



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

Scotland List

ADVICE & HEALTH

CHILDLINE

www.childline.org.uk;

0800 1111

Free, confidential helpline for young people.

[MH, AD, C](#)

CITIZENS ADVICE

0800 028 1456 (Scotland)

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.

SCOTLAND'S DOMESTIC ABUSE AND FORCED MARRIAGE HELPLINE

0800 027 1234;

sdafmh.org.uk

helpline@sdafmh.org.uk.

Call or email 24/7. Helpline remains open during Covid-19.

Call or chat online. Advice available on website.

HEALTH IN MIND

40 Shandwick Pl., Edinburgh, EH2 4RT
0131 225 8508; health-in-mind.org.uk
 Monday-Thursday: 9am-5pm Friday:
 9am-4:30pm Map Website: <http://bit.ly/Ivct8>

A range of mental health and wellbeing services for people with housing and mental health support needs. You can self-refer to most services directly or ask your GP to refer you. Counselling; support for people from minority ethnic communities; combatting isolation by connecting people; art therapy; suicide prevention; support with substance misuse; health information; training and more - check website for details.

MH, AH, AD, C, TS, AC, ET

SAMARITANS (GLASGOW)

210 W George St, Glasgow G2 2PQ
0330 094 5717 www.samaritans.org/branches/glasgow/
 Everyday, 9am - 10pm Visitors welcome. Please call - a Samaritan is there to help you. You can take things at your own pace, whatever is troubling you, they will listen carefully and talk things through on a confidential basis.

C

SHELTER SCOTLAND

0808 800 4444; scotland.shelter.org.uk

Housing advice in Scotland: Your Rights 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.

AH, BA, TS

FOOD

AL-KHAIR FOUNDATION IN PARTNERSHIP WITH MADRASSAH AL-FAROOQ

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

0141 433 2686

Mon-Sat: 4.30pm-5.30pm (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 STREET

Glasgow G42 8QU
 Thu: 7pm-9pm (Soup run)

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

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

CADOGAN STREET

Corunna, 39 Cadogan House, Glasgow G2 7BA

Soup Kitchen 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

KAGYU SAMYE DZONG GLASGOW

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

0141 332 9950;

ksdglasgow.org.uk/

Email: Admin@ksdglasgow.org.uk

Sat: 1pm–2pm; soup and sandwiches

- St Simon's Church, Dunaskin St, Glasgow

Cadogan Street Soup Kitchen – every night, 9pm–10pm

Tibetan Buddhist group that provides food to anyone in need three times a week.

Part of the Glasgow Soup Kitchen group.

FF

H4TH (HELP FOR THE HOMELESS)

07966 062495; www.facebook.com/h4thhelpforthehomeless/

Cadogan Street, Glasgow - 8pm–10pm
H4TH is a weekly outdoor soup kitchen for free food and clothing.

FF, CL

MISSIONARIES OF CHARITY (HOPETOUN CRESCENT)

18 Hopetoun Crescent, Edinburgh EH7 4AY

0131 556 5444

Mondays, Tuesdays, Wednesdays & Fridays - 4pm Providing a full meal.

Sundays - 3.30pm

Ninety per cent of residents are over 40.

Ring or drop in 24 hours a day. Not step-free.

FF

QUEEN'S PARK GOVANHILL PARISH CHURCH

170 Queen's Drive, Glasgow G42 8QZ

0141 423 3654; qpgpc.com

Sun: 5pm–6pm (free meal, toiletries, clothing – 170 Queen's Dr, G42 8QZ)

During lockdown this has been a take-away service and a full sit-down meal will resume when possible in September. 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

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

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

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

FULL LIST
AVAILABLE ON
OUR WEBSITE



SOCIAL BITE (ROSE SREET)

131 Rose St, Edinburgh EH2 3DT
0131 353 0250; social-bite.co.uk/
 Monday to Friday 2pm-3pm
 Currently we are offering free food packages as a take away option during the Covid-19 restrictions.

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 353 0250; social-bite.co.uk/
 Monday to Friday 2pm-3pm
 Currently we are offering free food packages as a take away option during the Covid-19 restrictions.

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 353 0250; social-bite.co.uk/
 Monday to Friday 2pm-3pm
 Free take-away

FF

STEPS TO HOPE

07949 838666; www.stepstohope.co.uk

Steps to Hope is a non-profit charity dedicated to caring for the homeless and those suffering with addiction.

