

the
FREE
mag for
homeless
people

thePavement

January / February 2019

Working homeless



Missing



Glenn Dawes

Glenn went missing from Carlisle, Cumbria on 22 November 2017. He was 65 years old at the time.

Glenn, 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.



Finn Layland-Stratfield

Finn has been missing from Tintagel, Cornwall since 8 July 2017. He was 17 years old when he went missing.

Finn 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 Finn or Glenn, you can contact our helpline anonymously on 116 000 or 116000@missingpeople.org.uk, or you can send a letter to 'Freepost Missing People'.

Our helpline is also available for anyone who is missing, away from home or thinking of leaving. We can talk through your options, give you advice and support or pass a message to someone.

Free, confidential, 24/7.

**missing
people**

Registered Charity No. 1020419

A lifeline when someone disappears

Working homeless

Our writers, who've all experienced homelessness, wanted to focus on the challenges of working while homeless because it's on the increase. For most people working while homeless is really tough. But for others having a job, or regular volunteering, can help you stay afloat (see p18). If only employers understood how they could make things a little less difficult (see interview on p14).

If you're looking for lifesaving support: food, showers, somewhere to stay in the day, sleep safely at night and/or support for your mental health or addictions please use the list in the centre of this mag. And as it's winter be sure to check out our guide to staying healthy on p20. Stay safe.

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Cover: From the *Sirens* series by James Tuitt, which was one of three pieces selected for Bad Behaviour's Ideal Homelessness exhibition. More on p7. © James Tuitt

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Graduates: This is a takeover issue by the writers From The Ground Up – a project run jointly by *the Pavement* and homeless health charity Groundswell, www.groundswell.org.uk. The pic is from the third and final group's graduation (see list of full names of FTGU members on p3).
© Rob Edgar/Groundswell



Lunch time: Loui at Emmaus Lambeth makes the best tortilla. "I stepped in for an hour of the spinathon and my legs hurt for a week!" © *the Pavement*

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

Wheely kind

Previously homeless residents at Emmaus **Lambeth & Surrey** raised £1,846.29 for *the Pavement* at their recent 24-hour spinathon. Emmaus was founded in France by a priest, but since the first UK Emmaus opened in Cambridge in 1989, it now has 29 communities stretching from Dover to Glasgow. Emmaus Lambeth & Surrey is non-religious and has just opened a second, seven-bed, property in Croydon.

At Bobby Vincent House in **West Norwood** the 27 residents, known as companions, are the spinathon champions. Here they work a 40-hour week – driving the van, collecting donated furniture, running the shops and household duties – in return for housing and life skills. To move in companions must stop claiming benefits but receive a weekly allowance of £35, a savings fund and budgeting support to prepare them for moving into their own place. At other Emmaus centres, companions run cafes, offer gardening and removal services.

• Would Emmaus suit you?

Find out more on
www.emmaus.org.uk
or call **07495 391 023**
or email refer.el@btconnect.com

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



Working to end homelessness: Season 1 *From The Ground Up* writers, John Dovan and Mahesh Pherwani, now volunteer for Emmaus Lambeth & Surrey's social enterprises which include clothes-, furniture- and white goods shops. © *the Pavement*

Sharing stories

Tamsen Courtenay's crowdfunded book *Four Feet Under, untold stories of the homeless in London*, features around 30 interviews with people living in central London. "I've had hundreds of people read it and say, 'It's changed the way I relate to homeless people'," says Tamsen. "But unless there's a sea change, I can't see how homelessness will go away – it's not a society that looks after its vulnerable."



Never failed me yet: It took half an hour to read out the names of all the people who've died this year in London while homeless or insecurely housed at the November 2018 Service of Commemoration. The final list was 165, up yet again (in 2017 it was 70). Photo is of Don Pollard, at St Martin-in-the-Fields, whose art was used for the service sheet. The national press ignored this story, focusing instead on Brexit resignations. © *the Pavement*

Spiralling numbers

Analysis from the homeless charity Shelter shows that the number of homeless people in England, Scotland and Wales is increasing by more than 1,000 a month.

Shelter finds that there are 320,000 homeless people by counting people in temporary accommodation, rough sleepers

and single hostel spaces. In just one year the total number of homeless people has increased by 13,000 and that's without including the hidden homeless population, such as sofa-surfers. Shelter's report also revealed that about one in every 52 people in London is homeless.

"The causes are multi-faceted and complex, but include lack of supply of decent affordable housing, lack of protection for private renters and freezes and cuts to welfare payments," claims Shelter.

- **Read more:** *Homelessness in Great Britain: the numbers behind the story* (Nov 2018) on England.shelter.org.uk

Broken record

When *CNN* reported that roughly one in every 200 people in the UK sleep rough, or are in temporary accommodation, James Brokenshire, the well-named Secretary of State for Housing, Communities and Local Government, was adamant the Government could solve the crisis. Responding to the data, he said "Our rough-sleeping strategy, support for councils and those working on the frontline are helping to get people off the street and into accommodation as we enter the colder winter months." We know better.



Big thanks: 45 artists took part in Bad Behaviour art collective's *Ideal Homelessness Show* in December raising a fantastic £1,000 for *the Pavement* – pic is of deputy editor Mat Amp and Jimmy visiting the show. Organiser Araba Ocran said: "We wanted to make a space where homeless people are visible, creative and relevant." Mission accomplished as there were 120 visitors plus the staff and residents of **Great Guildford Street Hostel** who "made us feel very welcome." Our striking cover is by one of the Bad Behaviour artists, James Tuitt to highlight racism in the fashion and beauty industries, with a focus on celebrating the vital contributions black models are making to fashion/ art/beauty images despite the rejection they face.

More show pix on Instagram
@b_behaviour and **twitter**
@B_Behaviour © *Bad Behaviour*

Listen up

More than 50,000 young people facing homelessness were left without meaningful support last year, despite approaching their local councils for help. Of the estimated 103,000 16- to 24-year-olds seeking help from councils, the *Guardian* reports that just half (48 %) got any helpful advice. The research, produced by youth homelessness charity Centrepont, shows that those receiving help had actually increased on the previous year (2016–17, when only 42 % young people received support). Those who had no support last year (52 %) should be protected by the new Homelessness Reduction Act, as they are guaranteed support moving forward. But Centrepont warns that local councils have insufficient resources to meet the new demands.

