancelot Burn, Teddy Bear, Digby, London Sue, Jackie,

Richard Harris, TC, Sally, Casey, Paul Fraser, William Molly, Spider, Barnie, Sharon, John Murphy, London Dave, Fun Rob, Jucy Lucy, Hot Dog Willie, Michael Knight, Ken, Johnny Rid, Belfast Billy, Janet Nolan, Maz, Margaret Irish, Pitbull, Henry William-Spurgeon, Sundance, Whiskey John, Dave Guppy, Johnny Campbell, Duke, Ronnie Clarck, Mary Lea, Ian Ferguson, Susie Creamcheese, Petal, Scotch Willie, Peter Sacko, John Jennine, Richard (Ricky) Groenki, Digger, Young Paul, Peter Macmillan, Ginger Alan.

- **If you have stories about the Bullring and the people who lived there, please get in touch with Samir or RC.**

Samir Jeraj tweets from @sajeraj, email is sa.jeraj@gmail.com, phone is 07846051852. **RC** is a former resident of the Bullring. He tweets about homelessness on @JohnBlo02229083

Home for Christmas

If being in prison abroad sounds bad, imagine being let out and instantly sent back to a home country where you no longer have roots. Report by Brian Fuggle

As an ex-offender on the other side of a three-year prison sentence in America, I faced deportation from the place that had been my home for 14 years. With no money, no possessions and, more worryingly, nowhere to live, things looked bleak. There was a light at the end of this very long and dark tunnel, in the form of a charity called Prisoners Abroad.

Prisoners Abroad had reached out to me via a phone call to the jail I was being held in after my arrest. The great thing about them is that they stayed in touch all through my prison sentence via letters, a bimonthly news magazine and even copies of the *NME*. They kept me up-to-date with how they were going to help me once I was back in the UK, which was a huge weight off my mind. They even put a few dollars on my spends account from time-to-time, so that I could purchase some extras from the prison canteen.

On the day of my release, two US ICE (immigration & custom enforcement) officers, who were friendly enough, met me at the prison and escorted me throughout my journey home via a plane from

Florida to Heathrow. When the plane touched down, we went to the probation office located at the airport. Here I completed some basic paperwork, then they furnished me with a ticket to Finsbury Park where I had to find the Prisoners Abroad HQ.

Here Prisoners Abroad gave me some money, a weekly travel card, a mobile phone, clothing, toiletries and a backpack. I was starting to feel human again. Accommodation was sorted too. They packed me off to a temporary hostel in Willesden Green until they could find me something more permanent. Over the next few months I was moved from one hostel to another until finally they found me a studio flat. That might be landlord speak for bedsit but it's clean, quiet and brand new inside so I'm not complaining.

I have my own separate toilet and shower, a fridge, kitchenette and all new furnishings, including a double bed. It even has a small garden! After three long years in prison and months bouncing around from one crowded hostel to another, I was eternally thankful for a place. I am eternally grateful for a fresh start in life.

My good fortune got me thinking. Are ex-offenders being released from prisons here in the UK offered the same treatment and opportunities as me?

Women - they do get emotional over nothing



© Ruby

In a nutshell

- ◆ If you have a British passport but have been jailed abroad, when you are released some countries (eg, US, Australia) will instantly deport you.
- ◆ For some ex-prisoners this means they are released in a strange-to-them country, far from family and friends.
- ◆ Prisoners Abroad is a charity that helps people the moment they arrive back in the UK. It was set up in 1978 and is funded by the National Lottery and private donations.
- ◆ The new Homelessness Reduction Act obliges the prison system and probation services to refer newly released prisoners to their local authorities if they are at risk of homelessness.
- ◆ Reducing re-offending by ex-prisoners, ICPS 2002 shows that being released into stable accommodation can reduce their risk of re-offending by as much as 20%.
- ◆ Reoffending costs £13.5 billion annually so a change in the rules is not just humane, it makes financial good sense.
- ◆ Prisoners Abroad can be contacted by phone via their helpline: 0808 172 0098 or if calling from outside the UK: 00 44 20 7561 6820. Or email: info@prisonersabroad.org.uk

Big mistake

For many women being let out of jail is the start of a life spent homeless. Research by Polly Evans