A, FF, D, LF

STEPS TO HOPE

St Columbus Church, 14 Johnston Terrace, Edinburgh, E14 2PW

07949 838666; www.stepstohope.co.uk/
 Monday Munchies 6pm, 3-course meal, pizzas, juice.

FF

STEPS TO HOPE

Jeffrey Street, Edinburgh
07949 838666; www.stepstohope.co.uk/

Mobile catering van route starts on Jeffrey Street, Tuesdays and Fridays: Serving burgers 5pm at Jeffrey Street, Edinburgh, approx. 6pm at Holyrood Road, then 7pm King Stable's Road

FF

STEPS TO HOPE

St Cuthbert's Church
 5 Lothian Rd,
 Edinburgh EH1 2EP
07949 838666; stepstohope.co.uk/
 Sunday Supper, 5pm 3-course dinner,
 1 night hostel, Sunday 8pm.

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

STEPS TO HOPE

Old Saint Paul's Church, 63 Jeffrey St,
Edinburgh EH1 1DH
07949 838666
'Souper Saturday',
Full cooked breakfast – Saturdays, 10am
to 1pm
FF

THE SALVATION ARMY (REGENER8+ DROP IN)

25 Niddry St, Edinburgh EH1 1LG
0131 523 1060;
www.salvationarmy.org.uk/
Crisis Intervention Support workers;
Gateway Visiting Support Offices;
safe space;
games;
chaplaincy;
rious activity groups.
AH, AD, AC, BS, BE, BA, CL, IT, L, LF, TS

WORK & TRAINING

APEX SCOTLAND

9 Gt Stuart St, Edinburgh, EH3 7TP
0131 220 0130;
apexscotland.org.uk
For offenders, ex-offenders and young
people at risk of offending, many of
whom may also be homeless. Their
services will help clients to move
onto employment, training or further
education. To find your local office, visit
the website.
AH, BA, CA, ET, IT

BETHANY CHRISTIAN TRUST (COMMUNITY EDUCATION)

65 Bonnington Rd, Edinburgh EH6 5JQ
0131 454 3119;
www.bethanychristiantrust.com/
ILA accredited centre.
ET, CA

CLAIRE MULHOLLAND COACHING CITY CENTRE

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

CRISIS SKYLIGHT (EDINBURGH)

Crichton House, Edinburgh EH8 8DT
0131 209 7700; [www.crisis.org.uk/
gethelp/edinburgh/](http://www.crisis.org.uk/gethelp/edinburgh/)
Mon–Fri: 9am–5pm
Please visit the website or phone for full
timetable and venue info.
AH, AC, ET, IT, MD, LF

EMMAUS GLASGOW

Emmaus Hse,
101 Ellesmere St, Glasgow G22 5QT
0141 353 3903; [emmausglasgow.
org.uk/](http://emmausglasgow.org.uk/)
Accommodation and work for 23/24
homeless people. No drink or drugs, but
Emmaus helps people with addiction
problems to access local services.
AH, CA, CL, ET, OL

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

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

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



YOUNG PEOPLE

BARNARDO'S (SAFER CHOICES)

3rd Floor Rear, 91 Mitchell St, Glasgow G1 3LN

0141 243 2393; www.barnardos.org.uk/saferchoices

Mon–Fri: 9:30am–5:30pm; Mon & Wed: 6pm–2:30am Confidential crisis service for people under 18. Phone the helpline (0800 085 2704) or email SaferChoices@barnardos.org.uk for support.

AD, A, C, DW, MS, OW

COUNCIL FOR HOMELESS YOUNG PEOPLE

71 Wilton St, Glasgow G20 6DF

0141 945 3871; www.qcha.org.uk/supported_housing/sheltered_housing

Support for homeless people 16–21. Referral only via GCC: 0141 302 2744.

AH, AD, BA, C, ET

EDINBURGH CITY YOUTH CAFE

11–15 Vennel, Edinburgh EH1 2HU

0131 229 1797; www.6vt.info/

Working remotely during lockdown so please contact us through the website. Drop-in, information, advice and support for people 14–25 on housing, homelessness, drugs, debt, education, training, health and emotional problems. Youth offenders project for 14–16-year-olds.

