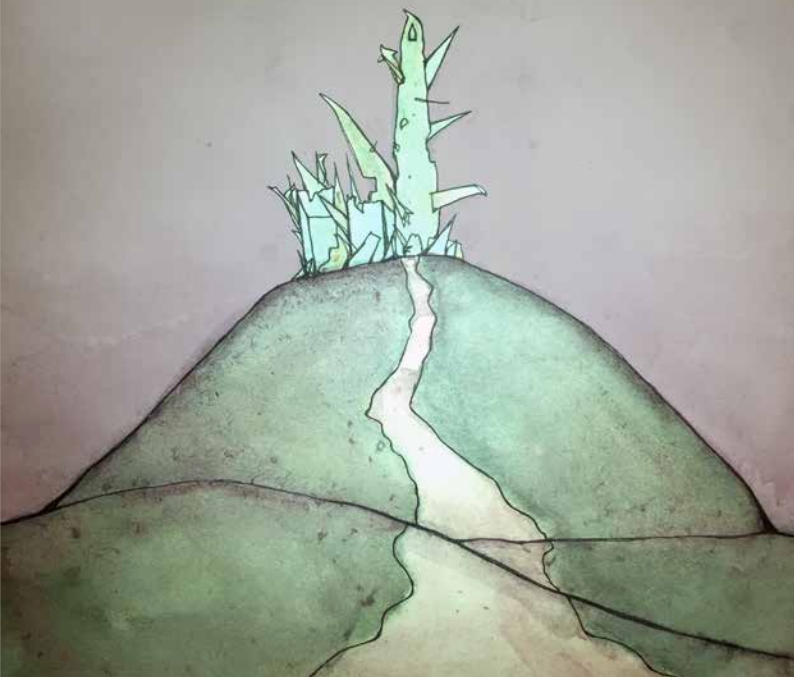


FREE
mag for
homeless
people

thePavement

January / February 2020

Street Food



Missing



Peter Brown

Peter went missing from Scarborough, North Yorkshire on 8 May 2019. He was 46 at the time.

Peter, 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.



Selina McDonald

Selina has been missing from Portishead, Somerset since 4 December 2009. She was 35 at the time of her disappearance.

Selina 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 Selina or Peter, 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

Street food

Streets Kitchen – the ones that give a shift – are good at smashing urban myths, which is why there's an interview with Jon Glackin on p14. One flyer from Streets Kitchen points out that: "More people sleeping rough on our streets die in the summer than they do in the winter." That said, being cold and hungry is not living your best life either, so for this issue of *the Pavement* we're sharing street food tips. For general help finding food, recovery help and somewhere to stay please turn to the centre pages of this mag for the list of services. There's also a full list on www.pavement.org.uk. Stay safe.

The Pavement team

- www.thepavement.org.uk
- twitter.com/thepavementmag
- facebook.com/thepavementmag
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- @illustrationpoppy

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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*.



Service of Commemoration: *This is me* from Choir With No Name and *I see a light at the end of the tunnel* sung by Streetwise Opera helped a packed St Martin-in-the-Fields say goodbye to all those who died homeless in central London over the past year. The invitation depicted Jesus in a sleeping bag and that theme was used to decorate the altar. Movingly, this included suitcases and also the tent used by Mark Borrett (aka Sparky) who died sleeping rough in 2019. In all 126 names were read out. Many tears fell. © Matt Chung

Welcome to the Pavement: a magazine for homeless readers

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

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

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

- www.thepavement.org.uk

Fundraisers needed

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

- nicola@thepavement.org.uk

Written by Jake Cudsi

Legal challenge

A new year, and new hope that the draconian Public Spaces Protection Order (PSPO) will be reformed, or even scrapped. Under the PSPO police can fine anybody found blocking doorways, asking for money or generally loitering. Arguing this unfairly targets homeless people, Sarah Ward, who lives in **Poole**, reached a fundraising target for legal costs in November, and will take **Bournemouth, Christchurch** and Poole council to the High Court in 2020. The human rights group Liberty welcomed Ward's action, with Lara ten Caten, a lawyer for the group, quoted in the *Guardian* saying: "PSPOs are blunt powers that are being systematically misused to criminalise homeless people across the country."

- **Happened to you? Get help from Liberty advice line 0845 123 2307 or 020 3145 0461**

Festive fallout

Last November, a report by the youth homelessness charity Centrepont estimated that 22,250 young people in **England** would spend the festive period sleeping rough or sofa surfing. *No place to stay: Experiences of youth homelessness* warned that many 16 to 25-year-olds will find themselves sleeping rough over



Crisis poet in residence:

Neanderthal Bard, Stefan Gambrell, sharing poems at Crisis' busy Finsbury Park shop © *Crisis*

the winter and many more will be hidden homeless, reliant on sofa surfing to get a bed for the night. Centrepont arrived at the estimate by analysing data provided by 248 local authorities in England.

- **Read the report:**
<https://centrepont.org.uk/media/3776/xmasreport.pdf>

Unsafe haven

Vulnerable homeless people in **London** are being duped by the Home Office as immigration enforcement ramps up deportation, finds the *Guardian* in October. It revealed that the Home Office was running sessions at safe havens intended to gather information on attendees, in the hope of removing those without valid immigration status. Homeless people attending the sessions are not told that the Home Office is involved. In fact, they are informed attendance could help regularise their immigration status. The Salvation Army, Sikh gurdwara and a Chinese community centre have been caught out offering their space to immigration enforcement.

Billions wasted

Councils continue to rely on emergency temporary accommodation for homeless people, that is routinely found unfit for purpose. In the 12 months to March 2019, councils in **England** spent £1.1 billion on B&Bs, hostels and other temporary shelter, representing a 78 % rise in spending over the preceding five years. This tactless approach to tackling homelessness can place families in dangerous emergency B&Bs, which are of little benefit to anybody other than private landlords' wallets. Polly Neate, chief executive of homeless charity Shelter, was quoted by the

Independent saying the money had been "wasted".

Election appeal

In an open letter to the country's political leaders before December's general election, **Greater Manchester** mayor Andy Burnham called for a fresh approach to tackling rising homelessness. Burnham asked for a freeze on the Local Housing Allowance, and also wants no-fault evictions to be binned and a nationwide roll-out of Manchester's A Bed Every Night scheme.

Housing last

The West Midlands' Housing First initiative turned a year old suffering from teething problems. Of the seven local authorities involved in the scheme **Birmingham, Wolverhampton, Sandwell, Solihull** and **Coventry** all failed to reach their targets of housing homeless people. Overall the councils hoped to house 675 homeless people under Housing First by 2021. But only 81 people had been housed in the year leading up to November 2019, equivalent to a lowly 36 % of the targeted 225 per year. Wolverhampton council had aimed to house 18 people in the scheme's first year, but managed to house nobody, according to the *Birmingham Mail*.



Young artists' hotel show: Supercity Aparthotels has launched Art House in support of formerly homeless artists connected to creative homeless youth charity Accumulate. From left to right: Lisalouise Macgregor, Alexis Burton (CEO Supercity), Sam Adesanya, Max Sita-Mbele, Kat Jagne, Marice Cumber (Director Accumulate), Nikolett Eszes, Oliver Oliver-Morrison and Aaron Powell. The Supercity Art House is open until 6 Jan with art on sale at supercityuk.com. © Sam Roberts

Space for Sistaaz

In Cape Town, South Africa, a group of 40 homeless people are fighting for equality, and a place to stay. Sistaaz, a collective of transgender homeless people, have called for a safer space to stay, as they are currently assigned to male dormitories in shelters. A number of the community have been working in prostitution to raise money. Lameez Oliver, a member of Sistaaz, told *Africanews* that the group “just want our own accommodation for us as a home, as a family.”

You're banned

The city of sin – that's **Las Vegas** – supposedly welcomes sinners and saints alike. Everybody's welcome and anything goes, or so the marketing people say. As for people sleeping rough? No thanks. **Las Vegas** has banned homeless people from sleeping on the street. According to the *Washington Post*, the law is designed to help maintain the city's image as an attractive tourist destination.

- **LGBTIQ+ Homeless help from** www.lgbtqioutside.org

Updated guidance

A new guidance on temporary accommodation standards in **Scotland** has come into effect. STV reports local authorities are now obliged to provide safe, better quality accommodation to homeless people until a more permanent arrangement is organised. The announcement included details of a £50m action plan designed to eventually end homelessness in the country. The changes arrive courtesy of updates to the *Homelessness Code of Guidance*. Housing Minister Kevin Stewart hopes that: “these changes will allow more people to benefit from the support available.”

Lawmakers

Shelter Scotland launched a campaign late last year to introduce a new law: the right to adequate housing. Volunteers were on the streets of **Edinburgh** hunting signatures in the run up to Christmas, as Shelter sought support for the campaign. Shelter wants the right to a home to be included in Human Rights legislation, with new laws to protect these rights. According to the *Edinburgh Evening News*, a YouGov survey showed support for the campaign, with 88 % of those surveyed agreeing everyone in Scotland deserved the right to safe and affordable housing.

17 times people staying at Glasgow’s Winter Night Shelter (open for four months) were revived with the overdose prevention drug **Naloxone** during 2018.

Source: *Scotsman* (3/12/19).

1187 people died from drug-related deaths in 2018, a quarter of them (280) in Glasgow. **One in six** people who died were homeless.

Source: *Herald* (3/12/19)

Mixed signals

Glaswegians are getting mixed signals. **Glasgow** City Council (GCC) has denied a Shelter Scotland estimate that 47 people died sleeping rough in 2018. However, GCC was reluctant to put a number on how many they think did die, eventually saying: “45 people recorded as homeless died.” Regrettably, this skirmish over differing estimates is just one battle in an escalating war. As the *Pavement 123* noted (Nov/Dec 2019), GCC are being sued by Shelter Scotland for unlawfully denying homeless people temporary accommodation. Now *Private Eye* reports Glasgow accounted for 95 % of the 3,500 such cases in Scotland in 2017-18.



