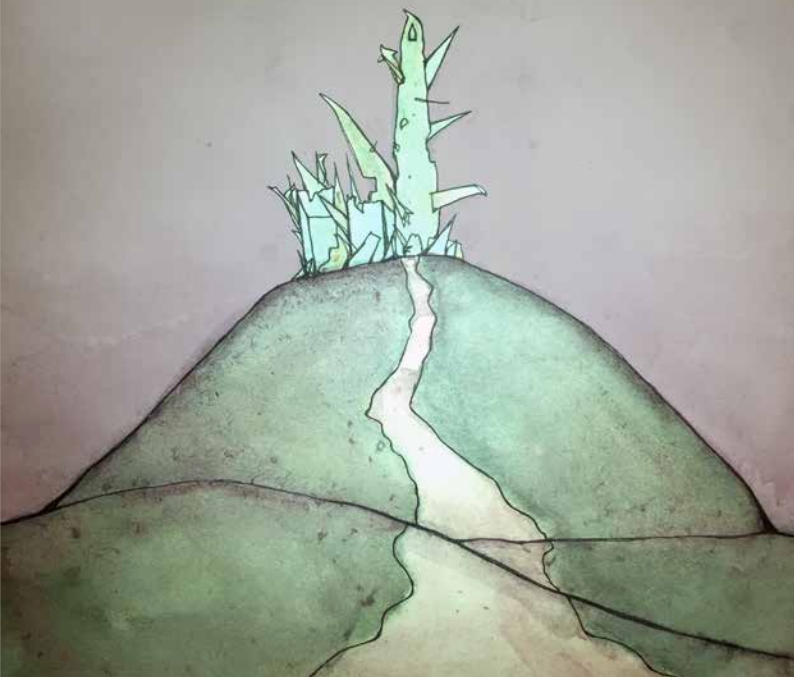


FREE  
mag for  
homeless  
people

# 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](mailto: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](mailto:116000@missingpeople.org.uk), or you can send a letter to 'Freepost Missing People'.

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

**Free, confidential, 24/7.**

**missing  
people**

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

## A lifeline when someone disappears

# 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](http://www.pavement.org.uk). Stay safe.

## The Pavement team

- [www.thepavement.org.uk](http://www.thepavement.org.uk)
- [twitter.com/thepavementmag](https://twitter.com/thepavementmag)
- [facebook.com/thepavementmag](https://facebook.com/thepavementmag)
- [instagram.com/pavement\\_magazine](https://instagram.com/pavement_magazine)

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[web@thepavement.org.uk](mailto:web@thepavement.org.uk)

Editor: Nicola Baird [nicola@thepavement.org.uk](mailto:nicola@thepavement.org.uk)

Web editor: Kieran Hughes [web@thepavement.org.uk](mailto:web@thepavement.org.uk)

Design: Marco Biagini [scotland@thepavement.org.uk](mailto:scotland@thepavement.org.uk)

**Writers/Researchers:** Arome Agamah, Mat Amp, Marco Biagini, Tristan Brookes, David Brown, Jake Cudsi, Alasdair Dixon, Jack Hanington, Jemel Geraghty, David Holmes-Brown, Kieran Hughes, Ian Kalman, David Lawrence, McGinlay, Jacqueline Messih, James Quigley, Chris Sampson

**Cartoons:** Ken Pyne

**London Co-ordinator:** Mat Amp

[london@thepavement.org.uk](mailto:london@thepavement.org.uk), tel: 07595 602 324

**Scotland Co-ordinator** Marco Biagini

[scotland@thepavement.org.uk](mailto:scotland@thepavement.org.uk), text: 07701 093 643

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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

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

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

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

- [www.thepavement.org.uk](http://www.thepavement.org.uk)

## Fundraisers needed

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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](mailto: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](http://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](http://www.lgbtqioutside.org)

## Updated guidance

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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

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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](http://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](http://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](http://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](http://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](http://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

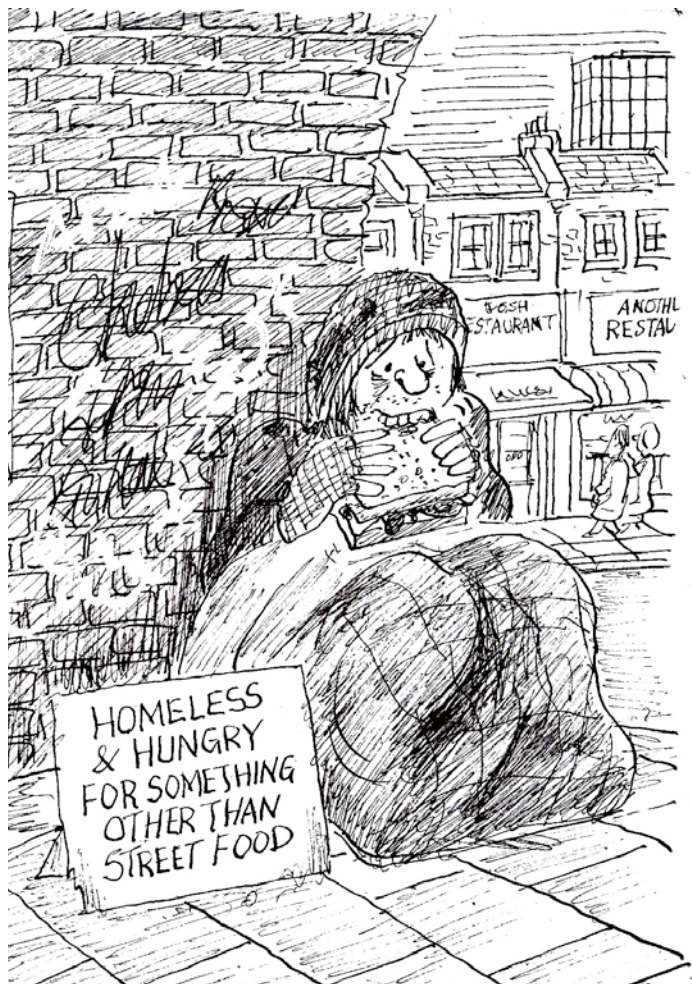
**Friday:** Dalston, opposite Dalston Kingsland tube station, 8pm

**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/](http://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](http://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/](http://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.