- See www.gov.uk **Homelessness Reduction Act A guide to the duty to refer**

Glasgow shame

Business owners have lobbied **Glasgow** council to act tougher on anti-social behaviour, according to *Glasgow Live*. Without suggesting any initiatives the Glasgow Action Group (GAG) was critical of MPs and the council. Local homeless charities warned that GAG's tone risked putting vulnerable homeless people in danger.

Grinch-y landlords

A boycott of companies, planning to donate a percentage of their Christmas profits to the homeless charity Shelter, was launched by a group of UK landlords. Housing industry website *Property Industry Eye* reveals that the National Landlords Alliance wrote to companies, including B&Q and Marks & Spencer, warning that they would no longer purchase products from the stores should they donate to Shelter. B&Q hoped to raise £25,000 for Shelter over the festive period, through sales of fairy dolls.



Warning: Fake ‘Percocet’ branded tablets, which in fact contain only super toxic Fentanyl, were found by UK police in December. Fentanyl is a strong opioid about 50 times more potent than heroin. “As these tablets only contain Fentanyl, there is no appropriate harm reduction message other than to avoid purchasing and taking this drug,” warns Public Health England’s Alcohol, Drugs and Tobacco team.

Christmas bonus

In 2017 the **Welsh** government promised to allocate £10 million to help end youth homelessness by 2027. In November *Wales Online* detailed that £3.7 million will go towards early intervention, boosting resources available to the education system and youth work services.

A further £4.8m will be spent on new housing options. This includes funding for innovative ideas on housing options. £1 million will be spent on providing basic financial support for young people. Finally, £500,000 will be split between tenancy support and communication programmes.

Missed target

Scotland’s promise to develop 35,000 new homes for social rent by 2021 is one of the most important projects on the Scottish Government’s agenda. But by December 2018, halfway to deadline, only 11,825 social homes had been completed.

“If religious organisations didn’t help, the winter night shelters in London would collapse. For three to four months they are a frontline.”

- Danny Daly



Christmas visit: *the Pavement's* From The Ground Up team, including most of the writers of this issue; homeless health charity Groundswell; the Pilion Trust (which helps homeless 18–25-year-olds) and students from University of the Arts' London College of Communication met *Guardian* journalist Patrick Butler at the famous newspaper's offices to learn about pitching homelessness stories.

Hungary's homeless

= INTERNATIONAL =

Human Rights Watch has condemned the **Hungarian** government's decision to criminalise rough sleeping. The Fidesz party, led by the far-right Viktor Orbán, first tried to criminalise rough sleeping in 2012 but was told it "violated human dignity", the *Financial Times* reported. So Orbán set about amending the constitution.

The new constitutional ban came into effect in October 2018 and outlaws sleeping in a public space. Being caught more than three times gets you taken into custody and possessions confiscated.

Art world

A pop-up art exhibition was opened in December, promoting the work of homeless artists. The exhibition, which took place in **Bedford**, hosted numerous works from artists who were using the services of YMCA Bedfordshire, Emmaus Village Carlton, Bedford Women's Refuge and the King's Arms Project, according to the *BBC*. Former rough sleeper Adam had more than 12 paintings on display and says his passion for art helped him beat his alcoholism. "We [homeless people] have a place in society and we can do some things better than most people. Stop the stigma," he told the *BBC*.

Homeless paradox

There's a dispiriting new trend: having a job but still being homeless. This special issue looks at the hard truths of working while homeless.

Introduction by Sarah Hough

For the 11 years I've worked in London I've never had stable accommodation. At best all I could afford was a room in a shared house, at worst I had to sofa surf with family and friends in order to save for a deposit and try to find a safe and affordable house share. I worked in the care sector with young people for social services and I received a fairly decent wage, but with high living costs and unaffordable rents in the private rented sector, sharing was my only real option. Sharing comes with its own risks and insecurities because you never know what you're moving into. It could be a party house, a drug house or worse. You may find yourself, as I did, in an illegal sublet with no tenancy agreement or housing rights. Often these landlords demand cash-only payments so as not to expose their benefit or tax fraud.

The pressures of a stressful job and living in unsuitable housing were too much for me.

I ended up losing my job and then

In a nutshell

- Rent is rising faster than wages.
- Private renters have the highest weekly housing costs – this is made worse by recent benefit changes.
- There are too few houses. A drop in public house building means families are often stuck in expensive, poor quality, insecure privately rented homes.
- More than 1 million people are on the waiting list for social housing, yet in 2017 only 290,000 homes were made available. (Shelter, June 2018)
- More info about working homeless from Shelter press release 23 July 2018): <https://bit.ly/2rw2SJI>

losing my home because my landlord wanted cash-only payments which I could no longer provide. I had no rights and no chance to save up for a deposit. I literally was destitute. My personal experience isn't unique – quite the opposite in fact. Homeless charity Shelter reports in *Far from alone: Homelessness in Britain in 2017*, that the number of people who are working and homeless has nearly doubled since 2013. By July 2018 Shelter found that more than half of homeless families in England

were also in work. In total there are now about 33,000 who work but don't have a stable home – the “working homeless”.

What has led to this massive increase in homelessness amongst a group of people who are working full time who ought to be in a better position to afford housing? Shelter cites:

- High private sector rents
- Ongoing freezes in housing benefit
- Unstable tenancies
- Shortage of affordable housing
- Roll out of Universal Credit causing delays in payments. Also see p28
- Chronic lack of social housing
- A workforce having to accept zero hour contracts and minimum wages that do not rise in line with living costs, especially in cities where living costs are higher.

Government policy isn't helping, which is why homelessness can affect anyone, at any time in their lives. Shelter finds that one in three working families in England could not afford to pay their rent or mortgage for more than a month if they lost their job.

