



the Pavement

The free magazine for homeless people

Issue 129

Unbelievable

November – December 2020

Missing



Eleanor Tams

Eleanor went missing from Enfield, London on 24 June 2020. She was 49 when she was last seen. There is great concern for her welfare. Eleanor, 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.



Anne Vetvik

Anne has been missing from Glasgow since 13 February this year. She was 56 at the time of her disappearance.

Anne 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 Eleanor or Anne, 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

Unbelievable

The Ministry of Housing Communities & Local Government has just published how night shelters can run safely. What's clear is that staying in dormitory night shelters is an infection risk. All night shelters have been shut since 1 April, but Housing Justice says a year ago there were 182 winter night shelter projects in England and Wales – that's equal to 2,250 beds used by 9,021 people.

This winter rough sleepers will be given an indoor space when the temperature hits freezing, but there will be no more camp beds lined up in church halls. Who knew that would be something to miss?

Please use the centre pages of this mag to find food and recovery support. 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 is a section of a larger work by David Tovey called *I'm on the Pavement yet again*. Also see p12-13. © David Tovey

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Thursday 5 November 2020

HOMELESSNESS ENDS LIVES



Paint by Don Zellard

WE WILL REMEMBER THEM

A Vigil of Commemoration for people who have been

Homelessness end lives: we wish every success to the 2020 Vigil of Commemoration being held on 5 November at St Martin-in-the-Fields. Posted on our Facebook page it reached more than 550 people, many of whom will either be attending a socially distanced vigil, to remember people who have been homeless but sadly died in the past year, or watching online. Entry is at 11am, 11.30am, 12 noon and 12.30pm or follow on a live stream at:

- www.facebook.com/stmartininthefields

Read on p20 about how Maeve McClenaghan from the Bureau of Investigative Journalism researched her book *No Fixed Abode* and helped get the deaths of the “UK’s forgotten homeless” recorded by the Office of National Statistics. You can find out how to submit a memory or a death with the Museum of Homelessness on p21.

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



Shoes have names: the Shelter shop in King's Cross held a unique exhibition as part of London Craft Week in October. The *Shoes Have Names* exhibition brought together homeless stories with designers from across the world, forming an intricate, intimate collaboration. The exhibition was dreamt up by conceptual designer Jo Cope and Shelter, aiming to raise funds for the homeless charity. The concept was simple: every shoe tells a story. Individuals who had faced homelessness and had been supported in some way by Shelter were paired with an international cast of designers to translate their stories on to shoes. The result was a collection of deeply affecting stories told on dazzling designs.

© Jake Cudsi

• www.shoeshavenames.com/blog

Stop press

The Tory government has ruled that foreign rough sleepers look set to be deported from Britain from January 2021 when immigration rules change after Brexit. Rough sleeping will become grounds for refusal, and cancellation, of permission to be in the UK.

According to gov.uk, around...

25% of rough sleepers in the UK are foreign nationals

People from EU countries make up **22%**

4% are from non-EU countries

In London, almost half of rough sleepers are foreign nationals:

42% of rough sleepers are from EU countries

Non-EU rough sleepers equals **7%**

TURN TO PAGES A – P
FOR THE LIST OF SERVICES

Who benefits

The Bureau of Investigative Journalism has revealed that for every £1 of housing benefit collected by housing associations in **England**, 79p goes to private companies. The housing associations are paid rent by tenants, which in turn is paid to private companies for costly lease payments.

This leaves housing associations with just 21p to carry out pressing duties, such as repairs and building upkeep. The Bureau found that in some cases housing associations were charging disproportionately high rents to vulnerable tenants in order to cover lease payments. More than 260 councils in England use housing associations reliant on the lease-based system to house vulnerable people. The Regulator of Social Housing has issued 11 non-compliant regulatory judgements against these lease-based housing associations over the past three years. They've only inspected 12. Among the regulator's concerns were high lease payments, the structure of management and the living conditions they oversaw. Clearly this benefit system is failing those in most need.