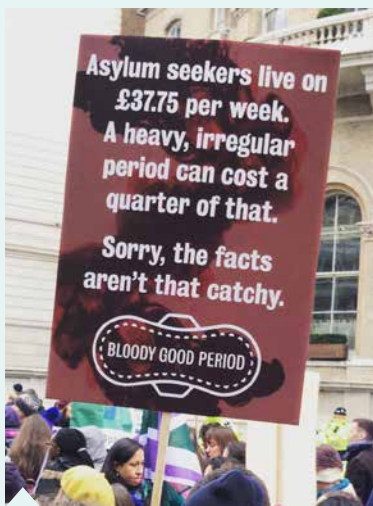




The foodbank at Ringcross Community Centre offers fresh fruit and veg, most do not © Pavement

**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](http://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](http://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](http://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](http://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](http://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

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...**

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

**3. Citizens Advice Bureau**

- Web: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)
- Tel: **03444 111 444**

**If your application is rejected:**

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

Visit [www.thepavement.org.uk](http://www.thepavement.org.uk) for a more detailed version of your housing rights in England and Scotland.

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

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

Changes: [val@thepavement.org.uk](mailto:val@thepavement.org.uk)  
Updated: Dec 2019

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

## Scotland List

### HOT MEALS - DAY CENTRES

#### GLASGOW CITY MISSION

20 Crimea St, Glasgow G2 8PW  
0141 221 2630; [glasgowcitymission.com](http://glasgowcitymission.com)  
Mon–Fri: 10am–10pm; Sat: 4–8pm  
Activities, services and 1-2-1 support to tackle immediate needs and underlying issues. Free meals, art class, music studio, computers, college courses, etc  
*AH, AD, A, AC, B, BS, BA, CA, C, DA, D, ET, FF, FC, IT, K, LA, LF, MH, MD, OL, OW, SF, TS*

#### LODGING HOUSE MISSION

35 East Campbell St, Glasgow G1 5DT  
0141 552 0285; [lhm-glasgow.org.uk](http://lhm-glasgow.org.uk)  
Mon–Sun: 8am–3pm Free breakfast and lunch. Showers, foot clinic, haircuts, counselling. Pool, table tennis, board games. IT suite.  
*AH, AD, B, BS, BA, CA, CL, C, DT, ET, EO, F, FF, FC, IT, LS, MD, SH, TS*

#### QUEEN'S PK GOVANHILL PARISH CHURCH

170 Queen's Drive, Glasgow G42 8QZ  
0141 423 3654; [qpgpc.com](http://qpgpc.com)  
Wed: 5.30–8pm (free meal – 28 Daisey St, G42 8JL); Sun: 5–6pm (free meal, toiletries, clothing – 170 Queen's Dr, G42 8QZ); Tue & Wed: 10am–1.30pm (low-cost meal – 28 Daisey St)  
Church where everyone is loved unconditionally.  
*AH, AD, B, BS, BA, CL, DA, F, FF, IT, MH, OL, OW*

## THE MARIE TRUST

32 Midland St, Glasgow, G1 4PR  
**0141 221 0169 (option 2);**  
**www.themarietrust.org**  
 Mon–Fri: 9am–4pm (closed 11.30–12.30); Tue: 1pm–4pm (Expressive Arts);  
 Fri: 10am–12noon (art drop-in)  
 Low-cost breakfast and lunch, as well as a range of classes and activities.  
*AH, AD, AC, BS, BE, BA, CA, CL, C, ET, F, FC, IT, MS, OL, OW*

## THE SALVATION ARMY (EAST ADAM ST)

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

## NIDDY ST WELLBEING CENTRE (SALVATION ARMY)

25 Niddry Street, Edinburgh, EH1 1LG  
**0131 523 1060; https://bit.ly/2Lvqd8a**  
 Monday–Friday: 9am–1pm Cafe;  
 Monday: 1pm–3pm Sally’s WOW Group (Women only); Monday: 9am–1pm Parish nurse; Tuesday: 11am–noon Here and Now (wellbeing); Thursday: 1pm–2pm Here and Now (wellbeing); Thursday: 2pm–3pm Move Breathe Relax (yoga & mindfulness)  
 Cafe space, various activities, shower facilities, one-to-one support, psychosocial group, crisis intervention.  
*AD, BA, BS, BE, CL, FF, F, L, MS*

## THE SPACE

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

## THE WAYSIDE CLUB CENTRE

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

## FOOD/SOUP RUNS

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

32–38 Dixon Avenue, Crosshill, Glasgow G42 8EJ  
**0141 433 2686**  
 Mon–Sat: 5.30pm–6.30pm (soup kitchen and foodbank)  
 Fresh meals six days a week. Aims to contribute towards the betterment and prosperity of the people of Glasgow. Pushtu and Arabic spoken.  
*FF*

### BALVICAR ST

Glasgow G42 8QU  
 Thu: 7pm–9pm (Soup run)  
*FF*

### 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

## BETHANY CHRISTIAN TRUST (CARE VAN & SHELTER)

Waterloo Place, Edinburgh

0131 225 9445;

[www.bethanychristiantrust.com](http://www.bethanychristiantrust.com)

Mon–Sun: 9:15pm & 9:30pm

Joint venture by Edinburgh City Mission and Bethany Christian Trust goes out 364 evenings a year in Edinburgh city centre at various locations. Sleeping facilities, soup, rolls & tea/coffee.

