



the Pavement

September / October 2020

Issue 128

Coping

The free magazine for homeless people

Missing



Thomas Ogunmuyiwa

Thomas went missing from Camden, London on 2 June 2016. He was 55 when he was last seen.

Thomas, 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 or email 116000@missingpeople.org.uk. It's free, confidential and 24/7.



Peter Brown

Peter has been missing from Scarborough, North Yorkshire since 8 May 2019. He was 46 at the time of his disappearance.

Peter can call our free, confidential and 24/7 helpline for support and advice without judgement and the opportunity to send a message to loved ones. Call/text 116 000 or email 116000@missingpeople.org.uk.

If you think you may know something about Thomas or Peter, you can contact our helpline anonymously on 116 000 or 116000@missingpeople.org.uk, or you can send a letter to 'Freepost Missing People'.

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

116 000 - Free, confidential, 24/7.

**missing
people**

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

A lifeline when someone disappears

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

How are you coping?

The problem with life after lockdown is nothing's yet very clear. Many day centres are still shut and workers on furlough aren't yet back. People who are experiencing homelessness often have to deal with their mental and physical health as well as those other basics of finding something to eat and places to wash. Now it turns out that lockdown has made mental health issues a bigger challenge at a time when there is less support available. Walk-ins may be rare, but if you have a phone you can call for help – see the List in our centre pages.

You can also use the centre pages of this mag to find a shower, food and recovery support please. If you have WiFi then go to www.pavement.org.uk to find our most up-to-date info. Stay safe.

The Pavement team

- www.thepavement.org.uk
- twitter.com/thepavementmag
- facebook.com/thepavementmag
- instagram.com/pavement_magazine

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Cover: The front cover image was taken by Luke James. It is called *Red, white and who?* Also see p14-15. © Luke James

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Grab and go: this winter 11,700 cold weather packs, known as Vinnie Packs, containing a thermal hat, gloves, two pairs of socks, wet wipes, toothpaste, toothbrush, pen and copy of *the Pavement* will be distributed to homeless centres and soup runs throughout England and Wales. The packs, paid for and assembled by volunteers from the St Vincent de Paul Society, are given out free of charge and have been since the project started in 2010. If you are interested in obtaining Vinnie Packs to distribute, or would like to know where to collect a pack for your own personal use, contact info@svp.org.uk or text **07929 490090**. More information about the St Vincent de Paul Society (SVP) can be found at www.svp.org.uk. © SVP

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

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

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

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

- www.thepavement.org.uk

Fundraisers needed

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

- nicola@thepavement.org.uk

Forced out

Some readers of *the Pavement* may have caught Ross Kemp's *Living With 'Forced Out' Families* on ITV in early July. Many will be all too familiar with the subject matter. The show demonstrated **English** councils systemic, continual breaking of the law when relocating homeless people. Councils regularly relocate homeless people outside of their borough, failing to notify the borough they are sending them to. Local authorities moving homeless people are legally obliged to inform the council they move them to, in order to arrange support structures such as medical, educational and social support.

The documentary identified at least 60 councils in England breaking the law requiring them to notify councils they send homeless people to. The leader of Basildon council in **Essex**, Gavin Callaghan, said the council had to send people to northern cities for accommodation, because the housing stock in his authority had been bought up by richer London councils. An exasperated Callaghan told Kemp: "58 % of the time we [Basildon council] haven't been notified when people have been moved into the borough". **Birmingham** received the most homeless people from other councils, with 44 different councils relocating 370 households to the city.

11 Pop-up cabins offering supported accommodation in Truro have been a huge success says Cornwall Housing working with We Are With You (formerly Addaction), St Petroc's and others. The units have a toilet, shower, bed, desk and basic cooking equipment. Some even have a raised flower/veg bed outside the door. Inspiring.



Tricky period: Caroline says you can: "Find free sanitary items in London libraries (just ask at the desk), at the Showerbox on Saturday 11am-3pm and all Streets Kitchen events (see centre pages for days/times/location). © Pavement



Wash and go: with so few showers open, Shower Box's Saturday 11am-3pm offering of a hot shower in a mobile unit, parked outside St Giles church, near Covent Garden, is super popular. On 1 August, 28 people were able to enjoy a hot shower. Tip: turn up early to book your shower. © Pavement

Sleep-in success

Back in May 2019, the Big Sleep Out campaign raised more than £50,000 for the Cornerstone Day Centre in Hulme, **Manchester**. The Covid-19 pandemic required organisers to change the format this year, with participants asked to spend the night at home, but not sleep in their beds.

The 'sleep-in' was again organised in support of the Cornerstone shelter. A couple of days before the sleep-in on 10 July, Lorraine Cumbo, Service Manager at Cornerstone Day Centre, told the *Manchester Evening News* that the fundraiser "increases awareness of homelessness in Greater Manchester and the devastating effects of isolation and marginalisation".

Turning a Cornerstone

A partnership between **Coventry** City Council (CCC) and the social enterprise group Cornerstone Partnership is bearing fruit. The partnership aims to get homeless families into secure, permanent residence, and recently occupied its 100th property in the West Midlands. Meanwhile, *Coventry Live* report the group's partnership with CCC has seen 83 properties made available in the city. Homes under the scheme are rented for a minimum of 12 months, with rent set at the Local Housing Allowance rate. CCC entered the agreement in an attempt to wean itself off the extortionate and ineffectual policy of using temporary accommodation to house families.

Better than nowhere

As many readers of *the Pavement* know, homelessness and a lack of suitable housing blights efforts to rehabilitate offenders, which is why issue #127 reported on the widespread practice of releasing ex-prisoners into homelessness or uncertain accommodation. The latest update on this short-sighted, uncaring process arrives courtesy of *Inside Time*. The newspaper for prisoners and detainees cites a report by HM Inspectorate of Probation (HMIP), the watchdog suggests ex-prisoners released into homelessness are committing crimes to get back into the relative security and shelter of prison. "Many individuals are homeless when they enter prison, and even more are when they leave. Individuals need a safe place to call home – it gives them a solid foundation on which to build crime-free lives," found Chief Inspector of Probation, Justin Russell.

The report found 11,435 cases of people being released from prison into homelessness in 2018-19 in **England**. These ex-prisoners were more than twice as likely to reoffend as people leaving prisons for their homes. Some organisations were praised for preventing this, including the Single Homeless Project.

- Read HMIP's report at www.justiceinspectorates.gov.uk/hmiprobation/inspections/accommodationthematic/

What next?

With lockdown's gradual relaxation beginning the end of emergency accommodation for thousands of homeless people, councils across England needed to think up ways to house a growing population of people without permanent, secure residence. **Liverpool** City Council (LCC) hoped to have found a way to house 300 homeless people in July. As *the Pavement* went to press, homeless people and rough sleepers in the city were waiting on a decision by the LCC's cabinet to appropriate vacant properties in the city for new accommodation.

Liverpool Express detailed the council's plans to repurpose the city's housing allocation scheme to prioritise the homeless population leaving lockdown emergency accommodation, with more than 200 properties being made available as of early July.

Community effort

Reuters report that at least 2,000 homeless people have been housed in shelters across the **South African** city of **Tshwane**. Numerous shelters were swiftly established once South Africa went into lockdown, being variously run by community members, charities and the government. The shelters have provided relief beyond simply providing beds. Medical staff are ►

continued from previous page...

- on hand at the majority of shelters in the city, offering support and medical services to drug users. Michael Steyn, a homeless man with a 25-year heroin habit, has spent the lockdown in a shelter providing opioid substitution therapy. At the shelter he has managed to kick his addiction, saying he now: "Feel[s] stronger and want[s] to help others feel this way".

Scottish News

News cycle

Cycling Scotland have been busy during the Covid-19 lockdown, and not just because everybody and their dog appear to have taken up cycling. Staff at the national cycling organisation have been working up a sweat delivering meals on wheels, among other essential supplies, to homeless people and asylum seekers temporarily housed in **Glasgow's** hotels. According to *Scottish Housing News (SHN)*, two cyclists from a team of nine have spent every weekday of lockdown from April 8 dropping off PPE, clothing, sanitary products and toiletries at hotels and B&Bs across the city. *SHN* report the cycling team have amassed more than 290 deliveries and clocked up 800 miles between them during lockdown.

Grant giveaway

Supermarket chain Morrisons sent grants to numerous homeless charities in **Glasgow**, as part of a wider charitable drive which has seen the supermarket award grants worth £560,000 to 94 separate charities, as of mid-July. *Glasgow Evening Times* reported Shelter Scotland, The Wheatley Foundation and Simon Community Scotland had all received grants from the Morrisons Foundation's 'Covid-19 Homeless Support Fund'. Simon Community Scotland received a grant for £8,000, with director of services and development Hugh Hill praising Morrisons, for "helping us [Simon Community Scotland] reach more people, fund clothing, food, toiletries and mobile phones".