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

EDINBURGH RAPE CRISIS CENTRE

17 Claremont Cres, EH7 4HX

08088 01 03 02; www.ercc.scot

Mon–Sun: 6pm–midnight (helpline) Free and confidential emotional and practical support and information to women, all members of the transgender community. Phone or email support@ercc.scot. Young people aged 12–18 who live in Edinburgh and the Lothians and have experienced sexual violence can get help via the STAR project on star@ercc.scot.

AD, C

GLASGOW GEN R 8 HOUSING SERVICE

Westwood Business Centre, 69 Aberdalgie Rd, Easterhouse, Glasgow G34 9HJ

0141 771 6161;

www.actionforchildren.org.uk/in-your-area/services/youth-support-and-leavingcare/glasgow-gen-r-8-housing-service/

Mon–Fri: 9am–5pm Advice and support to people 16–24 and helps them to develop the skills they need to maintain a home.

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

NUMBER 20 (FOUR SQUARE)

Edinburgh

0131 221 2293; www.foursquare.org.uk/contact/

Email: no20@foursquare.org.uk

Temporary emergency supported accommodation for young women

MH, C, DW, OW, ET

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

PENUMBRA NORTON PARK

57 Albion Rd, Edinburgh EH7 5QY

0131 475 2380;

www.penumbra.org.uk/

Wide range of mental health services for adults and young people. Good leaflets on self-harm.

Phone or email enquiries@ penumbra.org.uk.

MH, A, C, DW, TS

QUARRIERS ('WHAT IF' PROJECT FOR MEN)

0141 638 5170;

www.whatifservice.org.uk

Supports men 18–25 with complex needs.

Young people receive housing support and therapeutic support (i.e. emotional support, access to counselling etc).

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

QUARRIERS ('WHAT IF' PROJECT FOR WOMEN)

Unit 5, The Quadrangle,

59 Ruchill St, Glasgow G20 9PX

0141 946 1116;

quarriers.org.uk/services/what-if-female-supportservice/

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

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

ROCK TRUST (ALBANY ST)

55 Albany St, Edinburgh EH1 3QY

0131 557 4059;

<https://www.rocktrust.org/get-help-now/> Advises, educates and supports young people.

MH, AH, BS, CL, C, FF, F, IT, L, TS

SAFFRON HOUSING

553 Shields Rd, Glasgow G41 2RW

0141 422 1112;

[southside-ha.org/ find-a-home/saffron-project/](http://southside-ha.org/find-a-home/saffron-project/)

Mon–Fri: 9am–5pm Accommodation and support for single minority ethnic homeless people (16–25) with low support needs.

Referral only – phone or email enquiries@ southside-ha.co.uk.

AH, BA, DA, TS

SAY WOMEN ACCOMMODATION PROJECT

3rd Floor, 30 Bell St, Glasgow G1 1LG

0141 552 5803;

www.say-women.co.uk/

Mon–Fri: 9:30am–9:30pm;

Sat & Sun: midday–5pm 24-hr emergency on-call service.

Support drop-in, helpline and accommodation for women aged 16–25 who are homeless or threatened with homelessness and are survivors of child sexual abuse, rape or sexual abuse. Step-free with lift access.

AH, C, MS, SF

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



SCOTTISH CHILD LAW CENTRE

40 Grove St, Edinburgh EH3 8AT
0131 229 6907;
www.foursquare.org.uk/our-services/accommodation-and-support/stopover/

Mon–Sun: 9am–9am Advice and shelter open to individuals between 16 and 21 years inclusive, who are either homeless or at risk.

AH, AD, BS, C, DA, ET, OL, OW

STREET LEGAL

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

LA, AD, ET, AH

STREET SOCCER SCOTLAND (EDINBURGH)

2 Bernard St, Edinburgh EH6 6PU
07480 979919;
www.streetsoccerscotland.org/latest/covid-19-update

You can also call Street Soccer Scotland FREE on 0800 334 5119

All sessions are FREE, open to anyone aged 16+ and are delivered across numerous venues in Scotland.

After the full lockdown and as we approach phase two on our return to the 'new normal', we have implemented our 'Covid Comeback'.

Call for more info.