Beds © Glasgow City Mission

Freezing change

Intense pressure on Glasgow's homelessness services resulted in the Glasgow City Mission opening the doors to its Winter Shelter three days earlier than planned, writes *Jack Hanington*. **Glasgow** has only one mainstream winter shelter, run by Glasgow City Mission, on behalf of the council and other homelessness services. Following the city council's transfer of funding to the Housing First plan, homelessness services lost £3 million of council funding, equivalent to 99 temporary beds.

As November temperatures dropped to as low as -6C, the decision was taken to open the shelter on 28 November, offering emergency accommodation at the Lodging House Mission on 35 East Campbell Street until 31 March 2020.

- **Call: 0141 552 0285**

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

Mad riot

The Political History of Smack and Crack – a play – is now on tour with dates at Bristol, Manchester (27-28 Jan), Birmingham, Sheffield, Canterbury, Newcastle, Doncaster and at **Glasgow's** Tron Theatre (20–22 Feb). This angry, funny love song is inspired by writer, Ed Edwards' own experience in jail and rehab.

- **@smackandcrack**

Winter art: Shelter charity shop on Great Western Road, Glasgow, ran a photography exhibition in December. The photos were taken by people who had experienced homelessness and mental ill health. They include images portraying the difficulty homeless people face accessing mental health care, and were used in a research programme by Shelter Scotland, with a report due out in March 2020. A booklet containing the images was part-funded by NHS Health Scotland, and will be used to teach clinical staff working with people affected by these issues. © Marco Biagini





Food for free

This food issue goes back to *the Pavement's* roots as the mag was set up to help homeless people have a list of where to find food, shelter and help for any addictions

Eat up: For starters, if you're hungry then turn to the list in the centre of this magazine and look for suppliers of food.

Watch your caffeine: "Choose hot chocolate, decaf coffee/tea. They'll warm you up, but you won't be so alert that you don't get any sleep. Herbal hot drinks – peppermint and fruit tea – can be a good switch. When someone offers to get you something, you could ask for an oat bar, porridge pot or fruit which is filling, but has a slow release of energy which is more healthy," says Oliver Hall, Mental Health Project manager running Groundswell's Building Resilience Group. "Don't run off carbohydrates and sugar because the side-effects of living on fried chicken, burger and chips has a long-term bad effect on your arteries and heart."

Food banks: Jack Monroe's book, *Tin Can Cook*, aims to help people using food banks create tasty meals as there are more than 400 food banks sharing 1.5 million food parcels a year. Find loads of cheap meal ideas at www.jackmonroe.com, including:

- Tinned carrots and potatoes are

ready to eat and cheaper than fresh.

- Tinned sweet corn, mushy peas, beans and lentils are staples that can be used to make a healthy meal. Eat cold or hot.
- Tinned sardines contain almost a whole day's recommended intake of vitamins D and B12.
- Poundland is where to buy a cheap tin opener.

Make pasta in an electric kettle:

Put in a handful of dried pasta, cover generously with water (eg, one cup of pasta, two cups of water). Switch the kettle on until the water boils. Stir down with a wooden spoon. When the water tries to boil over, switch off the kettle, stir. Switch kettle back on and repeat the boiling/stirring three or four times. Drain and put into a bowl. You can heat up sweet corn in the kettle too – and even jars of pasta sauce. Kettles boil so fast that this is a speedy way to get a hot meal.

Nature's bounty: Richard Mabey's *Food for Free* lists 100 edible plants. Use gloves to pick early spring nettles, then wilt off their sting in hot water and add as iron-rich addition to soups and stews, or use as tea. In

What do you want?

Asks James Quigley

Q: How many hot drinks do you reckon you are offered in a day?

Julia: "Around 10. A lot of people give me coffee between 6am and 8am when they're on their way to work."

Q: What do you mostly eat on the streets?

Mary: "Ham and cheese toasties, especially when I'm sat outside a Pret."

Q: What food would you most like to eat?

Sean: "I'd love some gammon or a slice of steak, maybe a bit of veal if I was getting fancy."

Q: Are you getting enough food?

Sam: "I've lost about a stone in the last couple of months."

Q: Do you find it easy to get water to drink?

Andrew: "Water's not a problem, I can go to cafes, or to the train station, where I fill up my big bottle which I always carry around."

Q: What's your tip for getting food around here?

Anne: "Sit outside a food place!"



Peter Gregory

Tasty art: *the Pavement* reader Peter Gregory says: "We have been making donations to the Red Bag Company which gives out food in Birmingham. We wanted to do what we could for your magazine and the work you do also. We want to do anything we can to help homeless charities as we are using food banks and without them, probably wouldn't manage."

• www.redbagco.bigcartel.com

July and August enjoy blackberries straight from the bush in city parks. Pick edible herbs from front gardens and public green spaces. Lemon verbena, mint and goosegrass all add flavour to tap water. ■

Food fixes

Crafty tricks to keep you healthy and full, from McGinlay

Trick 1:

Staying in tempo accommo (temporary accommodation)? Have access to a cooker? Do you receive regular donated sandwiches? Wanna turn those sarnies into a meal? Well you can. You need:

- 3 to 4 sandwiches with lots of fillings.
- Some form of 'base' ingredient, like rice, pasta or potatoes. (Tesco's own brand spaghetti is 20p).
- Some form of sauce to make the meal stretch. (Tesco's own brand pasta sauce is 45p, I promise I'm not a promoter for Tesco!).

Method:

1. Divide the fillings into separate bowls, tomatoes on their own, chicken on its own, etc.
2. Prepare base ingredient: boil rice, pasta or potatoes until cooked.
3. Mix the fillings with your sauce how you like it, depending on what you're making.
4. The larger the meal, the more fillings you will need.



© David Holmes-Brown

I once made an Ocean Pie using sandwiches – 2 tuna, 1 salmon and 1 prawn. I bought some potatoes and mashed them with butter, milk, salt and pepper. I mixed all the fish together in a creamy mushroom sauce I made with single cream, mushrooms and parsley. I placed the fish sauce into a glass oven dish and smoothed the mash over the top and cooked until the mash was slightly crispy; then sprinkled grated cheese on top and melted it before serving. It was delicious, fast to make and cheap enough to get extra ingredients for under a fiver.

In the kitchen with David Holmes-Brown: “I am a reportage artist living in Devon. I have been drawing people who are homeless and vulnerable in and around Torbay for a few years now. This was drawn at **The Haven**, a tiny charity in Paignton open three mornings a week. See www.haventorbay.co.uk

I understand even £5 sounds like a lot when you have nothing. In the last issue of *the Pavement* (#123), I mentioned I was staying in a hellish hostel and made friends with T, remember? It was him who showed me this trick. There was a time when I only had a few pounds, so I teamed up with T and another resident and we all split the fiver between us. We were all skint and very hungry so problem solved.

Trick 2:

You know those MASSIVE outdoor food bins outside the supermarket, usually located behind the building? The ones where the shop throws away its perfectly good food because they can't sell it the next day, or the package is damaged but the food's still fine? Well, most hardware stores sell a cheap hard plastic, T-shaped key that has a hollow hexagon base which open up those bins. Ta-da, access to food.

Trick 3:

Anyone who's lived in a hostel will know our friends at Pret donate food on a daily basis. But did you know if you go in with your own refillable cup, you get 50p off any hot drink? Their cheapest coffee is 99p but with

your cup you will get it for 49p. And it is part of Pret's policy for all staff members to give away 10 coffees every day. Yep, so if you're a friendly regular, if you have been waiting in the queue for over two minutes or if you flirt with them... YES, it's on the house and it's their policy.

Trick 4:

Anyone who has experienced homelessness in London knows food resources at times might not be close by, so travel is needed. Now some can't afford Oyster fares, don't have a bike or may have medical needs making it tricky to travel long distances. Did you know there are two types of Freedom Pass? There are passes for seniors (65+) and passes for those with medical needs. If you have any long-term health need that effects your daily communication, co-ordination or mobility, you can apply. Get a letter from your GP, take it to the Mobility Team at your local town hall, with two passport photos and your pass should be posted to you within seven working days making London your oyster, without the Oyster.

- Instagram [@mc.ginlay](https://www.instagram.com/mc.ginlay) for poetry, illustrations & crafts.

Eat up

Jaqueline Messih meets Jon Glackin from Streets Kitchen, a grassroots solidarity group that aims to provide food, clothing and information through daily outreaches across London. At the heart of this operation is people and food

Jon Glackin is a founding member of Streets Kitchen. He believes food is a basic human right and Streets Kitchen fulfils that right. "Food is vital. The clue's in the name, we try to bring the kitchen to the streets, it's a simple service: everybody has the right to eat," says Jon. Streets Kitchen does not only serve the homeless but also those on low incomes. The food is cooked by volunteers and is generally vegetarian and full of nutrition. To help people with sore teeth nothing is served that is too hard and there's the option of hot or cold food. Also on offer are fruit, sweet treats, teas and coffees, but most importantly comes advice and conversation, establishing a sense of community and rapport.

On a typical outreach you will observe food as the centre of attention. Some people gather around the table and some join conversations, dispersed into small groups. The heat which radiates from

In a nutshell

- Streets Kitchen serves on average 1,000 people a week around London. It relies solely on volunteers.
- Founding member Jon Glackin's catchphrase is "solidarity not charity". Anyone is welcome.
- "Research has been done on the correct food to give to people who are living on the streets. It needs to contain more fats, vitamins and be food with high energy particularly if you are sleeping in the cold or walking around a lot just burning energy," says Jon.
- Hungry in Edinburgh and Glasgow? Social Bite, a social enterprise set up in 2012, gives away food, and runs an academy employing people affected by homelessness (32 in 2018) and supports homeless people to volunteer (45 in 2018).