In the past, many of the causes of homelessness have been attributed to perceived personal individual failures such as relationship breakdowns, substance misuse problems, mental health and debt. Whilst these may be contributing factors, the fact that work no longer pays shows that you should never assume that because someone is working, they have home security. ■

I see you found a good use for the latest homeless strategy after all



© Ruby

Rap trap

Listen to Sarah Hough's rap on www.pavement.org.uk

Benefits freezes,
Feeling the squeezes;
Once you
Could have believed it,
Working, full time,
Would provide
What you needed,
To survive,
With enough,
To get by,
The lies
Of modern times,
Working full time,
But wages in decline,
Food banks on the rise,
But why do we need them?
No surprise,
We need them,
Cause we don't
Make enough to survive,
To pay rent,
To pay to eat,
To pay for life.
It's a crime!

Back home

Young, gifted and... back at home. Is getting organized at work a route out of homelessness? Report by Anne Cooper

You've got your apprenticeship or degree and, as Nina Simone wrote in the civil rights anthem *Young, Gifted and Black*, during the optimistic days of '69, "There's a world waiting for you." Yet for many young people today this quest means negotiating exorbitant rents, low pay and precarious employment, and for those with the 'privilege' of a university education, being saddled with debt.

Market rents in London are an average £748 a month per room, that's the equivalent of 72 % of the National Living Wage if aged 21– 24 or 68 % if over 25. It's hard to see how anyone can rent, pay bills, travel and eat. If income is steady, it can just be done, but young people tend to be in part-time work, on short-term or zero-hour contracts.

Meeting people to find out how they manage proved difficult. Precarious work means precarious lives. It means sofa surfing and squatting, sometimes resorting to the streets, it means hunger and sleepless nights.

When Alice, a barista, was asked: "Do you know anyone under 30 in low-paid or precarious work

Need to know

1. **National Living Wage (NLW)**
rates for 16–17 years: £4.20;
18–20 years: £5.90; 21–24 years:
£7.38 and Over 25: £7.83
2. **Not paid the right amount?**
Demand the NLW or make a complaint via ACAS Pay & Rights helpline, 0300 123 1100 (Monday to Friday, 8am-6pm).
3. If you are low paid, on zero hours, homeless or in a precarious housing situation, **join a trade union**, eg United Voices of the World www.uvwunion.org.uk or International Workers of Great Britain www.iwgb.org.uk
4. **Try the Advisory Service for Squatters** www.squatter.org.uk

struggling to get a place to live?" Her frank answer was: "I think myself and everyone I know pretty much fit into that category."

This is supported by available figures. Low pay, as defined by The Resolution Foundation, is "less than two-thirds of the national median..." According to their 2018 report 42 % of 21–24-year-olds and 22 % of over 25s are receiving below the National Living Wage.

It's not just low pay that is an obstacle to securing a safe and permanent home. A report by the Department of Business, Energy and Industrial Strategy in February 2018 states: "Those involved in the

gig economy were more likely than the population as a whole to [...] live with parents, family or friends either rent-free or paying some rent..." 56 % of those in the gig economy are aged 18–34 which may explain some of these trends.

Nor is it just practical difficulties that impede meeting people in these situations. There are feelings of guilt and shame. When I spoke to Siobhan, she admitted she felt "pretty depressed most of the time," then burst into tears saying: "It's so hard, either I have to work late in a bar or 16 hours a day in an office. Either way I can't afford a room."

I ran into Miguel, who works at a market. He greeted me cheerfully yet when I said: "How's it going?" Head lowered, he replied: "I had to move back home..." He explained he couldn't afford rent, he'd tried squatting, but it became a full-time struggle with no time for anything else. He felt he had failed.

But it's not young people who are failing; it's this society that does not provide for them. There's no access to social housing, while the Government target for the National Living Wage is 60 % of



McStrike: Co-ordinated strike action by workers on zero hours contracts in Leicester Square, London in October 2018
© Garry Knight (www.creativecommons.org/licenses/by/2.0)

median earnings by 2020, below the definition of low pay, which is little consolation for those without a home.

Precarious workers are winning victories. After strikes, cleaners' outsourcing has ceased at LSE, King's College and Goldsmith's. In October 2018 staff at TGI Fridays, McDonalds, Uber, Deliveroo and Wetherspoon held coordinated strikes combined with dynamic street protests.

These strikes and protests involved large numbers of energetic young, multi-ethnic women and men, many of whom, by virtue of precarious work, are precariously housed or homeless. With an estimated 55 % of homeless people working, getting organised at work may well be a route out of homelessness.

"I've got 99 problems"

Starting a job and trying to cope till your first pay day is made extra hard if you are living on the street. Interview by Mat Amp

"People think because you've got the job that everything is going to fall into place immediately, but it doesn't. You just face a whole set of different, more complicated problems," says John (name changed). John has just got a job working 50 hours a week as a kitchen porter, but what turned out to be so tough was trying to get through to that first pay day whilst homeless.

"Sorting that first month out is impossible. Psychologically, physically and spiritually it takes your entire body and soul. I'm so stressed out and exhausted, but you can't refuse the hours."

John is scripted and has to pick up at his home chemist in Brixton despite working in North Kensington. Employment can be a massive problem for people who have to attend the chemist for regular pick-ups, especially if you work miles away from your designated chemist. They stopped John's script when extra work hours prevented him attending the chemist for three days in a row, effectively leaving him without his medication until he could make another appointment with the

service doctor. This takes a minimum of two weeks, so without help from friends, John would have been forced to score just to be well enough to go to work.

John said about picking up his medication, "You have to stand in

Tried this?



Charities: The Ace of Clubs in Clapham is the best place in South London to drop in for immediate help and information. Ask people at this fantastic frontline centre if you want to know something.

- www.aceofclubs.org.uk

Friends: If you've just got a job and you're waiting to get paid let your friends know. If they know you're making an effort they'll be more likely to help you out. It's just the way life is. Offer up a few quid and perhaps they'll put up with you until you finally get paid.

Gyms for showers: Some gyms will provide discounts for homeless people wanting to use the showers at off peak times. If you can afford a gym membership it can be a great way of staying clean.

Go out: Try some of the free shows around the city. It sounds nuts when you're struggling to find a place to stay, but sometimes it helps to pull your head out of survival mode.