Q. How many women released from prison end up homeless?

- Many women lose their homes while in custody and 60 % of women prisoners do not have homes to go to on release. *Home truths: housing for women in the criminal justice system, Prison Reform Trust 2018*
- Fewer than 1 in 10 women have a job to go to on release. *Home truths*

Q. How many women who sleep rough have been in prison?

- Almost half of St Mungo's clients are mothers. 79 % of these women have had their children taken into care or adopted. *St Mungo's Rebuilding Shattered Lives, 2014*
- Almost half of St Mungo's female clients have an offending history and a third have been to prison. *St Mungo's Rebuilding Shattered Lives*
- Over a third of women in prison have nowhere to live on release. *Through the Prison Gate* (HM Inspectorate of Prisons and HM



Quilt of homelessness: Polaroids taken of the audience at the opening night of the One Festival of Homeless Arts by Evolve Housing hostel residents. © Accumulate

Inspectorate of Probation (Home Office 2001)

- Women are more likely than men to lose accommodation whilst in custody. *Through the Prison Gate*

The Pavement says



1. Homeless women often have highly complex life stories. Here we focused on being in prison, losing a child and having nowhere safe to go.
2. It should be no surprise then that many women turn to drugs and alcohol to numb the pain, in a way to cope with the multiple disadvantages they've experienced.
3. Substance misuse then becomes another barrier to accessing services women desperately need to escape homelessness.

Pledges & song

Musical start launches *Review of Arts and Homelessness in Scotland*. Report by Jamie Jackson

The Scottish Homelessness and Arts Network joined for a conference at Edinburgh's Grassmarket Centre in September to celebrate the launch of a review of how arts and creativity support people who are, or have been, homeless. The event was introduced and co-chaired by Shelly Coyne, the lead author of the review; Beth Knowles, the Greater Manchester Mayoral Advisor for Homelessness and Rough Sleeping; and Lora Krasteva from With One Voice, the international arts and homelessness movement behind the network.

We were treated to a few of Streetwise Opera's fantastic songs. This was followed by Ann McKenna and Pat McLean of the Lodging House Mission who outlined the fantastic journey they have been on helping with the *Review of Arts and Homelessness in Scotland* alongside William Leadbetter and Jacqui Rogers.

Shelly then reminded us about some of the subjects the review explored such as the definition of homelessness; support infrastructure; the challenges facing the sector, and how With One Voice might support and meets the needs of the



Power launch: Streetwise Opera singing members have all experienced homelessness. © Ilisa Stack

homelessness and art sector.

After a few more uplifting songs the workshop portion began as delegates sought to find new ideas and reinvigorate previous pledges to the arts and homelessness. The group, although in its infancy, was enthusiastic with many productive ideas written up as pledges.

Afterwards Matt Peacock, MBE, director of With One Voice, explained that other events are coming up, such as the With One Voice International Arts and Homelessness Summit & Festival in Manchester from 15-18 November. Half the delegate places are for people who have been or are homeless. It's a chance for arts and homelessness community projects from around the world to get together and share methods of practice. The event is free if you are or have been homeless. ■



Banter

Here's a scabby shopping guide for the times when food banks just won't cut it, says Ruby

1. **THE HOCK SHOP:** When buying anything from here, check it's not your mates' stuff that they pawned last week or they'll be wanting it back off you. My pal regularly pawned his cooker. OK, it may not strictly have been HIS cooker.
2. **CHURCHES:** Some of them give out clothes, toiletries etc for a quid a bag or so. Chant Iron Maiden lyrics to avoid anyone letting the light of God into your life.
3. **ARGOS:** Buy from here then you can take it back if you need the money within the next year. Maybe. Make sure it's only slightly broken and you don't look like a chancer.
4. **SUPERMARKETS:** Yellow sticker scramble! You'll know the times your local one does its final markdown. Except so does every other greedy bastard and you've got to be prepared to fight for those 10p sausage rolls.
5. **JUMBLE SALES:** Bloody *Antiques Roadshow* has ruined these, "No that China dug is NOT a priceless antique Gladys, my granny's got hunners".* Still, there are usually cheap clothes if you can beat the wee old ladies to them. Good luck with that.
6. **CHARITY SHOPS:** Nobody can afford to shop in those now.