- www.simonscotland.org has a **Glasgow 24 hour helpline: 0800 027 7466** (free from landlines)

Hotel Caledonia

In stark contrast to Westminster policy, **Scotland** promised homeless people in lockdown emergency accommodation that they wouldn't be forced on to the street once lockdown was eased. The announcement by the Scottish government, reported by the *Daily Record*, arrived in July, as hotels in the UK started welcoming new customers. Earlier that month councils in Scotland were informed



Back in business: Invisible Cities, a social enterprise which trains people who have experienced homelessness to become walking tour guides, including Sonny Murray in this photo, is operating again in Edinburgh, Manchester, Glasgow and York. © invisible-cities.org/cities

by the Government that they would not have extra funding to house homeless people in hotels beyond August. However, only a few days later funding for indefinite hotel stays for homeless people was ringfenced by the Scottish government. Announcing the funding Local Government, Housing & Planning minister Kevin Stewart said, “Our priority is to ensure no one returns to rough sleeping following the pandemic”.

- **Tips for wellbeing at www.mygov.scot/coronavirus-covid-19**

Lockdown meals

Shout out to Richie Roncero at stepstohope.co.uk caring for people who are homeless and those suffering with addiction, who has been busy in Edinburgh offering three-course meals and pizza at Monday Munchies and Sunday Suppers. There’s also a wagon serving burgers and a Sunday night hostel.

- **Also see feature on p10**

Survival stories

Our readers will know what difficulties they've faced during the Covid-19 lockdown. Here's a shout out to some of the people and places who've offered help

In a nutshell

- 15,000 people into emergency accommodation.
- Huge rise in hungry people.
- Volunteers offer amazing support.

We know many councils have done good work supporting and rehoming people – here's a shout out to Lambeth and Islington. But an ever-growing number of people have become homeless, many with no recourse to public funds (NRPF).

The **Whitechapel Mission** in east London stayed open because so many other centres shut and says – worryingly – that its user numbers, “Doubled. Normally we serve breakfast at 8am but we had to change that to 7am so that everyone had time to get fed,” said a spokesperson.

In Islington the food bank run by the Trussell Trust shut just as lockdown began and still isn't open (Aug). Hungry people were fed by churches and mutual aid groups. Vicar Alice Whalley from **St John the Evangelist**, Queen's Drive, N4 said: “We went from serving 12-30 meals

once a week to serving many more. Between 5 April and end of July we served nearly 1,400 meals and the trend is going up and up: last Sunday 70 meals were served.”

Streets Kitchen increased the numbers of locations they offered food. They also began offering breakfast on the streets between Camden and King's Cross and by July saw a big take-up for the 7am serving, a sure sign says Street Kitchen's Jon Glackin that rough sleeping numbers are going up.

While the rest of the UK were practicing super-hygiene to keep Covid-19 at bay, rough sleepers not part of Everyone In were struggling to keep clean. “Risk adverse day centres – with all the kit – have retreated from their most vulnerable clients. It's ridiculous how everyone has been abandoned. We've just got one shower and it was being used 20 times a day. We can't keep that up, it's exhausting,” said one volunteer who didn't want to be named.

In Westminster special mention should go to **St Patrick's church** in Soho Square which was serving up to 300 people a day lunch and breakfast, as well as the **American Church** and **Under One Sky**.



Solidarity not charity: Streets Kitchen were serving 5,000 meals a week by the end of July. © Pavement



It's a wrap: the final food and drink run by volunteers Marcella and Robert from Under One Sky. The organisation delivered 37,000 meals around Westminster, cooked at Punjab restaurant in Covent Garden, between 2 April and 31 July. © Pavement
 • www.underonesky.cc

My London lockdown

Allan slept rough in central London during lockdown

"There were a lot of rumours. We'd pass each other on the way to use the toilet at Euston (the only one open) and were worried that everyone was going to be arrested by the police. After 7pm London was deserted. The sound of Leicester Square fountains was deafening. There was no one. No police. No outreach workers. I wondered where everybody was.

"From the beginning Father Alexander from **St Patrick's church** did breakfast in Soho Square. People could space out on benches round

the park – sometimes there were 200 people and Michael remembered everyone's name! I heard that the police said, 'We like what you are doing so can we direct people here?' **Green Light** was giving food and water and **Under One Sky** supplied wraps, and in the evening a hot drink. I'd get black tea from Marcella. The **American Church** saved us with their lunch. Lauren the cook presented a restaurant quality meal every day – it was a proper balanced meal. We could see the love!"



Show time

Accumulate's moving online ceremony. Report by Mat Amp

Youth homelessness charity Accumulate, founded by Marice Cumber, runs creative workshops at eight hostels across London. The courses, taught by Ravensbourne University tutors at venues including the Tate Modern and the Barbican, involve photography, film making, textile printing, jewellery, illustration and creative writing. Accumulate students' work has featured on TV, exhibitions and national newspapers. The presentation for the 2020 Showcase and Scholarship Award Ceremony featuring Luke, Jade and Amalia, was hosted by TV presenter Jay Blades on Zoom – and there wasn't a dry eye in the houses.

Scholarships are funded by different private companies and cover tuition fees and travel for courses at Ravensbourne College. This year's scholarships went to Niko Dehaan, Prosper Kouayep, Anne Whyman, Mitchell Ceney and Ola Ojerinola. Accumulate's new *Book of Homelessness*, featuring students' work is to be published in November. Highlights of the Zoom show included:

Luke James' story: *The Loopy Life of Luke in London* chronicled the ups and downs of a struggle that started with the problems he had with bullies

Café art show

A park fence in Tower Hamlets looks set to be the autumn venue for the photos taken by the Café Art group. Around a dozen people met weekly, using WhatsApp, to join the photography project during lockdown. Café Art is also organising a 2021 *Best of London* calendar with photos by people who are homeless or have recently been homeless.

- Join in by emailing paul@cafeart.org.uk or text/WhatsApp 07517 141 948

at his small town school. As a hyper-creative gay kid, Luke felt judged by just about everyone other than his parents. He talked about his move to London, the party scene he became involved in and the crowd he hung around with. What came through was how creativity has genuinely saved him and given him a sense of belonging and purpose.

Jade Amoli Jackson told a story about being treated like a slave, beaten, working all day and chronically underfed by the woman she nick-named the "step-mother from hell". In a searingly honest tale she talked about how her young life was an absolute misery until she was eight-years-old and moved in with her aunt Rebecca. For the first time she said she was, "Truly loved and



Digital access art course: Accumulate helped Luke James to get photography training. Here he's working with Ravensbourne University tutor, Othello de Souza Hartley. © Accumulate

happy... After suffering for so many years we were free. We finished university, got good jobs, my sister was an engineer and I worked with radio and television." Unfortunately, it didn't last. "One day it really changed when my sister and my dad were shot dead at home..."

It was Zoom but there wasn't a dry eye after Jade's testimony. Since moving to London and becoming part of Accumulate, "Jade has been a mother to the younger students," said Marice.

Amalia the Alchemist, 23, talked about the child abuse she suffered and how she exercised her choice to struggle through it. At 20 she

moved into a young women's refuge in Islington and made an insightful point. "When you have trauma, you don't remember things on the timeline because everything happens in that present moment. I just want to tell everybody out there who has got a situation, that you can heal from it, you can overcome it. We are all going through something and we are all unique in our own way."

What shone through every story was not just how much pain and suffering we can endure as human beings, but that we are always able to overcome it.

• **Want to study art?**

Email info@accumulate.org.uk or message [@accumulate_ldn](https://www.instagram.com/accumulate_ldn) ■

What next?

***Ian Kalman* calls for more people with lived experience of homelessness to get involved in Government and Local Authority decision-making**

I am sure some of you will be asking the question is 'What is going to happen next?' I remember when the lockdown first happened, I dreaded it, thinking that I would be totally bored as my usual routine had come to an end, I was to be trapped in my one room. Then I got an invite to be part of a National Advisory Panel run by Expert Link, comprising around 15 people with lived experience of homelessness from all over the country. That's kept me busy.

We sent out a survey during lockdown, but as usual a person who is on the Government's Rough Sleeping Task Force asked us not to do it. Even so, we did get some replies and the surprise for me was that a good percentage wanted to be in a centrally-placed hotel instead of their own place or the place they had in a hostel. I now know in Leeds a 100-bed hotel was purchased for the people in that city, unfortunately it is on the outskirts of the city which makes transport difficult, and some people felt this has not been taken into consideration.

Now the government has released a large amount of money, almost



Get involved: Solomon and the team from Brixton Soup Kitchen have provided 1000s of meals during lockdown for people who are homeless, elderly or needy across London. When open again there are lawyers in the soup kitchen providing free legal resources every Thursday evening. Check website for when it restarts brixtonsoupkitchen.org

£200 million, it must be managed by an organisation, but one of the conditions is that it should include co-production. Co-production means the groups bidding for the Government money need people with experience of homelessness to be consulted and that their opinion must be taken into consideration. In reality those people should be part of any panel making big decisions. I would like to know what is happening in London - or anywhere else. Please email me and tell me your experience. My email is iankalman@gmx.com

• **More info about Expert Link at** www.expertlink.org.uk

Housing timeline

May 2020: New Rough Sleeping task force created to advise the government on how to support rough sleepers. It's headed by Dame Louise Casey.