**Winter Service:** transport to night shelter from Waterloo Place at 9:15pm and 9:30pm every night, unless shelter is already full. Dinner and breakfast provided. 0131 561 8930 (daytime) or 07919 557 673 (night time)

CL,FF

## CARRUBBERS CHRISTIAN CENTRE

65 High St, Edinburgh EH1 1SR

0131 556 2626

Sun: 8am–9am

Serves free breakfast along with a short service.

FF

## KAGYU SAMYE DZONG GLASGOW

The Tibetan Buddhist Centre, 7 Ashley St, Glasgow G3 6DR

0141 332 9950; [ksdglasgow.org.uk/](http://ksdglasgow.org.uk/)

Fri: 4pm–5.30pm; Sat: 11am–12.30pm;

Sun: 6pm–7.30pm

Tibetan Buddhist group that provides food to anyone in need three times a week. Part of the Glasgow Soup Kitchen group.

FF

## CADOGAN ST

Corunna, 39 Cadogan House, Glasgow G2 7BA

Mon–Sun: 9–10pm

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

FF,OL

## MISSIONARIES OF CHARITY (HOPETOUN CRESCENT)

18 Hopetoun Cres, Edinburgh EH7 4AY

0131 557 8219

Sun–Wed: 4–4.30pm; Fri: 4–4.30pm

Ninety per cent of residents are over 40. Ring or drop in 24 hours a day. Not step-free.

FF

## QUEEN'S PK GOVANHILL PARISH CHURCH

170 Queen's Drive, Glasgow G42 8QZ

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

Wed: 5.30pm–8pm (free meal – 28

Daisy St, G42 8JL); Sun: 5pm–6pm

(free meal, toiletries, clothing – 170

Queen's Dr, G42 8QZ); Tue & Wed:

10am–1.30pm (low-cost meal – 28

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



Daisey St, G42 8JL)

Church were everyone is someone and everyone is valued regardless of past, or present situation, where self-belief is nurtured and where everyone is loved unconditionally.

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

## SOCIAL BITE (ROSE SREET)

131 Rose St, Edinburgh EH2 3DT

**0131 220 8206; [social-bite.co.uk/](http://social-bite.co.uk/)**

Mornings: 8am - 11am: breakfast rolls & tea/coffee.

Afternoons: Hot meals, sandwiches & tea/coffee: 3.30pm - Mon, Thurs and Fri.

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

*FF*

## SOCIAL BITE (SHANDWICK PL)

89 Shandwick Pl, Edinburgh EH2 3DT

**0131 220 8206; [social-bite.co.uk/](http://social-bite.co.uk/)**

Mornings, 8am - 11am: breakfast rolls & tea/coffee.

Wednesday afternoon: Hot meals, sandwiches & tea/coffee: 3.30pm.

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

*FF*

## SOCIAL BITE (ST VINCENT ST)

103 St Vincent St, Glasgow G2 5EA

**0131 220 8206; [social-bite.co.uk/](http://social-bite.co.uk/)**

Mornings: breakfast rolls & tea/coffee:

8am - 11am. Tuesday, Wednesday

and Thursday afternoons: hot meals,

sandwiches & tea/coffee: 3.30pm.

Every single penny of Social Bite's profits are donated to good causes.

One in four of its team is formerly homeless. Suspended items are bought by customers for homeless people.

NOTE: if collecting free food, you cannot sit inside the shop, except at the Social Supper.

*FF*

## SOCIAL BITE (UNION ST)

516 Union St, Aberdeen AB10 1TT

**0131 220 8206; [social-bite.co.uk/](http://social-bite.co.uk/)**

Mornings: 8am - 11am: breakfast

rolls & tea/coffee. Monday, Thursday

and Friday afternoons: hot meals,

sandwiches & tea/coffee: 3.30pm.

Every single penny of Social Bite's profits are donated to good causes. One in four of its team is formerly homeless.

*FF*

## SOUPER SAT

Old Saint Paul's Church, 67 Jeffrey St, Edinburgh EH1 1DH

**07955 274058; [soutersaturday.org.uk](http://soutersaturday.org.uk)**

Sat: 8.20am-2pm

A faith neutral food and social service in Edinburgh. They offer free breakfast, lunch, sandwiches, coffee and conversation every Sat. Their porridge is legendary!

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

## ST COLUMBA'S CHURCH (THE SHILOH)

St Vincent St, Glasgow G2

Sun: 7.30–9pm

**FF**

## ST PATRICK'S CHURCH

North St, Glasgow G3 7DA

**0141 221 3579**

Thu & Sun: 8pm–9pm

Soup kitchen.