* *For non Scots, dug = dogs; hunners = 100s.*

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

- Phone: **0300 500 0914**

2. Shelter

- Web: www.shelter.org.uk
- Phone: **0808 800 4444**
(8am-8pm Monday to Friday, 8am-5pm weekends)

3. Citizens Advice Bureau

- Web: www.citizensadvice.org.uk
- Phone: **03444 111 444**

If your application is rejected:

- You should appeal the rejection if you think it is wrong. You have 21 days to appeal this decision
- 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.

Don't miss an issue

Want more (or less) copies of *the Pavement*?

TURN TO
PAGES A-P
FOR THE LIST
OF SERVICES

We distribute our little mag for a homeless readership bimonthly in London, Edinburgh and Glasgow. Mags are free but if you'd like to make a donation (or to pay for a box of 100 copies for £1 a mag) tell the team.

For any distribution changes please contact:

London: Mat Amp

- london@thepavement.org.uk, tel: **07595 602 324**

Scotland: Marco Biagni

- scotland@thepavement.org.uk, tel: **07701 093 643**

the Pavement

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: val@thepavement.org.uk
Updated: Oct 2018

This is a partial list, tailored for this issue of *the Pavement*. Full list at thepavement.org.uk/services.php

Scotland List

DAY CENTRES/DROP-INS

BARONY (CONTACT POINT)

101 High Riggs, Tollcross, Edinburgh EH3 9RP

0845 140 7777; 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. Promotes healthy lifestyles & meaningful activity.

MH, MD

GLASGOW CITY MISSION

20 Crimea St, Glasgow G2 8PW

0141 221 2630; 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

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
 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

PRE-SYNC 27 (EDINBURGH)

19b South Bridge St, Bathgate, Edinburgh EH48 1PW
01506 205 413; cyrenians.scot/
 Mon: 6–7pm (ORT); Fri: 10am–4.45pm (food from midday; SMART group at 13.00); Thu: 10am–4.45pm; Wed: 7–8pm (CA); Wed: 10am–4.45pm (food from midday); Tue: 10am–4.45pm (AA at 13.00); Mon: 10am–4.45pm (food from midday)

A safe space for people to meet and help each other with their recovery from addiction. Drop in open to all people. Activities including walking, guitar and and reiki sessions: drop in or phone.

A, D, LF, MH, MD, OW, SF

QUEEN'S PK GOVANHILL PARISH CHURCH

170 Queen's Drive, Glasgow G42 8QZ
0141 423 3654; qpgpc.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/
 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

SPITTAL STREET CENTRE

19b South Bridge St, Bathgate, Edinburgh EH48 1TR
01506 205 413; nhslthian.scot.nhs.uk
 Thu: 9am–4.30pm (drop-in for women; wound clinic); Tue: 9am–4.30pm; Mon, Wed, Fri: 9am–4.30pm (drop-in dentist 1.30–3.30pm)

Services include needle exchange (not Wed), dentist, sexual health/ HIV advice, womens' group, wound clinic and more. Drop in or call for more information.

A, DT, D, MS, MH, NE, SH

STREETWORK CRISIS CENTRE

22 Holyrood Rd, Edinburgh EH8 8AF
0131 557 6055; 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

KEY	A Alcohol workers	B Barber	CA Careers advice	EF Ex-forces
	AD 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

THE MARIE TRUST

32 Midland St, Glasgow G1 4PR
0141 221 0169 (option 2); 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, ET, F, FC, IT, MS, OL, OW

THE SALVATION ARMY (EAST ADAM ST)

1 East Adam St, Edinburgh EH8 9TF
0131 667 4313; www.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

THE SALVATION ARMY (REGENER8+ DROP IN)

25 Niddry St, Edinburgh EH1 1LG
0131 523 1060; salvationarmy.org.uk
 Mon–Fri: 9am–12.45pm
 Breakfast & dinner; crisis intervention;
 Gateway Visiting Support; safe space;
 games; chaplaincy; activities.
AH, AD, AC, BS, BE, BA, CL, F, FF, IT, L, LF, TS

THE SPACE

257 London Rd, Glasgow G40 1PE
0141 237 1221; 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
 Drop-in for people affected by homelessness and poverty.
B, BS, CL, FF