See www.social-bite.co.uk

the hot food and drinks creates a warming feeling, kissing the cold air and bringing relief to worn cheeks.

With so many people using the service, it begs the question whether homeless people have enough access to food? Jon notes: "Most other services are indoors and have certain rules and regulations, so



Streets Kitchen founder Jon Glackin: “We operate on the streets and we are not exclusive, everybody can use our services.” @ Nina B/Snack Productions

some people mistrust it and come to us instead. We operate on the streets and we are not exclusive, everybody can use our services. We also signpost to other essential services.”

Jon adds that: “Food banks sadly are an essential part of life now. Ten years ago there weren’t so many but now it’s the fastest growing industry in the UK. But food bank food is meant to be cooked at home; spaghetti, potatoes, canned beans, so that’s a problem for the homeless community.”

Streets Kitchen operates on minimal spending by using food destined for waste: “There’s plenty of food being wasted and we sometimes access that food before it’s thrown out. We get food from Nando’s, City Harvest, Felix Project

give to Refugee Community Kitchen and there are a lot of food waste groups now because people are beginning to recognise how much food is being wasted. If food waste were a country, it would be the third largest polluter in the world!”

Food banks also lack in nutritional foods and as a result Jon finds food poverty to be an issue, but not in the sense you might think. There’s “good food poverty,” Jon says. “We get lots of pasta, potatoes and canned or packet food, but in terms of fresh vegetables that’s lacking. This is why we’ve set up some garden projects. In Islington we have a number of plots that grow fresh veg for us.”

Jon acknowledges there is a link between food and death: “Homeless people die much younger than... ►



Evening meal from Streets Kitchen @ Jacqueline Messih

use it because they are hungry. The only issue Jon sees for the future is that licences may need to be obtained in order to operate and serve food on the streets. In places like Westminster, there's already an attack on food runs with talk of licenses – essentially making it harder to run services.

Jon stresses that in today's world everybody seems to be struggling, not just the homeless community. "I created Streets Kitchen, to change the terminology and narrative, to make it more inclusive. It's not just homeless people we serve, we serve people in hostels, people newly accommodated, people who have lost their benefits or have been sanctioned. We meet hundreds of hungry people every day."

• See www.streetskitchen.org ■

► ... people who are housed, there can be almost 30-years difference. That is due to lack of somewhere to live, lack of a healthy diet, poor health and bad habits that one could develop living on the streets, so a good diet is vital."

Streets Kitchen is a model that can be replicated anywhere but people

Hungry in London?

Here's where to find Streets Kitchen:

Monday: Tooting Broadway, outside the market, 7.30pm

Tuesday: Clapham Common, next to Joe's Pizza, 7.30pm

Wednesday: Camden Town, next to Camden tube station, 7.30pm

Thursday: Hackney, outside Hackney Central Library, 8pm

Friday: Camden Town, next to Camden tube station, 7.30pm

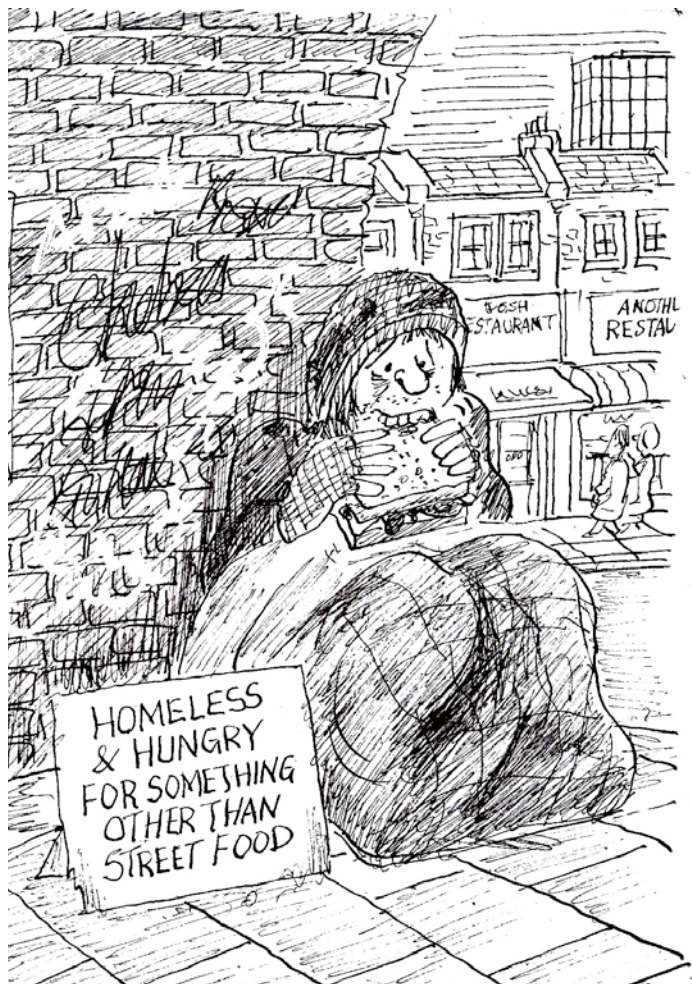
Friday: Kilburn, near Kilburn High Road tube station, 7.30pm

Friday: Dalston, opposite Dalston Kingsland tube station, 8pm

Saturday: Dalston, opposite Dalston Kingsland tube station, 8pm

Sunday: Camden Town, next to Camden tube station, 7.30pm

Sunday: Jamming For Change, by Shoreditch High St station, 4-6pm



Irony deficiency

By Deputy Editor Mat Amp

We all have those particular things that we swear we'll never do. If it had occurred to me 10 years ago, I might well have declared with total confidence that: "I'd never steal 100 quids' worth of meat a day from Morrisons' on the Seven Sisters Road, sell it to local pensioners in the pub across the street for 60 % of face value and spend the winnings on crack and smack." WHOOPS...

With a habit to maintain and my options seriously limited by homelessness, the choice was to shoplift or beg. And it wasn't the cruel or up-tight members of the public that put me off, but rather the looks of pity from the kind and well-meaning. Those looks sliced me in half.

So, while I would rather not put my hand out if at all possible, it certainly isn't a judgement thing. That would be ever-so-slightly hypocritical when you consider that I didn't blink when it came to taking part in organised, turbo-charged shoplifting sprees to fund my habit.

At one point we had it down to a fine-tuned military operation. Someone would carry the rucksack while the other two of us would pop security tags and load up with choice cuts. We would be on our way before the cameras swept round, marching out of the door, straight



Revolution: art from plastic waste (cutlery and cups) made by Teboho Phakoe who used the Crash Pad, a shelter for 18-25 year olds, open each winter. For info call **020 7700 2498**. © Pilon Trust

over Nibblesnipers Lane and into the Hairy Lemon public house opposite (names changed to protect the landlord, blah, blah, blah).

The guv would let us sell our ill-gotten packets of flesh to his distinguished clientele on the proviso that we took our dodgy meat round the back door (nudge, nudge, wink, wink). The Hairy Lemon's punters tend to be near the top of life's experience division and for them a few squid saved on the old beef steaks means more amber nectar in the jug. It was a triple win with happy punters, a happy landlord and a super chuffed trio of sated junkies.

Of course, nothing lasts forever. Eventually the keepers of the great meat river twigged to the leak in the



dam, 'beefing' up security, which wound up our little project.

On top of that I'd been struggling with my health for months. My spirit felt like it had melted into a lethargic puddle of spent energy and when I looked around for my get up and go, it soon became evident that it had already fucked off.

You can imagine the look on my face when the doc diagnosed me with anaemia, a shortage of red blood cells often caused by a lack of red meat.

"There's no deficiency of irony in my iron deficiency," I quipped glibly to the doc, but the joke fell a bit flat when I explained where the irony came from. It wasn't so much that I'd stolen thousands of pounds worth of meat that saw him instantly direct me down his B1470 humour bypass, more the fact that I'd managed to eat precisely none of it. ■

In a nutshell

- It can be easy to forget that stealing meat from a supermarket and selling it to pensioners – in order to grease the wheels of a heroin habit – can seem shocking to a majority of the general public.
- No matter how open-minded we may be, we're all shocked by certain things that other people do. It's worth bearing in mind that we really don't know if we'd do those things much differently ourselves, until we've been tested by life, rather than theoretical supposition and all the pontificating bollox that goes with that.
- Even if we are sure that we would never indulge in certain behaviours, that shouldn't inform the way we treat those that do.
- We all make mistakes, but it's just a better world to live in if we all get busy supporting each other to move forward, rather than using the big boot of judgement to kick people while they are down.
- When I found myself homeless my boots were ill-fitting and falling to bits, but it wasn't until a few empathetic souls took a walk in them that I knew where to tread next. A few people decided to take a punt on me and gave me their trust, and that encouraged me to try and do the same for others. And thus far, it's worked.

Too good to be true?

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

If you know an employer is dodgy, please speak out. We have to stop these modern slave traders exploiting homeless people

Stop the Traffik's job is to prevent human trafficking worldwide. The campaigners asked 180 people who were rough sleeping, homeless or using homeless services in Greater Manchester about exploitation. Shockingly the report, published in November 2019, reveals how almost 30 % of the respondents had been offered drugs, alcohol, food or accommodation for work, in lieu of a real wage. Stop the Traffik found that young people, women and immigrants experiencing homelessness were most vulnerable to exploitation. And it might happen to you: almost a quarter (24 %) of those surveyed said they had not been paid promised wages, while a further 17 % had known someone to go missing after accepting an offer of work.