LF

THE SPACE

257 London Road, Glasgow G40 1PE
0141 237 1221;
thespacescotland.org/
Friday-Saturday: 11pm-6pm (drop-in); Scotland's first 'Pay what you decide' community arts venue for events, workshops, food, non-alcoholic drink and laughter.

AC, F, LF, CL, MH, SF

Y-PEOPLE CALM SERVICE

15 Dava Street, Govan, Glasgow G51 2JA
0141 465 4579;
<https://www.ypeople.org.uk/our-work/youth-wellbeing/the-calm-project/>
Monday-Friday: 9am-5pm;
Offers a range of mentoring, counselling and supported accommodation services across Glasgow and the surrounding area. Phone for information and self-referral during weekdays. Support services are offered at flexible times, including evenings and weekends.

MH, C, SF

YMCA GLASGOW

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

AH, AD, TS



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

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(+44) 0131 225 6714 (Edinburgh)

(+44) 0141 352 7274 (Glasgow)

MENTAL HEALTH

ADVOCARD

332 Leith Walk, Edinburgh EH6 5BR
0131 554 5307, www.advocard.org.uk
 Monday-Friday: 10am-4pm
 Independent individual and collective advocacy services for people with mental health problems in Edinburgh (including the Royal Edinburgh Hospital).
 Individual advocacy also available to any prisoner in HMP Edinburgh. No drop in service - please phone to make an appointment. Text messages: 07920 207 564, email advocacy@advocard.org.uk.
MH, AD, SF

BREATHING SPACE SCOTLAND

0800 83 85 87;
breathingspace.scot
 Monday-Thursday: 6pm-2am
 Friday-Sunday: 6pm-6am
 Free, confidential phone service for anyone in Scotland experiencing low mood, depression or anxiety. Experienced advisors listen and offer advice. For out of hours contact Samaritans.
MH, AD, C

NHS INFORM - SCOTLAND

www.nhsinform.scot
 NHS inform is Scotland's online national health information service.
MH, MS

COMBAT STRESS (NATIONAL)

Tyrwhitt House, Oaklawn Road, Leatherhead, KT22 0BX
01372 587 000; <http://bit.ly/1tCYx2n>
 Monday-Sunday: 9am-9am (via helpline, text 07537 404 719 or email combat.stress@rethink.org)
 National ex-services charity offering help with Post Traumatic Stress Disorder (PTSD).
 Residential clinical treatment and community outreach. Helpline (0800 138 1619) is open 24/7.
MH, AD, C, OW

CROSSREACH (HEAD OFFICE)

Charis House, 47 Milton Road East, Edinburgh EH15 2SR
0131 6572000; 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

CRUSE BEREAVEMENT CARE

Riverview House, Friarton Road, Perth PH2 8DF
0845 600 2227; <http://bit.ly/2c1QBmu>
 Monday-Wednesday: 10am-9pm
 Thursday: 10am-9pm Friday: 10am-4pm
 Exists to promote the wellbeing of bereaved people in Scotland. They seek to help anyone experiencing bereavement to understand their grief and cope with their loss.
MH, C

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

GAMH

St Andrews by the Green, 33 Turnbull Street, Glasgow, G1 5PR
0141 552 5592; <http://bit.ly/1u6dtay>
 Monday-Thursday: 9am-5pm Friday:
 9am-4:30pm
 Emotional and practical support,
 information and advice for homeless
 people with mental health problems.
 Phone, write or just drop in.

MH, AH, AD, C

HEALTH IN MIND

40 Shandwick Pl., Edinburgh, EH2 4RT
0131 225 8508; health-in-mind.org.uk
 Monday-Thursday: 9am-5pm Friday:
 9am-4:30pm

A range of mental health and wellbeing
 services for people with housing and
 mental health support needs. You can
 self-refer to most services directly or
 ask your GP to refer you. Counselling;
 support for people from minority ethnic
 communities; combatting isolation by
 connecting people; art therapy; suicide
 prevention; support with substance
 misuse; health information and training

MH, AH, AD, C, TS, AC, ET

HELP FOR DEPRESSION

**[www.healthline.com/
 health/depression/help-for-
 depression#TreatmentFacts1](http://www.healthline.com/health/depression/help-for-depression#TreatmentFacts1)**
 An online comprehensive explanation of
 the various approaches and treatments
 for depression.