Star-Burning Bright

Starlight – twinkling bright.
 Embedded in your black-velvet sky.
 Fiery-furnace deep in the void
 Casting white heat into the icy bleakness.
 I pause to wonder – as I gaze yonder.
 Are you still burning so bright?

The Diamond – sparkle – and glow.
 On your journey of light.
 Many aeons to get here. I gaze, amazed!
 Could you be a burned-out husk?
 Punctuating your shed, outer brilliance.
 Like a glowing coat of liquid, molten fury.

Your stardust a cradle for new star-life
 Like we all here on this earth one day die –
 So the suns of our cosmos one by one now go
 A final sun-burst, grand-finale death-glow
 Constellations of white dots in our Milky Way
 No longer visible at the dawn of day –
 When our very own star rises.

Our giver of light and life.
 Warming the air with your joyous rays.
 Putting smiles on our faces.
 Pulling back winter's last traces.

My name is Lawrence Blake from London. I hope you like my writing (or maybe not...) done at the Margins Project, in the Union Chapel. I use creative writing to express my feelings of isolation and despair as I struggle each day with several long-term health conditions. I am in a state of limbo having had threats of repossession and eviction hanging over me for some time and live in a very basic manner. I feel very uncertain about my future, which comes out via my (bleak) poems. One thing is, though things are bad, I will not give up and will continue (with a little help) to fight on! A lesson/gift from my father was, "Never say Never".

- Margins is close to Highbury & Islington station
www.unionchapel.org.uk/about-us/the-margins-project/

Work band-aid

For the working homeless is your job an extra burden or a way out of homelessness? By Yousif Farah

A large proportion of homeless people are also working. If you search the internet or if you work in a sector pertinent to homelessness you are likely to come across endless stories of inspirational people who are carrying out their duties despite having no fixed abode, or who have triumphed against adversity and turned a grim existence into a fairy tale, such as Raynor Winn who wrote an uplifting book about walking 630 miles along the South West Coast, *The Salt Path*, after her home was taken away.

A recent Freedom of Information request obtained by Channel 4 Dispatches revealed that 55 % of homeless families trapped in temporary accommodation are working. That is 33,000 families.

Homelessness in itself can be a very scary prospect. Especially if one has never experienced it before.

Having to keep a job while homeless makes life much tougher. It is stressful, and physically and emotionally exhausting. But working can also be a very rewarding experience, providing you with a sense of purpose and achievement, which will keep you going and make homelessness less of a daunting



Art: Yousif Farah's artwork produced at Creative Thursdays run at St Mungo's Recovery College in Southwark. The session is led by art therapist Simon Richardson with help from artist Brian McClure. © Yousif Farah

experience.

Being homeless can play with one's mind and make it prone to feelings of low self-worth, so try not to fall into that trap. Use positive energy through prayers, meditation, socialising, reading and reflecting upon your struggle to achieve great things rather than put you off the task. Remember that homelessness is a temporary state of where you are, not a statement of who you are.

■

**TURN TO PAGES A – P
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You can do it

Many of us at *the Pavement* have experienced homelessness and have had to work or do voluntarily work while homeless, including myself, writes *Yousif Farah*. Here are some tips for those who are working to help you maintain or find a job

1. If you are street homeless, maintaining cleanliness is a challenge, especially if you have to spend many nights outdoors and are in a job in which you are expected to be presentable and clean:

- It is an uncomfortable feeling to wake up in the middle of the park or under a bridge where there is no clean running water to wash your face or brush your teeth. Try to shelter in a place where there is a cafe nearby, so you can use their wash room.
- If you were registered at your local gym before becoming homeless, you can always go there to have a shower and

maybe a quick exercise. Or join after becoming homeless.

- Can you strike a deal with friends to allow you to have a shower in their house, even if it means paying them some money or buying them a drink?
- Study your surroundings for mosques or churches which may be open at certain times and have shower rooms, or a place to wash.
- Check the list in the centre of this issue of *the Pavement* for bathrooms/showers (BS) and laundry (L) or on www.thepavement.org.uk
- Take good care of your feet.

2. Learn how to manage your money and always have some money in your pocket. Save to buy a car or for a deposit on a flat.

3. Organisations providing support to homeless people seeking employment or education include:

- Recovery College is run by St Mungo's but open to all, and offers a variety of free courses. Contact recoverycollege@mungos.org or **020 7902 7964**.
- Shelter offers housing drop-ins, and can help you secure accommodation. They also have an employment team who will guide you through the process of finding a job. www.england.shelter.org.uk/get_help



5 ways to stay healthy this winter

The cold weather that comes with this time of year can have a negative impact on your health. There are things you can do to limit the impact. While some of these ideas may seem obvious, taking the following steps should reduce some of the risks posed in the cold weather, *writes Martin Burrows from Groundswell*

1. Keep dry and warm

If you have no option but to sleep on the streets try to find somewhere sheltered.

- Protect yourself against the cold by having a sleeping bag and/or blankets.
- Avoid damp places to bed down and sleeping directly on the ground, for example, by putting cardboard or blankets down first.
- Go to bed when you're warm. If it's cold outside and you are cold going to bed, you're not going to be able to warm yourself up.



2. Eat well

Try to eat regular and balanced meals.

- If you are sleeping out try to get hot food right before you go to sleep.
- The meal can help you warm up and keep you warm enough to get to sleep while your body still has heat.
- Keep in mind that fattier foods like cheese or creamed soup are going to be better for keeping you warm.



3. Socks and underwear

Change your socks and underwear each day if you can.

- Wear multiple pairs of socks on cold nights.
- If you can, find boots that cover your whole foot, ankle, and part of your leg.
- If your feet do get wet try to change your socks.
- A plastic bag over shoes can help to keep the rain off.



4. See a GP

If you are feeling unwell, are worried about your health or just feel you need a checkup, then see a doctor (GP).

- You do not need a fixed address or identification to register with a GP practice.
- Your immigration status should also not stop you from registering and getting treatment from a GP.



5. Get vaccinated

One of the most effective ways to stay healthy over the winter is to get a flu and pneumonia jab.