July 2020: After construction delays caused by coronavirus, the **Affordable Homes Programme** building scheme, to help get more families across England into new affordable homes, was extended by a year, until March 2023, by Housing Secretary, Robert Jenrick.

July 2020: Next Steps Accommodation Programme (£266m) launched with an initial £105 million to help councils ensure that the 15,000 people who were given emergency accommodation, with Everyone In, during the Covid-19 lockdown continue to have a place to stay and are helped into long-term accommodation. This totalled £161 million, part of a £433 million pot "to provide 6,000 long-term, safe homes" for vulnerable people.

Due out soon: The *Housing White Paper*. Around 4 million households live in social housing. Its precursor, the *Green Paper* of August 2018 aimed to reshape the future of social housing via practical action and a rebalance between tenant and landlord. ■

I am a facemask

by Chris Sampson

Reports of halitosis have plummeted, worldwide, to an all-time low since the outbreak of Covid-19. All thanks to us.

We facemasks help keep you humans safe from Coronavirus. We also smell your morning breath, your fags and booze, your stinky food furtively scoffed. We see your smiles, your grimaces, your cavernous yawns. We hear – feel – your words pass through us; your laughter, your moans, your lies and truths, your hopes, fears and surreal babble.

In return? You customise us, decorate us, Hannibal Lector-mask us. Dispose of us, discard us, replace us once we're clogged with the dust of your cities, the pollution of your cars, the filth of the diseases caused by human activity.

No thanks asked, none given. You're welcome... ■



It's U not me

Universal Credit (UC) slammed for being unworkable by judge reports Jake Cudsi

As the wider population familiarises itself with Universal Credit (UC), many of *the Pavement* readers will understand the plight of one claimant, who lost up to £463 a month because of how UC calculated her payments. She was then forced to use food banks.

Now 41-year-old care worker Sharon Pantellerisco, with the backing of **Child Poverty Action Group**, has won a landmark high court case against the Department for Work and Pensions, the government department responsible for UC.

Ruling in Pantellerisco's favour Mr Justice Garnham, said she had been unlawfully denied the benefits she was entitled to by UC's "irrational" calculations. Justice Garnham found the DWP treated Pantellerisco as if she were out of work, despite her 16-hours a week role as a care worker. UC's calculations could also not compute Pantellerisco's four-weekly pay cycle, as UC guidelines for assessing claims calculate earnings over a calendar month.

Long-suffering UC claimants might be tempted to think the high court's latest ruling could be a watershed moment. We certainly hope so. But a DWP spokesperson

In a nutshell

- Several court challenges about the unfair UC system find in favour of the people complaining.
- In June the appeals court upheld a ruling that UC's calculations were penalising claimants whose pay day ran close to their benefit assessment period at the end of the month. The appeal court found this could unfairly reduce UC income by hundreds of pounds a year.
- To apply for UC you do not need a permanent address, but you do need an email and password. You will need to check your email regularly.

No DSS bias ends

In July a judge at York County Court ruled 'no DSS' rental bans are unlawful and contravene the Equality Act 2010. In this case housing charity Shelter offered legal support to a single mother of two left homeless because letting agents refused to rent to her.

maintained: "Universal Credit adapts to your personal circumstances, and the vast majority of claimants are better off on it." ■



"SO FAR I HAVEN'T NOTICED 2020 TO BE
ANY DIFFERENT FROM ANY OTHER YEAR"

Reconnect together

Anne-Sophie Berrayah talks about Reconnect, a service which aims to reconnect excluded people to their communities.

Interview by *Sarah Hough*

Anne-Sophie Berrayah was inspired by an initiative already launched in France which became so successful that it was then replicated in Prague, Madrid and Belgium.

“Sometimes we just don’t know how to help. Home is the first need, obviously, for homeless people, however when you talk to people experiencing homelessness, they say they suffer from feeling invisible. The whole point of this project is to recreate a link to interact, hence the name Reconnect,” says Anne-Sophie.

Reconnect works with a network of shops who provide free or paid-for services. The partner shops are easily identified by a Reconnect sticker on the front door of the shop as well as stickers showing what additional services are available at that location, be it WiFi, toilets or a cup of tea.

When customers make a purchase in a partner shop, they are given the option to purchase a voucher for an unhoused person to use. The voucher can be left at the shop or given directly to a person to use at the shop. Anne-Sophie encourages people to give the voucher directly to somebody and initiate a conversation or suggests going together to use the service.

This interaction is fundamental to the scheme and seeks to break down barriers and social exclusion.

One of Reconnect’s partner shops is Mind in Camden, here the voucher can be used to buy clothes, books and other items. Another partner shop is J P Pharmacy in Camden where vouchers can be used to purchase toiletries, sanitary wear or medicines. Other vouchers may be used for food or drink.

Sophie says it’s important that people aren’t labelled and for this reason no one will be asked for any details or identifying information to access the scheme.

Reconnect launched in August 2019 and has already received good feedback. Anne-Sophie says it’s vital that unhoused people are aware of the service and that there are vouchers available to be used. The partner shops are currently in Kentish Town and Camden, but Anne-Sophie hopes to establish more partner services in Shoreditch as well as other London boroughs.

Anne-Sophie needs more volunteers and partner shops to widen the Reconnect network, including partners who can provide storage and hair dressing services as these have been identified as a

In a nutshell

- Reconnect is an idea where members of the public pay it forward at participating shops and cafes, and are also encouraged to interact not just donate.
- London is the first place in the UK to have Reconnect.
- All Reconnect members are volunteers.

real need for many unhoused people. Volunteers who would like to help promote the project with homeless people and develop the network of shop partners are particularly needed. Homeless ambassadors for this project are more than welcome. Reconnect also offers training for partner shops and their staff and provides ongoing support to partners including regular visits and ongoing training.

“A long-term sponsor offering printing services would be particularly helpful to increase awareness of the service with flyers, stand-up menus and posters explaining the project,” she adds.

- **If you are interested contact info@reconnect-uk.org. Also see reconnect-uk.org for more information, to volunteer, buy vouchers, find partner shops or to become a Reconnect partner.**



Pancake partner in Kentish

Town: Anne-Sophie Berrayah says:

“Reconnect activity slowed down during lockdown. Now that shops are reopening, we are looking forward to increasing the team of volunteers.”

© Yalding Media

Doing things

Giving your time free of charge doing something you enjoy, or with people you like, is good for your wellbeing. It's even better if you can do it regularly. Some tips:

- Mask on!
- As charity shops and nature spaces reopen there are more opportunities to volunteer.
- Experience volunteering can be good for you now, but also add to your skills.
- See p20 for ideas about doing more writing.

Share your story

What happened to you during lockdown? *Mat Amp* explains how a community reporter project looks set to influence future homelessness policies

Health charity Groundswell's Monitoring the impact of Covid-19 Project is making use of every effort to find out what's happening on the front line for *the Pavement* readers and others who have experienced homelessness. Staff and volunteers record their experiences and draw attention to potential case studies in daily diaries, while telephone interviews with people who have experienced or are experiencing homelessness shine light on what's happening with people day-to-day through their stories and how they feel about what's going on.

Recently Groundswell has partnered with On Our Radar, a group which specialises in getting untold stories on to the front page. On Our Radar has brought considerable experience to the project by enabling people with lived experience of homelessness to become community reporters. Using a citizen journalism approach, participants record their first-hand experiences or interview other people in the community who they know have something to say.

Reporters use their mobile phones to send back texts, audio files or film through SMS or the Signal app, with

all data recorded on a centralised platform called Radius. This means their reports can feed directly into the project and be used to influence decision-makers.

Reporters learn fast. First, they watch a series of short, informal training videos and then get assigned a mentor. By accident rather than design, the mentors (Sarah, Stephan and Mat) have completed the From the Ground Up writing course that was the start of the close working relationship that exists between Groundswell and *the Pavement*. Don't fear though, *the Pavement* remains independent of any outside voice and is not dependent on the funding of any vested interest.

One of the positive things about the project is the way in which reporters work in their own space and at their own speed. We're always aware at *the Pavement* that the pressure of deadlines can be taxing, but with this project there are no deadlines.

While reporters get topics each week to report back on, such as homeless emergency hotels or shielding, they are also free to focus on the issues that come up. Some



In a nutshell

- This is a citizen journalism project.
- It focuses on the impact Covid-19 and lockdown has had on you.
- If you would like to join the project, please give Mat a call on **07595 6023234** or email **mat.amp@groundswell.org.uk**
- Also check out the project on the web and see how to get involved, **groundswell.org.uk/monitoring-covid-19**

reporters find it easier to report on their own feelings. Here are some soundbites from the reporters:

- "Finding someone who will help with benefit advice is really difficult."
- "No WiFi, no TV, can't walk, suffering from severe anxiety and depression and my mental health has deteriorated over the past few weeks."
- "I'm worried that the world will never be the same."
- "Across London I think we are looking at 1,100 people into hotel rooms, so I am hoping that it will bring us closer together."