- www.thebureauinvestigates.com/stories/2020-09-08/taxpayers-handing-millions-to-private-companies-for-housing-the-vulnerable

Coastal backtrack

Councillors for the coastal towns of **Bournemouth, Christchurch and Poole (BCP)**, have failed in their attempts to fine homeless people for sleeping in doorways. The councillors proposed pushing through with the fines, which were a particularly harsh feature of the council's already discriminatory Public Spaces Protection Order (PSPO). The much maligned PSPOs, reported frequently in *the Pavement*, routinely infringe on homeless people's freedoms and rights. BCP council was working on introducing a PSPO to deter "professional" beggars, in the words of the council's Liberal Democrat leader Vikki Slade. Slade runs BCP with an alliance of other parties and independents. The *Bournemouth Echo* reported in early September that efforts to include the punishing fines as part of the PSPO were unsuccessful, in part due to an online petition signed by more than 6,000 people.

Helter-skelter

Housing Justice, the national membership charity for night shelters, has warned that new social distancing measures in the UK could, in some cases, triple the costs of running winter shelters. Housing Justice fears shelter populations could be cut by up to two-thirds. The *Guardian* quoted the organisation's



Don't walk on by: activists from Labour Homelessness Campaign, Homes for All Alliance in Tower Hamlets, and other groups, organised a homelessness walking protest from Tower Hamlets to Hackney in September.

© Tom Zagoria

chief executive, Kathy Mohan, saying "cold weather night shelter projects will offer significantly fewer beds this winter".

- Similarly, **Crisis at Christmas** will be very different this year. Gone are the community spaces, so less volunteers will be involved. Crisis has booked rooms but you will need to be referred at crisis.org.uk

Old world news

Figures released in September show the exponential rise in people sleeping rough in **London**

continued unabated pre-lockdown. Data compiled by the Combined Homelessness and Information Network (Chain) revealed 10,726 people had spent a night without sheltered accommodation between April 2019 and March 2020, a 21 % increase on the previous year's figures. The number of people sleeping rough in London has risen 170 % since 2010. **Westminster** tallied the highest number of rough sleepers in any borough, with 2,757. **Newham** (with 724) and **Camden** (with 639) recorded the second and third largest number of people sleeping rough in the capital.

Need shown: with a new outreach worker during lockdown the Outside Project had two hotels in central London. One was exclusively LGBTQI+, and the other for people with higher support needs. See more on p26.

© Outside Project



TURN TO PAGES
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OF SERVICES

Phoenix rising

Some devastating news quickly followed up by heart-warming news in **Manchester**, where the victim of arsonists raised more than £70,000 to replace the food trailer they torched. In an attack that police suspect was racially motivated, Nigerian-born David Kamson's Moston-based food van was burned down in September. Kamson cooks for numerous homeless charities in Manchester, and with the help of more than 6,700 individual donations to his Go Fund Me page, hopes to have a new food van operating soon, the *BBC* reports.

A bed of tulips



The *Tennessean* reports on the valiant efforts of the House of Tulip (Trans United Leading Intersectional Progress), a project aiming to create the first shelter for transgender and gender non-conforming homeless people in **New Orleans**, USA. Having raised more than US\$400,000 by early October, House of Tulip was set to purchase a multi-unit home in the city as *the Pavement* went to press. The site will offer accommodation for up to 12 people at a time. The advocate group aims to have the building operating by spring 2021, while co-director of the project Milan Nicole Sherry said she hopes “to have many Tulips across New Orleans.”



Man with van: Peter Krykant's mission to build a mobile drugs consumption room in **Glasgow** saw him open a converted white minibus in September. Nine people used the bus on its first day open, with plans to run the service twice a week, and longer-term sights set on having drug consumption rooms around Glasgow. Krykant, formerly homeless and a recovered substance abuser, told *AFP* "we need to stop criminalising people". He believes safe drug consumption rooms could save hundreds of lives.

© Mark Gillies, insta: @magphoto__

Record success

Housing First for Youth was set up by The Rock Trust and Almond Housing in September 2017 to provide stable homes for 12 care leavers aged 16-25 at risk of homelessness in **West Lothian**. Three years on, the project proudly reports that 92 % of the young people they've housed have sustained their tenancies, according to the *Daily Record*.

Shelter needed

Analysis from Shelter Scotland has revealed there are about 70,000 children in **Scotland** on social housing waiting lists – equivalent to 20 children in every school and about 40,000 households. Scotland's Housing Minister, Kevin Stewart, was quoted by the *BBC* bemoaning the

"necessary pause" in the delivery of social homes because of the impact of the Covid-19 pandemic. In late August a National Statistics Publication revealed there were 31,333 homeless households in Scotland in the year March 2019 to March 2020.

