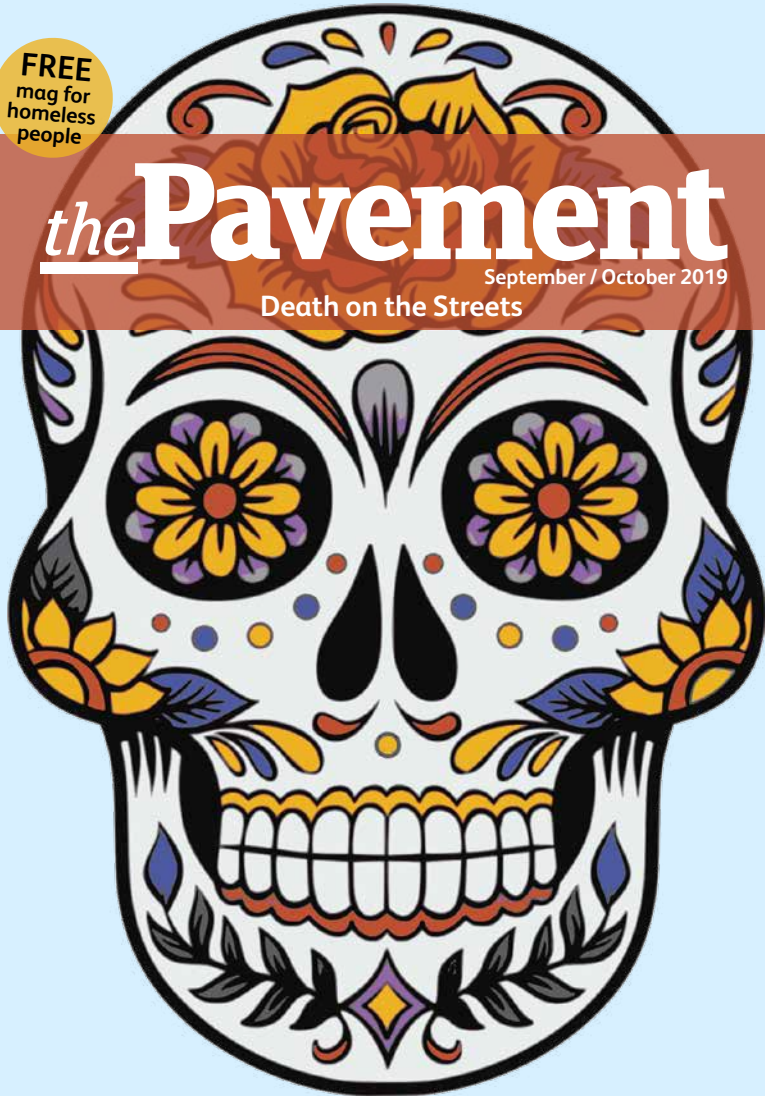


FREE
mag for
homeless
people

the Pavement

September / October 2019

Death on the Streets



Missing



James Hodgkiss

James went missing from Bolton, Greater Manchester on 2 August 2016. He was 34 years old at the time.

James, 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.



Alexander Sloley

Alexander has been missing from Islington, London since 2 August 2008. He was 16 at the time.

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

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

Free, confidential, 24/7.

**missing
people**

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

A lifeline when someone disappears

Death on the streets

Death is a topic that is not talked about enough in the UK. But for people who've lived on the streets, or are living there now – and especially those with addictions – having someone die on you happens a lot. Over the years *the Pavement* has lost many friends and contributors, so we felt it was time to create a rough sleepers' guide to dying. We look at end of life care (p10), chatty Death Cafes (p14) and dealing with a dead body (p20). For general help please turn to the centre pages for the list of services. Stay safe.

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Stop Press: on 10 Sep, 2–8pm, it's Streets Fest. A health and wellbeing event in Finsbury Park for homeless people in Haringey & Islington.

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



A special welcome to our Vinne Pack friends: This winter 11,500 cold weather packs, known as Vinnie Packs, containing a thermal hat, gloves, two pairs of socks, wet wipes, toothpaste, toothbrush, pen and copy of *the Pavement* will be distributed to homeless centres and soup runs throughout England and Wales. The packs, paid for and assembled by volunteers from the St Vincent de Paul Society, are given out free of charge, and have been since the project started in 2010. If you want Vinnie Packs to distribute, or would like to know where to collect a pack for your own personal use, contact info@svp.org.uk, or text **07929 490090**.

More information about the St Vincent de Paul Society (SVP) can be found at www.svp.org.uk.

© *the Pavement*

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

We're a small charity, founded in London in 2005, producing a pocket-sized mag full of news, views and cartoons. Right in the centre is a list of places to help you. Each issue we print 8,500 FREE bimonthly magazines written for homeless and insecurely-housed readers in London and Scotland. You can find *the Pavement* at hostels, day centres, homeless surgeries, soup-runs and libraries.

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

We are always looking for volunteer journalists and photographers to create exclusive content that's written with our readers in mind. We particularly welcome those who've been homeless. A big thank you to our readers and writers.

- www.thepavement.org.uk

Join us

Can you 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. Ideas please to:

- nicola@thepavement.org.uk

Written by Jake Cudsi

Housing First

Liverpool City Region started its pioneering Housing First programme in July, having secured £7.7million from the government to fund the pilot scheme. The Housing First approach removes the so-called ladder system that homeless people must climb when trying to secure a home.

Instead, homeless people are provided individual housing straight off, as opposed to moving through hostels and shelters. Health, addiction and employment services are made available to every household involved with the programme. The *New Statesman* quoted the Metropolitan Mayor of the Liverpool City Region, Steve Rotherham, explaining “Housing First is based on a simple premise, that the first thing homeless people need is a decent place to live.” Similar schemes are being run by Greater Manchester Council and the West Midlands Combined Authority.

- **Finland has a Housing First policy. It is the only country in the EU where homelessness is falling.**

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

Need urgent help?:

If you are on the streets and homeless ask anyone (or do it yourself) to share your location with StreetLink via the app or 0300 500 0914. StreetLink enables the public to send an alert when they are concerned about someone sleeping rough in England and Wales, connecting that person to local accommodation and support services. Since StreetLink was set up, in 2012, it has received more than 100,000 referrals from the public, and put 35,000 people in touch with the support they need to escape rough sleeping.

- www.streetlink.org.uk

Field day

Conservative MP Mark Field faced backlash in July for a leaked email, published in *the Guardian*. The email revealed a contempt for homeless people and The Passage, a charity based in **Westminster** which helps vulnerable and homeless people. Field was unimpressed with the charity’s work calling them a “magnet” for “undesirables”. It was Field, who grabbed headlines in June for gripping an environmental activist around her neck.

- www.passage.org.uk was recently shortlisted for its work on homelessness and modern slavery in the London Homelessness Awards, run by the London Housing Foundation.

Unhappy camping

Homeless camps in the UK that have been forcibly dismantled by councils have more than trebled in five years. In 2014, 72 of these camps were cleared, rising to 254 last year. Wily councils didn't just stop at tearing the camps down, though. *The Guardian* reports that councils often confiscate tents and charge homeless people a return fee. For example, **Brighton** local authorities charge homeless people £25 to get their tents back. Business must be going well for the authorities, because in 2017 Brighton had the second largest rough sleeping population in England. Complaints to councils about homeless camps increased by 448 % in five years, with 1,241 complaints made in 2018.

Shock increase

In late June the Combined Homelessness and Information Network (CHAIN) released its annual report 2018–19 on rough sleeping in **London**. The report, commissioned by the Greater London Authority (GLA) and managed by St Mungo's, details an 18 % increase in people sleeping rough compared to 2017–18 figures. Outreach teams for CHAIN counted 8,855 people sleeping rough in the capital during 2018–19. Of that total, 5,529 people (62 %) were new rough sleepers, having never previously slept rough.

Free water:

More than 100 public water fountains are being installed throughout London by the Mayor and Thames Water. The aim is to encourage people to refill their own bottles, reducing plastic waste. Find them in main line and tube stations, markets, shopping centres and recreation grounds.

© Jean Hindry

This represents a jump of 24 % on last year's figures.

- Find CHAIN annual reports at <http://data.london.gov.uk/dataset/chain-reports>

Mapped out

Quddous Ahmed spent five months on the streets in 2015. In those five months he was racially abused, hit with a rock and his sleeping bag was set on fire. His struggles during homelessness inspired him to create Hounslow Soup Kitchen (HSK). HSK's work involves running outreach teams, soup kitchens, breakfast clubs and other charitable schemes in **Hounslow**. Ahmed's most recent project is an interactive map available on the HSK website. Speaking to the *BBC*, Ahmed explained the map "centralises all the services that are available and free and open to the homeless without any judgement."

- View the map at www.hounslowsoupkitchen.com



Cut down

Deaths among homeless people are more common in areas of England and Wales suffering from funding cuts, shows analysis by the Labour party. Between 2013 and 2017, nine of the 10 councils with the highest number of people dying on the street had their funding cut by more than three times the national average. Those nine councils are **Birmingham, Blackburn, Leeds, Liverpool, Manchester** and in London – **Camden, Lambeth, Tower Hamlets** and **Westminster**. Birmingham council saw the highest number of homeless deaths between 2013 and 2017, with 90 people dying.