MH

THE CAMPAIGN AGAINST LIVING MISERABLY (CALM)

0800 58 58 58; thecalmzone.net/
 Calm is leading a movement against
 suicide. Email and chat on the website.
MH

HEARING VOICES NETWORK

86-90 Paul Street, London EC2A 4NE
0114 271 8210; hearing-voices.org
 A network for people who hear voices
 and see visions. If you want information
 about hearing voices groups, call 0114
 271 8210 email info@hearing-voices.org.

MH, C

HUNTER STREET HOMELESS HEALTH SERVICE

55 Hunter Street, Glasgow G4 0UP
**0141 553 2801; [www.nhsggc.org.uk/your-health/
 health-services/homeless-health-and-
 resource-services/](http://www.nhsggc.org.uk/your-health/health-services/homeless-health-and-resource-services/)**
 Monday-Friday: 9am-5pm (closed
 12.30-13.30;
 GP/nursing team from 13.30);
 Located in the Gallowgate area near
 Glasgow city centre, and brings together
 many of Glasgow's homeless health
 and social care services under one roof,
 alongside a dedicated GP service for
 homeless people. Outreach services also
 deliver care and treatment in 62 clinics
 in various locations such as the city's
 hostels and voluntary organisations.

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

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

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

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

FULL LIST
 AVAILABLE ON
 OUR WEBSITE



MIND (NATIONAL)

Monday-Friday: 9am-6pm
0300 123 3393; <http://bit.ly/11rhb2>
 Advice and support to empower 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

PENUMBRA

Norton Park, 57 Albion Rd, Edinburgh, EH7 5QY
0131 475 2380;
<http://www.penumbra.org.uk/coronavirus/>
 Provides a wide range of mental health support services for adults and young people. Good leaflets on self-harm.
 Phone or email enquiries@penumbra.org.uk.
MH, A, C, D, TS

SAMARITANS (EDINBURGH)

25 Torphichen St, Edinburgh EH3 8HX
0330 094 5717;
www.samaritans.org/branches/edinburgh/
 Everyday, 9am - 10pm Visitors welcome.
 Please call - a Samaritan is there to help you. You can take things at your own pace, whatever is troubling you, they will listen carefully and talk things through on a confidential basis.
C

SAMARITANS (GLASGOW)

210 W George St, Glasgow G2 2PQ
0330 094 5717; www.samaritans.org/branches/glasgow/
 Everyday, 9am - 10pm Visitors welcome.
 Please call - a Samaritan is there to help you. You can take things at your own pace, whatever is troubling you, they will listen carefully and talk things through on a confidential basis.
C

SANE (NATIONAL)

0845 767 8000;
http://www.sane.org.uk/what_we_do/support/
 Monday-Sunday: 6pm-11pm (SANEline)
 Information on schizophrenia, depression and bi-polar disorder in Bengali, Chinese, Gujarati, Punjabi and Urdu as well as English - check the website.
 Phone or email sanemail@sane.org.uk.
C

MH SUPPORT IN MIND SCOTLAND

6 Newington Business Centre, Dalkeith Road Mews, Edinburgh, EH16 5DU
0131 662 4359;
www.supportinmindscotland.org.uk/
 Monday-Friday: 9am-4pm
 Support and action for all people - homeless and not - affected by mental illness. This includes carers, friends and families.
MH

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

MORE SUPPORT

FRESH START

22-24 Ferry Rd Dr, Edinburgh, EH4 4BR
0131 476 7741; freshstartweb.org.uk
 Please call for opening hours. 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

THE MUNGO FOUNDATION (FAIRSTART)

31 Fairburn Street, Glasgow, G32 7QA
0141 778 2929; themungofoundation.org.uk/our-services/
 Support and accommodation for single homeless women (16-25), and single homeless mothers and children.

AH, CA, BS, BA, AD

THE RUNAWAY HELPLINE

116 000;
www.runawayhelpline.org.uk/advice/
 Free, confidential 24-hour helpline for young people who've run away or are thinking of running away. 1-2-1 chat service for people aged 11-17. If you're over 17, they can still support you through the free, 24/7 helpline by phone or text: 116 000.