Unsuitable accommodation

New laws and regulations introduced in Scotland threaten to leave councils with a shortfall of emergency accommodation, according to *Inside Housing*. Up to 1,000 beds **Edinburgh** council uses on a temporary basis for homeless people will be deemed unsuitable in January, when a law restricting councils' reliance on B&Bs and hostels takes effect. ■

Hard to believe?

Over the past few months Covid-19 adaptations have often made the news seem as if it was April Fool's Day...

In the book *Alice in Wonderland* by Lewis Carroll a character admits that: "Sometimes I've believed as many as six impossible things before breakfast." You too have probably noticed these are strange times. So, here are six reasons, plus one for luck, why this issue of *the Pavement* has the theme "unbelievable".

1. THIS COULD BE YOU: A Streets Kitchen volunteer after handing out cooked meals at Camden tube (every Wednesday at 7.30pm and other times, see centre pages) said: "They have that shell-shocked look. They don't even know they are homeless." The hidden homeless use sofa surfing, squats and unsafe housing.

- **You can get help by approaching your council, see p 31.**

2. CURIOUS AND CURIUSER: Prime Minister Boris Johnson (Conservative) in the Liaison Committee (27 May 2020) on being told by Stephen Timms MP (Labour) that two of his East Ham constituents have leave to remain in the UK but No Recourse to Public Funds (NRPF) so can't get any help. Timms said: "Isn't it wrong that a hard-working, law abiding family are being forced into destitution?" But PM Boris clearly didn't know how

the NRPF was affecting people. He said: "Hang on Stephen, why aren't they eligible for Universal Credit (UC) or employer support allowance?"

Timms: "It's a very good question, it's because they've NRPF: that's the condition that's attached to their leave to remain. They've been here for years. Their children are born in the UK." Floundering, Boris gave a politicians' answer: "I'm going to have to come back to you on that. Clearly people who've worked hard and live and work here should have support of one kind or another."

- **In theory that's a promise to look at the 'no recourse to public funds' condition but by October there was still no update from Boris.**

3. GONE MISSING: Homelessness Tsar Dame Louise Casey stepped down in August as head of the government's Rough Sleeping Taskforce. Initially she was leading a review into rough sleeping but then was put in charge of the Everyone In scheme that saw 15,000 rough sleepers and insecurely housed people brought into hotels and temporary accommodation during the Covid-19 lockdown.

Unemployment and redundancies

Help yourself:

Helping pack bags of period products from the Tricky Period are Caroline, Daniella and Jane. You can request a large or small bag; tampons or pads at the Shower Box, St Giles church on Saturday 11am – 3pm and all Streets Kitchen events.
www.trickyperiod.com © JC & SS



may be rising but the Homelessness Tsar post is vacant.

- **Tips about claiming UC on p16.**

4. MENTAL HEALTH: Richard, 26: "I'm legally homeless because of a situation with my family not letting me back in, but this is not seen as an emergency case. I'm back and forth to the council but nothing's been resolved. I can't get through to the right people and they don't call you back or reply to emails. I only slept in a hostel one night because I said I was going to kill myself."

- **If things are getting to you phone the Samaritans 116 123 (open 24/7) or email jo@samaritans.org. Or you can text SHOUT on 85258 (open 24/7).**

5. EVICTION: Thanks to Covid-19 for five months there's been an Evictions Ban keeping people safely in their homes. This "armistice" as one of *the Pavement* readers called it, has

ended putting many renters at risk of losing their homes.

- **Shelter warned that lifting the evictions ban could affect 250,000 people. While Labour leader Keir Starmer MP warned it could trigger a homelessness crisis (see p15).**

6. WEIRD: Phrases learnt during the Covid-19 pandemic that need looking up: "Sorry I'm on flexi furlough leave."

- **Yes, that may be why the daycentre isn't open.**

7. HUNGRY: By September the Trussell Trust found that over half the people using food banks – almost 100,000 households – had never used one before. They also found that two in five households needing to use a food bank were families.

- **Use the List in the centre pages of this magazine to find a free hot meal.**

Boarded up

Author and writer *David Tovey* shared his painting *I'm on the Pavement yet again with the Pavement* readers. He says: "I couldn't just explain the picture in one paragraph, so I wrote it in sections like poetry"

Finally Broken

There's only so long you can be homeless for. For some it's a matter of days, others it's years, but there will be that day when you completely break. That day you either die or you get off the streets.