DRUGS & ALCOHOL

ADDACTION (NORTH WEST GLASGOW RECOVERY HUB)

0808 178 5901; www.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 CENTRE (MEN ONLY)

6 Casselbank St, Edinburgh EH6 5HA
0131 454 3125; www.bethanychristiantrust.com/
 Mon–Sun: 9am–9pm
 For men with alcohol or drug problems who wish to take part in work training.
A, CA, D, ET

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



BETHANY CHRISTIAN TRUST

65 Bonnington Rd, Edinburgh EH6 5JQ
0131 561 8930; 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 homelessness problems including addictions, debt, lack of furniture, unemployment and social isolation.

AH, A, CA, C, D, FF, OW

COCAINE ANONYMOUS (SCOTLAND)

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

CROSSREACH (RANKEILLOR INITIATIVE)

205 Cowgate, Edinburgh EH1 1JH
0131 225 4901; www.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 (WHITEINCH)

0/5, 13 Victoria Pk Drive South, Whiteinch, Glasgow G14 9RN
0141 959 5069; 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; www.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

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

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

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: 0800 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 team from 13.30)

One-stop shop to meet the health and addiction needs of service users who are 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.

LODGING HOUSE MISSION

See DAY CENTRES/DROP-INS

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.

C, D

PRE-SYNC 27 (EDINBURGH)

19b South Bridge St, Bathgate, Edinburgh EH48 1PW

01506 205 413; cyrenians.scot

Mon: 6pm–7pm (ORT); Fri: 10am–4.45pm (food from midday; SMART group at 13.00); Thu: 10am–4.45pm; Wed: 7pm–8pm (CA); Wed: 10am–4.45pm (food from midday); Tue: 10am–4.45pm (AA at 13.00); Mon: 10am–4.45pm (food from midday)

A safe space for people to meet and help each other with their recovery following addiction. Drop in open to all people. Large range of activities including walking groups, guitar groups and and reiki sessions: drop in or phone to find out more.

A, D, LF, MH, MD, OW, SF

SPITTAL ST CENTRE

See DAY CENTRES/DROP-INS

STREETWORK CRISIS CENTRE

See DAY CENTRES/DROP-INS

TURNING POINT SCOTLAND (DRUG CRISIS CENTRE)

123 West St, Glasgow G5 8BA
0800 652 3757 (9am–5pm); www.turningpointscotland.com/

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



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 (LINK UP)

112 Commerce St, Glasgow G5 9NT

0141 420 1929; www.turningpointscotland.com/

Open 24/7

For homeless people in crisis because of mental health, drugs or alcohol. A 12-bed residential unit provides a safe environment to withdraw from a chaotic lifestyle. Average stay is 28–36 days.

AH, AD, A, C, D, FC, MS

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); 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

KEY

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

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

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

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

FOOD/SOUP RUNS

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

BALVICAR ST

Glasgow G42 8QU

Thu: 7pm–9pm (Soup run)

FF

BETHANY CHRISTIAN TRUST (CARE VAN & SHELTER)

Waterloo Place, Edinburgh

0131 225 9445; www.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 Waterloo Place at 9:15pm
and 9:30pm every night, unless shelter
is already full. Dinner and breakfast
provided. For more information phone
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

See DAY CENTRES/DROP-INS

JERICHO COMMUNITY

Charteris Centre, Harry Miller Hall, 138
Pleasance (side door), Edinburgh EH8
9RR

Sun: 9.15am–12noon (9.15, sandwiches
& coffee; 11.00, hot meal)

Jericho Community welcomes you!
Open Christmas Day.

FF

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

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

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

FULL LIST
AVAILABLE ON
OUR WEBSITE



KAGYU SAMYE DZONG GLASGOW

The Tibetan Buddhist Centre, 7 Ashley St, Glasgow G3 6DR
0141 332 9950; ksdglasgow.org.uk/
Fri: 4pm–5.30pm; Sat: 11am–12.30pm;
Sun: 6pm–7.30pm
Tibetan Buddhist group that provides food to anyone in need three times a week. Part of the Glasgow Soup Kitchen group.