- If you are homeless you can get a flu jab for free from a GP practice or a pharmacy.
- Having a flu jab is particularly important if you have a respiratory health issue like asthma or COPD, or if you have another chronic health issue.



Deposit help

= LONDON =

For nearly three years Fat Macy's has run dining events across London. It's also helping people move into catering and out of hostels. Founder Meg Doherty explains the way it works to Sarah Hough

When Meg Doherty worked with key workers in hostels across London she heard about the barriers clients faced when trying to move on from hostels into their own accommodation. Often moving into private rented accommodation was the only option, but hostel service users claiming benefits struggled to save enough money for a deposit.

Meg realised how this led to frustration, financial problems, depression and inefficiency, so she founded Fat Macy's, a social enterprise to bridge the gap in provision and to offer a holistic package of move on support.

Clients have the opportunity to complete a level 2 food hygiene qualification which enables them to work as caterers for Fat Macy's and other catering companies. After completing the qualification, and a trial shift, clients are offered up to 200 hours paid work for which they earn £10 an hour.

The money earned is saved until they have enough for a housing

Who is eligible?

- Many of Fat Macy's clients are living in hostels, temporary accommodation or are hidden homeless and are claiming benefits.
- All age groups from all boroughs in London are eligible.
- You can self-refer or ask your key worker to refer you. It could be a first step to a job and your own place. <https://www.fatmacys.org> or email hello@fatmacys.org

deposit. Clients can earn up to £2,000 towards their deposit and for furniture for their flat.

Fat Macy's also help with property search websites and viewing properties to ease the transition into stable and comfortable long-term accommodation.

This transitional support is often lost when clients leave supported housing which may put them at risk of becoming homeless again. To prevent this, Fat Macy's clients are introduced to an organisation called Settle which provides support for safety, paying bills, budgeting and paying rent.

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



Saving for a deposit: Emmanuel Bejedi at Fat Macy's © Benoit Grogan-Avignon

Grand change

= SCOTLAND =

The Rock Trust, an Edinburgh based youth homelessness charity is having success with its Rent Deposit Scheme to help young people secure tenancies within the private rented sector.

"In Edinburgh the average deposit for the cheapest one bed flat would be £550 monthly rent plus a deposit of usually a month or six weeks' rent. It's crazy. For a shared flat for two young men the room is £460 including bills and the deposit is £510 so you're looking on average in excess of a grand up front," says Rent Deposit Coordinator Tammy Reilly explaining that the scheme is part of a wider consortium of youth charities working to End Youth Homelessness (started in 2012).

If you are eligible the Rent Deposit Scheme also provides a £200 move-in grant to help with bedding and on-going know how about how to budget.

- Want to know more: contact Tammy via email tammy.reilly@rocktrust.org (m) 07800 601 743 or office (t) 0131 524 9863.

rock trust
YOUTH HOMELESSNESS

RENT DEPOSIT SCHEME

Are you aged 16-25 and looking for a private tenancy to rent?

Are the upfront costs a barrier to finding a place to call home?

Get in touch to find out if our Rent Deposit scheme could help you!

Rent Deposit Scheme help © Rock Trust

Summing up

How a pledge wall, audience participation and a new mural shows that Manchester is leading the way in encouraging homeless people to make more use of the creative arts. Report by Marco Biagini

In November Manchester hosted the 2018 International Arts & Homelessness Festival and Summit, inviting people from all over the world to share ideas about how access to creative arts projects can help homeless people. Arts & homelessness organisation With One Voice transformed Manchester into a city-sized festival, with galleries, cafes, theatres and other public spaces playing host to an amazing range of events, performances and workshops. They also brought together New York street artist Joel Bergner, two local artists and almost 40 people affected by homelessness to create **The Doodle on Ducie Street**, a colourful new mural near Manchester Piccadilly Station.

Manchester was chosen as the host city due to the city council's new Homelessness Charter, which aims to provide all-round holistic support for people. This means instead of just providing shelter and food, the council is encouraging homeless people to get involved in the creative arts as part of their recovery process.

Manchester's creative scene has undeniably started playing a part in the new charter already with their amazing contributions to the festival. Events included open mic nights, film screenings, performance arts and theatre performances.

Cardboard Citizens invited the audience to participate in their new forum theatre piece, *Rising*, and formerly homeless artist David Tovey closed the festival with a heartfelt performance in *Man on Bench Fairytale*, an abstract theatre performance he wrote about a man saving him from suicidal despair when sitting next to him on a park bench five years ago.

At the Whitworth Gallery, over 250 delegates from 15 countries ran panel discussions, gave presentations and ran creative workshops as part of the Summit. A mixture of homeless people, formerly homeless people, service providers and politicians mingled and discussed the importance of creativity. Everyone attending the summit was encouraged to add to the pledge wall, promising to use something learned at the summit to help arts and homelessness in their own community.

"They don't think our art belongs in their world."

- David Tovey challenges high art world



Top: Dance workshop at the 2018 International Arts & Homelessness Summit

Bottom: Delegate speaking to event organiser Lora at the pledge wall. The Pavement pledged to spread the Summit's positive messages to our readers.

© Marco Biagini & Jamie Jackson

Building people

Mat Amp reports back from the first International Arts and Homelessness Festival & Summit held in Manchester

Watching Eve Steele and Neil Bell deliver stellar performances in Ed Edwards's *The Political History of Smack and Crack* is an absolute torturous delight, like watching a slow-motion replay of a long-drawn out car crash that I had somehow managed to walk away from.

For anyone who has found themselves dismissed to the margins of life, like a left-over one in those complicated long division sums, there are going to be parts of this production that will really speak to you.

Rather than drowning in nostalgia, the heavy echoes of the past anchor what is, at all times, a beautifully scripted tale. The production burns bright with northern humour, like the blaze of erupting sulphur on the match head of anti-Thatcherite energy created at the broken edge of '80s Britain. It was a time and place where the disco synthesisers of the 1970s gave way to a raw anger that exploded into riots on the streets of major British cities and the twin barrels of smack and crack were loaded to explode into the mainline of working class Britain.