This is a nationwide problem and homeless people are often these exploiters' targets. Over the past two years the Modern Slavery Helpline has had reports of 353 people who were homeless before, during or after being exploited.

"We've seen modern slavery recruitment happen at church

events like soup kitchens because they are regular and a place people congregate," says Caroline Barnard who is communications officer at the Church of England. "The crisis in housing is so big that housing and homelessness staff and volunteers are not always looking out for more problems, that's why modern slavery is not on their radar."

So, when someone drives up with a van offering casual labour, they may not be telling it straight. "Modern day slavery is about people being exploited and abused. If the offer of a job sounds dodgy it probably is. Don't accept jobs which come with accommodation and alcohol or drugs, or promises of what you need, as they will never materialise. The accommodation will be a caravan or a tent and there will be no pay," warns Barnard.

- **More about what's happening in Manchester:**
www.stopthetraffik.org/manchester-homelessness-exploitation-report/

LET'S TALK....



please help me



CALL THE MODERN SLAVERY
HELPLINE 08000 121 700

OR CONTACT:-
NAME:
NUMBER:

the night shelter

WE SEE YOU.
THE CLEWER INITIATIVE

In a nutshell

The Abolition of the Slave Trade Act was more than 200 years ago, in 1807. Modern day slavery is typically a hidden crime, but sharing info can stop people exploiting others here in the UK and abroad.

- If you recognise a dodgy employer tell people at that centre. This stopped one gang in Southend, Essex recruiting at a church soup run.
- Good news: in Greater Manchester homeless people looked out for others: 22 % had warned someone, or been warned, not to take a job offer from a particular group or people.
- Staff, volunteers and homeless people all need to be alert. When someone drives up with a van, they may not be offering casual labour.
- **Need help?**
Call the Modern Slavery Helpline on **08000 121 700** for support and advice. Or visit: www.theclewerinitiative.org.
If it's an emergency then call 999.

Help with Universal Credit

Stuck by a UC problem? Ian Kalman offers solutions

Q: How do I start?

For a short time Citizens Advice Bureau will help anyone in England and Wales make an application for Universal Credit. This ends in April 2020. CAB will help anyone who has to apply, from the initial application until they get their first payment. CAB works in some job centres but this may only be twice a week for a few hours. Or you can try CAB's Help to Claim phone line. England tel: 0800 144 8444, Scotland tel: 0800 023 2581. Also see www.citizensadvice.org.uk/benefits/universal-credit/

Q: How do I budget?

One bit of good news if you are paying back an advance (called a hardship loan) the deduction was 40 % of your monthly benefit. From October it changed to 30 %.

Q: What if there is a problem with my claim?

Wrong decision: There are two problems you may face – let us take the easier one first. You might find you are shifted from ESA to JSA because a decision maker has decided you are fit for work. I know of two people this happened to and they both fought this and won. This happens a lot. More than half of

appeals are won. If this happens to you, the first step is get some advice. If you do not have a key worker contact either CAB or a local law centre. If you cannot get help do not give up. These are the steps you should take:

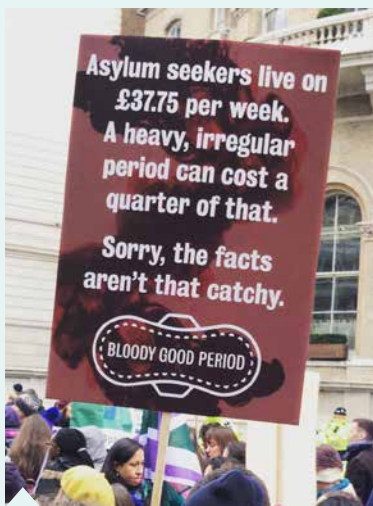
1. Obtain the form to state you are appealing against the decision and send that in.
2. If you can get someone who will speak for you at the tribunal, their name should be put on the form. But if you cannot think of someone do not panic. There are still steps you can take.
3. Once you know the appeal date, start compiling evidence. This can be in the form of letters from doctors you have, plus prescriptions you have. Try to obtain a letter from the doctor who can state why you are not available for work.
4. You should think about the opening statement you will make, write it down and look at it every day until you are in front of the decision makers. You might find you know it by heart, but still bring it with you. And show it to let the people know you have thought about this. Never lose your temper: always remember they are just following the system.



The foodbank at Ringcross Community Centre offers fresh fruit and veg, most do not © Pavement

Sanctioned: If you are sanctioned that will mean your money is stopped. Appealing against a sanction is more difficult but if you feel you have a strong case you still have a right to challenge it, but first:

1. If you have housing benefit contact the council and inform them.
2. Appeal against it but remember the sanction is because either you have not done something that is on your agreement or you have been late for an appointment. Saying "I was not well that day," will not be enough, so if you are ill, or running late, contact your advisor and inform them.



Good news: The Government's Tampon Tax has been used by 29 charities working with women who are homeless or at risk of homelessness. A total of £1.85 million was distributed by Homeless Link via their Ending Women's Homelessness Grants programme and informed by the report *Promising practice from the Frontline* (2018) which recommended taking a more gendered approach to services.

More than 600 women in England sleep on the streets each night, many escaping domestic violence will use public transport, A&E or sofa surf with family and friends. Pic shows campaign work from the Bloody Good Period, which shares free pads with refugee and asylum seekers. Ask for free period products at a drop-in, library or food bank. © Gabby Edlin/ Bloody Good Period

Anyone in?

The curse of empty homes by David Lawrence

I am often seeing empty homes when I am on my travels. I get so angry with many people sleeping rough and the massive shortage of Social Housing that I feel the need to do something. After I calm down, I realise that on some occasions the properties are in need of repair or decoration. I have spent the last seven years volunteering in the homeless sector, and was homeless from October 2008 for five years. I have over this period of time tried to work out effective ways to solve this problem. I have asked many people who have experienced homelessness about it, and the first thing a lot of people said was "Why leave them empty? Does anyone care? What can be done?" So I am not the only one who feels this way and that encourages me to find solutions. The main problem is some rough sleepers, or other homeless people, often believe that there is no housing for them so they carry on without changing their ways. This hits the economy as crime increases and they will not work. That's a problem because it is essential that everyone feels that there is hope so everyone contributes to society.

Some councils offer a Housing First system. This is a very good idea and I hope will soon be offered by

Line up: Screenshot from the film *Changed Times* showing "meanwhile use" of The Glass House, a former factory on Hornsey Road. Change was facilitated by Streets Kitchen, Islington Council and others, during winter 2018–19

© Nina B / Snack Productions

every council in the country. Housing First is a new idea which came from Finland. It is for rough sleepers who have complex needs and are not suited to hostels. Instead they are moved into their own home and the service provider provides support so the client is capable of paying the rent and make changes to their life.

If every Council was obliged by law to provide a Housing First service this would help to reduce the number of rough sleepers. Maybe empty homes could be used in this way as they have a shortage of social housing? I am pleased by the fact Council Tax on empty homes has increased because this will play a part in encouraging selfish owners to let them out.

I hope that after the December election there will be more effort in solving the curse of rough sleeping. Getting empty homes back into use is a start. I intend to bring this issue up on a national scale and hope that many people will join me in campaigning for an end to this blight on our society. The more people who take part and show their support would encourage Parliament to do something about this problem.



Ways to convert empty buildings

Here are a few ideas for anyone involved with a community-led building project, put together by Architecture for Humanity's Arome Agamah & Alasdair Dixon

Engage with your neighbours

Getting lots of people involved from the very start can go a long way in building trust and enthusiasm for a project. The more interactive the better, so things like exhibitions, co-design days and brief workshops may be good ways to go.

Ask for help

Converting or adapting existing buildings can be a challenging exercise. Older buildings in particular have a knack for hidden surprises that can affect plans. Having an expert to help you get your head round the various regulations and planning policies can be a massive bonus.

One size rarely fits all

Avoid having preconceived ideas. Also understand that every situation is a bit different; what works in one place, won't automatically work everywhere else.

Have a good working relationship with local people

Keep local authority housing teams and homelessness charities in the loop. Always try to develop projects with their input.

Think carefully about the location

Ensure that location is appropriate, sufficiently serviced and is actually available. Be clear on the situation with ownerships, leaseholds. Discussing "meanwhile use" with site owners can also be an option for spaces that are only temporarily vacant.

Great places

Architecture for Humanity UK's Arome Agamah & Alasdair Dixon discuss ways to adapt buildings for people who are homeless

We're a small charity passionate about designing great places for people from all walks of life. Over the years we've worked with Crisis on their Christmas reception spaces, with Food for All on their kitchen in Hackney and on the Remakery in Brixton where we helped convert an underused space into a community hub.

We know that housing and homelessness is a complex issue that needs addressing with big moves and serious political will. As architects we are best placed to address more immediate concerns such as ensuring that a building is safe and secure for vulnerable people. While it is not the entire solution, provision of temporary housing is also a valid way of getting vulnerable people off the streets.

For this issue of *the Pavement* we wanted to share a few examples of architects helping charities address homelessness:

Peter Barber – Holmes Road Studios 2016: Peter Barber Architects have a history of working on innovative housing projects and recently finished Holmes Road Studios in



Come on in: Micro homes for people who have been homeless

© *Peter Barber Architects*

Kentish town. These cottages were designed with Camden council and will be opening in 2019.

- www.peterbarberarchitects.com/holmes-road-studios

Architecture for Humanity UK

(AFHUK) – Crisis at Christmas Between 2006 –2012 Architecture for Humanity UK worked with Crisis to decorate and create more welcoming spaces at their Christmas shelters. We did this with volunteers and reclaimed or donated materials.