FF

MISSIONARIES OF CHARITY (HOPETOUN CRES)

18 Hopetoun Cres, Edinburgh EH7 4AY
0131 557 8219
Sun–Wed: 4–4.30pm; Fri: 4–4.30pm
Ninety per cent of residents are over 40. Ring or drop in 24 hours a day. Not step-free.

FF

PRE-SYNC 27 (EDINBURGH)

See DRUGS/ALCOHOL
[A, D, LF, MH, MD, OW, SF](#)

QUEEN'S PK GOVANHILL PARISH CHURCH

170 Queen's Drive, Glasgow G42 8QZ
0141 423 3654; qpgpc.com
Wed: 5.30pm–8pm (free meal – 28 Daisy St, G42 8JL); Sun: 5pm–6pm (free meal, toiletries, clothing – 170 Queen's Dr, G42 8QZ); Tue & Wed: 10am–1.30pm (low-cost meal – 28 Daisy St, G42 8JL)
Church where everyone is someone and everyone is valued regardless of past, or present situation, where self-belief is nurtured and where everyone is loved unconditionally.

[AH, AD, B, BS, BA, CL, DA, F, FF, IT, MH, OL, OW](#)

ROCK TRUST (ALBANY ST)

5See DAY CENTRES/DROP-INS

SOCIAL BITE (BOTHWELL ST)

5 Bothwell St, Glasgow G2 6NL
0131 220 8206; social-bite.co.uk/
Mon–Fri: 7–11am (free breakfast);
Mon–Fri: 2–3pm (suspended items available)

Every single penny of Social Bite's profits are donated to good causes. One in four of its team is formerly homeless. Suspended items are bought by customers for homeless people. NOTE: if collecting free food, you cannot sit inside the shop.

FF

SOCIAL BITE (ROSE SREET)

131 Rose St, Edinburgh EH2 3DT
0131 220 8206; social-bite.co.uk/
Mon–Fri: 2–3pm (suspended items available)

Every single penny of Social Bite's profits are donated to good causes. One in four of its team is formerly homeless. Suspended items are bought by customers for homeless people.

FF

SOCIAL BITE (SHANDWICK PL)

89 Shandwick Pl, Edinburgh EH2 3DT
0131 220 8206; social-bite.co.uk/
Mon–Fri: 2–3pm (suspended items)

Every single penny of Social Bite's profits are donated to good causes. One in four of its team is formerly homeless. Suspended items are bought by customers for homeless people.

FF

Homeless?

Know your rights

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** whilst the council considers your application. If you are not offered accommodation, call us for advice.

The council must notify you of their decision on your homeless application in writing. You may have the **right to appeal a decision** – call us for help.

If the council says ‘no local connection’ or ‘not eligible’, or if you can’t afford the temporary accommodation, you can call us for advice.

0808 800 4444

Call us for free advice
9am-5pm, Monday to Friday.

Shelter
Scotland

SOCIAL BITE (ST VINCENT ST)

103 St Vincent St, Glasgow G2 5EA
0131 220 8206; social-bite.co.uk/
 Mon: 4–6pm (Social Supper); Mon–Fri:
 7–11am (free breakfast); Mon–Fri:
 2–3pm (suspended items available)
 Every single penny of Social Bite's
 profits are donated to good causes.
 One in four of its team is formerly
 homeless. Suspended items are bought
 by customers for homeless people.
 NOTE: if collecting free food, you cannot
 sit inside the shop, except at the Social
 Supper.

FF

SOCIAL BITE (UNION ST)

516 Union St, Aberdeen AB10 1TT
0131 220 8206; social-bite.co.uk/
 Mon–Fri: 7–11am (free breakfast);
 Mon–Fri: 2–3pm (suspended items
 available)
 Every single penny of Social Bite's
 profits are donated to good causes. One
 in four of its team is formerly homeless.
 Suspended items are bought by
 customers for homeless people.