Get out

According to the annual CHAIN report on rough sleeping in London (see p6), the most common reason for people sleeping rough continues to be eviction or being asked to leave by the person they were staying with. Around 31 % of people new to rough sleeping found themselves on the street in this way. Meanwhile, people sleeping rough on a longer-term basis had increased by 9 %. Outreach teams identified 2,080 people sleeping rough in 2018–19 who had also slept rough in 2017–18. London Mayor Sadiq Khan called the report's findings a "national disgrace", bemoaning "the government's policies" for forcing people on to the streets.

Street preaching

The Conservative Mayor of the **West Midlands**, Andy Street, has admonished his government's homelessness policy. Street says the government has directly increased the number of people being made homeless, by freezing housing benefits. *Coventry Live* reports Street wants the government to adjust the local housing allowance element of Universal Credit so that it at least matches inflation. Teaming up with Crisis to call for changes to Universal Credit, Street advised government "to increase local housing allowance to a level where 30 % of rented homes in any area are affordable to everyone."



Time of the month? Try asking for free period products at libraries, hostels and community centres. Photo is of a Period Friendly Point available to homeless women in Scotland which is organised by the Simon Community.
 © simonscotland.org/period-friendly

Temporary fix

In a reverse of the trend of homeless people being moved far away from the area they sought accommodation, West Berkshire Council plans to invest in more local temporary accommodation. The council had previously moved many homeless people towards services in **Slough**, however it is now looking to invest locally.

Newbury today quoted Green councillor Steve Masters, himself formerly homeless, calling for a rethink of the council's housing strategy: "If we as a community invested in true social housing stock... this would go somewhere towards addressing the needs of the people on the housing list."

Vagrancy act

As *the Pavement* went to press, the Government was still reviewing the archaic, draconian Vagrancy Act of 1824. Woefully outdated and clearly unfit for purpose, successive governments had ignored the act, which makes it a criminal offence to sleep rough or beg in England and Wales. A campaign to repeal the act, supported by a group of charities headed by Crisis, has gained cross-party support among MPs and at the time of writing it was hopeful the law will soon be dumped.

Pension problem

A devastating report produced by the All Party Parliamentary Group on Housing and Care for the Elderly predicts *the Pavement's* readership is set to skyrocket (although they didn't report it quite like that).

Rental Housing For An Ageing Population, predicts more than 600,000 members of the millennial generation in the UK (people born in the early 1980s to mid 1990s) will struggle to avoid homelessness when they become pensioners. This generation is also known as "generation rent", due to the dwindling number of homeowners among younger people. Should rents and earnings rise at the same rate, at least 630,000 pensioners from generation rent will be unable to afford their rent by 2038. The report calls for immediate action to prevent a "crisis of pensioner homelessness".

Good news

Prisoners from open and women's jails now have more opportunities to work or be trained. It's all thanks to rule changes giving Prison Governors greater autonomy to grant Release on Temporary Licence (ROTL).

- **A good place to look for a job as kitchen porter, bartender, chef, waiter or pub management is via the charity Only A Pavement Away (no connection with the Pavement), see <https://harri.com/onlyapavementaway>**

Giving up

Chris Sampson gave up smoking on 6 June after 35 years. Now he says:

- **Money Smells Funny: I hadn't smelt coins since 1984(!)**
- **I can now tell who smokes what, and where, when I walk down the street**
- **Instead of going to cigarettes when stressed, I find other ways: ice cream, for instance**
- **No longer do I have the dreaded "Ginger Finger" of long-time roll-ups smokers**
- **Teeth are meant to be white, it turns out. As mine now are.**
- **As opposed to reeking of tobacco, I now smell of strawberries. This is not a side effect of nicotine leaving the body: I just like strawberries**

Stoptober – Stop October – is another good time to give up cigarettes. It's probably going to be tough, so what are the unexpected pluses? Share with the Pavement by emailing nicola@thepavement.org.uk

Let's talk

Talking about death can be helpful and help you live well. That's why we've devoted this issue of *the Pavement* to the big taboo. This intro is by end of life care specialists Andrew Knee, Dr Caroline Shulman and Julian Daley

Though death happens to everyone, many of us have not spoken to anyone about our concerns, fears or wishes. This may be because we don't want to. Or it may be that we haven't thought about discussing it before. Or we don't know who we could talk to. It may be that we prefer to just focus on the here and now, or we have suffered so much that we cannot face talking about it. Most of us are not alone in having fears and concerns about death.

Discussing these fears and concerns may enable us to deal with them, and get support from others.

It's important that we don't feel pressurised to talk. Many people who are homeless often have fears and concerns that they would like to share with someone – but for many reasons may not feel able to do this.

Sasha told us: "I used to carry a list and a diary around with me when I was on the street, because it had things about who I was. I wanted people to know me as a person. I'd written down what I wanted to

In a nutshell

- Death happens to everyone.
- Focus on what you might want should your health deteriorate, and what living well means to you.
- This is a chance to hope for the best, but plan for the worst. See how on p12.

happen to me. And it had important information like who my family were, stuff like that. I was afraid of dying alone. I had friends on the street for a while who I talked to, but when we all went our separate ways, I never told anyone else of these fears."

Instead of fear, maybe we could focus on what we want? For example, what would living well look like? If we ended up unwell and in hospital what would we like to say to a health care provider about what we would (or wouldn't) want them to do to us?

Many people experiencing homelessness have a long-term health condition, which can make it difficult to know what the future holds. This can be particularly complicated for people who are using substances. For example, even specialist doctors often do not know how long someone with severe liver disease might live for. Perhaps it would help all of us to think about what we would like to happen here

and now; what living well means to us now and what we would like to happen if our health were to get worse. ■

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



The writers (l-r): Andrew Knee, Palliative Care Coordinator, St Mungo's; Dr Caroline Shulman who works in homeless health with Pathway Charity, University College London & King's and Julian Daley, who has been homeless, and is now a Care Navigator, Pathway. © AK

What is...

- **Palliative Care** is the treatment, care and support for people with a long-term condition and advanced ill health. Palliative care is to help us to have a good quality of life. This includes being as well and active as possible in the time we have left.
- **End of Life Care (EOL)** involves treatment, care and support for people who are nearing the end of their life. It involves managing physical symptoms, pain relief, and emotional support to us and those close to us.

My wishes

Let It Be, *The Great Gig in the Sky* and *Candle in the Wind* are all songs dealing with loss that can really make you sob. But sometimes it's wise to dry the tears and take control by thinking about the practical things you need to do before you die. Ideas from Andrew Knee who works at St Mungo's

Many of us may feel that our voices won't be heard or that we have no choices available to us. But we all deserve to be cared for when ill, and to die with dignity and respect. We have the right to live our life however we choose and there are people who can help us with this, whatever stage we are at. If we did want to think, or talk about these things with someone – including end of life care, funeral wishes, and how we want to be remembered – this list below might help us to do this. It's also a good plan to keep it somewhere safe.

Q. My name:

Q. Where I would like to be cared for?

Thinking about how we would like to be cared for is really important. We may want to be cared for at home or we might want to be cared for in a place that is special to us. Letting people know as early as possible will make it easier to get the support we need. This is known as an **Advanced Care Planning Statement**. I'd like...

Q. Appointing Power of Attorney:

A Power of Attorney is a legal document that allows someone to make decisions for us, or act on our behalf, if you're no longer able to or if we no longer want to make our own decisions. There are different types of Power of Attorney, so it is best to ask for free legal advice from the Citizens Advice Bureau. www.citizensadvice.org.uk

Q. Refusing treatment

We can decide how we want to be cared for including different types of treatment and resuscitation if we wish. This is known as an **Advanced Decision to Refuse Treatment**. I'd like...

Q. Things to do before I die:

1. Reconnecting with people

2. My funeral wishes (eg, Plan what music you want. How do you want to be remembered?)

3. Passing on my possessions to others

4. Other things that are important to me

Safe storage

You can keep documents safely on you, or leave in a safe spot, see: streetstorage.co.uk

My first Death Café

How will Jean Hindry, armed with just a cuppa and cake, cope talking about life's biggest taboo?

The only certainty in life is that we are all going to die, so why are we frightened to talk about death and why is it such a taboo subject? With this in mind, full of fear and trepidation, I went to find out at a Death Café.

To my surprise the atmosphere was very relaxed and chilled: not what I imagined at all! Bizarre to think 18 of us were all going to talk in small groups for two hours about our concerns, our wishes, our expectations, what we wanted and what we didn't want over some chocolate brownies.

Loads of issues were explored in such an informal way, we chatted about Wills, Powers of Attorney, funeral wishes, and if we wanted to be resuscitated, buried, cremated, thrown into the sea, a humanist funeral or left to rot in some woods. Interestingly leaving your body to medical science could cause a problem because there are certain criteria you have to meet.

After a while it became apparent that maybe I need to prepare for my dying days and talk to people close to me about what I wanted. Although some of the group said that speaking to some people close



Cheerful skeletons celebrating Mexico's Day of the Dead. This year it is on 2 November. © *the Pavement*

to you about the subject can be very awkward. But I will certainly think about having this chat, because it makes sense to tell people close to you where you put your Will or list of wishes and organising that everything is put into one place, instead of them rummaging about frantically.

I have to admit that I came away feeling alright about it and we had a right laugh, despite the subject.