**IT'S NOT ABOUT
WHAT WE DO IN THIS LIFE**



Walk this way: Liam Perry plans to walk around Britain, starting on 3 November from Liverpool's Royal Albert Dock. "I plan to sleep rough at night and by day will be walking just like I did with my first march in 2019. This one is in honour of homeless awareness and in memory of all that have died because of Covid-19 and on our streets." © Liam Perry

Write now

- Send your poems, pix and short observations of life to *the Pavement* for publication via editor's email on p3.



GP PREVENTATIVE CARE

Screening & Vaccinations

Who can access a GP?

- A General Practitioner (GP) or a family doctor is a doctor based in the community. You can register online or over the phone. You do not need a fixed address. Immigration status does not matter. You do not need ID documents or an NHS number to register.

What services can a GP provide?

- One of the services that your GP can provide is preventative care. This includes screening for a variety of diseases, and vaccinations for them.
- If you have any concerns about your health, it is best to get it checked out.

Important vaccinations to ask your GP about:

Although there isn't yet a Covid-19 vaccination, there are several vaccinations that offer protection from serious conditions. They are:

1. Flu vaccination

- Flu can be more severe for certain people, and vaccination is free to anyone over 65, pregnant women, and people with underlying health conditions or in at-risk groups.

2. Pneumococcal vaccination (to prevent pneumonia the lung infection)

- It is a one-off vaccination but may be boosted every five years.
- It is free to anyone over 65, pregnant women, and people with underlying health conditions or in at-risk groups.

3. Hepatitis B vaccination

- Hepatitis B is found in the blood and bodily fluids of an infected person.
- Many people with Hepatitis B have few symptoms and may not know they're infected, meaning they may spread the infection without knowing.
- This vaccination is not free, but may be free at specialist practices for people at risk.



General concerns

If your mental or physical health has changed, contact your GP. For example:

- Persistent cough (over three weeks) and shortness of breath.
- Persistent sore throat, a change in voice or difficulty swallowing.
- Ongoing weight loss with no known cause.
- Bleeding from your bowels or when you urinate.
- New growths or lumps / bumps on or under your skin.
- New unexplained pains (lasting over three weeks).

Ask your GP about these screening programmes:

Screening is a way of finding out if you are at higher risk of a health problem, so that information or early treatment can be offered, such as:

- **NHS Health Check** offers a health check every five years for anyone between 40 and 74-years-old.
- **Chronic disease checks.** People with high blood pressure, heart problems or other cardiovascular diseases, asthma, diabetes or epilepsy should have yearly checks at their GP.
- **Cervical screening** (smear test) offered to women aged 25 to 64 every three or five years.
- **Breast cancer** screening offered every three years to women aged 50 to 70.
- **Bowel cancer** home testing kits offered to anyone aged 60 to 74-years-old.
- **Sexual health** screening for sexually transmitted infections (STI) contracted from having unprotected sex (without a condom).
- **Blood Borne Viruses** (BBV) include HIV, Hepatitis B and Hepatitis C.
- **TB screening** People at risk of tuberculosis (TB) include people living in overcrowded accommodation and experiencing homelessness, people with substance misuse issues and prisoners, and some migrants. Symptoms include a consistent cough, coughing up blood, weight loss & night sweats.

For fuller information, visit www.groundswell.org.uk



Tattoo time

How Covid-19 changes in the way we get together and work shook Deputy Editor Mat Amp's recovery

It's not dramatic to point out that the impact of Covid-19 is far from over, it's not pessimistic, either. For the most part I'm a glass half full type of guy – even if occasionally the realist in me is pretty sure that it's half full of piss.

I don't think I've ever been one to shy away from reality. Life can be beautiful, amazing and wonderful but it can also be harsh, brutal and tragic. Whatever my perception of the way things are, I used to be confident that I would always be aware of how I felt in myself.

That all stopped when my life went tits up. Without boring you with the details, something happened that plunged my life into crisis and ended with me on the street. Unable to deal with it all, my life gradually fell apart and the numbness set in.

Before you get the string section of the orchestra tuning up its tiny violins, I was no angel, believe me, and I'm really not asking for anyone's pity. The point of writing this column is in the hope that it speaks to someone who is going through something similar and helps them, even if in some very small way, to get through it.

When my life started to unravel,

Help is out there

- See phone and drop-in support in the List, centre pages.
- Specialist services offering counselling and talking treatment are usually co-ordinated by a community mental health team (CMHT).
- Keep the CMHT number in your phone in case of crisis.
- Use Citizens Advice for help with benefits, debt, legal issues and local services.
- Go to A&E if you are desperate.
- Mat says the talking therapy – cognitive behavioural therapy (CBT) – worked for him.
- Mat's also a big fan of running and yoga.

depression swept in so quickly that any self-awareness dissolved like a spoonful of sugar in a cup of hot tea, while my emotions were that old bag of frozen peas jammed in the back corner of a freezer for God knows how many months. Unable to deal with what had happened, I smothered my feelings in a blaze of class As, reducing my purpose in life to survival through a simple formula of get money, get drugs, get high, get sick, repeat.

Before I knew it, I was deeply depressed but completely unaware



Question everything: when things start going wrong you need to be self-aware enough to find solutions. © Mat Amp

of it. I'm guessing that was some sort of survival mechanism doing its thing but whatever it was part of my recovery is to try, at all times, to be aware of what's happening to me on an emotional level.

And I've been doing okay with that until recently, until this Covid shit show hit town and reduced my relationships to time-limited conversations with heads in boxes on my computer screen. On some level I knew that I was finding this brave new world a bit difficult to deal with, but it wasn't until I met up with some old friends in the park last week that I realised just how angry it had made me.

As I sat on the grass, chatting to old mates and having a laugh,

I started to remember how to communicate on a human level. I could feel myself letting go of a white-hot rage that I'd wound tight inside my soul to stop it spilling out like molten lava. I wondered how much longer it would have taken for the volcano to explode, sending me totally friggin DHL [postal on a massive scale, geddit?].

In order to deal with this anger, I've gone back to the basics of my recovery, something I seem to do when things get shaky. To do that though, I had to realise there was a problem so just maybe I'm going to get my knuckle tats redone with the words SELF-AWARE so that I never forget how to feel again.



Love is the law

McGinlay finds out what motivates the man studying in the corner of her local McDonald's

Myself and Roshstein first met at our local 24-hour McDonald's for the same reason – we were using the free WiFi. Over a couple of weeks, we got acquainted and discussed different topics. I gave him a copy of *the Pavement*, asked him to read it through and then give it to the first homeless person he saw and offer them a hot drink!

At McDonald's I would see Roshstein often with his laptop and piles of study books. He works in retail and he's studying for two degrees – business and law. Soon I saw this guy is literally a godsend. I say that being serious as he is a Christian. Sometimes at McDonald's they are short-staffed and when he sees that, he'll take a study break and go around the restaurant, clear up all the rubbish and wipe down the tables with the cleaning spray. He even knows where the cleaning cupboard is. He doesn't get paid to do this! Anytime I walk down the local high road with him we get stopped every five minutes because everyone knows Roshstein.

He believes in showing love through actions. He's studying because he wants to open an independent law firm to provide



What motivates you?: let us know using the contact details on page 3.

a service for people who may be financially stuck, struggling or have no finances at all, but still need legal representation. This may be in cases of eviction or in cases with People of Colour being discriminated through institutionalised systems. He also wants to help people if they've come out of prison. He says he wants to help those that are, Biblically speaking, in need – the hungry or troubled, as the 'good book' says.

In light of recent events in 2020 with the protests against racism and police discrimination, I started to ask people from different backgrounds and perspectives different questions. I wanted to see Roshstein's point of view from a faith and a law aspect. The message he writes opposite is from a faith angle as that's the principle he wants to apply within his law firm. His convictions start from his belief systems and he wants to create a service based on that foundation.

Legal info

- Eviction and housing matters often require you to have a lawyer.
- Lawyers and legal advice are expensive.
- Citizens Advice offers free legal aid, but there is a high demand.
Call **03444 111 444** (England) or **0800 028 1456** (Scotland)
or use citizensadvice.org.uk
- Search the www.lawsociety.org.uk to see if you qualify for help paying legal costs via legal aid or free legal advice (pro bono) from a lawyer.

Roshstein on love...

Racism is found in several places in the Bible. For example, when Jesus met and ate with the sinners he healed them, but the Pharisees and Jews said if you were a Jew you would not eat and drink with sinners. Jesus taught us to love your brother as you love yourself. Jesus taught all. He meant it so we share Christ's love to all men. Today we see different kinds of racism and racist comments and racist acts.

Racism is not of God but of the devil. When we start to marginalise people and where we think they should be in society and how much they should be paid, this is racism. This matter runs deep in the hearts and minds of a society who does not know God. Racism has to do with superiority versus inferiority which equals discrimination.

This is something which we are not born with, but are traits predetermined by external factors. For example, if you placed a group of children between the ages of two to five-years-old they would all play without expressing race or colour differences. They would be taught by the same teacher as one big happy family.

The problem of racism could lie with parents and society causing division - although, God said to 'love your neighbour as you love yourself'. The greatest commandment in the Bible is love.

People sometimes use the Bible in the wrong way by saying an 'eye for an eye and a tooth for a tooth'. If this was taken literally, we would be an eyeless, toothless society. ■

"How are you?"