FF

SOUPER SAT

Old Saint Paul's Church, 67 Jeffrey St,
 Edinburgh EH1 1DH
07955 274058; http://soutersaturday.
org.uk/
 Sat: 8.30am–2pm (Old St Paul's Ch, 67
 Jeffrey St)

A faith neutral food and social service
 in Edinburgh. They offer free breakfast,
 lunch, sandwiches, coffee and

conversation every Sat. Their porridge
 is legendary! Email: admin@SouperSat.org.uk

SPITTAL STREET CENTRE

See DAY CENTRES/DROP-INS

ST COLUMBA'S CHURCH (THE SHILOH)

St Vincent St, Glasgow G2
 Sun: 7.30–9pm

FF

ST PATRICK'S CHURCH

North St, Glasgow G3 7DA
0141 221 3579
 Thu & Sun: 8pm–9pm
 Soup kitchen.

FF

THE SALVATION ARMY (REGENER8+ DROP IN)

25 Niddry St, Edinburgh EH1 1LG
0131 523 1060; www.salvationarmy.
org.uk/
 Mon–Fri: 9am–12.45pm
 Cheap, good quality breakfast & dinner;
 Crisis Intervention Support workers;
 Gateway Visiting Support Offices;
 safe space; games; chaplaincy; various
 activity groups.

AA, AD, AC, BS, BE, BA, CL, F, FF, IT, L, LF, TS

TURNING POINT SCOTLAND (DRUG CRISIS CENTRE)

See DRUGS/ALCOHOL

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

TURNING POINT SCOTLAND (HOMELESSNESS SERVICE)

See DRUGS/ALCOHOL

TURNING POINT SCOTLAND (NORTH EAST RECOVERY HUB EDINBURGH)

See DRUGS/ALCOHOL

MISCELLANEOUS

STREET SOCCER SCOTLAND (EDINBURGH)

07480 979919; [http://www.](http://www.streetsoccerscotland.org/)

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

Mon: 2–4pm (Meadowbank Sports

Centre); Wed: 10.30am–12noon

(Meadowbank Sports Centre); Tue &

Wed: 1–3pm (Portobello Powerleague);

Thu: 11am–12.30pm (Crags Sports

Centre)

Referral only. Two-hour football sessions

offer players a chance to meet new

people, improve physical/mental

health, increase confidence. Safe and

positive environment. FREE, aged 16+,

numerous venues in Scotland. Call

Robbie Wood on 07480 979919 for info.

LF

STREET SOCCER SCOTLAND (LEITH)

2 Bernard St, Leith, Edinburgh EH6 6PU

07481 500040; [http://www.](http://www.streetsoccerscotland.org/)

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

Mon: 2–4pm (Lady Octavia Sports

Centre); Tue & Thu: 1–3pm (Townhead

Powerleague); Fri: 1–3pm (Paisley

Powerleague)

Referral only. Two-hour football sessions

offer players a chance to meet new

people, improve physical/mental

health, increase confidence. Safe and

positive environment. FREE, aged 16+,

numerous venues in Scotland. Please

call Robert Hare on 07481 500040 for

more information.

LF

WINTER SHELTERS

BETHANY CHRISTIAN TRUST (CARE VAN & SHELTER)

Edinburgh

0131 225 9445; www.bethanyct.com

Mon–Sun: 9–11pm

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 Waterloo Place at 9:15pm

and 9:30pm every night, unless shelter

is already full. Dinner and breakfast

provided. For more information phone

0131 561 8930 (daytime) or 07919 557

673 (night time)

CL,FF

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

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

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

FULL LIST
AVAILABLE ON
OUR WEBSITE



GLASGOW WINTER NIGHT SHELTER

35 East Campbell St, G1 5DT
<https://www.glasgowcitymission.com/about-us/what-we-do/glasgow-winter-night-shelter.php>; 0141 221 2630;
info@glasgowcitymission.com

1 Dec to 31 Mar

Mon-Sun: 10pm-8am

Open to anyone 18+ who is homeless and has nowhere else to sleep. Breakfast in the morning.

AH,AD,BA,BS,FF,MS

EDINBURGH RAPE CRISIS CENTRE

17 Claremont Cres, Edinburgh EH7 4HX
08088 010 302; www.ercc.scot/
 Mon-Sun: 6pm-midnight (helpline)
 Mon & Thu: 7pm-midnight (LGBTI)
 Free, confidential support and information to women, members of the transgender community and young people 12-18 who have experienced sexual violence from male or female abusers at any time. For an appointment or referral, please call 0131 556 9437.