- **Death Cafés are run by Gentle Dusk.** From July 2019–Jan 2020 there will be several at Wellcome Collection on Euston Road. See www.gentledusk.org.uk to book a place



Chats and cake: this is what a Death Café looks like. © *Gentle Dusk*

Do the maths

- For the first time in December 2018 government published numbers of homeless people who had died. There were 597 deaths in England and Wales during 2017 (Office for National Statistics)
- Many more deaths of homeless people occur in urban areas (574) compared to rural areas (26). (Office for National Statistics)
- 165 names were read out at October 2018's St-Martin-in-the-Fields service of Commemoration for people who have died homeless in London.
- UCL researchers found nearly a third (30%) of homeless deaths were from treatable conditions that could have improved with the right medical care, e.g. TB, pneumonia or gastric ulcers. The research explored the in-depth medical records of 600 people that died while experiencing homelessness. #makethemcount
- *The Ferret* reports in March 2019 that 139 people died while homeless in Scotland over the past 18 months. Many of the recent Glasgow deaths were connected to use of street valium.



Ken Pyne

"SEE! I TOLD YOU-THEY'RE ALL DRUG ADDICTS!"

Feeling happy?

James Quigley asked *the Pavement* readers what makes you smile? Then our Facebook group joined in...

We tried asking people how they found light in the darkness. Your answers reveal that even a small act of kindness (which every human being is capable of) can make even the most-weary person a little bit happier.

J: "My girlfriend doesn't know I'm homeless, but spending nights with her, when I can, gives me the drive and energy to keep doing everything I can to get off the street."

T: "I love fruit! I love it when I'm able to buy it myself or when I'm given some by passers-by. Also having a hot meal either in a hostel or over a fire (which often gets doused by public officers)."

D: "It means the world to me when people stop for a chat or give me money to get into a hostel. Small acts of kindness are great – such as the man who gives me some water every morning even though his boss gets angry with him. They stop me from feeling resentful of the people around me even when my tent and possessions keep getting stolen." ■

From the *Pavement's* Facebook page

Chad: Drum and bass makes me happy. Music makes people dance and have fun. When you get more than one person having fun / dancing, it makes everyone happy.

Yousif: Fit women, candles and the Arsenal FC.

Jax: Dogs.

Jill: Cheering others up by telling / sharing a joke.

- Want a delicious three-course meal and a chat? Then find your nearest Foodcycle which uses surplus food to cook up delicious grub, serving 1,400 people a week. www.foodcycle.org.uk



Love insta? Follow and tag us on Instagram. We'd love to share your photos too. @pavement_magazine #pavementpics

Dying FAQs *

Everyone deserves to die with dignity and respect says Andrew Knee from St Mungo's palliative care. Interview by David Lawrence and Nicola Baird

Q: Why don't people know much about dying?

There's such a taboo about talking about death. What we need to do is communicate better and talk to one another. Certain cultures are better at celebrating a person's life – think of the Mexican Day of the Dead or the jazz funerals of New Orleans.

Q: When will I stop feeling so sad?

The famous five stages of grief include denial, anger, bargaining, depression and acceptance. But not a lot of people know that these aren't necessarily linear. All five stages could be mixed up. You might even have two at the same time.

Q: Why's it good to talk about dying?

People need to feel in charge. Then they are more inclined to take part and use the service.

Q: How does palliative care help?

Well if you were close to death with a terminal illness, I'd help you live your last months the best you can. We'd talk on a one-to-one basis and I'd ask you what you want and make sure

In a nutshell

- St Mungo's website helps explain everything about death and dying, from treatment to funerals, www.homelesspalliativecare.com
- Compassion in Dying helps people plan for the end of life. Free info line open Monday-Friday, 9am–5pm on 0800 999 2434 www.compassionindying.org.uk
- Gentle Dusk organises workshops to empower communities to talk about death and plan for the end of life, www.gentledusk.org.uk See Death Café on p14.
- Dying Matters aims to change the public's knowledge, attitudes and behaviours towards dying, death, and bereavement, www.dyingmatters.org

that was respected. For example: Do you want treatment? Would you refuse resuscitation? Do you want to be remembered or not? What about burial or cremation? Support doesn't stop when that person dies – everyone's affected by that person passing. We can offer emotional and practical support and a befriender service.



The Departure Lounge: popped up in Lewisham shopping centre, in May, to help people talk more openly about death. Serious stuff but there was plenty to giggle about including what people say to avoid using the D word, such as kick the bucket, pushing up the daisies, popped your clogs... © AK

Q: What's different about your work with people who are homeless?

Sometimes people don't feel that they deserve a choice because of their past – for example if they have cirrhosis of the liver. But you do deserve a choice about how you want to die and how to have your wishes heard. We want to make sure people have that choice.

Q: Andy, what's your own end of life plan?

If I was terminally ill, I would:

1. Prefer to die at home or in a hospice.
2. Like a view from my bed and I'd like music.
3. Want to be cremated.

Time for a change?

"Hostels are not care homes, though some could be as the health needs of residents are so high. There needs to be some kind of specialist hospice for people who've been homeless," says **Martin Murphy Homeless Health Peer Advocacy (HHPA) manager at Groundswell**, the homeless health charity.

"People experiencing homelessness may go into palliative care at a younger age and die for different reasons – organ failure and/or problems with continued use of drugs for example. If you have a number of people in need of palliative care within a hostel and there are no nursing staff on site, are those residents really receiving the level of care they need? Some of these people have been excluded all their lives, let's not exclude them at the end of their lives."

- If you need support for your health care – a companion or a champion – Groundswell can help. Call 020 7725 2851 www.groundswell.org.uk
- Also cut out and keep the health care card on the back page to make sure a GP will see you.
- Lots of good info about handling cancer on www.macmillan.org.uk

* FAQ means:

"Frequently Asked Questions"

Deaths on the street

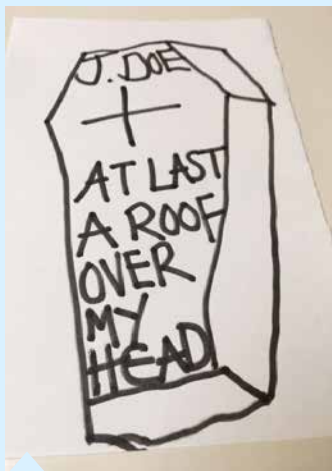
A rough sleepers' guide about dying homeless, by Alastair Murray who has helped run the annual Service of Commemoration at St-Martin-in-the-Fields since 2003

Q: What happens if someone dies homeless on the street?

The death needs to be reported as soon as possible to the emergency services (tel: 999), ideally by the person who found the body. The police will normally be the first on the scene alongside paramedics or an ambulance. A cordon will be placed around the body to give dignity and privacy, and to enable police to investigate the scene for any evidence which might help identify the cause of death. The death will also be reported to the local Coroner, and a post mortem is usually required. Local homeless services such as day centres, outreach workers, church and community services should also be informed.

Q: What about the person's family or next of kin?

People who have been seen sleeping on the street by outreach workers will usually have some information recorded with local services. In London this would be held on the Combined Homelessness and Information Network (CHAIN) database which records personal



Sadly on a podcast by our Glasgow News Group a man told us: "I've been to 15 funerals in the last 18 years. They were all under 40."

© Jean Hindry

details such as name, nicknames, date of birth and contacts with services. This information is not always accurate or complete, but it could be the best available, especially for the difficult task of informing the next of kin. If the person is not known to local outreach workers or other services, perhaps by their own choice, this can make identification and any follow up action more problematic. However,

people who've been homeless for any length of time will be known at least to their friends on the street and in the community. It is also worth noting that relationship breakdown is a common feature of homeless people's lives. Respectfully negotiating the wishes and demands of all parties will require considerable tact and sensitivity.

Q: What happens afterwards?

Homeless Link recommends that the death of a homeless person should always initiate a review. Were opportunities missed to help this person to move off the streets and into safety? What are the lessons which need to be learned to prevent something similar happening again? In the case of serious shortcomings in services, which might have prevented the death, this might take the form of a Safeguarding Adult Review.

Q: Funeral, Commemoration, and recording deaths

In most cases friends of the person who has died will join with staff of local homeless services and clergy to organise a funeral. Churches will always be sympathetic to a request to hold a funeral, especially if the person who died was known to the church, perhaps having stayed in the night shelter or using the church community drop-in.

In Remembrance Week each year a service is held at St Martin-in-the-Fields, commemorating the lives of all who have died homeless in the previous year in London. The most poignant part of the service is always the reading of the long list of names of those who have died, including those who have died on the streets, as well as all the names from the hostels, day centres, outreach teams, health services (especially Great Chapel Street), and church and community shelters.

The Bureau of Investigative Journalism (TBIJ), the Museum of Homelessness, Streets Kitchen, *the Pavement* and Housing Justice, among others, have sought to draw attention to this issue. The year long TBIJ investigation, published in 2018 led *Channel 4 News* broadcasting a series of reports into homeless deaths. It also prompted the Office of National Statistics to start recording homeless deaths. The Museum of Homelessness now holds the Dying Homeless Project, to record and memorialise each homeless death, including the cause, so that people are not forgotten, and to encourage and provoke change in the system. ■

- Homeless Link: homeless.org.uk
- TBIJ Dying Homeless reports. www.thebureauinvestigates.com
- Museum of Homelessness museumofhomelessness.org

Goodbyes

Dying is just part of the cycle of life, writes Mat Amp

Without an end, there would be no beginning. That's why I feel that until we accept the inevitability of death, the necessity of it, we can't really live to our full potential.