The play was the penultimate event at the inaugural International

Arts and Homelessness Festival and Summit, hosted by With One Voice (WOV) that ran from the 12–18 November in Manchester.

WOV has grown in partnership with Streetwise Opera and will become independent this April.

Founder Matt Peacock said, "I had been running Streetwise Opera when the Cultural Olympiad of London 2012 wanted to give homeless people a platform. We offered to put on a big event that brought together as many art groups as possible from around UK – choirs, theatre groups, bands etc. It was called With One Voice – we got asked to do a similar project in Rio 2016. The magic came not from the end result, but through getting people together and supporting and inspiring each other."

And then came the summit in Manchester which saw 250 delegates from 15 countries swap knowledge, learn from, teach, inspire and empower each other. Numerous discussions, focus groups, workshops, events, exhibitions, plays and gigs were spread out in a few dozen venues over five days.

Matt adds: "We all need to find ways of building people up as well as building houses. Art can't solve homelessness but homelessness is an issue made up of multiple factors and so we need multiple approaches."

And for those who question the



Torturous delight: Neil Bell and Eve Steele shine in *The Political History of Smack and Crack* © The Other Richard

expenditure, Matt says, “All our funding comes from arts sources, so we aren’t taking money away from homelessness services. The arts community believe in arts for social action and there is no better use of resources than working with people who are or have been homeless.”

He is passionate when talking about the need for a more coherent, unified approach to utilising the arts as part of the overall strategy for dealing with homelessness. “We’d like the arts to be a more respected, understood and widely used approach in homelessness support and in order to achieve that, we’d like to encourage more local and national governments to integrate the arts into homelessness strategy.”

Any doubts I had about the role

creativity and the arts has to play in tackling homelessness were banished by this truly incredible coming together of kindred souls. And the jewel in its crown was the heart-wrenching *Man on Bench Fairytale* written by David Tovey which wrapped things up.

The play was as painful and real as anything I’ve ever witnessed on stage. It was a suitable end to a powerful and inspiring event which has planted a seed that will hopefully grow into something powerful, original and above all necessary. Yep, I think One Voice is exacting real and lasting change in the way we think about and deal with homelessness

- <http://with-one-voice.com> and on Twitter @With1V

Muddle and misery

Universal Credit guidance for homeless people has just been launched – but that doesn't stop changes still being needed, writes Groundswell's Martin Burrows

The Department of Work and Pensions (DWP) has released new guides for homeless people and for supporting organisations when working with homeless people around Universal Credit (UC). This is a much-needed resource, but, substantive change is still needed.

Research for Gateshead council found the roll out of UC locally to be linked to depression, anxiety and increased suicide risk. Groundswell's research exploring the impact of UC on people experiencing homelessness in London finds that the stories from the north east are not in isolation.

Groundswell, working with the London School of Hygiene & Tropical Medicine and King's College London, interviewed people who are homeless and people working in health and social care to understand how UC is being experienced. We heard that the stresses of UC accumulate. There are sanctions, cuts in payments, uncertainty and a lack of support from work coaches. Combined with other stresses from day-to-day survival while homeless, these can be a driver for anxiety,

In a nutshell

Universal Credit (UC) was to have been rolled out by the end of 2018, but this date has been changed so the roll out will now finish in 2020.

"On Universal Credit it's five weeks till you see the first payment, but it has been reported that by next June it will be cut down to three weeks. Let us hope that this is true." Ian Kalman, *the Pavement* writer

It is having a damaging impact on the lives of people experiencing homelessness.

"The extended timescales and the cost of running Universal Credit compared to the benefits it replaces cause us to conclude that the project is not value for money." *Rolling Out Universal Credit*, National Audit Office (June, 2018)

depression and suicide.

When people are homeless, they need a welfare system that can support them to move on from homelessness. Our findings reveal that, in fact, it is causing further hardship. People are having problems with their initial claims for Universal Credit and then having to wait a long time for payments.

There is also the pressure to be searching for work and meeting job-search targets, whilst trying to deal with other issues that come with the experience of homelessness

Can you switch to Universal Credit without fear?

Info collected by Polly Bindman

Citizen's Advice advise that **there** are four steps to getting Universal Credit (UC). You'll need to:

- 1 Gather everything you'll need to apply
- 2 Set up an online account
- 3 Use your account to start a claim
- 4 Arrange an interview at the Jobcentre within seven days of starting your claim. More info at <https://www.citizensadvice.org.uk/benefits/universal-credit/>

Need to know: you can only apply for UC online, and if you miss out one of the four steps you may not receive any payment. After you apply online, you should be given a phone number to arrange your interview at the Jobcentre. You only have seven days from the start of your online application to arrange the interview. Your interview will be with a member of staff called a **work coach** who you must meet regularly.

If you're not confident with the internet to begin your Universal Credit claim, then you can ask your local council for help about getting online. If you can't apply online, you might be able to apply using the phone. You will need to tell the Department of Work & Pensions (DWP) why you can't apply online. If you think you need to apply by phone, there is a free Universal Credit helpline (it used not to be free!), and somebody else can call on your behalf. For the full service Monday – Friday, 8am to 6pm:

Telephone: 0800 328 5644 | Textphone: 0800 328 1344

Tip: I was put on hold for over 30 minutes without managing to speak to anyone. It's much easier online, and some libraries offer free internet services.

and need to take priority, such as health. This is despite the physical and mental health of many people experiencing homelessness being far worse than that of the general population.