- www.crisis.org.uk

Reed Watts – 999 Club Sleeping Pods 2018: Reed Watts architects completed indoor sleeping pods



Temporary bedrooms: Private spaces at the 999 Club
by Reed Watts © Reed Watts

at the 999 Club's night shelter in Deptford. The structures give privacy and security as temporary bedrooms in the charity's emergency shelter.

- www.999club.org

AFHUK – The Brixton Remakery 2013: Architecture for Humanity UK worked with Transition Town Brixton to convert 36 derelict garages into community maker spaces, where the use of recycled materials is central to the work. Now open at 51 Paulet Road in Brixton, the Remakery provides affordable, accessible workspace for those looking to develop skills in woodworking, ceramics or textiles.

- www.remakery.org

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

Chris Hildrey – Proxy Address 2019: Although not a physical design, Chris Hildrey's project **Proxy Address** uses technology to connect those facing homelessness with support. The project provides a stable address throughout periods of instability – so you get an address, even if you don't yet have a house. What's more that address looks like a normal residential address so you can use it to open a bank account, claim benefits or get a job. It started with a trial in Lewisham, and then all London. During 2020 it is hoped that it will become available nationwide.

- www.proxyaddress.co.uk ■

Rock your socks

Take care of your feet this winter using these tips by **Jemell Geraghty**

During the winter months our feet really do take a lot of wear-and-tear. Winter is a tough season so checking how our feet and legs are may not seem high on our agenda.

Our feet are very important parts of our body: they carry us from one place to the next and allow us to stand for hours on end, if needed. However, if we do not look after our feet, we can soon realise how they can become **sore**, swollen and even blistered or ulcerated. Even with the temperature dropping it's a big mistake to leave our shoes and socks on for hours, maybe days, without ever checking.

Checking your feet are OK daily is essential.

Prolonged wet feet can be a serious problem. The serious condition it causes is known as trench foot or immersion foot syndrome.

Trench foot was first described during World War I (1914-18) when soldiers developed foot conditions from fighting in cold, wet conditions in trenches and did not have extra pairs of socks or boots to help keep their feet dry.

Another condition to be aware of is **frostbite**. This is damage to skin and tissue caused by exposure to freezing temperatures.

In a nutshell

- Regularly check your feet during the winter season. That way you won't end up with sore feet and legs, unable to put your shoes on or even walk.
- Aim to keep one dry spare pair of socks on you, so if they become wet you can change into a dry pair. Always dry out the wet ones as soon as you can.
- When temperatures drop below -0.55C (31F) you are going to be at risk of frostbite. If your extremities (hands, feet, ears, nose, lips) are in pain go to a doctor at once. More info from <https://www.nhs.uk/conditions/frostbite>
- If you, or someone you know, has frostbite, or is at risk of hypothermia, call 111.
- For more information see the Legs Matter Campaign : <https://legsmatter.org>
Twitter: [@LegsMatter](https://twitter.com/LegsMatter)

Frostbite can affect any part of your body, but the extremities, such as the hands, feet, ears, nose and lips, are most likely to be affected. The symptoms of frostbite usually begin with the affected parts feeling cold and painful. If exposure to the



cold continues, you may feel pins and needles before the area becomes numb as the tissues freeze. If you think you may have frostbite, you need to see a doctor urgently.

Tips for keeping feet and legs healthy this winter:

- **Feet need basic looking after.** Keep them dry (especially in between the toes). Keep them covered with socks and wear shoes that don't rub. Also rest your legs when you can.
- **Layering up** is important, as well as having a spare pair of clean socks. Think about keeping one dry pair spare and if socks become wet, you can change and dry-out the wet ones when you get a chance.
- **Use plastic bags to line your shoes** to prevent the wet getting to your feet. If your shoes get wet, it is an idea to dry them out during the day if you can.

Keep feet, shoes and socks dry to avoid trench foot © Pavement

- **Every day remove socks and check your feet.** Look at the sole of each foot, heels and in between the toes. Observe for any unusual skin changes, itching or burning. If any of these symptoms persist, see your nurse or GP as you may have a fungal infection.
- **Foot and leg swelling** can be common when you are on your feet and legs a lot. Try and rest when you can. If you can, elevate and rest your legs with the aim of reducing the swelling. If the swelling continues or you develop a red, hot, swollen and tender leg then you need to see your GP as soon as possible.
- When you see a GP or nurse ask them to check your feet if you are unable to do so, and make sure you have regular follow-ups.
- If you do develop a **blister**, do not burst it. You should leave it, keep it dry and remove any pressure from it. Please see you GP or nurse for further advice as blisters can deteriorate.
- Good luck this winter keeping your legs and feet working well.

Dr Jemell Geraghty works at Camden Health Improvement Practice (CHIP). Follow her on Twitter: @woundnurseUK ■

Let's go on a food safari

Chris Sampson embarked on a whistle-stop tour of London's streets in the hope of finding a flavour of the capital...



Let's all go down The Strand, and, according to the old song, "have a banana!" Surely this was evidence of the central London street's former status as a centre of banana-related activity? Or was it the song by Roxy Music? [*Love Is The Drug*, you mean? No, *Do The Strand*].



Ahem. Anyway, to Tobacco Road, in south London. It made me cough my guts up, discoloured my teeth and made my clothes reek. But not of anything tasty.



Then to north London's Caledonian Road. Was its ambiance suggestive of savoury thistles and vegan haggis, etc? Can't say I noticed.



Heading back to central London, I wondered if Carnaby Street might conjure up a flavour of Jimi Hendrix, kaftans and, erm, enjoyment of certain pungent substances during the 1960s... [incoherent ramble follows]... far out, etc...



Ahem. Having, erm, sobered up, I headed to Chelsea. Did the King's Road retain the taste of a fluorescent tartan miniskirt designed by Vivienne Westwood at her World's End shop? Not really. A pavement pizza was all I found; evidence perhaps of the previous night's indulgence.



Finally, to Downing Street. Surely, here at the heart of British democracy I'd get a real taste of London? Strangely, at Number 10 in the road, I developed the squits, evidently sickened by something within. I can't imagine what... ■

Housing in England: Your Rights

Your local council does not always have to help you find emergency accommodation if you are homeless.

If you need help right now, please try these numbers below.

Ask them to help you make an emergency housing application.

For free help with your emergency housing application:

1. Streetlink

- Tel: **0300 500 0914** & also an App

2. Shelter

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

3. Citizens Advice Bureau

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

If your application is rejected:

- You should appeal the rejection if you think it is wrong. You have 21 days to do so.
- Shelter and Citizens Advice Bureau can help you with your appeal.

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

HEALING

What I'm thinking



Thoughts from Garry Burrows who mostly lives outside

- 1. Keep warm:** wear thermal underwear. I've also got on a waterproof coat, jacket, bodywarmer, two jumpers and two T-shirts.
- 2. Stay dry:** If you're outside sit or lie on thick cardboard and layers of newspaper to absorb the wet.
- 3. Look after your shoes:** when trainers get wet, they smell. I put mine in the washing machine at a day centre (or a friend's) and that sorts them out.
- 4. Number one vitamin for alcoholics:** is thiamine (B1). Your body can't make thiamine, but it can absorb it through meat, grain and nuts/seeds as well as fortified foods (eg, breakfast cereal and bread). If you are alcohol dependent you may be prescribed thiamine to avoid wet brain. No one wants wet brain.
 - Alcoholics Anonymous: **0800 9177 650** ■

My notepad...

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

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: web@thepavement.org.uk
Updated: Dec 2019

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

London List

HOT MEALS - DAY CENTRES

AMERICAN INT'L CHURCH

79a Tottenham Ct Rd (entrance in Whitfield St), W1T 4TD
020 7580 2791; amchurch.co.uk/soup-kitchen
Mon & Tue, Thu-Sat: 10am-midday
Free hot meals, clothes and toiletries.
Clothing store alternate Mons.
CL, FF

AMURT

3a Cazenove Rd, Stoke Newington, N16 6PA
020 88064250; www.amurt.org.uk/who-we-are/amurt-uk/
Thu: 6.30-8pm (Lincoln's Inn Fields)
Vegetarian food, and music.
FF

ANCILLA SOUP KITCHEN

The Most Precious Blood & St Edmund,
115 Hertford Rd, N9 7EN
020 8804 4070; <https://bit.ly/38hNggH>
Fri: 11am-2pm
FF

ASLAN (ALL SOULS LOCAL ACTION NETWORK)

c/o All Souls Clubhouse, 141 Cleveland St, W1T 6QG
020 7580 3522; www.allsouls.org/info@allsouls.org
Sat: 5.45am-noon: tea: 5.45-6.15am
Tavistock St; 7-7.45am King Wm IV St;
Sat: 9am-noon (Webber St); Sat: 6.30-8.30pm (invites via tea run or All Souls)
Step-free access via Cleveland St entry.
AC, CL, D, ET, F, FF, LF

BE ENRICHED

URC Rookstone Rd, SW17 9NQ
07397288160; be-enriched.org.uk
 Mon: 12.30–2.30pm, 18 Hampton St,
 SE1 6SN; Tue: 7–9pm, 1 Ethelburga St,
 SW11 4AG; Fri: 12.30–2.30pm URC,
 Rookstone Rd, SW17 9NQ
 Free or pay-as-you-can meals.

F, FF

BRIDGES

Memorial Community Ch, 389-395
 Barking Rd, E13 8AL
020 7474 6603; <http://www.bridgeshomelessupport.org.uk/>
 Sat: 8–11.30am (cooked breakfast
 9–11am); Mon: 10am–2pm
 NHS nurse clinics and signposting to
 other support agencies.