AD,C

WOMEN

AGAINST FORCED MARRIAGE

0800 141 2994; www.againstforcedmarriages.org/
 Mon & Thu: 10.30am-4.30pm
 Free, confidential helpline to support people who fear being pressured into a forced marriage or are already in one. Provides information and support every step of the way. Male victims are welcome to call. Outside helpline hours, leave a message and you will be contacted. In an emergency, call 999.

C,LA

BRITISH PREGNANCY ADVISORY SERVICE

08457 304030; www.bpas.org
 Open 24/7
 Emergency contraception & termination advice. Calls to Actionline (24/7) are charged at local rate.

C,MS

EDINBURGH WOMEN'S AID

4 Cheyne St, Edinburgh EH4 1JB
0131 315 8111; edinwomensaid.co.uk
 Tue, Wed, Fri: 10am-3pm (support services – outreach, resettlement, children, young people on 0131 315 8110); Mon: 1-3pm (drop-in at 4 Cheyne St, Stockbridge, EH4 1JB); Thu: 2-7pm (4 Cheyne St); Mon-Fri: 9.30am-4.30pm (office – phone 0131 315 8111)
 Saturday: 10am-1pm (drop-in & access support services)
 Tue, Wed, Fri: 10am-3pm (4 Cheyne St)
 An all-women organisation which provides information, support and refuge accommodation for women and any accompanying children who have experienced or are at risk of domestic abuse. 24-hour phonenumber: **0800 027 1234**

AH,AD,C,OW,SF

KEY

A Alcohol workers
 AC Art classes
 AD Advocacy
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 CL Clothing store
 D Drugs workers
 DA Debt advice
 DT Dentist

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

GLASGOW CITY MISSION

See DAY CENTRES/DROP-INS

GLASGOW WOMEN'S AID

4th Floor, 30 Bell St, Glasgow G1 1LG

0141 553 2022; www.glasgowwomensaid.org.uk/

Monday, Tuesday, Thursday, Friday:

9:30am–5pm (also drop-in service)

Advice and support for women experiencing domestic violence and their children. Domestic Abuse Helpline: 0800 027 1234 (24/7).

*AH, AD, C, DA, LA, TS***HEARING VOICES NETWORK**0114 271 8210; <http://www.hearing-voices.org/>; nhvn@hotmail.co.uk

A network for people who hear voices and see visions. If you want information about hearing voices groups, call or email.

*C, MH***LODGING HOUSE MISSION**

See DAY CENTRES/DROP-INS

NATIONAL DOMESTIC VIOLENCE HELPLINE0808 2000 247; www.refuge.org.uk

24/7 helpline. If you are in immediate danger, please call 999.

*AS, C***NATIONAL SELF-HARM NETWORK**<http://www.nshn.co.uk/>

Resources and information for people who self-injure. The Forum is supportive and understanding.

*C, MH***NO PANIC**www.nopanic.org.uk; helpline: 0844

967 4848; youth helpline: 0330 606

1174; info@nopanic.org.uk.

Monday–Friday: 9am–5pm

Support for those suffering from panic attacks, phobias, OCD, general anxiety disorder and tranquilliser withdrawal.

Info, advice, counselling, listening, befriending and referrals.

*AD, C, D, MH, OL***NUMBER 20 (FOUR SQUARE)**

Call for address. Edinburgh

0131 557 1739; www.foursquare.org.uk/

Temporary supported accommodation for women 16–21 (inclusive) who are homeless or at risk.

C, D, MH, Outreach workers

ONE IN FOUR020 8697 2112; www.oneinfour.org.uk;admin@oneinfour.org.uk

Monday–Thursday: 9am–9pm; Saturday:

10am–5pm; Friday: 9am–6pm

Support and resources for people who have experienced sexual abuse and/or sexual violence. Useful info about coping with flashbacks and panic attacks. Phone or email.

C, MS, MH

FC Foot care
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L Laundry
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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



PRISONERS' ADVICE SERVICE (PAS)

PO Box 46199, EC1M 4XA
020 7253 3323; www.prisonersadvice.org.uk/information/pas-work-with-women-prisoners/
Monday, Wednesday, Friday: 10am–5pm (advice line, closed 1–2pm);
Monday–Friday: 9:30am–5:30pm
Free legal advice and support to adult prisoners through a telephone advice line, letters clinic and legal outreach sessions.