Barbed

Life on the streets is hard, made harder by the government policies that are designed not to help the single male. Every time I asked for help, I was turned away. This brick wall covered in barbed wire was there just stopping me from getting off the streets, clinging to parts of my soul every time I tried to get over it. Even though I'm no longer homeless; part of my soul is and will always be.

Boarded up from the Inside

No one ever sees the real David any more, I boarded his soul up many years ago. I found it easier to lock him away, than to show him. The daily pain, the illness, the self-torment are all left behind those boards.

In a nutshell

- If your mental health or situation is stressful talk to the Samaritans on **116 123**. For another source of support text SHOUT. See the List in the centre for numbers.
- Drawing and writing can help. David now works at Arts & Homelessness International, see www.with-one-voice.com
- St Mungo's Recovery College can help keep you busy or learn skills. During lockdown they were online so check to see what activities you could join on **0203 239 5918** (Mon–Fri, 10am–5pm or email recoverycollege@mungos.org)

Free as the Birds

When you make that decision to end your life, everything becomes clear and your mind focused. I felt as free as the birds in the sky, flying and diving, and I finally felt peace.

Asylum

I'm in this living hell, four walls. No doors. Locked in a padded cell. From the outside I look in control, but it's all a façade. I'm tormented 24/7 by oneself, I feel as if I'm constantly headbutting a wall, damaging my brain, smashing my face, breaking my skull. But then there's that bright light, that flash of hope, that something that makes me see....



Creative healing in David Tovey's *I'm on the Pavement yet again.* © DT

Tracks

So many tracks to walk down, so many to get lost on. I just want to get on one and see if I can stay on it, but my illnesses and mental health always throw up a bloody wall.

Not My House

Locked out. Punished for being poor, broken by mental health and addictions. I stand, stare and dream. Keep dreaming, keep dreaming! Not my house, never will be.

Gutter

Another night in the gutter. It's raining, I'm freezing cold but I'm well hidden, I must be as people walk by, they don't see me, I don't see me. I don't see my reflection; all I see is the floor where I sleep in the gutter.

My Stairway

Living with several terminal illnesses that will eventually kill me, gives you a completely different outlook on life. Mine seems to be a stairway, every day is another step used up. Not knowing how many steps I have left on that stairway.

Light and Dark

That mental health stairway making your day: the light for a good day or dark and bad. What side of the stair will today be?

Message for God

I tried to take my life a few times over the past six years and luckily I'm still here to talk about it. I'm leaving a message to God: "You haven't got me yet!" ■

Pitch perfect

What's it like wearing PPE? *Big Issue* vendors know

"Visors were quite challenging for our vendors in the heat, really sweaty," says Beth Thomas, Head of Partnerships at the *Big Issue*. "Now we've said use what PPE is comfortable so many vendors stick with the mask."

Another change is vendors being able to offer their customers cashless payments. "We started the trial in December 2018 and in January 2019 we had 20 vendors across the UK. Now around 420 vendors are able to accept cashless payments," adds Beth. "Some just needed the card reader, others needed help finding a birth certificate, photo ID, bank account, getting a smart

phone and a £20 top up for data allowance."

Accepting cashless payment is the first phase of the *Big Issue*'s Financial Digital Inclusion programme. Next step will be helping vendors build their credit rating, so they have access to the same services as their customers and are not having to rely on expensive pay-as-you-go phones. If you're interested in this kind of life turn around, you'll need to be a *Big Issue* vendor.

- Find out how to make that move in the centre pages of this mag. Or check www.bigissue.com/become-a-vendor



Keep it clean:

Martin McKenzie's tip is to clean visors using wipes. Martin is a *Big Issue* vendor in Finsbury Park with hopes to run a mobile cycling business. He's also a columnist for *Big Issue* magazine writing about bike fixes.

© Pavement

TURN TO PAGES A – P
FOR THE LIST OF SERVICES



Safe selling:

Since July 6 the *Big Issue* has had 2,014 people engage with them wanting to sell the magazine. *Big Issue* is also being sold via subscription, and some of that money goes back to local vendors.

See www.bigissue.com

© Louise Haywood-Schiefer

Eviction response

Covid-19 has some people thinking about changes for the better

Big Issue founder John Bird launched the Ride Our Recession Alliance (RORA) to ensure no one loses their home due to Covid-19. The RORA campaign's main aim is to keep people in their homes "so that their children do not become broken and depressed and condemned to never-ending temporary accommodation."