Thoughts from Services Manager **Daniela Sbrisny** meeting newcomers and familiar faces at the Margins drop-in

I'm non-judgmental. Lockdown has thrown us all into a very uncertain sphere. It may essentially be over but it will have repercussions on a lot of us for a long time to come. We have seen a steady flow of new faces at our drop-in during this period and I fear this will remain the case for now. When people initially utilise our services, their reason for coming may not be apparent to us, so it is important to have constructive and encouraging conversations around what we can offer and what support we are able to give. We try to be honest and signpost where necessary, and manage our workload. Trust is created by being non-judgemental and remaining open in order to listen to the ways in which people express themselves and the needs they may have.

Taking the time to have conversations is also key to forming an understanding of a person or situation. We want to facilitate positive conversations to be translated into positive steps to be taken and are mindful of the individual in the process.

Our project aims to strengthen resilience, independence and confidence and provide a platform for hope, to inspire and scaffold



Daniela Sbrisny works at Margins in – and outside – the Union Chapel
© *The Margins Project*

people on their forward-going journey. This echoes our ethos and strength-based support approach, in which we focus on positive attributes and skills.

We have just started producing a magazine written by the people we see at our project. I would very much like for this to be an inclusive tool that people can draw from and hopefully be invigorated by – just like *the Pavement*.

- **The Margins Project is at Union Chapel, Compton Terrace, Islington, London, N1 2UN. It is open for drop-ins on Mon and Wed between 11am-2pm. It provides hot meals (at the moment), showers, laundry and computer access to people who find themselves in crisis.**
- **See the List in the centre pages for more places to shower.** ■

DESPITE VIRTUAL
EXTINCTION DUE
TO OVER-HUNTING
BY DONER KEBAB
MANUFACTURERS,
ONE 'MYSTERY-
MEAT-ANIMAL'
MAKES A RARE
APPEARANCE IN
HOLLOWAY....

BLAST.. HOW AM
I GONNA BLEND IN??!
KNOW! I'LL GET A
TICKET LIKE
EVERYONE ELSE!

LATER THAT DAY....

OII ARE YOU A
PARKING INSPECTOR?

YES

GREAT! CAN I HAVE A
TICKET PLEASE?

DO YOU HAVE
A CAR?

NO BUT IF YOU COULD
OVERLOOK IT THIS
ONCE, I'LL PAY YOU!

IF YOU DONT HAVE A
CAR I CAN'T GIVE YOU
A TICKET.

IS IT COS I'M
TWO-TONE?

IT IS
ISN'T IT!

MYSTERY-MEAT-ANIMAL
THROWS ALL TOYS
OUT OF PRAM..

WAAA!!!

THIS IS DISCRIMINATION!





THIS IS A CRIMINAL NATION!

TO BE CONTINUED...

ROKSOPH 2020

Tooth care

Dentist *Declan Cairns* offers dental care tips during these strange Covid-19 times

-  Almost all dentists are only providing **EMERGENCY TREATMENT** during COVID – here are some top tips to keep yourself pain free.
-  Brushing, even when teeth are sensitive, or gums bleed, is still the best way to keep them clean. It goes against logic, but keep brushing **EVERY DAY** with fluoride toothpaste and the bleeding will stop.
-  Exams and cleans might not be back for **MONTHS**. Dentists need **YOU** to spend extra time looking after your mouth. This is to stop problems developing in the first place.
-  We've all eaten **RUBBISH** during lockdown. Try to eat sugary foods only at meal times. Swap in **FRUIT** instead of **SNACKING** between meals.

Tooth truths

TURN TO PAGES A – P
FOR THE LIST OF SERVICES

1. Removing teeth

- NEVER attempt to take your own tooth out because you risk serious complications – bleeding and infection.
- Dentists are open for emergencies, call your dentist for advice.
- Pain medication (paracetamol + ibuprofen) can be taken to manage symptoms.

2. Tooth pain

- Dental pain can be managed with paracetamol and ibuprofen. ONLY take this if you know it is safe to do so. Check packaging for dosage.
- DO NOT use bonjella for toothache. This can cause irritation of the gums, and if pain is from a tooth it will not help.

3. Mouth marks

- If you have any ulcers (white or red marks in the mouth) lasting more than two weeks call your dentist for an appointment. ■

Housing in England: Your Rights

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

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

Ask them to help you make an emergency housing application.

For free help with your emergency housing application:

1. Streetlink

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

2. Shelter

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

3. Citizens Advice Bureau

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

If your application is rejected:

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

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

Housing in Scotland: Your Rights

Call Shelter Scotland for free housing advice

9am–5pm, Monday to Friday on **0808 800 4444**.

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 while the council considers your application. The council must notify you of their decision in writing.

TELL US: If you want to order more or less copies of *the Pavement* OR need to make a change to the list of services in the centre pages please use the contact details on p3. Thanks!

My notepad...

Make sure you read...

the **Pavement**

Find us online:

www.thepavement.org.uk



KEY TO ALL SERVICES

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

Changes: web@thepavement.org.uk
Updated: August 2020

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

London List

ADVICE & HEALTH

CHILDLINE

www.childline.org.uk; 0800 1111

Free, confidential helpline for young people.

MH, AD, C

CITIZENS ADVICE

03444 111 444; citizensadvice.org.uk

Covid-19 Mutual Aid Use Facebook for offers of food and other supplies.

Find your nearest food bank at

www.trusselltrust.org

NHS 111

Call 111 (open 24/7)

All NHS services for Covid-19 are free for everyone – whatever your immigration status.

You will **not be reported to the Home Office** for coronavirus testing or treatment.

Dial 999 for emergencies.

SOUTHWARK DAY CENTRE FOR ASYLUM SEEKERS

The Copleston Centre, Copleston Rd, SE15 4AN

020 7732 0505; www.sdcas.org.uk

Tue: 12.30–5pm

Help for asylum seekers and refugees.

Advice on housing, health, education, training and employment.

MH, AS, CL, ET, FF, LF, MS

PRAXIS COMMUNITY PROJECTS

020 7749 7608;

020 7749 7605

www.praxis.org.uk/

frontlinenetwork.org.uk/news-and-views/2020/06/free-telephone-immigration-advice/

Free Telephone Immigration Advice
Wednesday 2pm to 4pm, Thursday 10am to 12.30pm.

LA

SHOWERS

CONNECTION AT ST MARTIN'S DAY CENTRE

12 Adelaide Street, London, WC2N 4HW

020 7766 5544;

www.connection-at-stmartins.org.uk

info@cstm.org.uk

Opening hours 9am-4.30pm

BS

THE MANNA

St Stephen's Church,

17 Canonbury Rd, Essex Rd, N1 2DF

themannna.org.uk

Call 020 7226 5369

to check reduced sessions.

Tuesdays (7 - 9pm),

Wednesdays (1 - 3pm)

and Fridays (9 - 11am)

Food and showers, with a laundry service available.

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

OUR LADY OF THE ASSUMPTION & ST GREGORY

10 Warwick St, Piccadilly Circus

W1B 5LZ

warwickstreet.org.uk/

Mondays. Showers, toiletries and clothes.

BS

SHOWERBOX

St Giles Church, High St, WC2H 8LG

showerbox.org

near Leicester Square / Covent Garden

Sat 11am - 3pm shower, some toiletries, sanitary towels and a pair of socks.

BS

ST ANDREW'S CHURCH

Greyhound Road, London SW6 5DP

15 mins walk from Barons Court Tube

We also offer a shower (with towels and toiletries provided) for around 12 people one by one throughout the morning.

BS

THE SALVATION ARMY (SOUTHWARK)

1 Princess Street, Southwark, SE1 6HH

020 7928 7136;

<https://www.salvationarmy.org.uk/southwark>

Wednesday: 10:30am-1pm
(drop-in shower & food)

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

KEY

A Alcohol workers

AC Art classes

AD Advocacy

AH Accommodation/
housing advice

B Barber

BA Benefits advice

BE Bedding available

BS Bathroom/showers

C Counselling

CA Careers advice

CL Clothing store

D Drugs workers

DA Debt advice

DT Dentist

EF Ex-forces

EO Ex-offenders

ET Education/training

F Food

FF Free food

ST PATRICK'S OPEN HOUSE

21a Soho Square, London W1D 4NR

020 7437 2010;

www.facebook.com/stpatricksoho

Showers available during our breakfast service Monday-Saturday 9-11am.

Guests need to pre-book their appointment when they register for breakfast - the wait isn't too long at the moment, a few days, and if you come for breakfast regularly we can usually fit you in sooner.

FF, BS

WHITECHAPEL MISSION

212 Whitechapel Road, London, E1 1BJ

0300 011 1400;

<https://whitechapel.org.uk/help/timetable>

The Mission daycentre is open Mon-Sun from 6am.

Free breakfast 7-9am. We have take-away food parcels and clothing parcels. Haircuts every third Wed, next dates are 23 Sep and 21 Oct.