AD, LA

RAPE CRISIS SCOTLAND

0141 331 4180 (gen enquiries);
www.rapecrisisscotland.org.uk;
08088 01 03 02 (helpline)
Monday–Sunday: 6pm–midnight
Monday–Friday: 9am–4pm (office)
Free, confidential helpline for anyone, women and men, affected by sexual violence, no matter when or how it happened. We can also put you in touch with local rape crisis centres or other services if you need longer-term support. Minicom for deaf or hard of hearing people (0141 353 3091).
Interpreters available if needed.

C, OL, SH

ROCK TRUST (ALBANY ST)

See DAY CENTRES/DROP-INS

SAY WOMEN ACCOMMODATION PROJECT

3rd Floor, 30 Bell St, Glasgow G1 1LG
0141 552 5803; www.say-women.co.uk

enquiries@say-women.co.uk
Monday–Friday: 9:30am–9:30pm
(Accommodation Project); Monday–Friday: 9:30am–5pm
24-hr emergency on-call service.
Support drop-in, helpline and accommodation for women 16–25 who are homeless or threatened with homelessness and are survivors of child sexual abuse, rape or sexual abuse.
Step-free with lift access. Phone or email.
AH, C, Medical/health, Step-free

SEXUAL HEALTH HELPLINE

www.nhs.uk/worhtalkingabout/Pages/sex-worth-talking-about.aspx
Find your nearest clinic or just find out about AIDS and HIV. Info on contraception, family planning, sexual health, clinics etc.

C, MS, SH

SHAKTI WOMEN'S AID

Norton Park, 57 Albion Road, Edinburgh EH7 5QY
0131 475 2399; shaktiedinburgh.co.uk;
info@shaktiedinburgh.co.uk
Monday–Friday: 9am–5pm
Support and information to BME women, children and young people experiencing and/or fleeing domestic abuse.

AD, OL, SF

SPITTAL STREET CENTRE

See DAY CENTRES/DROP-INS

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

STREETWORK CRISIS CENTRE

See DAY CENTRES/DROP-INS

STREETYOUTH (STREETWORK UK)

18 South Bridge, Edinburgh EH1 1LL

0131 344 0825; <http://www.streetwork.org.uk/youth/>

Monday–Friday: 9am–5pm

Work with people up to age 26 who are at risk of, or experiencing, homelessness.

AH, A, BS, BA, CA, DA, D, ET, K, LS, MH, NE, OL, OW, SH, TS

TURNING POINT SCOTLAND (DRUG CRISIS CENTRE)

See FOOD/SOUP RUNS

TURNING POINT SCOTLAND (HOMELESSNESS SERVICE)

See FOOD/SOUP RUNS

TURNING POINT SCOTLAND (NORTH EAST RECOVERY HUB EDINBURGH)

See FOOD/SOUP RUNS

WORK/TRAINING

APEX SCOTLAND

9 Great Stuart St, Edinburgh EH3 7TP

0131 220 0130; 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/

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/

ILA accredited centre.

CA, ET

CLAIRE MULHOLLAND COACHING

Hired rooms in city centre, Edinburgh

07809197529; 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

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



CRISIS SKYLIGHT (EDINBURGH)

Crichton House, Edinburgh EH8 8DT
0131 209 7700; crisis.org.uk
Learning, coaching and housing advice.
Visit website or phone for details.
[AH, AC, ET, IT, LF, MD](#)

DEPAUL UK

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

EMMAUS GLASGOW

Emmaus House, 101 Ellesmere St,
Glasgow G22 5QT
0141 353 3903; 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
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
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/
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 (PIRNIEFIELD BANK)

27/3 Pirniefeld Bank, Edinburgh EH6
7QH
07968546034; raisedvoices.org.uk
Creative services for homeless people
ranging from creative writing workshops
to organising fundraisers for other
charities. Phone for details.
[ET, LF](#)

ROCK TRUST (ALBANY ST)

See DAY CENTRES/DROP-INS

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](#)

YMCA

www.ymca.org.uk
Housing, training and community
health organisation that runs hostels
for homeless young people. Check the
website for details.
[AH, AD, BA, CA, ET, MS](#)