**FF**

## THE SALVATION ARMY (REGENER8+ DROP IN)

25 Niddry St, Edinburgh EH1 1LG

**0131 523 1060; www.salvationarmy.org.uk/**

Mon–Fri: 9am–12.45pm

Cheap, good quality breakfast & dinner;

Crisis Intervention Support workers;

Gateway Visiting Support Offices;

safe space; games; chaplaincy; various

activity groups.

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

## OTHER HELP

### ADVISORY SERVICE FOR SQUATTERS

84b Whitechapel High St, London

E1 7QX

**020 3216 0099; www.squatter.org.uk/**

Legal and practical advice to squatters

and other homeless people. Please ring

020 3216 0099 or email:

[advice@squatter.org.uk](mailto:advice@squatter.org.uk)

**AH**

## BARONY (CONTACT POINT)

101 High Riggs, Tollcross, Edinburgh

EH3 9RP

**0845 140 7777; www.baronyha.org.uk**

Drop-in times: Mon: 2–8pm (art &

games); Tue: 10.30am–4.30pm (walking

& taster sessions); Thu: 2–8pm (health,

body & mind); Wed: 10.30am–4.30pm

(swimming & wellbeing); Sun: 11am–

4pm (Sunday papers!)

A safe place for those experiencing

mental health problems to socialise or

gain 1:1 or peer support.

**MH, MD**

## FRESH START

22-24 Ferry Road Drive

Edinburgh EH4 4BR

**0131 476 7741**

**<http://www.freshstartweb.org.uk/>**

Helps people who have been homeless

get established in their new home with

practical and social support.

If you have just moved in to a new

tenancy, our Starter Packs of everyday

household goods might help, please ask

your Housing Officer to contact Bethany

Gateway on **0131 561 8903**

**AD, LF, TS**

## TRUSTY PAWS

Monthly Glasgow 'pop-up' pet clinics

are run out of the Simon Community

Scotland drop-in centre by veterinary

students.

Email **[trustypaws@outlook.com](mailto:trustypaws@outlook.com)** for

details.

**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



## WINTER SHELTERS

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

Edinburgh

0131 225 9445;

[www.bethanychristiantrust.com](http://www.bethanychristiantrust.com)

Mon–Sun: 9–11pm

Joint venture by Edinburgh City Mission and Bethany Christian Trust goes out 364 evenings a year in Edinburgh city centre at various locations. Sleeping facilities, soup, rolls & tea/coffee.

Winter Service: transport to night shelter from Waterloo Place at 9:15pm and 9:30pm every night, unless shelter is already full. Dinner and breakfast provided. For more information phone 0131 561 8930 (daytime) or 07919 557 673 (night time)

CL, FF

### GLASGOW WINTER NIGHT SHELTER

35 East Campbell St, G1 5DT

<https://www.glasgowcitymission.com>

07555 591 466; 0141 221 2630;

[gwns@glasgowcitymission.com](mailto:gwns@glasgowcitymission.com)

1 Dec to 31 Mar: Mon–Sun: 10pm–8am

Breakfast in the morning.

We work with adults and children who are vulnerable and disadvantaged in Glasgow, people that are often leading chaotic or difficult lives. We help homelessness, addiction, poverty, family breakdown, prostitution, emotional issues, fleeing persecution overseas and now seeking asylum.

AH, AD, BA, BS, FF, MS

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

472 Ballater St, Glasgow G5 0QW

[www.simonscotland.org/about-us/rsvp/](http://www.simonscotland.org/about-us/rsvp/)

0141 418 6984

Mon–Sun: 8am–11pm (outreach);

Mon–Sun: 8am–8pm (crisis response);

Mon–Sun: 9am–8pm (planned intervention); Mon–Sun: 10am–6pm

(The Hub, London Road); Mon–Sun: 9am–9am (freephone)

A service for people who are experiencing homelessness and other difficulties and need consistent, longterm support. St, Outreach Freephone: 0800 027 7466.

Phone: 0141 418 6984 for Complex Needs,

0141 552 4230 for the Street Team

0141 552 4164 for Information.

MH, AH, AD, A, D, OL, OW

### YPEOPLE (YMCA GLASGOW)

15 Dava Street

Glasgow, G51 2JA

Mon–Fri 9am – 5pm

[www.ypeople.org.uk](http://www.ypeople.org.uk)

0141 565 1200

At Ypeople we offer lots of services to people of all ages who are going through homelessness.

AH, AD, TS

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

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

## HOUSING HELP

### CASTLECLIFF

25 Johnston Terrace, Edinburgh  
EH1 2NH **0131 225 1643**  
[castlecliff@edinburgh.gov.uk](mailto:castlecliff@edinburgh.gov.uk)  
Castlecliff is 24 hour direct access accommodation. We offer a range of support including resettlement. High quality accommodation with en-suite facilities in all bedrooms. Shared communal facilities. There are 9 supported flats and a satellite flat in the local community. Contact the service directly for more information or to ask for a place. Helping people 16+

AH

### CROSSREACH (HEAD OFFICE)

Charis House  
47 Milton Road East  
Edinburgh  
EH15 2SR  
**01316572000**  
Monday-Thursday: 8:45am-4:45pm;  
Friday: 8:45am-3:45pm;  
<https://www.crossreach.org.uk/head-office-edinburgh>  
Care and support for people with addictions or mental health problems.  
MH, AH, A, B, DA, FF, F, MS, SH, LF

### CROSSREACH MOVE ON (WHITEINCH)

0/5, 13 Victoria Park Drive South  
Whiteinch, Glasgow, G14 9RN  
**0141 959 5069**: <https://bit.ly/33WpIdS>  
Monday-Friday: 8am-10pm (phone for referral only); Sat & Sun: 9am-5pm

Temporary furnished accommodation and support to adults in recovery from substance misuse, who have achieved a period of stability through residential or community rehabilitation. Service is mainly for people living clean, but some methadone, etc, users who are stable will be considered.