AD

QUARRIERS (PROJECT/STOPOVER)

189 Pollockshaws Rd, Glasgow, G41 1PS
0141 420 3121; bit.ly/2MLTE5a
 Monday-Sunday: 9am-9am For men and women aged 16-25. Accommodation is on the upper levels of a four-storey building, so not suitable 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

QUARRIERS ('WHAT IF' PROJECT FOR WOMEN) SCOTLAND

Unit 5, The Quadrangle, 59 Ruchill Street, Glasgow, G20 9PX
0141 946 1116; <http://bit.ly/2ILitN6>
 Supports young women (18-25) with complex needs wherever they are - hospital, prison, B&B and other homeless accommodation. They don't exclude or give up on anyone.

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

SCOTTISH CHILD LAW CENTRE

54 East Crosscauseway, Edinburgh EH8
0131 667 6333; sclc.org.uk/
 Monday-Friday: 9:30am-4:30pm (hotline); Free legal advice service, by telephone, email and text message, on all aspects of Scots law relating to children and young people. All calls answered by fully qualified lawyers.

LA

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

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

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



QUARRIERS ('WHAT IF' PROJECT FOR MEN) SCOTLAND

0141 638 5170;

quarriers.org.uk/services/what-if-male/

Supports young men (18-25) with complex needs wherever they are - hospital, prison, B&B or other homeless accommodation.

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

SIMON COMMUNITY SCOTLAND (ROUGH SLEEPERS AND VULNERABLE PEOPLE SERVICE)

472 Ballater Street, Glasgow, G5 0QW
0141 418 6984; www.simonscotland.org/

Monday-Sunday: 8am-11pm (street outreach); 8am-8pm (crisis response); 9am-8pm (planned intervention); 10am-6pm (The Hub, London Road); 9am-9am (freephone)

A service for people who are experiencing homelessness and other difficulties and need consistent, long-term support.

Street Outreach Freephone: 0800 027 7466.

Phone numbers: 0141 418 6984 for Complex Needs, 0141 552 4230 for the Street Team and 0141 552 4164 (Information Hub)

MH, AH, AD, AW, DW, OL, OW

SIMON COMMUNITY SCOTLAND (NORTH LANARKSHIRE INTENSIVE HOUSING SUPPORT SERVICE)

Room 15, Atrium Business Centre, North Caldeen Rd, Coatbridge, ML5 4EF

01236 702 102; www.simonscotland.org/

Outreach support for individuals across North Lanarkshire who require support to find/maintain a tenancy.

TS

SURVIVORS UK

Unit 1, Queen Anne Terrace, Sovereign Court, The Highway, E1W 3HH

0845 122 1201; www.survivorpathway.org.uk/services/survivors-uk-men/

Helpline webchat: Monday-Wednesday: 6pm-9pm Wednesday & Thursday: 12pm-2:30pm

National helpline offering information and support to men who have been sexually assaulted at any time in their lives, and those who care for them. Awareness and training for agencies whose client group includes male survivors.

AD, C, SH

SURVIVORS OF BEREAVEMENT BY SUICIDE (NATIONAL)

0300 111 5065, uksobs.org/

Monday-Friday: 9am-9pm Support for people over 18 bereaved by suicide.

Phone or email support@uksobs.org, or visit the website to find your nearest group.

AD

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

LGBTQ+

AKT

www.akt.org.uk/contact

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

EACH

0808 1000 143 (helpline);

each.education/homophobic-transphobic-helpline

Monday-Friday: 9am–4pm (helpline);

Helpline and support for young people affected by homophobic bullying. Email: info@each.education

AD, C, LA

GALOP

0300 999 5428/0800 999 5428;

www.galop.org.uk

Helpline: Monday to Friday–
10:00am - 5:00pm.

Wednesday to Thursday–
10:00am - 8:00pm.

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, 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

LGBT YOUTH SCOTLAND

See website for branches

07984 356 512 (chat or text);

www.lgbtyouth.org.uk/

Advice for LGBT youth in Scotland.

Online chat and one-to-one support.

C, SH

SHAKTI WOMEN'S AID

Norton Park, 57 Albion Road, Edinburgh EH7 5QY

0131 475 2399;

<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

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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

SWITCHBOARD LGBT+

0300 330 0630;

<https://switchboard.lgbt/>

Mon-Sun: 10am–10pm

Phone, chat or email

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 **0300 330 0630**

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

Can also help with bereavement.

LA, AD, MH

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