We welcome the release of the *Universal Credit and homeless*

people: guide for supporting organisations and the *Quick guide to Universal Credit* targeted at people who are experiencing homelessness. But it's only online. Our research indicates that a key challenge of the current system is the online nature of managing a claim. ■

Banter

How to secretly live in the pub – a guide from Ruby

1. Some pubs are warm and comfy with big clean toilets: you can wash, change, and spend a cold day there. Heavenly. Pub staff aren't paid enough to give a toss what you do, so long as you're not causing trouble or hogging space when it's busy.
2. Usually it's too expensive to eat in pubs, with exceptions like Glasgow's Star bar, three quid for a three-course lunch. Though there'll be a lot of folk eyeing your dinner wanting you to finish so they can get in too.
3. Make food last. Try leaving one chip and refuse to let anyone take the plate (this only works when you smile). If you can't find a massive pub where you're hardly noticed, find a wee one where they like you. You need to make them like you. Adapt your politics to suit and agree with the bar staff about everything, whilst occasionally admiring their shite 'gap year' jewellery.
4. Wetherspoons has banned homeless people, dogs and charging your phone but you can order with a phone app so you don't have to leave all your stuff to go to the bar. You still need some bampot* to watch it when you go to the toilet mind. Never try pissing in a pint glass, it's never that funny and you're not as discreet as you think.
5. Ideally you want a big toilet cubicle with a basin. Don't attempt anything complicated like a flannel wash and change in a normal size cubicle, you'll just drop your stuff in the toilet, fall over and get your leg stuck under the door. No of course that didn't happen to me...
6. In a pub your biggest outlay is that first drink. Which you let them see you honestly drinking behind a wall of menus/newspapers/books. Carefully top it up with all the cans you brought in (don't bring in Buckie – they don't serve it, so will spot your cunning plan). Done expertly it's possible to reach oblivion gently over eight hours with one small glass of white wine.
7. Remember this only works if you're not the roughest smelling person. Pub staff CAN chuck you out/deny entry for any made up reason, so don't hand them any.

** For non Scots, bampot = crazy person*

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 next issue

The Pavement is looking for funders

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, see p3.

"A lot of people with jobs, who cannot afford rent, use our shelter – mainly construction, bricklayers and crane operators but also retail staff and students. Bar staff and kitchen porters need to let us know that they will turn up late."

- Tip from Janet Gilbert, former night shelter project manager

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: Dec 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

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

BARONY (LOTHIAN AND BORDERS OFFICE)

101 High Riggs, Tollcross, Edinburgh EH3 9RP

0345 140 7777; www.baronyha.org.uk

Mon: 2.30–4pm (art); Tue: 10.30am–4pm; Thu: 3.30–7.30pm (drop-in); Fri: 11am–2pm (women only drop-in); Sun: 11am–4pm (drop-in); Mon: 6.30–9pm (art)

Housing/supported accommodation across east and central Scotland. Support for vulnerable adults, inc those with mental health problems and offending backgrounds. Day centres for clients with mental health problems.

[AH, AD, A, AC, C, D, LF, MH, OW, TS](#)

GLASGOW CITY MISSION

20 Crimea St, Glasgow G2 8PW

0141 221 2630; www.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

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

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

SPITTAL STREET CENTRE

19b South Bridge St, Bathgate,
Edinburgh EH48 1TR
01506 205 413; www.nhslothian.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

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–12am (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: 9–12am; 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; www.salvationarmy.org.uk/

Mon–Fri: 9–12.45am
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: 12am–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

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



DRUGS & ALCOHOL

ADDACTION (NORTH WEST GLASGOW RECOVERY HUB)

0808 178 5901; 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

BETHANY CHRISTIAN TRUST

65 Bonnington Rd, Edinburgh EH6 5JQ

0131 561 8930; www.bethanychristiantrust.com/

Tue: 12.30am–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

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

DRINKLINE

0300 123 1110; 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 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 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:

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



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/](http://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/](http://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/](http://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/](http://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/](http://www.turningpointscotland.com/)

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

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

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)

Edinburgh

0131 225 9445; www.bethanychristiantrust.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. Please check their website for details. Soup, rolls & tea/coffee.

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

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



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

Jericho Community welcomes you!

Open Christmas Day.

FF

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–12.30am;

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; qpqpc.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 were 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

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 (ROSE STREET)

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

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

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

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

THE SALVATION ARMY (REGENER8+ DROP IN)

25 Niddry St, Edinburgh EH1 1LG
0131 523 1060; www.salvationarmy.org.uk/

Mon–Fri: 9–12.45am

Cheap, good quality breakfast & dinner;
Crisis Intervention Support workers;
Gateway Visiting Support Offices;
safe space; games; chaplaincy; various
activity groups.

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

TURNING POINT SCOTLAND (DRUG CRISIS CENTRE)

See DRUGS/ALCOHOL

TURNING POINT SCOTLAND (HOMELESSNESS SERVICE)

See DRUGS/ALCOHOL

TURNING POINT SCOTLAND (NORTH EAST RECOVERY HUB EDINBURGH)

See DRUGS/ALCOHOL

WINTER SHELTERS

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

01 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

WOMEN

AGAINST FORCED MARRIAGE

0800 141 2994; www.againstforcedmarriages.org/

Mon & Thu: 10.30am–4.30pm

Helpline to support people who fear being pressured into a forced marriage or are already in one. Info and support. Male victims welcome to call. Outside helpline hours, leave a message & you'll 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 RAPE CRISIS CENTRE

17 Claremont Cres, Edinburgh EH7 4HX

08088 010 302; www.erc.scot/

Mon–Sun: 6pm–midnight (helpline)

Support and information to women, members of the transgender community and young people 12–18 who have experienced sexual violence at any time. For an appointment or referral, please call 0131 556 9437.

AD, C

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

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

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

FULL LIST
AVAILABLE ON
OUR WEBSITE



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 info, support and refuge accommodation for women and any accompanying children who have experienced or are at risk of domestic abuse. Helpline: **0800 027 1234**

AH, AD, C, OW, SF

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

NATIONAL DOMESTIC VIOLENCE HELPLINE

0808 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.

AD, C, D, MH, OL

NUMBER 20 (FOUR SQUARE)

Call for address. Edinburgh
0131 557 1739; foursquare.org.uk/
 Temporary supported accommodation for women 16–21.

C, D, MH, OW

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

ONE IN FOUR

020 8697 2112; www.oneinfour.org.uk/; admin@oneinfour.org.uk

Monday–Thursday: 9am–9pm;
Saturday: 10am–5pm; Friday: 9am–6pm

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

C, MS, MH

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.

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 affected by sexual violence, no matter when it happened. They can put you in touch with other services if you need longer-term support. Minicom: **0141 353 3091**. Interpreters if your first language is not English.

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 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. Phone or email.