MH, AH, A, C, DW, TS, SF

### FOYER FEDERATION - YOUTH SUPPORT

Aberdeen FOYER – 01224 373880  
Dumfries FOYER – 03033 333000  
[inbox@foyer.net](mailto:inbox@foyer.net)  
<https://foyer.net/>  
Investing in young people  
Provides 16-25-year-olds with accommodation, training, job search, support and motivation.

AH, AD, CA, C, ET, EF

### FRESH START

22-24 Ferry Road Drive  
Edinburgh EH4 4BR  
**0131 476 7741**  
<http://www.freshstartweb.org.uk/>  
Helps people who have been homeless get established in their new home with practical and social support. Each year Fresh Start helps thousands of new tenants. Please phone for opening hours.

AD, LF, TS

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



## **FOLLOW UP (FOUR SQUARE, EDINBURGH)**

67 Logie Green Rd, Edinburgh, EH7 4HF  
0131 557 7915

<https://www.foursquare.org.uk/our-services/accommodation-and-support/follow-up/>

Housing support to individuals, couples and families to help them maintain their tenancies avoiding a housing crisis. Assistance, advice and encouragement to enable tenants to live independently.

*AH, AD, BA, DA, TS*

## **GLASGOW GEN R 8 HOUSING SERVICE**

Westwood Business Centre  
69 Aberdalgie Road

Easterhouse, Glasgow G34 9HJ  
0141 771 6161: [actionforchildren.org.uk](http://actionforchildren.org.uk)

Monday-Friday: 9am-5pm;  
Provides advice and support to people aged 16-24 who wish to access and sustain permanent accommodation. Helps young people to develop the skills they need to maintain a home.

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

## **SAFFRON HOUSING**

553 Shields Road, Glasgow, G41 2RW  
0141 422 1112: <https://bit.ly/2rs3jHU>

Monday-Friday: 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 for information.

*AH, BA, DA, TS*

## **SHAKTI WOMEN'S AID**

Norton Park, 57 Albion Road, Edinburgh EH7 5QY

0131 475 2399: [shaktiedinburgh.co.uk](http://shaktiedinburgh.co.uk)  
Monday, Wednesday, Thursday, Friday: 9:30am-4pm; Tuesday: 1pm-4pm;  
Support and information to Black Minority Ethnic women, children and young people experiencing and/or fleeing domestic abuse. 24hr domestic abuse helpline: 0800 027 1234

*AD, OL, SF*

## **SHELTER SCOTLAND (GLASGOW COMMUNITY HUB)**

1st Floor Suite 2, Breckenridge House  
274 Sauchiehall Street, Glasgow, G2 3EH  
0808 800 4444: [scotland.shelter.org.uk](http://scotland.shelter.org.uk)

Monday-Friday: 9am-5pm  
For people facing homelessness, eviction, rent arrears, disrepair, overcrowding, mortgage arrears etc. Referrals to specialist services.

*AH, AD, TS, LA*

## **STREETWORK CRISIS CENTRE**

22 Holyrood Road, Edinburgh, EH8 8AF  
0131 557 6055: [streetwork.org.uk](http://streetwork.org.uk)

Monday-Friday: 7:15am-10pm (drop-in)  
Saturday & Sun: 8:15am-4pm (drop-in)

<http://www.streetwork.org.uk/>  
Free Helpline 24/7: 0808 178 2323

Open 365 days a year to support anyone in Edinburgh who does not have a safe place to sleep. Though their Holyrood Hub and helpline, they advise, refer and support.

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



# 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

## 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.

### ADVOCARD

332 Leith Wlk, Edinburgh EH6 5BR  
[www.advocard.org.uk](http://www.advocard.org.uk); 0131 554 5307  
 Mon–Fri: 10am–4pm  
 Advocacy services for people with mental health problems in Edinburgh.  
 Phone for appointment. Text: 07920 207 564.  
*MH, AD, SF*

### BARONY (WEST LOTHIAN OFFICE)

6 Fairburn Pl, Unit 1b, Fairburn Rd, Livingston, EH54 6TN  
[www.baronyha.org.uk](http://www.baronyha.org.uk); 0845 1407777  
 Mon–Fri: 10am–4pm  
 Housing & supported accommodation for vulnerable people, incl those with enduring mental health problems and offending backgrounds.  
*MH*

### BETHANY CHRISTIAN TRUST

(EDINBURGH Care Shelter)  
 Diadem, 539 Gorgie Road, EH11 3AR  
[bethanychristiantrust.com/](http://bethanychristiantrust.com/); 0131 561 8930 (day); 07919 557 673 (night)  
 21 Dec to 5 May: Mon–Sun: 9.30pm–

7am (dinner 9.30; breakfast 6.30)  
 Transport from West Approach Road (Lothian Road end) at 9.15, 9.30 and 11:30pm unless shelter is full – call to check. Zero tolerance of drug use/dealing. No alcohol. Respect for others.  
*MH, AH, A, BA, BS, BE, C, FF, OL*