Until we accept our inevitable demise, we're going to find it difficult to deal with the loss. When someone dies there are often issues that are left unresolved and this is especially true of sudden and tragic deaths.

It can be awful to watch someone we love die slowly, but at least it gives us the opportunity to say what needs to be said.

Losing someone close can be a great lesson in letting go, in acceptance if you like. Once you accept there is nothing you can do about this, and you stop struggling against the inevitable then you are ready to die... More importantly once you're ready to die you're ready to start living.

Part of my journey has seen me lose everything a few times. That's what a self-destruct button does. But it wasn't just the material things that I had to lose. I had to lose my marbles too as well as having my spirit broken. Only then could I see outside of myself and start to appreciate the real value of this fragile, exquisite existence.

In a nutshell

- Being clear that you are not around forever is a good way to be sure to live to your full potential.
- To be fully happy you need to know how to cope with pain.
- No one should be dying young because they've been homeless.
- Be willing to say goodbye – that's how funerals can help start the grieving process.

Losing people in tragic circumstances can leave us scared to love. How does the saying go – "Tis a fearful thing to love what death can touch." (Yehuda HaLevi)

The fear that someone might die on us, can stop us letting go and truly loving someone.

Break-ups can be a major cause of homelessness, and breaking up with someone can be as painful as having them die. You may have to deal with rejection and self-loathing, especially if they've kicked you out because of your drug or alcohol use.

More recently I've started to lose good friends with an alarming regularity. As someone who has been a homeless junky in the past, I have a lot of friends in the same

boat. It's not a lifestyle conducive to a long and prosperous life, and so it seems that every few months now somebody I know well passes away.

These deaths I find hard to cope with because at the end of the day they are so unnecessary. Overdoses could be totally avoided with proper substance regulation or legislation. And it's nothing short of criminal that people are dying in their mid-40s as the result of being homeless in one of the richest countries in the world.

Self-medicating as a response to grief is a bad idea because it just means we're hiding from necessary emotions, bottling them up and not dealing with them. Doctors have been playing this game for nearly 50 years now, prescribing strong anti-depressants for grief, which is, after all, a natural human response to losing someone.

As a result, we think we can control sadness rather than embrace it as a healthy and necessary response to sad things happening to us. Dolly Parton pointed out the balance of human emotions when she quipped: "Everybody wants happiness, nobody wants pain, but you can't have a rainbow without a little rain." We can't really be happy unless we know how to deal with sadness. We can't hide from the pain, and nor should we want to.

Saying goodbye properly is

Invitation:



You are invited: To the 2019 Service of Commemoration at St Martin-in-the-Fields at 11am on Thursday 14 November
© Don Pollard

important and that's why we have funerals. Funerals are not the end of the grieving process but rather the beginning of it. They give family and friends the opportunity to share memories of the person who has just died, but they also make sure that we accept someone's death.

Western culture has a relationship with death that more or less involves gagging it and locking it up in a cellar, out of sight and out of mind. But sadness and grief are inevitable. I'll leave you with words from *The Tibetan book of Living and Dying*: "Perhaps the deepest reason why we are afraid of death is because we do not know who we are." ■

On your feet again

Podiatrists can work magic on your feet, so can a pair of shoes that fits you well. Here's what happens in Glasgow

Within Greater Glasgow & Clyde the health service employs David Hurrell as a podiatrist. He goes around the city helping the homeless with problems they have with their feet. Patients can access podiatry by referral from any of the wider health and social care team or they can attend drop-in clinics which are put on throughout the city.

David will treat patients who have problems with their feet, will give advice on footwear and foot care and will arrange to try and see the patients on a regular basis if they need podiatry treatment. He works as part of the health and social care team at Hunter Street Homeless Services in Glasgow. This allows quick referral to other services should the patient need this.

During the times when the night shelter is on, David also offers help to anyone who needs it, including footwear. The service has helped hundreds of people.

Case study A

A patient attended with pain from his foot. The patient had a corn over his left 5th toe and signs of blistering over the back of his heel caused by shoes that did not fit.

Healthy feet checks

- 1. Toenails:** Clip and file toenails, safely and keep them at a length which feels comfortable.
- 2. Skin:** Check for cracks and breaks in the skin. Suitable footwear and dry, clean socks. Look for signs of infection (pain, redness, swelling or heat) or obvious early problems such as blisters and openings (ulcers) in the skin then seek professional advice
- 3. Footwear:** Check for comfort, fit, state of repair and safety

The corn was taken away and there was an opening (ulcer) underneath which required a dressing and needed to be checked within the week.

The patient was given new footwear and we made arrangements to meet up the next week.

Case study B

This patient had an opening over her heel and several cracks in the skin. She is also a type 2 diabetic.

Diabetes is very dangerous; it can damage the feeling in your feet and can damage the circulation to your feet as well. It is important that you check your feet daily and contact the podiatrist if you have

If the boot fits:

During 2018–19 winter night shelter the Glasgow podiatry department (via Cosy Feet and Glasgow Caledonian University) gave winter boots to the homeless people of Glasgow in partnership with the night shelter, Simon community HUB and street team and also Hunter Street Homeless Health Centre.

© Pavement



any problems.

The patient's trainers were worn and wet. New footwear and socks were given along with advice. The area was treated and dressed so as to avoid it becoming infected. An appointment was made which suited the patient so she could meet with the podiatrist the following week.



Case study C

Patient was having problems with pain coming from his toenails. His toenails were ingrown, bleeding and had been hacked down the side. The areas were infected.

This patient had poor circulation. If you have poor circulation it is really important to keep an eye on your feet and to contact the podiatry department if you have any problems.

All the pieces of nail were removed, because some were painful, local anaesthetic was used. The areas

were dressed with antiseptic dressings and the patient was given antibiotics to deal with the infection.

The patient's footwear was unsuitable and he was given a new pair of shoes. The patient made arrangements to meet with the podiatrist the next week.



Case study D

This patient showed up complaining of heel and ankle pain.

The patient was fitted with insoles which have made a difference to the way he walks, and he finds this is more comfortable now.

In Glasgow podiatrist David Hurrell will see anyone who asks to be seen by the service. He is at Hunter Street, can be seen in the Simon community HUB, goes around all of the projects in the city and will meet anyone at any of the day centres should they need podiatry treatment. Just ask. ■

Cut above

Need a haircut? Here's how to get one, writes Viola Levy

A new haircut can make someone feel like a new person as well as giving them a brand new style. Thanks to several salons offering free haircuts for homeless people, more and more of us can feel the benefits of getting a fresh new trim. The lottery-funded Haircuts4Homeless began in 2014, with locations including Glasgow, and several in London (Dagenham, Ilford, Walthamstow, Camden and Whitechapel). They style roughly 14,500 heads each year, thanks to 600 volunteers.

The Pavement spoke to founder and veteran hairdresser Stewart Roberts, who started the service, “purely by accident. I’m 13 years sober and was in recovery doing some talks at a local Salvation Army. I’d seen a guy in America doing these street makeovers, so for the next talk, I decided to bring some scissors along with me to do some haircuts. That was five years ago and now here we are.”

For Stewart, a lot of the people he’s helped have had similar experiences to his own. “Because of my addiction problems, I felt an affinity with a lot of these guys. The same is true of a lot of our volunteers. People drawn to help have something in their backstory,



Street makeovers: fresh trims by Stewart Roberts, founder of Haircuts4Homeless
© Haircuts4Homeless

whether it’s themselves or a relative who’s been affected by addiction or homelessness.”

“There is something very personal about cutting someone’s hair that can be both enjoyable and therapeutic which is something that many homeless people rarely experience,” he notes. “It’s often way down on a homeless person’s priorities so this service, which for most is a luxury, proves to be very popular.”

The people who use this service certainly agree. “It makes you feel a lot better. If I could afford to go

in a salon, I would," client Tracey commented. "I live in a tent on the cliffs or in the job centre car park. It's freezing down there and when it rains it gets flooded. I don't sleep some nights because I'm always protecting myself. That's why a haircut makes you feel good, it makes you feel better."

Since starting the initiative, Stewart has taken the idea further with the Haircuts4Homeless Hair Academy, which launched in March at Jet Training Academy in Essex, to teach homeless people and those on a low income a lifelong skill which will help them into work.

In Edinburgh, hairstylist and salon owner Keith Love offers free haircuts for homeless people on the second-last Sunday of every month, as part of a service which is called 'Social Cuts'. He was inspired to get involved after seeing homeless people sat outside his salon.

"Clients need to have an appointment and they get booked in through a charity called Social Bite. When they come in, they get the full works: consultation, shampoo, head massage and a cut. We treat them as we would any other customer." But provisions don't just stop at a haircut. "The local bakers provide food, people donate clothes and toiletries, blankets, etc. And after we cut the client's hair, they're encouraged to stay in the salon for a coffee and a chat."