AH, C, MS, SF

SEXUAL HEALTH HELPLINE

www.nhs.uk/worhtalkingabout/Pages/sex-worth-talking-about.aspx

Find your nearest clinic or just find out about AIDS/HIV, 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/fleeing domestic abuse.

AD, OL, SF

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

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

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



SPITTAL STREET CENTRE

See DAY CENTRES/DROP-INS

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 Gt Stuart St, Edinburgh EH3 7TP
apexscotland.org.uk; **0131 220 0130**
 For offenders, ex-offenders and young people at risk of offending, many of whom may also be homeless. Move

onto employment, training or further education. To find your local office, visit the website.

AH, BA, CA, ET, IT

BETHANY CHRISTIAN TRUST (COMMUNITY EDUCATION)

65 Bonnington Rd, Edinburgh EH6 5JQ
www.bethanychristiantrust.com/services/community-development/
0131 561 8930
 ILA accredited centre.
ET, CA

CLAIRE MULHOLLAND COACHING

City centre, Edinburgh
07809197529
 Mon–Sun: 8am–8pm
 Free/low-cost personal coaching, in person, by email (coachclaireuk@gmail.com) or via Skype.
CA, ET

COUNCIL FOR HOMELESS YOUNG PEOPLE

Residential support for youngsters and young, single homeless people. Referral only via Social Work Dept, Glasgow City Council: **0141 302 2744**.
AH, AD, BA, C, ET

CRISIS SKYLIGHT (EDINBURGH)

Crichton Hse, EH8 8DT
www.crisis.org.uk/get-help/edinburgh/; **0131 209 7700**
 Mon–Fri: 9am–5pm
 Multiple activities, workshops and learning opportunities. NOT a drop in - please phone for appointment. Events

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

across the city. Visit the website or phone for full timetable and venue info.

AH, C, ET, IT, LF, MD

DEPAUL UK

<https://uk.depaulcharity.org/home>

Mon-Fri: 9am-5pm

Helps young people who are vulnerable, homeless and disadvantaged through accommodation, resettlement, training and employment, prison work, work in communities, and volunteering and mentoring. Emergency accommodation.

AH, BA, CA, DA, ET, TS

EDINBURGH CYRENIANS

57 Albion Rd, EH7 5QY

<https://cyrenians.scot/>; 0131 475 2354

Mon-Fri: 10am-5pm

Advice, information and support phone helpline for people who are homeless, threatened with homelessness or struggling with addiction. Not a drop-in service – appointments by referral.

AD, D, ET, OW, LA

EMMAUS GLASGOW

Emmaus Hse, 101 Ellesmere St, Glasgow G22 5QT

www.emmausglasgow.org.uk/; 0141 353 3903

Accommodation and work for 23/24 homeless people. No drink or drugs, but Emmaus helps people with addiction problems to access local services.

AH, CA, CL, ET, OW

FOYER FEDERATION

foyer.net; inbox@foyer.net; 020 7430 2212

Provides more than 10,000 homeless 16–25-year-olds with accommodation, training, job search, support and motivation.

AH, AD, CA, C, ET

FRESH START

22–24 Ferry Rd Dr, Edinburgh EH4 4BR

<http://www.freshstartweb.org.uk>; 0131 476 7741

Helps people who have been homeless get established in their new home with practical and social support. Each year Fresh Start helps thousands of new tenants. Please phone for opening hours.

AD, LF, TS

GLASGOW CITY MISSION

20 Crimea St, G2 8PW

www.glasgowcitymission.com; 0141 221 2630

Mon-Fri: 10am-10pm; Sat: 4-8pm

Programme of activities, services and 1-2-1 support to tackle immediate needs and underlying issues. Activities incl free meals, art class, music studio, gym, computers, college courses, money help, ESOL classes, gardening, opportunities to explore the Christian faith and much more.

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

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

LS Luggage storage
MD Music/drama
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FULL LIST
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OUR WEBSITE



MOVE ON (EDINBURGH)

2nd Fl, 25 Greenside Pl, EH1 3AA
www.moveon.org.uk; 0131 558 3740
Supports vulnerable young people and those affected by homelessness and enables them to access training, volunteering, education and work towards employment. Some steps to office, then elevator.
[CA, ET, IT](#)

MOVE ON (GLASGOW)

4th Floor, 24 St Enoch Sq, G1 4AA
www.moveon.org.uk; 0141 221 2272
Mon-Fri: 9am-5pm
Enables homeless people to develop the skills and tools they need to reach their own long-term solutions. Provides services specifically for young people, 18-28 years old.
[AH, AD, BA, DA, ET, OL, TS](#)

ROYAL BRITISH LEGION

www.britishlegion.org.uk; 0808 8028080
Mon-Sun: 8am-8pm (contact centres)
Delivers information, advice and support to members of the British armed forces, reservists, veterans and their families across the UK. Visit one of their centres, call (free from UK landlines and main mobile networks) or use their online resources to find out more.
[AH, AD, BA, CA, DA, ET, IT, OW, TS](#)

STREETWORK CRISIS CENTRE

22 Holyrood Rd, Edinburgh EH8 8AF
www.streetwork.org.uk; 0808 178 2323
Mon-Fri: 7:15am-10pm (drop-in; 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. Though their Holyrood Hub and Helpline, they are able to advise, refer and support people to access the services they need to resolve their situation.
[AH, BA, BS, CA, CL, DA, D, ET, IT, L, LS, MS, OW, OL, SF](#)

THE BIG ISSUE (GLASGOW)

107 Saltmarket, G20 9TG
www.bigissue.com; 0141 352 7280
Sat: 8:30am-12:30pm; Tue-Fri: 7:30am-3:30pm; Mon: 9am-3:30pm
Offers a self-employment opportunity to anyone who is facing poverty. Vendors buy their magazines then sell them for profit. It's simple but it works.
[SF](#)

THE SALVATION ARMY (EAST ADAM ST)

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

YMCA

www.ymca.org.uk; enquiries@ymca.org.uk; 020 7186 9500
Housing, training and community health organisation that runs hostels for homeless young people. Check the website for details.
[AH, AD, BA, CA, ET, MS](#)