### BREATHING SPACE SCOTLAND

[breathingspace.scot](http://breathingspace.scot); 0800 83 85 87  
 Mon–Thu: 6pm–2am; Fri–Sun: 24hrs  
 For anyone experiencing low mood, depression or anxiety. Experienced advisors. For support outside opening hours, contact Samaritans on 116 123.  
*MH, AD, C*

### CHILDLINE

[www.childline.org.uk](http://www.childline.org.uk); 0800 1111  
 Confidential free helpline for young people.  
*MH, AD, C*

### COMBAT STRESS

Tyrwhitt Hse, Oaklawn Rd, Leatherhead KT22 0BX  
 0800 138 1619: [combatstress.org.uk](http://combatstress.org.uk)  
[combat.stress@rethink.org](mailto:combat.stress@rethink.org)  
 Mon–Sun: 9am–9am (helpline)  
 Ex-services charity offering help with PTSD. Residential treatment and community outreach. Helpline 24/7.  
*MH, AD, C, OL*

### CROSSREACH (HEAD OFFICE)

Charis House, 47 Milton Rd, E Edinburgh, EH15 2SR  
[crossreach.org.uk](http://crossreach.org.uk); 0131 657 2000  
 Mon–Thu: 8.45am–4.45pm; Fri:

#### 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

8.45am–3.45pm

Care and support for people with addictions or mental health problems.

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

### CROSSREACH (SIMPSON HSE)

52 Queen St, Edinburgh EH2 3NS  
[www.simpson-house.org/home.htm](http://www.simpson-house.org/home.htm);  
 0131 225 1054 / 0131 225 6028

Wed: 2.45–4.30pm (SMART recovery group); Thu: 10.15am–midday (A Life Worth Living group)

Counselling for people affected by drug use, recovery support, one-to-one appointments. Phone in to self-refer to services, or drop in on Wed/Thu.

*MH, A, C, D, SF*

### CROSSREACH MOVE ON (WHITEINCH)

0/5, 13 Victoria Pk Dr, S Whiteinch, Glasgow G14 9RN

0141 959 5069: <https://bit.ly/2PqKexI>

Mon–Fri: 9am–5pm (phone for referral)

Temporary accommodation and support to adults in recovery from substance misuse. Mainly for people living clean, but methadone, etc, users who are stable will be considered.

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

### CRUSE BEREAVEMENT CARE

Riverview Hse, Friarton Rd, Perth PH2 8DF

0845 600 2227: [crusescotland.org.uk](http://crusescotland.org.uk)

Mon–Thu: 10am–9pm; Fri: 10am–4pm

Help for anyone experiencing bereavement.

*MH, C*

### EDINBURGH ACCESS PRACTICE (LEITH ST)

17 Leith St, EH1 3AT

[www.edinburghaccesspractice.scot.nhs.uk](http://www.edinburghaccesspractice.scot.nhs.uk); 0131 240 2810

Mon, Tue, Thu, Fri: 9am–5.45pm (closed 12.45–13.45); Wed: 10am–5pm (closed 12.45–13.45, 4th week of month opens 13.45)

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

*MH, AH, AD, BA, D, FC, MS, NE, OL*

### EDINBURGH ACCESS PRACTICE (SPITAL ST)

22–24 Spittal St, EH3 9DU

[www.edinburghaccesspractice.scot.nhs.uk](http://www.edinburghaccesspractice.scot.nhs.uk); 0131 240 2810

Mon, Tue, Thu, Fri: 9am–5pm (closed 12.45–13.45); Wed: 10am–5pm (closed 12.45–13.45, 4th week of month opens 13.45); Wed: 1.45–5pm (mental health assessment and benefits drop-in)

Specialist GP practice providing primary healthcare for people who may be having trouble registering with a GP who are homeless or have additional support needs such as issues with drugs and/or alcohol.

*MH, AH, AD, BA, D, FC, MS, NE, OL*

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

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

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

FULL LIST  
 AVAILABLE ON  
 OUR WEBSITE



## EDINBURGH CITY YOUTH CAFE

11–15 Vennel, EH1 2HU  
[6vt.info/lets\\_talk](http://6vt.info/lets_talk); 0131 229 1797  
 Mon–Fri: 9am–5pm (office; staff often there till 10pm); Mon & Wed: 6–10pm (drop-in); Fri: 6–10.30pm (drop-in)  
 Advice and support for young people (14–25) on housing, homelessness, drugs, debt, education, training, health and emotional problems.

*MH, AH, A, C, DA, D, ET, MS*

## EDINBURGH CRISIS CENTRE

PO Box 23768 Edinburgh EH7 5XE  
[www.edinburghcrisiscentre.org.uk/wordpress/](http://www.edinburghcrisiscentre.org.uk/wordpress/); 0808 801 04014  
 Mon–Sun: 9am–9am  
 Free 24-hour helpline and one-to-one support for people (18+) who use or have used mental health services.

*MH, AD, C, OL*

## MIND

[www.mind.org.uk](http://www.mind.org.uk)  
 Mon–Fri: 9am–6pm  
 Advice and support to empower anyone experiencing a mental health problem.  
 Infoline: 0300 123 3393; [info@mind.org.uk](mailto:info@mind.org.uk); text: 86463. Legal line: 0300 466 6463; [legal@mind.org.uk](mailto:legal@mind.org.uk).

*MH, AD, LA*

## NATIONAL SELF-HARM NETWORK

[www.nshn.co.uk/](http://www.nshn.co.uk/)  
 Resources and information for people who self-injure. The Forum is supportive and understanding.