BS, BA, CL, FF, MS, OL

CARPENTERS CAFÉ

Carpenters Est Community Hall, 17
 Doran Wlk (entry Carpenters Rd),
 Stratford, E15 2JL
07932 661 089; deptfordreach.org.uk
 Tue: 10am–midday (food, drinks,
 clothes, books, toiletries, showers)
BS, BE, CL, D, F, FF, SF

CHRIST APOSTOLIC CHURCH (BETHEL) UK

217–23 Kingsland Rd, Hackney, E2 8AN
020 7729 4375; cacbethel.org/dev/
 Sat: 2–3.30pm (last Sat of month);
 Sun: 8–9am
 Cooked Sunday breakfast and hot meal
 on the last Sat of the month.

FF

CHRISTIAN KITCHEN

65 Blackhorse Rd, W'stow, E17 7AS
info@christiankitchen.co.uk; www.christiankitchen.co.uk/
 Mon–Sun: 7.30–8.30pm (Mission Grove
 car park, Walthamstow)

FF

COMMUNITY OF SANT'EGIDIO

0753 1597364; www.facebook.com/santegidiolondon
 Sat: 4–4.30pm (hot drinks & sandwiches
 at Carmelite Priory, Pitt Street W8 4JH);
 Sat: 4–6pm (last Sat of the month –
 3-course meal in the Carmelite Priory)
 Food, hot drinks and good company.

F, LF

COMMUNITY TABLE

Southcroft Church (Ichthus), 276
 Mitcham Lane, Streatham, SW16 6NU
020 8677 0880; www.southcroft.org/
 Thu: 11am–3pm
 Food, clothing and a warm welcome.

BS, FF, IT

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

Allen St, Kensington, W8 6UX
0207 937 5782;
copticcitymission.com/
 Tue: 9–9.45pm (Spenser St, SW1E 6AA,
 then Strand)

FF

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

EALING SOUP KITCHEN

St John's Church Hall, Mattock Lane,
W13 9LA

0208 840 0651;

[www.havengreen.org.uk/](http://www.havengreen.org.uk/ealingsoupkitchen.htm)

ealingsoupkitchen.htm

Sat & Sun: 3.30–5pm (St John's Ch
Room, W13 9LA; Fri: 11am–4pm (The
Crypt, St John's W13 9LA; Mon: 7–9pm
(Salv'n Army, 6 Leeland Rd, W13 9HH)

Practical help/housing advice. AA
meetings.

AH, A, FF

EAT OR HEAT

1A Jewel Rd, E17 4QU

0800 772 0212 www.eatorheat.org

Mon, Wed, Fri: 6.30–7.30pm

Referral via referrals@eatorheat.org.

Emergency free food for people
suffering financial hardship.

FF

EMMANUEL CHURCH (STRATFORD)

Romford Rd/Upton Lane, E7 8BD

020 8522 1900

Thu: 8–10am (cooked breakfast)

FF

EMMANUEL PENTECOSTAL CHURCH

374 Lee High Rd, SE12 8RS

020 8852 8261;

www.epchurchaog.com

Tue: 6–7.30pm (Life Bread)

Hot meal, and clothing when available.

CL, FF

FAST58

www.fast58.org.uk/

Fri: 8.45–11pm (Strand, nr Ryman's) &
9.15–10.30pm (Waterloo, nr IMAX)

FF

FLOWING RIVERS FOUNDATION

37 Elizabeth Rd, Brentwood, Essex,
CM15 9PA

07985585996;

flowingriversfoundation.org/

Tue: 7–10pm (fellowship – Castle Green,
Dagenham); Sun: 6.30–9.30pm (2nd &
3rd week – Lincoln's Inn Fields)

CL, FF

GOOD SAMARIA NETWORK

12 Voyagers Cl, SE28 8QQ

0203 651 0869; www.sn-works.com/

Sun: 6–7pm (Lincoln's Inn Fields)

FF

GREENWICH MIGRANT HUB

Woolwich Common Com Centre, Leslie
Smith Sq, SE18 4DW

07429031389; greenwichmigranthub.com

Tue: 10.30am–1.30pm

Immigration, housing & domestic
violence advice and a meal for migrants
in Greenwich and neighbouring
boroughs.

AH, AD, BA, FF, LA, SF

HARE KRISHNA FOOD FOR ALL

102 Caledonian Rd, N1 9DN

07946 420 827; iskconuk.com/

Mon–Sat: noon–3pm (12–1: Islip St,
Kentish Tn; 1–1.45pm: Arlington Rd/

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



Inverness St, Camden; 2-2.45pm: (York Way, King's X); Mon-Fri: 12.15-2.30pm (LSE); Mon-Sat 12-2 (SOAS) Mon-Thu: 7.30-8.30pm (Lincoln's Inn Fields)
Delicious vegetarian food.

ET, FF, IT, LF

HARVEST OF GRACE TRINITY CTR

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

FF

HAVERING ISLAMIC CENTRE

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

FF

JOEL COMMUNITY SERVICES

St Peter's Ch, Rd, Kingston, KT2 6QL
0208 255 7400; joelcommunitytrust.org.uk
Tue: 8.30am-9.30am (conflict resolution); Tue: 10am-1pm (art group); Thu: 10am-2pm (cook and eat)

AH, AD, AC, B, BS, BE, CL, D, ET, FF, FC, IT, L, LF, LS

KING'S CROSS BAPTIST CHURCH

Vernon Sq, King's Cross Rd, WC1X 9EW
020 7837 7182; Tue: 11am-1pm
kingscrossbaptistchurch.com

FF, LF

MINISTRY OF PRAISE

46 Manor Rd, N17 0JJ
020 8808 7697; ministryofpraise.co.uk
Tue: 8pm-8.30pm (Lincoln's Inn Fields)

FF

MISSIONARIES OF CHARITY SOUP KITCHENS

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

FF

MUSWELL HILL CHURCHES SOUP KITCHEN

Muswell Hill Baptist Ch, 2 Dukes Ave, N10 2PT; **020 8444 7027**; mhbc.org.uk
Mon-Thu: 7.45-8.45pm; Sun: 5-6pm
Two-course meal each night.

FF

OPEN DOOR MEAL

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

FF

ORDER OF MALTA SOUP KITCHEN

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

CL, F, FF

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

REMAR ASSOCIATION UK

847 High Rd, Leytonstone, E11 1HH
020 8539 0452; www.remar.uk.com/
 Wed: 7.30–8.30pm (William IV St)
 Offers help to people suffering from drug or alcoholic addiction. 24-hour helpline: 0791 758 5056

A, D, FF

ROYAL CONNECTIONS

The Hub Studios, 90 Monier Rd (off Wick Lane), Bow, E3 2ND
0300 111 1111; royalconnections.org.uk
 Sun: 4–6pm (hot meal on 4th Sun of the month)

AH, B, CA, D, ET, FF, LA, MS

SADHU VASWANI CENTRE

25 Cricklewood La, NW2 1HP
0844 500 1744; sadhuvaswaniuk.com
 Wed: 8–8.30pm (Lincoln's Inn Fields)
 Indian food, drinks, chocolates and fruit.

FF

SALLY'S KITCHEN

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

FF

SEVENTH DAY ADVENTIST CHURCH (STOKE NEWINGTON)

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

FF

SILLOAM COMMUNITY SERVICES

c/o 217a Gordon Rd, SE15 3RT
020 8695 8873; siloamcs.co.uk/
 Tue: 7–8pm (cooked meal); Tue & Thu: 10am–2pm (community café & drop-in)
AH, BA, CL, F, FF, MH, SF, TS

SIMON COMMUNITY (HOUSE OF HOSPITALITY)

129 Malden Rd, Kentish Tn, NW5 4HS
020 7485 6639; simoncommunity.org.uk
 Sat & Sun: 1–3pm (street cafe: St Giles, nr Centrepont); Mon–Fri: 7.15–8.30am (7.15 Arundel St; 7.30 Burleigh St; 7.50 Covent Gdn); Thu: 8.15–10.30pm (Duke's Rd/Euston; Temple; under W'loo Br, behind NT)
 Clothing from cafe when available.

C, FF

ST ANDREW'S CHURCH

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

CL, FF

ST ANNE'S DROP-IN KITCHEN

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

FF

ST IGNATIUS'S CHURCH

Sat: 7.30–8.15pm (Lincoln's Inn Fields)

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



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

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

FF

ST JOHN THE EVANGELIST

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

FF

ST JOHN VIANNEY CATHOLIC CHURCH

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

CL, FF

ST JOHN'S SOUP KITCHEN

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

FF

ST MONICA'S CHURCH

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

FF

ST PATRICK'S OPEN HOUSE

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

FF

ST THOMAS OF CANTERBURY CHURCH

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

FF, CL

STREET SOULS

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

CL, FF

STREETLYTES

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

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

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

SUFRA NW LONDON

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

AD, BE, BA, CL, ET, FF

TEEN CHALLENGE LONDON

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

FF, OW

THE CABIN

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

FF

THE MANNA PROJECT

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

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

THE MANNA CENTRE

12 Melior St, SE1 3QP
020 7357 9363; mannasociety.org.uk
 Thu: 9.30am–1pm (health advice for refugees); Mon–Fri: 10.30am–1pm (computers); Mon & Wed: 10–11am (clothing, ticket only); Tue: 10am–1pm (chiropodist 1st & 3rd wks); Tue: 9.30–12noon (mental health); Wed: 10am–1pm (osteopath); Thu: 9.30am–1pm (DWP surgery); Sun: 10.30–11.30am (clothing, 2nd, 3rd & last of month, Oct–May); Mon: 9am–1pm (nurse); Mon & Fri: 9.30am–1pm (nurse)