Keith explains how it can sometimes be a challenge for first-time clients, "Getting used to sitting and speaking in the hairdressers is normally quite daunting, so it's very brave of them, especially if they're conscious of how they look when they come in." But he's noted how much of a difference a haircut can make. "One girl had never had her hair cut, she was 14 years old. She was just smiling from ear to ear and her mum was in tears." ■

- **To make an appointment with Haircuts4Homeless in London, visit The Whitechapel Mission at 212 Whitechapel Road, E1 1BJ or The West London Mission, 19 Thayer Street, Marylebone, W1U 2QJ or email team@haircuts4homeless.com**
- **For Haircuts4Homeless in Glasgow, visit the Salvation Army, William Hunter House, 70 Oxford St, Glasgow G5 9EP. Otherwise email as above.**
- **To book in with Social Cuts in Edinburgh via Social Bite, contact Marzena at: 0131 220 8206 info@social-bite.co.uk**
- **Or visit the head office (open Monday–Friday 9am–5pm) Social Bites, 1-3 St Colme Street, Edinburgh, EH3 6AA.**

Empathy masterclass

This year's One Festival of Homeless Arts, set up by David Tovey, takes place in Glasgow, London and Manchester. Interview by Jacqueline Messih

The One Festival of Homeless Arts exhibits art from all over the country, created by artists who are or have been homeless. David Tovey, is the man behind the concept and with the help of The Old Diorama Arts Centre in Camden, launched the festival in 2016.

Initially planned as a one-off event it has now been successfully running for four years and been seen by more than 4,000 visitors. Artists have the opportunity to sell their work with 100 % of the proceeds going to the artist and there is no entrance fee. David is multi-skilled artist working in theatre, film, painting, photography and installations and considers his work as "socially engaged art". David was homeless at the time of launching the One Festival and hopes to bring positive change to other artists.

This year the event takes place in Glasgow, Manchester and London. The exhibit will showcase a selection of art from theatre, film, sculpture and photography. David says: "The aim is to change people's lives and perception of homelessness". David maintains it's more than just putting a painting on a wall, it falls deeper,

Enjoy the show

- ***On Hold* at Camden's People Theatre** [6 Oct, 5.30 – 7pm]
- ***On Hold* at Camden's People Theatre** [7 Oct, 7 – 9pm]
- **London opening at Old Diorama Arts Centre** [10 Oct, 5 – 9pm]
- **Glasgow opening at The Project Café** [10 Oct, 6 – 10pm]
- ***The Outsider Feast* at Triton Square, Regent's Place** [13 Oct, 1 – 4pm]

instead it humanises the person behind the painting, removing the label of "homeless artist" to "artist".

Jamal was homeless when David asked if he would submit some of his art work. After agreeing, David invited him to the exhibition to witness his work on display. Special guests were invited, local business and universities. After encouraging Jamal to speak about his story and introducing him to guests, Jamal was offered a job with Ted Baker in the design department. David says, "I never expected the festival to change someone's life, I'm happy now, that was enough for me."

"It's empowering a community and showing another community how much talent and great people there are. They're not being judged for who they are. They're being



Changing lives: Striking art is guaranteed at the One Festival of Arts which is put together by David Tovey, writer of *Man on Bench Fairytale*. Submissions from artists who are, or have been homeless, are needed in September, see onefestivalofhomelessarts.com © Lucy Morris

looked at for what they're doing," he says. David fondly recalls a middle-aged lady who was displaying her work for the very first time. "Her demeanour changed and all of a sudden she was standing tall, having her picture taken with guests and relishing the compliments coming her way. Very rarely did this lady leave her room and she had never been across the river until that day. The recognition changed something in her and in turn, the viewer," says David.

"The whole point of the show is for people to engage with homeless people and to see we are all the same, because if I can do that, then suddenly there is more empathy and it's empathy that can change the mentality of the viewer."

Homeless art has never really

been archived throughout history and David says showcasing this art can provide a glimpse into the times we live in and represent a part of society that is usually shunned out. David says: "I want to change people's perceptions on how they view homeless people or how they engage with them, often people think a homeless person has given up or left society, the truth is society has turned its back on them." ■

- David is ready to pass on the baton and for people within the community to step-up and run the show. Get involved www.davidthoveyart.co.uk
- Deadline to submit work is in September, see onefestivalofhomelessarts.com

Healthy living now that you're dead old

by Ruby

It used to be we could take a header down a flight of stairs, bounce back on our feet and carry on dancing. Now there's a danger we can break a rib turning over having a nap. So, get calcium and vitamin D tablets on prescription, those bones need to be tough.

I used to use other folk's toothbrushes whilst idly trying to remember which Hepatitis it is you can get from sharing a toothbrush. Nowadays that sounds minging, besides, dentists will give a good, basic NHS clean.

Colourful scarves tied round your head look great: no one knows you're just hiding that it's gone grey, needs a wash or you've cut it yourself, in the dark.

No one wants to drink a lot of fluids if it's a hassle getting to the toilet. Find pubs/cafes that do free tea and coffee refills for hours AND have a toilet. Absolutely cane the drinking then.

Have you noticed you're not as angry now you're older? You don't want to be getting into fights and arguments, ugh the stress of all that. Let people move in front of you/ talk bollocks/support the wrong team. Do we still CARE about that shite anymore? *OK we do, but not enough to take on Wee Mad Kenny.*

Apparently older women are invisible to society. Well HALLE-FUCKING-LUJA, I don't want wee scrotes bothering me anymore. Yeah of course, *I know you could still turn it on if you wanted to...*

So many opportunities in life depend on what you look like, so be shameless. Folk want to help a sweet little old lady more than someone looking like they've chewed their way out of a cage and are looking for their next victim. What, that's UNFAIR? Like we didn't already know that.



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 do so.
- Shelter and Citizens Advice Bureau can help you with your appeal.

Visit www.thepavement.org.uk for a more detailed version of your housing rights in England and Scotland.

I do not need a fixed address.

I do not need identification.

My immigration status

does not matter.

As stated in the Primary Medical Care Policy and Guidance Chapter 4.

If I have any issues registering

or accessing a GP practice,

my local

healthwatch

can direct me to advice

Groundswell

03000 68 3000

www.healthwatch.co.uk

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: April 2019

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

EOL CARE & BEREAVEMENT

A number of hostels now have outreach services from hospices. If you are discussing end of life care with your GP, it's worth checking whether a local option is available. And check out Dr Kershaw's Hospice below: it's the UK's first homelessness-friendly hospice.

A GUIDE TO END OF LIFE SERVICES

0800 090 2309;

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

You can search for local services.

MS

AT A LOSS

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

'One stop shop' for finding local bereavement support. If you are grieving, visit the site.

CHRIS'S HOUSE

2-4 Belhaven Rd, Wishaw, Glasgow
ML2 7NZ

01236 766755; www.chrisshouse.org/

Share your suicidal feelings by email (info@chrisshouse.org) or phone, or visit them. Emotional pain is just as serious as physical pain. 1-2-1 support, therapies and peer groups.

MH, AD

CRUSE BEREAVEMENT CARE SCOTLAND

Riverview Hse, Friarton Rd, Perth, PH2 8DF

0845 600 2227; crusescotland.org.uk

Mon–Wed: 10am–9pm; Thu: 10am–9pm; Fri: 10am–4pm

They seek to help anyone experiencing bereavement.

MH, C

DR KERSHAW'S HOSPICE

Turf La, Royton, Oldham, Greater Manchester OL2 6EU
0161 624 9984; drkershawshospice.org.uk
 Open 24 hours
 The UK's first 'homeless-friendly' hospice. 24-hour helpline: 0161 785 5635. "Dr Kershaw's Hospice provides specialist palliative care for adults with non-curable, life-limiting illnesses in a peaceful and homely environment. Our healthcare focuses on relieving and preventing the suffering of patients."
C, MS, B, BS, BE, ET, FF, FC, F, IT

MARIE CURIE SUPPORT LINE

0800 090 2309
 Mon–Fri: 11am–6pm (support line); Sat: 11am–5pm (support line); Monday–Friday: 10am–4pm (info & support nurse)
 Call for practical or clinical information and emotional support if you're living with a terminal illness.

AD, MS

MY LIFE, MY CHOICES (ST MUNGO'S)

www.mungos.org/publication/life-choices-telling-people-matters-end-life/
 'My Life, My Choices: telling people what matters to me at the end of my life' will help you discuss your rights and treatment. Where would you like to be cared for? Do you want to appoint someone to speak on your behalf? Answers to some of your questions.
MS, AD, LA

SALVATION ARMY – I NEED TO FIND SOMEONE

020 7367 4747; www.beadproject.org.uk/
 If you have lost touch with someone (family or friends), begin your search here. Phone, write or email family. tracing@salvationarmy.org.uk. Provide your full name, DOB and address, and the following information about the person you are looking for: their full name, DOB, relationship to you and why you are out of touch.

THE LOSS FOUNDATION

0300 200 4112; thelossfoundation.org/
 Free support groups and therapy for those that have lost loved ones to cancer. Visit website to find out the date of their next group near you.
 AD, C

ADVICE SERVICES

ADDACTION (N.W. GLASGOW RECOVERY HUB)

The Quadrangle, 59 Ruchill St, G20 9PX
0808 178 5901; addaction.org.uk/
 Mon–Sun: 8am–8pm (outwith these hours, call **0808 178 5901**)
 For all stages of your recovery journey from alcohol and drug use. Men's and women's groups. Individual support, inc outreach workers coming to you so you do not need to travel. Call the helpline to refer yourself.
MH, AD, A, DW, OL, OW, C, ET

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

ADVOCARD

332 Leith Wlk, Edinburgh EH6 5BR
0131 554 5307; advocard.org.uk/
 Mon–Fri: 10am–4pm
 Advocacy services for people with mental health problems in Edinburgh (inc Royal Edinburgh Hospital). Phone for appointment. Text 07920 207564, email advocacy@advocard.org.uk.
MH, AD, SF

BREATHING SPACE SCOTLAND

0800 83 85 87; breathingspace.scot/
 Mon–Thu: 6pm–2am; Fri–Sun: 6pm–6am
 Confidential phone service for anyone experiencing low mood, depression or anxiety. Outside opening hours, contact Samaritans on 116 123 (24/7).
MH, AD, C

CASUS OMISSUS – THE ABERDEEN LAW PROJECT

Ferryhill Comm Centre, Albury Rd, AB11 6TN
01224 272 434; abdnlawproject.com/
 Mon–Fri: 10am–5pm; Thu: 5.30–7.30pm
 Initial advice, written advice, casework, representation and form-filling. Employment, housing, benefits etc.
AH, BA, TS, LA

CROSSREACH (RANKEILLOR INITIATIVE)

205 Cowgate, Edinburgh EH1 1JH
0131 225 4901; www.crossreach.org.uk/our-locations/rankeillor-initiative
 Mon–Fri: 9am–5pm (phone for referrals)

Temporary supported accommodation for men 18+ in recovery from drug/alcohol misuse in shared flats. Referral only.