*MH, C*

## NO PANIC

[www.nopanic.org.uk](http://www.nopanic.org.uk); 0844 967 4848/0330 606 1174

Mon–Fri: 10am–10pm  
 Support for those suffering from panic attacks, phobias, OCD, general anxiety disorder and tranquilliser withdrawal.  
 Info, advice, counselling, listening, befriending and referrals. Helpline: 0844 967 4848; youth helpline: 0330 606 1174; email: [info@nopanic.org.uk](mailto:info@nopanic.org.uk).

*MH, AD, C, D, OL*

## NUMBER 20 (FOUR SQUARE)

[www.foursquare.org.uk](http://www.foursquare.org.uk);  
 0131 557 1739  
 Edinburgh  
 Temporary emergency supported accommodation for women 16–21 who are homeless or at risk of homelessness.

*MH, C, D, OW, ET*

## ONE IN FOUR

[www.oneinfour.org.uk/](http://www.oneinfour.org.uk/); 020 8697 2112; [admin@oneinfour.org.uk](mailto:admin@oneinfour.org.uk)  
 Mon–Thu: 9am–9pm; Fri: 9am–6pm; Sat: 10am–5pm  
 Support & resources for people who have experienced sexual abuse and/or violence. Useful info about flashbacks and panic attacks. Phone or email.

*MH, C, 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

**PENUMBRA**

Norton Pk, 57 Albion Rd, Edinburgh  
EH7 5QY

[www.penumbra.org.uk/](http://www.penumbra.org.uk/);

0131 475 2380

Mental health support services for adults and young people. Good leaflets on self-harm.

*MH, A, C, D, TS*

**PRE-SYNC 27 BATHGATE RECOVERY HUB (EDINBURGH)**

27 George St, Bathgate, EH48 1PW  
[cyrenians.scot/case-study-3/](http://cyrenians.scot/case-study-3/); 01506  
205 413

Mon, Wed, Fri: 10am–4.45pm (lunch midday); Tue & Thu: 10am–4.45pm; Tue: 6–8pm (dinner); Sat: 4–5pm (NA)  
Drop-in & helpline helping people move away from addiction and isolation. Free food. Activities/services throughout the week – drop in to find out what's going on.

*MH, A, C, D, FF, LF, OW, SF*

**QUARRIERS ('WHAT IF' PROJECT FOR MEN)**

154 Carnwardic Rd, Glasgow G46 8HQ  
[quarriers.org.uk/services/what-ifmale/](http://quarriers.org.uk/services/what-ifmale/); 0141 638 5170

Supports men (18–25) with complex needs. They don't exclude or give up on anyone. Young people receive housing support and therapeutic support (i.e. emotional support, access to counselling etc).

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

**QUARRIERS ('WHAT IF' PROJECT FOR WOMEN)**

Unit 5, The Quadrangle, 59 Ruchill St, Glasgow, G20 9PX  
[quarriers.org.uk/services/what-iffemale-support-service/](http://quarriers.org.uk/services/what-iffemale-support-service/); 0141 946 1116

Supports women (18–25) with complex needs wherever they are. They don't exclude or give up on anyone.

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

**QUARRIERS (PROJECT/STOPOVER)**

189 Pollockshaws Rd, Glasgow G41 1PS  
[quarriers.org.uk/services/stopover/](http://quarriers.org.uk/services/stopover/);  
0141 420 3121

Mon–Sun: 9am–9am

For men and women 16–25.

Accommodation is on the upper levels of building, so unsuitable for people with physical disabilities. They support young people experiencing drug addiction, alcohol misuse, mental health problems, offending behaviour or severe emotional and psychological issues.

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

**RESPOND**

Thu: 10am–4pm (helpline)  
[www.respond.org.uk/](http://www.respond.org.uk/); 0207 383 0700  
Free service for children, young people, adults and elders with learning difficulties who have experienced trauma, loss or abuse. Respond offers therapy for people in London and South East England. Phone (0207 383 0700) or email [wwhelpline@respond.org.uk](mailto:wwhelpline@respond.org.uk).

*MH, AD, C, MS*

*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



## RETHINK

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

*MH, AH, AD, C, ET*

## ROCK TRUST (ALBANY ST)

55 Albany St, Edinburgh EH1 3QY  
[www.rocktrust.org/](http://www.rocktrust.org/); 0131 557 4059  
Mon–Fri: 8.45am–5pm (drop-in  
9.00am–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*

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

472 Ballater St, Glasgow G5 0QW  
0141 418 6984: [simonscotland.org](http://simonscotland.org)  
A service for people who are  
experiencing homelessness and other  
difficulties and need consistent,  
longterm support. Freephone: 0800 027  
7466. Phone numbers: 0141 418 6984  
for Complex Needs, 0141 552 4230 for  
the St Team and 0141 552 4164 for the  
Information Hub.

*MH, AH, AD, A, D, OL, OW*

## SPITTAL STREET CENTRE

19b South Bridge St, Bathgate,  
Edinburgh EH48 1TR  
01506 205 413; [nhslothian.scot.nhs.uk](http://nhslothian.scot.nhs.uk)  
GoingToHospital/Locations/Pages/  
SpittalStreetCentre.aspx;  
Mon, Wed, Fri: 9am–4.30pm (drop-in  
dentist 1.30–3.30pm); Tue: 9am–  
4.30pm; Thu: 9am–4.30pm (drop-in for  
women; wound clinic)  
Wide range of recovery and addiction  
services including a drop-in needle  
exchange (closed on Wed), dentist,  
sexual health and HIV advice, women's  
group, wound clinic and more. Drop in  
or call for more information.