BS

ST CUTHBERT'S DROP-IN CENTRE

The Philbeach Hall, 51 Philbeach Gardens, Earl's Court, SW5 9EB

020 7835 1389

Offering take-away food at lunchtime. Showers are closed during lockdown but services may be re-instated in September subject to Covid-19 guidelines.

F

FOOD**STREETS KITCHEN**streetskitchen.org/locations/london

Mostly evenings (also see Facebook)

Offering food daily in various London locations:

*- Monday:***TOOTING**

7.30-8.30pm outside Iceland at 25-27 Tooting High Street, Tooting, London SW17 0SN.

*- Tuesday:***CLAPHAM COMMON**

7.30m outside Joe's Pizza, opp Waitrose 8-1 The Pavement, London, SW4 0HY

*- Wednesday:***CAMDEN**

7.30pm nr. Camden Town tube, NW1 8QL

*- Thursday:***HACKNEY**

8pm outside Hackney Central Library, 25-27 Hackney Grove, E8 3NR

*- Friday:***CAMDEN**

7.30pm near Camden Town tube NW1 8QL and Kilburn Streets Kitchen 7.30pm near Kilburn High Road tube

*- Saturday:***DALSTON**

8pm opp Dalston Kingsland tube, E8 2PA

*- Sunday:***CAMDEN**

7.30pm nr. Camden Town tube, NW1 8QL

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



ABBEY CENTRE

34 Great Smith Street, St James's Park tube, SW1P 3BU
Mon & Tues 6-7pm hot meal
twitter.com/TheAbbeyCentre
FF

AMERICAN CHURCH

79A Tottenham Court Road, W1T 4TD
0207 580 2791;
amchurch.co.uk/soup-kitchen/
Open Mon, Tues, Thurs, Fri and Sat for breakfast and lunch 10am-12 noon
Sun open 11am-12.30pm
FF

AMURT UK

0208 806 4250; amurt.org.uk/who-we-are/amurt-uk/
Free nutritional food
Thursday 12.30-1.30pm
Pre-packed hot meals and healthy energy snacks from **Mildmay Community Centre, Woodville Road, N16 8NA**
Thursday 6.30-8pm Pre-packed hot meals and healthy energy snacks from **Lincoln's Inn Fields, Holborn, WC2A**
FF, F, SF

BRIXTON SOUP KITCHEN

297-299 Coldharbour Lane, London, SW9 8RP
07538 419514; brixtonsoupkitchen.org/coronavirus-response/
Mon-Fri 10am-2pm get a free food pack.
FF

HARE KRISHNA FOOD FOR ALL

Caversham road NW5 2BU
Free vegetarian meal Monday 12noon-1pm;
Tuesday 12noon-1pm;
Wednesday 12noon-1pm;
Thursday 12noon-1pm;
Friday 12noon-1pm;
Saturday 12noon-1pm.
www.nextmeal.co.uk/places/harekrishnafoodforall2
FF

KING GEORGE'S HOSTEL

75 Great Peter St,
near St James's Park station
SW1P 2BN
www.homeless.org.uk/homeless-england/service/shp-king-georges-hostel
Sun & Mon 5:30-7:30pm hot meal
FF

MISSIONARIES OF CHARITY SOUP KITCHENS (ELEPHANT)

112-116 St George's Rd, Elephant & Castle SE1 6EU.
Tues, Wed & Sat 9:30-11.30am.
Sun 9:15-11:15am
Hot meal, pudding & hot drinks
FF

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

MISSIONARIES OF CHARITY SOUP KITCHEN (LADBROKE GROVE)

PIUS X Church Hall, 79 St. Charles Square, London W10 6EB

020 8960 2644;

www.nextmeal.co.uk/places/

missionariesofcharitysoupkitchens

Free take-aways for local homeless people

Tues, Fri & Sun 3-4.30pm

FF

NORTH LONDON ACTION FOR THE HOMELESS

www.nextmeal.co.uk/places/

northlondonactionforthehomeless

NLAH provides a three-course vegetarian meal. Due to Covid-19 all food is take-away.

Mon 12noon-1.30pm. Wed 7pm-

8.30pm

FF

ST ANDREW'S CHURCH

Greyhound Road, London SW65DP

15 mins walk from Barons Court Tube

07956 587176; www.standrewsfulham.com/life-at-st-andrews/homeless-drop-in

Every Saturday from 8-11am we run a

take away service including a hot main course, sandwiches, snacks and drinks in disposable containers.

Also showers.

FF

ST CUTHBERT'S DROP-IN CENTRE

The Philbeach Hall, 51 Philbeach

Gardens, Earl's Court, SW5 9EB

020 7835 1389

During Covid-19 Monday to Friday,

Midday till 1.30pm for a takeaway lunch

F

ST JOHN THE EVANGELIST CH

Brownswood Park

Queen's Drive N4 2LW

020 8809 6111

Finsbury Park

Soup Kitchen every Tue 6.30-8.30pm

Clothes bank on Fri 11am-12noon.

Hot Lunch on Sun 12.30-2pm

There's also a food bank on Tues & Sun

FF

ST JOHN ON BETHNAL GREEN

200 Cambridge Heath Rd, Bethnal

Green, London E2 9PA (Tower Hamlets)

Meals for people in need -

'Tuesday Night Bites'

hot meal provided every Tuesday 6-7pm

FF

ST JOHN THE EVANGELIST CHURCH (DUNCAN TERRACE)

Free Food Sessions 39 Duncan Terrace,

London N1 8AL

020 7226 3277 Free food (sandwiches

and tea) for homeless people. Clothing

available sometimes. Sun 3-4pm.

islington@rcdow.org.uk

FF

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

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

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



SAINT IGNATIUS CHURCH

27 High Rd, Stamford Hill N15 6ND
next to church through car park.
frontlinehomeless.org.uk
Tues-Thurs 2-3pm massive bowl of soup & sandwiches, sometimes sandwiches & cakes to take away.
Mon & Fri 1-3pm for Polish community.
FF

ST LAURENCE'S LARDER

Christ Church, 169 Willesden Lane,
Brondesbury Park NW6 7BG
christchurchbrondesbury.org.uk/parish.htm
Tues & Thurs 10am-1:30pm for soup, pasta or sandwiches & pudding
FF

STREETLYTES

Saint Stephens Church
1 Coverdale Road, London, W12 8JJ
www.streetlytes.org/streetlyteslondon/en/page/need-help-
Mondays, 5-6pm for dinner (restricted opening hours during Covid-19)
Our drop in offers a free hot meal, friendship and donated items. They are open access to anyone who is homeless or vulnerably housed, or who can't afford the pay for both food and housing costs.
Everyone is welcome to come and eat with us.
FF

ST PATRICK'S OPEN HOUSE

21a Soho Square, London W1D 4NR
020 7437 2010;
Breakfast: Mon to Sat 9am - 10.30am;
Please check in case times have changed.
FF, BS

SELBY FOOD HUB

Selby Centre, Selby Road Tottenham
London N17 8JL
Tuesday 2pm-4pm, Thursday 5pm-8pm
selbytrust.co.uk/services

THE CABIN

St Gabriel's Community Centre,
21 Hatchard Road, N19 4NG
020 7272 8195;
www.nextmeal.co.uk/places/thecabin
During COVID 19 take-away service:
Daily: 8.30-9.30am; Thurs: 11.30-12.30
Food parcels available from church office 15 St John's Villas, N19 3EE.
FF

WEN

List provided by Women's Environmental Network (WEN) with all the Tower Hamlets food banks and other community support since Covid-19.
www.wen.org.uk/2020/03/30/https-www-wen-org-uk-2020-03-30-information-on-local-response-to-covid-19/
F

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

WHITECHAPEL MISSION

212 Whitechapel Road, London, E1 1BJ
0300 011 1400;

whitechapel.org.uk/help/timetable

The Mission daycentre is open Mon-Sun from 6am. Free breakfast 7-9am. We have take-away food parcels and clothing parcels. Haircuts every third Wed, next dates are 23 Sep and 21 Oct.

F

MENTAL HEALTH**CAMDEN HEALTH IMPROVEMENT PRACTICE (HAMPSTEAD ROAD)**

108 Hampstead Road, NW1 2LS
020 3182 4200; thamesreach.org.uk/

Since Covid we are working by phone, so please call and book a telephone consultation with your doctor.

If you don't have a phone, come to the gate, press the buzzer, and we will try to arrange a face-to-face consultation.

For people sleeping out or in hostels within the borough. General health care; chronic disease management; hepatitis and HIV screening; vaccination; free condoms; referral (counselling, alcohol worker, mental health services, drug worker); information on dentistry and podiatry services; alcohol and drug advice and treatment; cervical screening; blood tests; benefits and housing advice; assistance to homeless patients in UCH; on call services at nights and weekends.

MH, BA, BS, CL, DT, FC, MH, NE, OW

CAMDEN ROUTES OFF THE STREETS (CGL)

6-8 Greenland Street, NW1 0ND
0207 846 3535;

<https://bit.ly/1CHIXoC>

Monday, Tuesday, Thursday, Friday:
9am-5pm

Wednesday: 12pm-5pm

For single homeless people with a connection to Camden.