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

THE PENGE RUN

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

CL, FF

THE SWISS CHURCH

79 Endell St, WC2H 9DY
020 7836 1418; swisschurchlondon.org.uk/community/local-community
 Tue: 8–10am (breakfast on the steps)

FF

THE VISION ORGANISATION UK

St Silas Comm Hall, Penton St, N1 9UL
07405200064; www.thevision.org.uk/
 Wed: 7–8pm (Lincoln's Inn: food, drink, personal hygiene goods, and help); Thu: 7–9pm (3-course meal, clothes, books)

B, CA, CL, FF

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



TREM

(PLACE OF OUR SANCTUARY)

84 Lillie Rd, Fulham, SW6 1TL
0207 381 5366; tremfulham.org.uk
Sat: 2–4.30pm (1st Sat of month)
CA, FF

UCHARITY

020 3642 6868; www.ucharity.org.uk
Mon: 9–11pm (9–10, Waterloo nr
Imax; 10.15–11.15, Strand nr Charing
X station)
FF

URBAN TABLE

The Round Chapel (Clapton Park URC),
Powerscroft Rd, E5 OPU
020 8533 9676
[theroundchapel.org.uk/community/
urban-table](http://theroundchapel.org.uk/community/urban-table)
Sun: 2.30–4pm
FF

VICTORY

INTERNATIONAL CHURCH

77 Coburg Rd, Wood Green, N22 6UB
020 8617 1715; vicintchurch.org.uk/
Wed: 12–1pm
FF

WALTHAM FOREST

FEET ON THE STREETS

07448633694;
Outreach group in Waltham Forest. For
support with appointments or to find
out when their next soup run is, ring or
email feetonthestreets@hotmail.com.
FF

WYCOMBE & MARLOW GROUP

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

WINTER SHELTERS

We will update our full List at
THEPAVEMENT.ORG.UK/SERVICES
as soon as we get information about
newly opened shelters.

999 CLUB (DEPTFORD CENTRE)

21 Deptford Bdwy, SE8 4PA
020 8694 5797; 999club.org/our-services
Winter shelter: Oct to 31 Mar, 8pm–8am
Referrals via agencies of the 999 Club
Gateway Centre. 18+, dry, 25 spaces.
*MH, AH, AD, A, AC, B, BA, BS, CA, D, ET, FC, IT, L,
MS, TS, LA*

BROMLEY WINTER NIGHT SHELTER

<https://bromleyshelter.weebly.com/>;
bromleyshelter@gmail.com
21 Nov to 15 Mar, 7pm–9am. A further
shelter opens on 30 Dec. Contact
Bromley Council Homelessness Team
for local connection, or shelter for other
spaces.
AH, F

C4WS HOMELESS PROJECT NIGHT SHELTER

Camden; c4wshomelessproject.org
6 Nov to 7 Apr: 7.30pm–9am
Referrals only from agencies inc. London
Jesus Centre and Irish Centre.
AH, BA, CA, ET, FF, LF, OL

CARIS ISLINGTON CHURCHES COLD WEATHER SHELTER

www.carisislington.org
Jan to Mar, 7:30pm–8:30am
Food, showers and a safe place to sleep.
Phone after completing and emailing
a 1-page registration form to [iccws@
hotmail.co.uk](mailto:iccws@hotmail.co.uk). 15 guests; 18+, dry.
AD, BS, BE, CL, FF, F, IT, L, OL

A man in a red vest with 'THE BIG ISSUE' logo is smiling and handing a coin to an elderly woman on a busy city street. He is holding a copy of 'THE BIG ISSUE' magazine, which features a yellow cover with the headline 'NEXT BIG IDEA' and a sub-headline 'CAN YOU SAVE THE WORLD?'. The woman is wearing a blue jacket and a purple and white patterned scarf. The background shows a busy street with other pedestrians and buildings.

Become a vendor

THE BIG ISSUE

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

Selling The Big Issue allows you to work when you want, and you can earn a decent living.

Selling the magazine also improves your people skills and sales skills, and places you at the heart of a loyal community of customers and supporters.

You'll get **5 free magazines** so you can start earning straight away, and you'll receive ongoing support from our team.

Go to www.bigissue.com/become-a-vendor to find out more or call **020 7526 3445**

CRISIS

66 Commercial St, E1 6LT
0300 636 1967; www.crisis.org.uk
 Crisis provides food, support and a range of services. One-to-one advice to find your way out of homelessness.
 211 Grays Inn Row, WC1X 8RA, East London Day Centre (The City Academy, Hackney, Homerton Row, E9 6EA), West London Day Centre (Kensington Aldridge Academy, 1 Silchester Road, W10 6EX), South London Centre (City of London Academy, Lynton Road, SE1 5LA), and Croydon Centre (Harris Invictus Academy Croydon, 88 London Road, CR0 2TB)

AH, AD, BS, BE, CL, D, ET, FF, IT, LF, OL

CROYDON CHURCHES FLOATING SHELTER

croydonfloatingshelter.org
 01 November to March
 7.30pm-8am (will close late March but date not finalised)
 Referrals from local agencies via Croydon Reach (020 7870 8855), Croydon SNAP Team (020 8760 5498), Crisis Skylight (020 3848 1700) and Turnaround (020 8760 5530).
 Agencies should phone 8am-4pm to check vacancies.
 14 bed spaces.

AH, F

EALING CHURCHES WINTER NIGHT SHELTER

<http://www.ecwns.org.uk/home/>
 25 Nov to 31 Mar, 7:30pm-8:30am
 Referrals only via St Mungo's outreach team, Streetlink (0300 500 0914), Acton Homeless Concern (020 8992 5768) or Ealing Soup Kitchen (020 8566 3507 x7). Ealing Foodbank (020 8840 9428). Soup Kitchen (020 8566 3507 x7). 14 bed spaces.

AH, AD, BA, OL

FOREST CHURCHES EMERGENCY NIGHT SHELTER

<http://forestnightshelter.org.uk/>
 1 Nov to 31 Mar, 8pm-7.30am
 18+; mixed; dry; 30 spaces. Separate area for women. 18+ with a Waltham Forest connection. Phone 07739 870 411 before 3.00pm. We also accept self referrals and that is by calling 07739870411 Mon-Fri or visit St Mungo's Hub or Waltham Forest Housing Services for referral.

AH, BS, FF

GLASS DOOR HOMELESS CHARITY

155a Kings Road, Chelsea SW3 5TX
www.glassdoor.org.uk
9am-5pm main office.
 Winter shelter: 4 Nov to 5 Apr, 8pm-8am
 Glass Door runs London's largest emergency winter night shelter, providing men and women a safe, warm place to sleep from November to April. Individuals affected by homelessness also access advice, food, showers and

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

laundry facilities year-round from drop-in day centres that work in partnership with the charity.

Mon, Tue, Thu: 9am-2pm (Chelsea Methodist Church); Wed: 9am-2pm (St Augustine's); Mon-Fri: midday-3pm (Ace of Clubs); Mon-Thu: 9:00-11am (Vineyard Community Centre); Tue: 12.30-3pm (The Yard, Putney)
Advice, food, showers and laundry facilities year-round.

AH, BS, CA, CL, ET, FF, L, IT

GROWTH (TOWER HAMLETS)

302 The Highway, Shadwell E1W 3DH
<http://thisisgrowth.org/>

1 Oct to 30 April, 7pm-7am

GrowTH is a partnership of churches opening its doors to those homeless in Tower Hamlets. Emergency night shelter providing immediate shelter for homeless men and women.

Referrals made by agencies in Tower Hamlets (<http://thisisgrowth.org/referrals/>) Crisis, Whitechapel Mission, Praxis, Providence Row, Health E1, Spitalfields Crypt Trust, Look Ahead Low support, 15 spaces, 28 nights max, men and women.

AH, AD, FF, F

HACKNEY WINTER NIGHT SHELTER

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

1 Nov to 30 Mar, 7:30pm-8am
Mixed; beds for 25 (area for women); dry. Last admission 8.30pm. Agency referrals only - leave message if voicemail.

AH, AD, C, FF, OL, OW

HILLINGDON WINTER NIGHT SHELTERS

07525 593 227; or HillingdonShelter@munigosbroadway.org.uk

21 Jan to 3 Mar, 6pm-8am

18+, men only, beds for 5, agency- or self-referral, dry.

AH, FF

JOEL NIGHT SHELTER

KCAH, St Peter's Ch Hall, London Rd, KT2

6QL joelcommunitytrust.org.uk

1 Feb to 14 Mar, 7pm-9am

Referrals primarily via KCAH (020 8255 7400), which is next door.

AH, AD, AC, B, BS, B, CL, ET, FF, FC, IT, L, LF, LS, TS

MERTON WINTER NIGHT SHELTER

YMCA LSW Wimbledon,

200 The Broadway, SW19 1RY

<https://bit.ly/38iDw50>; nightshelter@ymcaspg.org

Dec to Mar, 6.30pm-8.30am

Self- & agency referrals, most from Faith in Action Homeless Project. 18+, dry, mixed, 12 spaces.

FF, F

NEWWAY PROJECT (NEWHAM)

Bonny Downs Baptist Church, Darwell Cl, E6 6BT; www.newwayproject.org

Oct to 30 April, 7.30pm-8.30am

Referral-only winter night shelter and year-round NEWday centre for homeless people in Newham, with extended Advocacy services and life-skills workshops. Office hrs: *Monday to Sunday, 9am-2:30pm*. mixed; 15 spaces.