AH, A, C, DA, DW, TS

CROSSREACH MOVE ON (WHITEINCH)

0/5, 13 Victoria Pk Dr South, Whiteinch, Glasgow G14 9RN
0141 959 5069; crossreach.org.uk/our-locations/whiteinch-move-on-service
 Mon–Fri: 8am–10pm (phone for referral only); Sat & Sun: 9am–5pm
 Accommodation & support to adults in recovery from substance misuse. Mainly for people living clean.
MH, AH, A, C, DW, TS, SF

DRINKLINE

0300 123 1110; drinkaware.co.uk
 Mon–Fri: 9am–8pm; Sat & Sun: 11am–4pm
 For people worried about their alcohol intake. Advice on services to help you cut down your drinking.
A, C, OL

EDINBURGH ACCESS PRACTICE (LEITH ST)

17 Leith St, EH1 3AT
0131 240 2810; www.edinburghaccesspractice.scot.nhs.uk/opening-times.aspx
 Mon, Tue, Thu, Fri: 9am–5pm (not 12.45–13.45); Wed: 10am–5pm (not 12.45–13.45, 4th week opens 13.45)
 Housing and social care service. Wide range of primary healthcare for people

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



who may be having trouble registering with a GP who are homeless or have additional support needs such as drugs and/or alcohol.

MH, AH, AD, BA, DT, FC, MS, NE, OL

EDINBURGH ACCESS PRACTICE (SPITTAL ST)

22–24 Spittal St, EH3 9DU

0131 240 2810;

edinburghaccesspractice.scot.nhs.uk/index.aspx

Mon, Tue, Thu, Fri: 9am–5pm (not 12.45–13.45); Wed: 10am–5pm (not 12.45–13.45, 4th week opens 13.45)

Housing and social care service.

Accommodation & benefits advice.

Wide range of primary healthcare for people who may be having trouble registering with a GP who are homeless or have additional support needs such as drugs and/or alcohol. Not wheelchair accessible.

MH, AH, AD, BA, DT, FC, MS, NE, OL

EDINBURGH CYRENIANS

Norton Pk, 57 Albion Rd, EH7 5QY

0131 475 2354; cyrenians.scot/

Mon–Fri: 10am–5pm

Advice, info & support helpline for people who are homeless, threatened with homelessness or struggling with addiction. Appointments by referral.

AD, DW, ET, OL, LA

FOLLOW UP (FOUR SQUARE, EDINBURGH)

67 Logie Green Rd, EH7 4HF

0131 557 7915; www.foursquare.org.uk/our-services/accommodation-and-support/follow-up/

Tenancy support to individuals, couples and families. Assistance, advice and encouragement to enable tenants to live independently.

AH, AD, BA, DA, TS

GEAAP'S YOUNG BOOZE BUSTERS

www.youngboozebusters.com/

Site for young people to get informed about alcohol, drugs and tobacco.

GLASGOW COUNCIL ON ALCOHOL

14 North Claremont St, G3 7LE

0141 353 1800; www.glasgowcouncilonalcohol.org/

Mon–Thu: 9am–9pm (drop-in 10am–midday); Sat: 9am–1pm; Fri: 9am–5pm (drop-in 10am–midday)

Free, accredited counselling service for people experiencing alcohol-related difficulties.

A, C, OL, SF

KEY

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housing advice

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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

HUNTER ST HOMELESS HEALTH SERVICE

55 Hunter St, Glasgow G4 0UP
0141 553 2801; www.nhsggc.org.uk/your-health/health-services/homeless-health-and-resource-services/
Mon–Fri: 9.30am–4.30pm (closed 12.30–13.30; GP/nursing team from 13.30)

Meets the health and addiction needs of homeless service user. The Dental Health Support Worker can organise a dental assessment locally and even go with you.

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

KNOW THE SCORE

0800 5875879; knowthescore.info/
Mon–Sun: 8am–11pm (helpline)
Confidential 24-hour drugs info helpline and good online advice.

RAPE CRISIS SCOTLAND

46 Bath St, Glasgow G2 1HG
0141 331 4180 (gen enquiries); www.rapecrisisscotland.org.uk/
Mon–Sun: 6pm–midnight
Helpline: 08088 01 03 02. Confidential helpline for anyone affected by sexual violence, no matter when or how it happened. They can put you in touch with local rape crisis centres or other services if you need longer-term support. Minicom service for deaf or hard of hearing people (0141 353 3091). Interpreters are available if your first language is not English.

C, OL, SH

ROCK TRUST (ALBANY ST)

See DAY CENTRES

SCOTTISH CHILD LAW CENTRE

54 East Crosscauseway, Edinburgh EH8 9HD
0131 667 6333 (hotline all ages); www.scllc.org.uk
Mon–Fri: 9.30am–4.30pm (hotline)
Free legal advice service on all aspects of Scots law relating to children and young people. All calls answered by qualified lawyers. 0800 328 8970 – free for under 21s (landline); 0300 330 1421 – free for under 21s (mobile).

LA

SHAKTI WOMEN'S AID

Norton Pk, 57 Albion Rd, Edinburgh EH7 5QY
0131 475 2399; shaktiedinburgh.co.uk/; info@shaktiedinburgh.co.uk
Mon–Fri: 9am–5pm
Support & info to BME women, children & young people experiencing or fleeing domestic abuse. Phone or email.

AD, OL, SF

SHELTER SCOTLAND (EDINBURGH HOUSING AID CENTRE)

6 South Charlotte St, EH2 4AW
0808 800 4444; scotland.shelter.org.uk
Mon–Fri: 9am–5pm
Info, advice, advocacy and representation for people facing housing problems. Phone staffed by housing advisers (free from Virgin, Orange, 3, T-mobile, Vodafone and O2). You can be referred to local services.

AH, AD, OL, TS, LA

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



SHELTER SCOTLAND (GLASGOW COMM HUB)

1st Floor Suite 2, Breckenridge Hse, 274 Sauchiehall St, G2 3EH

0808 800 4444; scotland.shelter.org.uk/

Mon–Fri: 9am–5pm

For people facing homelessness, eviction, etc. Referrals to specialist services.

[AH](#), [AD](#), [TS](#), [LA](#)

STREET LEGAL

22 Holyrood Rd, Edinburgh EH8 8AF

0131 344 0825; www.streetwork.org.uk/street-legal/

Free legal advice and support to people up to 26 who are either experiencing, or at risk of homelessness.

[LA](#), [AD](#), [ET](#), [AH](#)

THE BIG ISSUE (GLASGOW)

107 Saltmarket, G20 9TG

01415530924; www.bigissue.com/

Sat: 8.30am–12.30pm; Tue–Fri:

7.30am–3.30pm; Mon: 9am–3.30pm

Self-employment opportunity to anyone who is facing poverty.

[SF](#)

THE MARIE TRUST

See DAY CENTRES

THE SALVATION ARMY (REGENER8+ DROP IN)

See DAY CENTRES

TURNING POINT SCOTLAND (DRUG CRISIS CENTRE)

See DAY CENTRES

TURNING POINT SCOTLAND (HOMELESSNESS SERVICE)

See DAY CENTRES

TURNING POINT SCOTLAND (N.E. RECOVERY HUB EDINBURGH)

See DAY CENTRES

UNIVERSITY OF STRATHCLYDE LAW CLINIC

Room 844, Graham Hill Building, 40 George St, Glasgow G1 1BA

014 1548 5995; www.lawclinic.org.uk/

Mon–Fri: 9am–5pm; Mon: 6–7.30pm

(drop-in 3rd wk of month); Wed:

6–7.30pm (drop-in 1st wk of month)

Legal advice, written advice, casework, representation and form-filling. Phone to ensure you are eligible for support.

[AD](#), [BA](#), [TS](#), [LA](#)

Y-PEOPLE CALM SERVICE

15 Dava St, Govan, Glasgow G51 2JA

0141 465 4579;

www.ypeople.org.uk/our-work/youth-wellbeing/the-calm-project/

Mon–Fri: 9am–5pm

Mentoring, counselling & supported accommodation across Glasgow.

Phone for info and self-referral. Services at flexible times, inc evenings and weekends.

[MH](#), [C](#), [SF](#)

DAY CENTRES

BARONY (CONTACT POINT, BUCKHAVEN)

22 Lawrence St, KY8 1BQ
0345 140 7777; www.baronyha.org.uk/care-and-support/contact-point/contact-point-fife

Mon–Fri: 9.30am–4pm

For people aged 18+ experiencing mental health problems; for those with dual diagnosis (e.g., mental health & learning disability; mental health and/or drug, alcohol problems). All groups, activities and events were created by service users.