MH, AH, A, BS, DW, FC, L, SF

CARDINAL HUME CENTRE

3-7 Arneway St, Horseferry Rd,
SW1P 2BG

020 7222 1602 (reception);

www.cardinalhumecentre.org.uk/

No walk-ins but appointments offered
Monday-Thursday: 9:30am-3:30pm

Enables people to gain the skills they need to overcome poverty and homelessness.

Works with homeless young people, badly-housed families and others in need.

Spanish (Wed) and Arabic (Friday) speakers by appointment.

For the advice team, call:

020 7227 1673.

For family services and learning services hours, call

020 7222 1602

AH, AD, BA, CA, C, DA, ET, IT, MH, 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



CARITAS ANCHOR HOUSE

81 Barking Road, Canning Town, E16 4HB

0207 476 6062;

www.caritasanchorhouse.org.uk/

Referrals and short term stays for people affected by homelessness, drug & alcohol misuse, mental health, domestic abuse & offending.

Accommodation and varied services.

Email:

info@caritasanchorhouse.org.uk.

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

CGL - NEW DIRECTION

410 Lewisham High Street, Lewisham, SE13 6LJ

020 8314 5566;

www.changegrowlive.org/new-direction-lewisham/info

Self-referral on Tuesday: 9am-1pm and on Monday, Wednesday, Thursday, Friday: 9am-5pm

Email: info.lewisham@cgl.org.uk

Integrated treatment for adults who have a problem with drug and alcohol use. Nurses, keyworkers, doctors and counsellors, plus a peer mentor programme. Gender-specific services. Complementary health services. NA, CA and SMART groups.

For assessment, attend an open-access session.

Accept referrals by phone or email on ND. Referrals@cgl.org.uk

AW, C, D, ET, MH, NE, OW

CLAPTON COMMUNITY DROP-IN

Round Chapel Old School Rooms, Powerscroft Road, E5 OPU

020 8533 9676;

<https://theroundchapel.org.uk/projects/clapton-community-drop-in/>

Returning mid Sep so check for job club, can email:

coordinator.claptondropin@gmail.com

Help to access services, particularly in relation to housing, benefits, JobCentre Plus, as well as health- and family-related issues. The Job Club is for anyone wanting support with maintaining their benefits, with support to access Universal Job Match, write a CV and apply for jobs. For info about peer support for women or mental health support, phone, call in or check the website.

MH, BA, CA, FF, OL, LA, EO

CLEAN BREAK

2 Patshull Road, NW5 2LB

020 7482 8600;

www.cleanbreak.org.uk/about/

Monday: 11am-1pm (health and wellbeing)

Inspirational theatre company working with women whose lives have been affected by the criminal justice system. Free courses in acting, writing, singing and recording.

The Women's Space will be for women offenders and women at risk of offending due to drug or alcohol use or mental health needs.

MH, A, D, ET, MD, C, MH

A man in a red vest with 'THE BIG ISSUE' logo is smiling and handing a coin to an elderly woman on a busy city street. He is holding a copy of 'THE BIG ISSUE' magazine, which features a cartoon about saving the world. The woman is wearing a blue jacket and a purple and white patterned scarf. The background shows a crowded pedestrian street with buildings and other people.

Become a vendor

THE BIG ISSUE

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

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

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

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

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

CONSONANT

Berol House, 25 Ashley Road, N17 9LJ
020 7354 9631;
consonant.org.uk/
Email: hello@consonant.org.uk
 Taking on new clients but you can email with personal details and Consonant will contact you when services running again.
 Use: legal@consonant.org.uk
 Immigration legal advice and representation, education and training, ESOL classes and much more for migrants in Westminster and Tottenham.
 Visit their website for the complete range of classes.
AD, LA, AH, BA, CA, DA, ET, IT, MH

COORDINATE MY CARE

The Royal Marsden NHS Foundation Trust, Fulham Road; SW3 6JJ
020 7811 8513;
www.coordinatemycare.co.uk/
 Monday-Friday: 9am-5pm
 You will only join the CMC service and have a CMC plan once you have given your consent. An urgent care plan will list your wishes and care preferences, and includes practical information (where you keep medicines, or who to contact in an emergency, for example). Your wishes will then be shared with the people and places giving you medical services.
Email: coordinatemycare@nhs.net
AD, MH

CRUSE BEREAVEMENT CARE

0808 808 1677; www.cruse.org.uk
 Helpline offering listening support and practical advice related to bereavement.
<https://www.cruse.org.uk/get-help/coronavirus-bereavement-and-grief>
 Info about local Cruse branches.

DOCTORS OF THE WORLD (PRAXIS)

Praxis, Pott Street, Bethnal Green, E2 0EF
0808 1647 686 (freephone);
www.doctorsoftheworld.org.uk/
 Healthcare, advocacy for people who have problems accessing healthcare.
AD, MH

DUAL DIAGNOSIS ANONYMOUS

07702 510110; www.ddauk.org
 Monday: 7.30-8pm
 Oasis Centre, W12 8PB
 Tuesday: 7-8pm
 South Kensington & Chelsea Mental Health Centre, SW10 9NG
 Wednesday: 7:30-8:30pm EACH, W7 3UG
 Friday: 7-8pm Oasis Centre
 Saturday: 1pm-2pm Ealing Hospital, Southall UB1 3EU
 Self-help organisation supports people who are struggling with addiction and mental health conditions through a '12 Step + 5' recovery programme, workshops and other services.
 Phone, check website or email **info@ddauk.org** to learn more.
MH, C

KEY	A Alcohol workers	B Barber	CA Careers advice	EF Ex-forces
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FOCUS HOMELESS OUTREACH TEAM

4 Greenland Road, Camden Town, NW1 0AS

020 3317 6590;

<https://www.candi.nhs.uk/our-services>

Monday-Friday: 9am-5pm

NHS community mental health team offering support for single homeless people.

Sessions in hostels and day centres.

Referral generally by agency/hostel/GP, but self-referral is possible.

MH, OW

FRIENDSHIP PEER SUPPORT GROUP

The Richmond Library Annex, Quadrant Road, Little Green, Richmond, TW9 1DH

0208 898 6727; www.rethink.org/

wmicklewright@yahoo.co.uk

MH

GROUNDSWELL HOMELESS HEALTH PEER

Advocacy St Matthew's Ch, Brixton Hill, SW2 1JF

0207 725 2851;

groundswell.org.uk

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

Peer advocates support homeless people to access healthcare, inc with health/mental health appointments and with getting support from community mental health teams, social services, therapy-based services etc.

MH, AD, ET, OW

GREAT CHAPEL STREET MEDICAL CENTRE

13 Great Chapel Street, W1F 8FL

020 7437 9360;

<https://greatchapelst.org.uk/>

Open Mon-Fri 9am-5pm with appointments from 10am.

Monday, Tuesday, Thursday:

10am-12:30pm (doctor)

Monday-Friday: 2pm-4:30pm (doctor)

Monday & Friday: 10am-12:30pm

(alcohol & mental health nurse)

Monday, Tuesday, Thursday, Friday:

2pm-4:30pm (drugs, alcohol & mental health nurse)

Monday: 10am-12pm (counselling

drop-in; appointment at other times)

Tuesday: 2pm-4:30pm (counselling

drop-in; appointment at other times)

Friday: 9am-12:30pm (podiatry)

Tuesday & Thursday: 10am-5pm (dental service)

Primary healthcare for homeless people plus drug/alcohol and mental health nurse. Wide range of drop-in services by appointment.

MH, AH, AD, A, C, D, FC, MH

MAYTREE RESPITE CENTRE

72 Moray Rd, N4 3LG

020 7263 7070; maytree.org.uk/

Mon-Sun: 9am-9am

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

MH, C

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

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MIND

0300 123 3393;
www.mind.org.uk
 Mon–Fri: 9am–6pm Support for anyone
 experiencing a mental health problem.
Infoline: 0300 123 3393;
info@mind.org.uk;
 text: 86463.
 Legal line: 0300 466 6463;
legal@mind.org.uk.
MH, AD, LA

MUSLIM YOUTH HELPLINE (MYH)

0808 808 2008;
www.myh.org.uk
 Mon–Sun: 4pm–8pm
 (incl Bank holidays and Eid)
 Free, confidential and non-judgmental
 services via phone, email (info@myh.org.uk) or letter.
 The number will not appear on your
 phone bill. Run by young Muslims
 trained to be sensitive towards different
 cultural backgrounds.
MH, AD, C

NATIONAL PROBLEM GAMBLING CLINIC

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

ONE IN FOUR

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

MUSLIM WOMEN'S NETWORK

0800 999 5786;
www.mwnhelpline.co.uk/
 Muslim Women's Helpline
 Monday to Friday, 10am – 4pm
 Email us on info@mwnhelpline.co.uk

RESPOND

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

National Domestic Abuse

- 0808 2000 247

- Open 24/7

KEY

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

B Barber
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BS Bathroom/showers
C Counselling

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D Drugs workers
DA Debt advice
DT Dentist

EF Ex-forces
EO Ex-offenders
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F Food
FF Free food

RETHINK

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

MH, AS, AD, C, ET

SAMARITANS

116 123 (open 24/7),
jo@samaritans.org; samaritans.org
Provides support to anyone in emotional
distress or at risk of suicide.