AH, AD, A, DA, D, FF, L, TS

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

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

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

FULL LIST
AVAILABLE ON
OUR WEBSITE



ROBES PROJECT (SOUTHWARK & LAMBETH)

robes.org.uk/

5 Nov to 14 Apr, 7pm-8am (closed Crisis, 23-30 Dec)

Referrals ONLY through Manna Soc, Spires, Ace of Clubs, Webber St Day Centre, Crisis, Southwark Day Centre for Asylum Seekers, Southwark SPOT, Lambeth SST, Big Issue, Shelter. 18+, 35 bed spaces, low support needs.

AH, AD, BA, BS, B, FF

THE HAVEN

KCAH, St Peter's Church Hall, London Rd, Kingston upon Thames KT1 1SU

www.kcah.org.uk

24 Sept to Feb, 8pm-7:30am (John Bunyan Baptist Church, 26 Cromwell Rd, KT2 6RE & Everyday Church, 46 Union St, KT1 1RP)

18+, mixed, beds for 12 (separate area for women), agency or self-referral, dry.

AH, AD, FF

THE SALVATION ARMY REDBRIDGE COLD WEATHER SHELTER

www.salvationarmy.org.uk/

c/o Salvation Army, St Mary's Rd, Ilford IG1 1QX

07 Dec to 07 Mar, 8pm-7am

Referrals (verified rough sleepers) via Welcome Project, Ilford: 0208 514 3283. 28 bed spaces. no readmission.

FF, F

TOGETHER IN BARNET WINTER SHELTER

HAB, 36b Woodhouse Rd, N12 0RG

<https://www.barnetparishchurch.org.uk/winter-shelter.php>

03 Oct to Feb, 7.30pm-8.30am

Age 18+ mixed; Beds for 15; Dry.

Referral via HAB (020 8446 8400).

Doors close 10pm.

No drugs/alcohol/violence.

AH, FF

WESTMINSTER CHURCHES AND SYNAGOGUE WINTER SHELTERS

c/o W London Day Centre 134-136

Seymour Pl, W1H 1NT

03 Oct to 30 May, 7pm-7.30am

25+; dry; mixed; 15 spaces (separate area for women). Referral W London Day Centre only.

AH, FF

NIGHT SHELTERS

ASHFORD PLACE ASMT CENTRE

60 Ashford Road, Cricklewood, NW2 6TU

020 8208 8590; ashfordplace.org.uk

Monday-Thursday: 9:30am-5pm;

Friday: 10:30am-5pm; drop-in.

Referrals taken only 9am-5pm)

Rough sleeping outreach, support, health and wellbeing, alcohol and drugs treatment. You are welcome to visit to make an appointment.

Night shelter for single people in Brent open 365 days: for referral, phone **020 8208 8595**.

MH, AH, A, AC, BA, BS, CA, CL, C, DA, DW, ET, F, IT, L, MS, MD, OW, TS, LF

KEY

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

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

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

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

CARITAS ANCHOR HOUSE

81 Barking Road, Canning Town
E16 4HB

0207 476 6062

<https://www.caritasanchorhouse.org.uk/>

Accommodation and services.
info@caritasanchorhouse.org.uk.

MH, AH, A, AC, BA, CA, C, DA, DW, ET, IT, MD, SF

EMMAUS GREENWICH

226 Elmley Street, SE18 7NN

020 8854 3426

Monday-Friday: 10am-6pm;

Accommodation for people aged 20-60 with low support needs who are willing to work as volunteers in our recycling project. Can accept ex-offenders. Priority to those with a local connection.

CA, ET

THE CONNECTION AT ST MARTIN IN THE FIELDS

12 Adelaide Street, WC2N 4HW

020 7766 5544

Day and night centre, outreach for rough sleepers, training, career advice, activity programmes

AC, BS, CA, CL, DW, ET, F, FC, IT, MS, MD, OW, SF

THE OUTSIDE PROJECT

020 7359 5767

The UK's first LGBTIQ+ crisis/homeless shelter & community centre.

For referral, please download the form:

<http://stonewallhousing.org/services/referral-form/>

Stonewall Housing Helpline (020 7359 5767) or email Michael:

Michael.Nastari@stonewallhousing.org

All services are free and confidential and all the venues are accessible for people with disabilities. No appointments necessary. Pre-arranged appointments can be made for between 15.30 & 17.00

SF

THE SALVATION ARMY (SOUTHWARK)

1 Princess Street, Southwark, SE1 6HH

020 7928 7136

Wednesday: 10:30am-1pm (drop-in – shower and hot meal for up to 30 people)

AH, BA, BS, DA, FF, IT, OL, TS

MENTAL HEALTH

In a crisis...

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

ANXIETY ALLIANCE

020 987351; anxietyalliance.org.uk

harris835@btinternet.com

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

MH, 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



CARITAS ANCHOR HOUSE

81 Barking Rd, Canning Town, E16 4HB
www.caritasanchorhouse.org.uk; **020 7476 6062**; info@caritasanchorhouse.org.uk

For people affected by homelessness, drug & alcohol misuse, mental health, domestic abuse & offending.

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

CHILDLINE

www.childline.org.uk; **0800 1111**

Free, confidential helpline for young people.

MH, AD, C

COMBAT STRESS

Tyrwhitt Hse, Oaklawn Rd, Leatherhead KT22 0BX

www.combatstress.org.uk; **0800 138 1619**; combat.stress@rethink.org

Mon–Sun: 9am–9am (via helpline, text 07537 404 719 or email)

Help with PTSD. Residential treatment and community outreach. Helpline 0800 138 1619 is open 24/7.

MH, AD, C, OL

CRISIS SKYLIGHT (LONDON)

66 Commercial St. E1 6LT

www.crisis.org.uk; **0300 636 1967**

Mon–Thu: 9am–8pm; Sat–Sun: 11am–5pm; Fri: 9am–6pm; Mon–Fri: 4–5pm (mental health drop-in)

Support available regarding employment, housing, mental health and wellbeing.

MH, ET, SF

HESTIA

Maya House

134-138 Borough High Street
 SE1 1LB

020 7378 3100

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

Supports male and female victims of modern slavery to ensure their voices are heard and they get the support they need to rebuild their lives.

MH, AD, DW, A

HOLY TRINITY BROMPTON

Queen's Gate (St Augustin's)

SW7 5LP

020 7590 8248

Wednesday & Friday: 9am–2pm;

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

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

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

CrossLight Debt Advisors, and CGL Addiction Specialists.

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

HOPE WORLDWIDE UK – ODAAT

The Chambers, St. Mark's Church

337 Kennington Park Road SE11 4PW

02036594809; hopeworldwide.org.uk

One Day At A Time (ODAAAT) is a quasi-residential men only (18+) rehab. 12 steps, counselling and psychotherapy are employed in a loving community to transform from chaos to constructive living. Services for people on the scheme

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

include one to one counselling, yoga, community meetings, psychotherapy, relapse prevention and life skills, group therapy and aftercare, family contact and recreation.

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

LAMBETH & SOUTHWARK MIND SOUTHWARK (HEARING VOICES GROUP)

Cambridge House, 1 Addington Square
Camberwell SE5 0HF

0203 228 1800

Tuesday: 1pm-3pm;

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

020 3228 1800 / 07969128185

MH

GROUNDSWELL HOMELESS HEALTH PEER ADVOCACY

St Matthew's Ch, Brixton Hill, SW2 1JF
<http://groundswell.org.uk>;

0207 725 2851

Mon-Fri: 9am-5pm (appointments)

Peer advocates support homeless people to access healthcare, inc with health/mental health appointments and with getting support from community mental health teams, social services, therapy-based services etc. Also support clients with a dual diagnosis of mental health and drug & alcohol issues.

MH, AD, ET, OW

MAYTREE RESPITE CENTRE

72 Moray Rd, N4 3LG

<http://maytree.org.uk/>

020 7263 7070

maytree@maytree.org.uk

Mon-Sun: 9am-9am

Maytree provides a one-off four-night stay for people who are in a suicidal crisis, with opportunity to talk, reflect and rest, subject to an assessment, in confidence and without judgement.

MH, C

MIND

www.mind.org.uk; 0300 123 3393

Mon-Fri: 9am-6pm

Support for anyone experiencing a mental health problem. Infoline: 0300 123 3393; info@mind.org.uk; text: 86463. Legal line: 0300 466 6463; legal@mind.org.uk.

MH, AD, LA

MUSLIM YOUTH HELPLINE (MYH)

www.myh.org.uk;

0808 808 2008

Mon-Sun: 4pm-8pm (incl Bank holidays and Eid)

Free, confidential and non-judgmental services via phone, email (info@myh.org.uk) or letter. The number will not appear on your phone bill. Run by young Muslims trained to be sensitive towards different cultural backgrounds.

MH, AD, C

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



NATIONAL PROBLEM GAMBLING CLINIC

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

ONE IN FOUR

020 8697 2112; www.oneinfour.org.uk
admin@oneinfour.org.uk
Mon–Thu: 9am–9pm; Fri: 9am–6pm;
Sat: 10am–5pm
For people who have experienced sexual
abuse and/or sexual violence. Info
about flashbacks and panic attacks.
[MH, C, MS](#)

RESPOND

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

RETHINK

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

SOUTHWARK DAY CENTRE FOR ASYLUM SEEKERS

The Copleston Centre, Copleston Rd,
SE15 4AN
020 7732 0505; www.sdacas.org.uk
Tue: 12.30–5pm (drop-in: lunch, advice,
creche, ESOL, gardening, wellbeing)
Drop-in centre for asylum seekers and
refugees. Advice on housing, health,
education, training and employment.
[MH, AS, CL, ET, FF, LF, MS](#)

YOUTH ACCESS

www.youthaccess.org.uk; 020 8772
9900; admin@youthaccess.org.uk
Local contacts for mental health
counselling, advice and information.
[MH, AD, C, OL](#)