*MH, A, D, D, MS, NE, SH*

## STREETYOUTH (STREETWORK UK)

18 South Bridge, Edinburgh EH1 1LL  
[streetwork.org.uk/youth](http://streetwork.org.uk/youth); 0131 344  
0825  
Mon–Fri: 9am–5pm  
Streetyouth works with young people  
(up to 26th birthday) who are at risk  
of, or experiencing, homelessness.  
Street-based outreach and one-to-one  
support.

*MH, AH, A, BA, BS, CA, DA, D, ET, LS, NE, SH, TS*

## SUPPORT IN MIND SCOTLAND

6 Newington Business Centre. Dalkeith  
Rd Mews, Edinburgh EH16 5DU  
[www.supportinmindscotland.org.uk](http://www.supportinmindscotland.org.uk);  
0131 662 4359; Mon–Fri: 9am–4pm  
Support for people – homeless and  
not – affected by mental illness.  
This includes carers, friends and families.

*MH*

### 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

## TALBOT ASSOCIATION (RIVERSIDE PROJECT)

0141 440 2633

892 Govan Rd, Glasgow G51 3AF

Support and accommodation for men and women (18+) with mental health and/or alcohol issues.

*MH, AH, A, MS*

## THE SALVATION ARMY (WALLACE OF CAMPSIE HOUSE)

30 East Campbell St, Glasgow G1 5DT

[salvationarmy.org.uk](http://salvationarmy.org.uk);

0141 552 4301

Mon–Sun: 9am–9am

(staff on duty 24/7)

Resettlement accommodation to enable residents to regain control of their lives. Average stay is six to 18 months.

*MH, AH, AD, BA, BS, BE, CL, DA, D, ET, LF, LF, MS, OL, TS*

## THE SANDYFORD INITIATIVE

2–6 Sandyford Pl, Sauchiehall St, Glasgow, G3 7NB

[sandyford.org](http://sandyford.org); 0141 211 8130 helpline

Mon–Fri: 8.30am–4.15pm; Fri: 8.30am–3.45pm; Sat: 9am–11am

Specialist sexual health services: counselling for male survivors of childhood sexual abuse. Emergency contraception and rape/assault services. Testing and counselling for men who have sex with men and for women involved in prostitution. Contact them for times.

*MH, AD, C, D, FC, MS, NE, OL*

## THE SPACE

257 London Rd, Glasgow G40 1PE

0141 237 1221; [thespacescotland.org](http://thespacescotland.org)

Wed–Sat: noon–6pm

Community space offering craft and upcycling workshops to anyone. Every 2nd week is in collaboration with the Glasgow Mental Health Support Group. ‘Nae Such Thing As a Free Lunch’ is a pay-what-you-can cafe that runs from noon to 6pm, Thu to Sun. Good range of activities.

*MH, AC, B, CL, FF, F, IT, LF, MD*

## YOUTH ACCESS

[www.youthaccess.org.uk](http://www.youthaccess.org.uk);

020 8772 9900;

[admin@youthaccess.org.uk](mailto:admin@youthaccess.org.uk)

The website can put you in touch with local contacts for mental health counselling, advice and information. A huge range of services is available for you. Contact by phone (020 8772 9900), email or via the website.

*MH, AD, C, OL*

## Y-PEOPLE CALM SERVICE

15 Dava St, Govan G51 2JA

[www.ypeople.org.uk/our-work/](http://www.ypeople.org.uk/our-work/)

[youthwellbeing/the-calm-project/](http://youthwellbeing/the-calm-project/);

0141 565 1200

Mon–Fri: 9am–5pm

Mentoring, counselling and supported accommodation across Glasgow and the surrounding area. Phone for info & self-referral during weekdays. Support services at flexible times, including evenings and weekends.

*MH, C, SF*

*FC* Foot care  
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FULL LIST  
AVAILABLE ON  
OUR WEBSITE



## WOMEN

### RAPE CRISIS RAPE CRISIS SCOTLAND

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

*C, OL, SH*

### SAFFRON HOUSING

553 Shields Road  
Glasgow G41 2RW  
0141 422 1112  
Monday–Friday: 9am–5pm;  
<https://southside-ha.org/find-a-home/saffron-project/>  
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 for information.

*AH, BA, DA, TS*

### SAY WOMEN ACCOMMODATION PROJECT

3rd Floor, 30 Bell St, Glasgow G1 1LG  
0141 552 5803;  
[www.say-women.co.uk](http://www.say-women.co.uk);  
enquiries@say-women.co.uk  
Monday–Friday: 9:30am–9:30pm  
(Accommodation Project);  
Monday–Friday: 9:30am–5pm

24-hr emergency on-call service.  
Support drop-in, helpline and accommodation for women 16–25 who are homeless or threatened with homelessness and are survivors of child sexual abuse, rape or sexual abuse.  
Step-free with lift access.  
Phone or email.

*AH, C, Medical/health, Step-free*

### SHAKTI SHAKTI WOMEN'S AID

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

*AD, OL, SF*

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

Unit 5, The Quadrangle, 59 Ruchill St,  
Glasgow, G20 9PX  
[quarriers.org.uk/services/what-iffemale-support-service/](http://quarriers.org.uk/services/what-iffemale-support-service/); 0141 946 1116  
Supports women (18–25) with complex needs wherever they are. They don't exclude or give up on anyone.

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