SHOUT

Text 85258 (open 24/7) if you are in
crisis

www.giveusashout.org

Shout is the UK's first 24/7 text service,
free on all major mobile networks, for
anyone in crisis anytime, anywhere. It's
a place to go if you're struggling to cope
and you need immediate help.

**SOUTHWARK DAY CENTRE FOR
ASYLUM SEEKERS**

The Copleston Centre, Copleston Rd,
SE15 4AN

020 7732 0505; www.sdcas.org.uk

Tue: 12.30–5pm

Drop-in centre for asylum seekers and
refugees. Advice on housing, health,
education, training and employment.

MH, AS, CL, ET, FF, LF, MS

SUICIDE SUPPORTLINE

01708 765200;

<https://www.supportline.org.uk/problems/suicide/>

This is particularly aimed at those who
are isolated, at risk, vulnerable and
victims of any form of abuse. Please call
helpline or email:

info@supportline.org.uk

C

THE LISTENING PLACE

3 Meade Mews SW1P 4EG

020 3906 7676;

<https://www.listeningplace.org.uk/i-need-help/>

All our visitor appointments will be
a telephone-based service during
Covid-19. Please complete self-referral
form online.

The listening place is open for
appointments between 9.00 and 21.00
– 7 days a week.

Providing free, sustained, support, by
appointment for those who feel life is no
longer worth living. There is no 'drop-in'
or helpline service.

MH, C

YOUTH ACCESS

020 8772 9900; www.youthaccess.org.uk/

admin@youthaccess.org.uk

Local
contacts for mental health counselling,
advice and information.

MH, AD, C, 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



LGBTQ+

AKT (LONDON)

Unit 203, Hatton Sq Business Centre,
16/16a Baldwins Gdns, EC1N 7RJ

020 7831 6562;

www.akt.org.uk/refer

Mon–Fri: 10am–4.30pm Supports LGBT
16–25-year-olds who are homeless or
living in a hostile or violent environment
because they have come out to their
parents or care giver. Since Covid-19
supports young people online. Staff can
still be contacted as normal. If you have
any general enquiries email: contact@akt.org.uk

AH, AD, BA, DA, ET, TS Q

ANTIDOTE SERVICES (LONDON FRIEND)

London Friend, 86 Caledonian Rd, N1
www.londonfriend.org.uk

Was an LGBTQ+ drop in pre-Covid-19
offering a drug and alcohol service
targeted at the lesbian, gay, bisexual
and transgender (LGBT) community.
For support email counselling@londonfriend.org.uk; antidote@londonfriend.org.uk A drug and alcohol
service targeted at the lesbian, gay,
bisexual and transgender (LGBT)
community.

A, C, DW, SH

GALOP

0300 999 5428/0800 999 5428;

www.galop.org.uk

Offers support for LGBTQ+ people
experiencing hate crime, sexual violence
or trans phobia. On-line chat available.

AH, AD, C, MS, LA

GUYS@MARY'S

135a Praed St, London W2 1BL

020 3312 3405 / 3406;

www.imperial.nhs.uk/our-services/sexual-health-and-hiv

Free, confidential sexual health
service for men who have sex with
men, which provides sexual health
testing and treatment for men who are
experiencing symptoms and advice on
PEP and PrEP.

AD, MS, OW, SH

HACKNEY RECOVERY SERVICE

110 Mare Street, E8 3SG

0300 303 2611; www.wdp.org.uk/find-us/london/hackney-0

Mon–Fri: 11am–3.30pm (since Covid-19
no walk-ins - offering telephone
assessments only at this time.) Service
for people with problems with drugs.
Women only Wednesday afternoons.
Drop-in, prescribing, community detox,
BBV clinics, group work, key working.
Self-refer or get your key worker to help
you. Out-of-hours, please phone 0800
168 8669.

ET, CA, AH, BA, C, DW, NE

KEY

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LIFELINE BASIS SUBSTANCE MISUSE SERVICE

Royal Arsenal Medical Centre,
21 Arsenal Way, Woolwich SE16 6TE
020 3696 2640;
lifelinebasis.org.uk/
Pre-Covid-19 offered a unique, free and confidential substance misuse service in Greenwich. They work with those using cannabis; cocaine and party drugs; new psychoactive substances (NPS, formerly 'legal highs') and party drugs; steroids; alcohol (non-dependent); and 'chemsex'. Good links to local social enterprises which offer training, volunteering and employment.

[A](#), [AC](#), [DW](#), [OL](#), [OW](#), [SF](#), [LF](#), [ET](#)

POSITIVE EAST

159 Mile End Rd, Stepney, E1 4AQ
020 7791 2855;
www.positiveeast.org.uk/
Phone line from Mon–Fri:
10.30am–5pm.
Pre-Covid-19 did HIV testing.
Still offers Practical and emotional support and advice for people living with or affected by HIV in E London.
Option 1 psychological help.
Option 2 advice line on housing & benefits. Option 3 sexual health questions.

[MH](#), [AD](#), [BA](#), [CA](#), [C](#), [FF](#), [F](#), [IT](#), [MS](#), [OW](#), [SH](#)

QUEEN MARY LEGAL ADVICE CENTRE

Legal Advice Centre, School of Law, Mile End Rd, E1 4NS
020 7882 3931;
<http://www.lac.qmul.ac.uk/advice/>
Tue: 6–8pm (appointments only; termtime only)
By appointment only; term-time only.
Pink law gives free and impartial advice to the LGBT community.

[LA](#)

SOHO NHS WALK-IN CENTRE

1 Frith Street, W1D 3HZ
020 7534 6500;
www.clch.nhs.uk/
Closed since Covid-19 pandemic.

[MS](#), [SH](#)

SPECTRA CIC

St Charles Centre, Exmoor St, W10 6DZ
0800 5878302; spectra-london.org.uk/
Pre-Covid-19 were offering: Mon–Sun:
11am–4pm (drop-in) Health and well-being services, including sexual health, emotional resilience and wellbeing.
Outreach, social and therapeutic groups, support, health screening, counselling. Open every day for health check, HIV test, info. Daily outreach; check website for details.

[MH](#), [C](#), [ET](#), [OL](#), [OW](#), [SH](#)

[FC](#) Foot care
[IT](#) Internet access
[L](#) Laundry
[LA](#) Legal advice
[LF](#) Leisure facilities

[LS](#) Luggage storage
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STONEWALL HOUSING

2a Leroy House,
536 Essex Rd, N1 3QP
020 7359 5767 (advice);
stonewallhousing.org/
Specialist LGBT+ housing advice and support.

Housing support for LGBT+ people in their own homes, supported housing for young LGBT+ people, as well as free, confidential housing advice for LGBT+ people of all ages.

Since Covid-19 advice line Mon-Fri 10am-1pm.

Option 1 advice. Option 2 advocacy. Option 3 supported housing.

AH,AD,LA

SWITCHBOARD LGBT+

0300 330 0630;
switchboard.lgbt/

Mon-Sun: 10am-10pm (helpline)

For LGBT+ people who have experienced hate crime, sexual violence or domestic abuse. Supports lesbian, gay, bi, trans and queer people who have had problems with the police or have questions about the criminal justice system.

Phone or email **chris@switchboard.lgbt** or message via the website.

Can also help with bereavement.

LA,AD,MH

BRANDON CENTRE

26 Prince of Wales Road NW5

020 7267 4792;

brandon-centre.org.uk/

Contraception & sexual health advice
for under 25s

SH,MS,C,MH,AD

THE OUTSIDE PROJECT & STAR REFUGE

020 7359 5767; lgbtiqoutside.org/

The UK's first LGBTIQ+ crisis/ homeless shelter & community centre (run virtually since Covid-19 pandemic).

For referral, please download the form (**stonewallhousing.org/services/referral-form/**), phone the Stonewall Housing Helpline (**020 7359 5767**) or email Michael (**Michael.Nastari@stonewallhousing.org**). Stay connected: Join LGBTIQ+ people via video link to dance along to DJs and watch favourite performers from London's cabaret scene, plus other events at the Virtual Community Centre, email: **campaigns@lgbtiqoutside.org** or visit **sites.google.com/view/lgbtiqvirtual/home?authuser=0**

Main Space & Daily Community Socials:
12noon-1pm and 6-7pm for members to check in with each other for a friendly chat. Monday: Outside In Camden Hub, 6-9pm. This community hub used to meet in real life at Castlehaven Community Centre in Camden. You do not have to live in Camden to attend.

- **Cafe Queero:** Tuesday: 4-5pm
Homelessness Recovery Group is a peer support group for LGBTIQ+ who have experienced homelessness **<https://sites.google.com/view/lgbtiqvirtual/home/cafe-queero>**

- **Wednesday social:** 6-9pm
sites.google.com/view/lgbtiqvirtual/home/cafe-queero

- **Party Space Friday:** 9pm - 1am
Queer House Party in the Party Space. A weekly online party hosted by your favourite DJ Harry Gay. Special guests and performers.

SF