MH, AD, A, AC, DW, MD, LF

BARONY (CONTACT POINT, EDINBURGH)

101 High Riggs Rd, Tollcross, EH3 9RP
0845 140 7777; www.baronyha.org.uk/care-and-support/contact-point

Mon–Thu: 2–8pm (drop in); Tue: 10.30am–4pm (drop-in); Wed: 10.30am–4.30pm (drop-in); Sun: 11am–4pm (drop-in)

Safe place for those experiencing mental health problems to socialise or gain support.

MH, C, LF, MD, ET

BARONY (CONTACT POINT, KIRKCALDY)

411–417 High St, KY1 2SG
0345 140 7777; www.baronyha.org.uk/care-and-support/contact-point/contact-point-fife

Mon–Fri: 9.30am–4pm

For people aged 18+ experiencing mental health problems; for those with dual diagnosis (e.g., mental health & learning disability; mental health and/or drug, alcohol problems). All groups, activities and events were created by service users.

AD, DW, A, MH, MD, AC, LF

GLASGOW CITY MISSION

20 Crimea St, G2 8PW

0141 221 2630; www.glasgowcitymission.com/

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, DW, ET, FF, FC, IT, L, LF, MD, OL, OW, TS, LA, SF

GLASGOW COUNCIL ON ALCOHOL

14 North Claremont St, G3 7LE

0141 353 1800; www.glasgowcouncilonalcohol.org/

Mon–Thu: 9am–9pm (drop-in 10am–midday); Sat: 9am–1pm; Fri: 9am–5pm (drop-in 10am–midday)

Accredited counselling service that provides individual, free and confidential counselling for people experiencing alcohol-related difficulties and those affected by someone else's alcohol use.

A, C, OL, SF

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



LODGING HOUSE MISSION

35 East Campbell St, Glasgow G1 5DT
0141 552 0285; lhm-glasgow.org.uk/
Mon–Sun: 8am–3pm (free breakfast and lunch. Closed New Year's Day)
Day centre offering free breakfast and free lunch. Facilities include showers, haircuts, clothing, counselling, foot clinic, computers and support on anything including benefits, housing & suicide prevention. Check the timetable for their full range of services.

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

MOVE ON (GLASGOW)

4th Floor, 24 St Enoch Sq, G1 4AA
0141 221 2272; www.moveon.org.uk/
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, OW, TS

QUEEN'S PK GOVANHILL PARISH CHURCH

170 Queen's Drive, Glasgow G42 8QZ
0141 423 3654; qpgpc.com/
Wed & Thu: 5.30–7pm (free meal – 28 Daisy St, G42 8JL); Tue & Wed: 10am–1.30pm (low-cost meal – 28 Daisy St, G42 8JL); Fri: 12pm–2pm (free meal – 28 Daisy St, G42 8JL); Sat: 5–6pm (free food – 170 Queens Dr)
Church where everyone is someone and everyone is valued.

FF, F

ROCK TRUST (ALBANY ST)

55 Albany St, Edinburgh EH1 3QY
0131 557 4059; www.rocktrust.org/
Mon–Fri: 8.45am–5pm (drop-in 9.00-midday)
Advises, educates and supports young people. Enables them to build the personal skills and resources required to make a positive and healthy transition to adulthood, while avoiding or moving on from homelessness. Not step-free.

MH, AH, BS, CL, C, FF, F, IT, L, TS, AC, LF, OW

STREETWORK CRISIS CENTRE

22 Holyrood Rd, Edinburgh EH8 8AF
0131 557 6055; www.streetwork.org.uk/
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.

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

THE CHARLIE CANNING CENTRE

181 Shettleston Rd, Glasgow G31 5JL
0141 556 6296; www.northeastglasgow.co.uk/charlie-canning
Mon, Wed, Fri, Sat: 12pm–4pm
Friendly place for people struggling to remain alcohol free.

A, F, IT

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

THE MARIE TRUST

32 Midland St, Glasgow G1 4PR
0141 221 0169; themarietrust.org
 Mon, Tue, Wed, Fri: 10am–4pm (closed 11.30–12.30); Thu: 10am–3pm (closed 11.30–12.30)
 Low-cost breakfast and lunch, as well as classes and activities.
AC, BA, BS, BE, CA, CL, C, F, FC, MS, OL, OW, TS

THE SALVATION ARMY (EAST ADAM STREET)

1 East Adam St, Edinburgh EH8 9TF
0131 667 4313; www.salvationarmy.org.uk/edinburgh-city
 Mon: 9am–midday; 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, FF, F, SF

THE SALVATION ARMY (REGENER8+ DROP IN)

25 Niddry St, Edinburgh EH1 1LG
0131 523 1060; www.salvationarmy.org.uk/drop-in-centres
 Mon–Fri: 9am–12.45pm
 Cheap, good quality breakfast & dinner; support workers; safe space; games; chaplaincy; activity groups.
AH, AD, AC, BA, BS, BE, CL, FF, F, IT, L, LF, TS

THE WAYSIDE CLUB

32 Midland St, Glasgow G1 4PR
0141 221 0169; thewaysideclubcentre.co.uk
 Sun–Fri: 7.30–10pm; Sat: 1–4pm; Sat: 7.30–10pm
 Drop-in for people affected by

homelessness and poverty. Open on public holidays.
B, BS, BE, CL, FF, SF

TURNING POINT SCOTLAND (DRUG CRISIS CENTRE)

123 West St, Glasgow G5 8BA
0800 652 3757 (9am–5pm); www.turningpointscotland.com/what-we-do/substance-misuse/glasgow-drug-crisis-centre/
 Safe 24/7 drop-in service to support and encourage people to find ways of making their substance misuse less problematic.
A, C, DW, 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/what-we-do/homelessness/glasgow-homelessness-service/
 Safe 24/7 drop-in service to support and encourage people to find ways of making their substance misuse less problematic.
 Open 365 days a year. Temporary accommodation by self-referral.
A, C, DW, 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

TURNING POINT SCOTLAND (NORTH EAST RECOVERY HUB EDINBURGH)

5 Links Place, Leith, Edinburgh EH6 7EZ
0800 652 3757 (9am–5pm); www.turningpointscotland.com/what-we-do/substance-misuse/edinburgh/
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 would like to start their recovery journey. Phone or drop in for more services info, including cooking, art classes, gardening, etc. Other venues across Edinburgh available: call freephone number for info.

A, AC, C, DW, LF, MS, NE, SH, SF

FOOD & SOUP RUNS

AL-KHAIR FOUNDATION

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

0141 433 2686; www.alkhair.org/

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

Fresh meals. Pushtu and Arabic spoken.

BALVICAR STREET

Glasgow G42 8QU

Thu: 7–9pm

Soup run.

BETHANY CHRISTIAN TRUST (CARE VAN)

Edinburgh

0131 225 9445; www.bethanychristiantrust.com/

Mon–Sun: 9–11pm

Check website for details. Soup, rolls & tea/coffee.

CL

CADOGAN STREET

Corunna, 39 Cadogan Hse, Glasgow G2 7BA

Mon–Sun: 9–10pm

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.

OL

CARRUBBERS CHRISTIAN CENTRE

65 High St, Edinburgh EH1 1SR

0131 556 2626; www.carrubbers.org/

Sun: 8–9am

Free breakfast with a short service.

GLASGOW CITY MISSION

See DAY CENTRES

JERICHO COMMUNITY

Charteris Centre, Harry Miller Hall, 138

Pleasance, Edinburgh EH8 9RR

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

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, G3 6DR
0141 332 9950; ksdglasgow.org.uk/
 Fri: 4pm–5.30pm; Sat: 11am–12.30pm;
 Sun: 6–7.30pm
 Tibetan Buddhist group that provides food to anyone in need three times a week.

MISSIONARIES OF CHARITY (HOPETOUN CRES)

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

QUEEN'S PARK GOVANHILL PARISH CHURCH

See DAY CENTRES

SOCIAL BITE (ROSE SREET)

131 Rose St, Edinburgh EH2 3DT
0131 220 8206; social-bite.co.uk/
 Mon–Fri: 8–11am (free breakfast)
 Mon, Thur, Fri: 3:30pm (free lunch)
 Tue: 4–5:30pm (mixed free supper)
 Wed: 4–5:30pm (women's free supper)
 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 (SHANDWICK PLACE)

89 Shandwick Place, Edinburgh EH2 3DT
0131 220 8206; social-bite.co.uk/
 Mon–Fri: 8–11am (free breakfast)
 Wed: 3:30pm (free lunch)
 Book places here for free meal at St Vesta on Mondays, 3pm–5pm.

SOCIAL BITE (ST VINCENT STREET)

103 St Vincent St, Glasgow G2 5EA
0131 220 8206; social-bite.co.uk/
 Mon–Fri: 8–11am (free breakfast);
 Tue, Wed, Thur: 3:30pm (free lunch);
 Mon & Fri: 4–5:30pm (mixed free supper)
 Tue: 4–5:30pm (women's free supper)

SOCIAL BITE (UNION STREET)

516 Union St, Aberdeen AB10 1TT
0131 220 8206; social-bite.co.uk/
 Mon–Fri: 8–11am (free breakfast);
 Mon, Thur, Fri: 3:30pm (free lunch);
 Tue&Wed: 4–5:30pm (mixed free supper)

SOUPER SAT

Old St Paul's Ch, 67 Jeffrey St, Edinburgh EH1 1DH
07955 274058; souperSat.org.uk/
 Sat: 8.30am–2pm (Old St Paul's Ch, 67 Jeffrey St)
 Free breakfast, lunch, sandwiches, coffee and conversation every Sat.
 Email: admin@SouperSat.org.uk

ST COLUMBA'S CHURCH

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

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

ST PATRICK'S CHURCH

North St, Glasgow G3 7DA
0141 221 3579; stpatsanderston.weebly.com
Thu & Sun: 8–9pm

THE SPACE

257 London Rd, Glasgow G40 1PE
0141 237 1221; thespacescotland.org/
Fri & Sat: 9am–6pm; Sun: 11am–5pm
Scotland's first 'Pay what you decide' community arts venue for events, workshops, food, non-alcoholic drink and laughter.

AC, F, LF

WOODLANDS COMMUNITY CAFE

Fred Paton Centre, 19 Carrington St, Glasgow G4 9AJ
0141 332 2656
A three-course vegetarian and vegan meal is served at 6pm – you pay what you decide.

AH, F, BA, FF, LA, MD

WORK & TRAINING

APEX SCOTLAND

9 Gt Stuart St, Edinburgh EH3 7TP
0131 220 0130; apexscotland.org.uk
For offenders, ex-offenders and young people at risk of offending, many of whom may also be homeless. Their services will help clients to 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
0131 454 3119; www.bethanychristiantrust.com/
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

CRISIS SKYLIGHT (EDINBURGH)

Crichton Hse, Edinburgh EH8 8DT
0131 209 7700; www.crisis.org.uk/get-help/edinburgh/
Mon–Fri: 9am–5pm
Activities, workshops and learning opportunities for single homeless people. Phone for appointment. Please visit the website or phone for full timetable and venue info.

AH, AC, ET, IT, MD, LF

EMMAUS GLASGOW

Emmaus Hse, 101 Ellesmere St, Glasgow G22 5QT
0141 353 3903; emmausglasgow.org.uk/
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, 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



GLASGOW CITY MISSION

See DAY CENTRES

MOVE ON (EDINBURGH)

2nd Floor, 25 Greenside Place,
Edinburgh EH1 3AA
0131 558 3740

Enables vulnerable young people and those affected by homelessness to access training, volunteering, education and work towards employment.

CA, ET, IT

THE BIG ISSUE (GLASGOW)

107 Saltmarket, Glasgow G20 9TG
01415530924; www.bigissue.com
Sat: 8:30am–12:30pm; Tue–Fri:
7:30am–3:30pm; Mon: 9am–3:30pm;
Vendors buy their magazines for £1.25
and sell them for £2.50. It's simple but
it works.

SF

THE SALVATION ARMY (EAST ADAM ST)

1 East Adam St, Edinburgh EH8 9TF
0131 667 4313; www.salvationarmy.org.uk/edinburgh-city
Mon: 9am–12pm; 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, FF, F, SF

YOUNG PEOPLE

BARNARDO'S (SAFER CHOICES)

3rd Floor Rear, 91 Mitchell St, Glasgow
G1 3LN
0141 243 2393; www.barnardos.org.uk/saferchoices
Mon–Fri: 9:30am–5:30pm; Mon & Wed:
6pm–2:30am
Confidential crisis service for people
under 18. Phone the helpline (0800
085 2704) or email SaferChoices@barnardos.org.uk for support.

AD, A, C, DW, MS, OW

COUNCIL FOR HOMELESS YOUNG PEOPLE

71 Wilton St, Glasgow G20 6DF
0141 945 3871; www.qcha.org.uk/supported_housing/youth_homelessness
Residential support for homeless people
16–21. Referral only via GCC: 0141 302
2744.

AH, AD, BA, C, ET

EDINBURGH CITY YOUTH CAFE

11–15 Vennel, Edinburgh EH1 2HU
0131 229 1797; www.6vt.info/lets_talk
Mon–Fri: 9am–5pm; Mon, Wed, Fri:
6pm–10pm (drop-in);
Drop-in, information, advice and
support for people 14–25 on housing,
homelessness, drugs, debt, education,
training, health and emotional
problems. Youth offenders project for
14–16-year-olds.

MH, AH, A, C, DA, DW, ET, MS

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

EDINBURGH RAPE CRISIS CENTRE

17 Claremont Cres, EH7 4HX
08088 01 03 02; www.ercsc.scot/
Mon–Sun: 6pm–midnight (helpline)
Free and confidential emotional and practical support and information to women, all members of the transgender community. Phone or email support@ercsc.scot. Young people aged 12–18 who live in Edinburgh and the Lothians and have experienced sexual violence can get help via the STAR project on star@ercsc.scot.

AD, C

GLASGOW GEN R 8 HOUSING SERVICE

Westwood Business Centre, 69
Aberdalgie Rd, Easterhouse, Glasgow
G34 9HJ
0141 771 6161; www.actionforchildren.org.uk/in-your-area/services/youth-support-and-leaving-care/glasgow-gen-r-8-housing-service/
Mon–Fri: 9am–5pm
Advice and support to people 16–24 and helps them to develop the skills they need to maintain a home.

AH, AD, BA, CA, DA, TS, SF

NUMBER 20 (FOUR SQUARE)

Call for address. Edinburgh
0131 221 2293; www.foursquare.org.uk/contact/
Temporary emergency supported accommodation for young women 16–21.

MH, C, DW, OW, ET

PENUMBRA

Norton Park, 57 Albion Rd, Edinburgh
EH7 5QY
0131 475 2380; www.penumbra.org.uk/

Wide range of mental health services for adults and young people. Good leaflets on self-harm. Phone or email enquiries@penumbra.org.uk.

MH, A, C, DW, TS

QUARRIERS ('WHAT IF' PROJECT FOR MEN)

0141 638 5170; www.whatifservice.org.uk

Supports men 18–25 with complex needs. Young people receive housing support and therapeutic support (i.e. emotional support, access to counselling etc).

MH, AD, A, C, DW, MS, OW

QUARRIERS ('WHAT IF' PROJECT FOR WOMEN)

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

0141 946 1116; quarriers.org.uk/services/what-if-female-support-service/

Supports young women (18–25) with complex needs.

MH, AH, AD, A, C, DW, MS, OW

ROCK TRUST (ALBANY ST)

See DAY CENTRES

FC Foot care
IT Internet access
L Laundry
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SH Sexual health
TS Tenancy support

FULL LIST
AVAILABLE ON
OUR WEBSITE



SAFFRON HOUSING

553 Shields Rd, Glasgow G41 2RW
0141 422 1112; [southside-ha.org/
find-a-home/saffron-project/](http://southside-ha.org/find-a-home/saffron-project/)
Mon–Fri: 9am–5pm
Accommodation and support for
single minority ethnic homeless people
(16–25) with low support needs. Referral
only – phone or email enquiries@
southside-ha.co.uk.

[AH, BA, DA, TS](#)

SAY WOMEN ACCOMMODATION PROJECT

3rd Floor, 30 Bell St, Glasgow G1 1LG
0141 552 5803; www.say-women.co.uk/
Mon–Fri: 9:30am–9:30pm; Sat & Sun:
midday–5pm
24-hr emergency on-call service.
Support drop-in, helpline and
accommodation for women aged
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.

[AH, C, MS, SF](#)

SCOTTISH CHILD LAW CENTRE

See ADVICE SERVICES

STOPOVER (FOUR SQUARE)

40 Grove St, Edinburgh EH3 8AT
0131 229 6907; [www.foursquare.org.
uk/our-services/accommodation-and-
stopover/](http://www.foursquare.org.uk/our-services/accommodation-and-stopover/)
Mon–Sun: 9am–9am
Advice and shelter open to individuals
between 16 and 21 years inclusive, who
are either homeless or at risk.

[AH, AD, BS, C, DA, ET, OL, OW](#)

STREET LEGAL

22 Holyrood Rd, Edinburgh EH8 8AF
0131 344 0825; [www.streetwork.org.
uk/street-legal/](http://www.streetwork.org.uk/street-legal/)
Free legal advice and support to young
people (up to 26) who are either
experiencing, or at risk of homelessness
in Edinburgh.

[LA, AD, ET, AH](#)

STREET SOCCER SCOTLAND (EDINBURGH)

2 Bernard St, Edinburgh EH6 6PU
07480 979919; [www.
streetsoccerscotland.org/](http://www.streetsoccerscotland.org/)
Mon & Wed: 1–3pm (Powerleague
Portobello – phone before your first
visit); Thu: 1–3pm (Leith Comm Centre
– phone first)
Sessions offer players a chance to
meet new people, improve physical/
mental health, increase confidence and
provide players with a safe and positive
environment. All sessions are FREE, open
to anyone aged 16+ and are delivered
across numerous venues in Scotland.
Call for more info.

[LF](#)

YMCA GLASGOW

33 Petershill Drive, Glasgow G21 4QQ
0131 557 2355; [www.ymcaglasgow.
org/](http://www.ymcaglasgow.org/)
Mon–Fri: 8am–6pm
Works with vulnerable 16–25-year-olds
who are homeless or have experienced
homelessness to access and stay in
appropriate accommodation.

[AH, AD, TS](#)