RORA partners include *Big Issue*, Shelter and Nationwide. The key message from RORA is that government can implement measures so that people remain in their homes, in training or employment.

But Shelter reckons that 230,000 households face rent arrears because of Covid-19. So it was grim to learn that Housing Secretary Robert Jenrick announced that eviction proceedings will be heard in courts from September 21. However, renters will be offered the protection of an extended six-month eviction notice period and a 'Christmas truce' to ensure that no one can be evicted over the holiday period. A similar truce will be brought in for any area that is under local lockdown.

Homes for All, a non-party alliance of tenants, trade unionists and local housing activists, argue that the government's action does not honour the pledge made at the start of the Covid-19 crisis when ministers vowed that "no-one will lose their home during a pandemic".

- **More about avoiding homelessness and creating jobs at**
www.bigissue.com/rora



It's me, honest

Ian Kalman finds the move to Universal Credit stressful

When Universal Credit (UC) was rolled out it was said to be the future of the benefit system. The government said that by 2017 everyone would be on it. We are now coming to the end of 2020 and there are parts of the country with people still on legacy benefits such as Jobseeker's Allowance (JSA) and Employment & Support Allowance (ESA).

At present the only way you are forced to apply for UC, unless your area is migrating over, is if you have a change of circumstances. I myself am facing this as I have moved address. I am finding it frustrating as now I must prove who I am!

I know there are advantages of being on UC, one is if you do any paid work, then benefits are still paid, unlike JSA which just stops.

There is one other advantage. When the lockdown started it was announced that everyone on UC would receive an extra £20 a week for one year. You may ask what about people on the 'legacy' (old) benefits? They were not forgotten: they received an increase of 1.7 %

So in my mind the government created a 2-tier poor system. This increase is only for one year, so, in April 2021 those people on UC will find their benefit cut by



Follow @pavement_magazine on insta with #pavement pic. This fab image is from. © Mat Amp

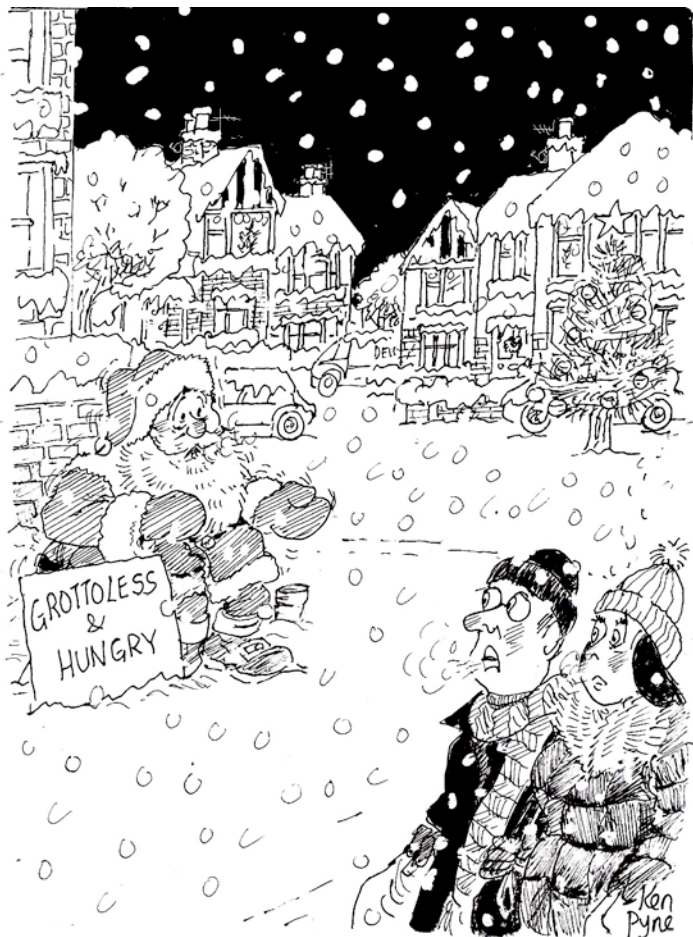
In a nutshell

- To apply for UC you do not need a permanent address, but you do need an email and a password you can remember. You will need to check your email regularly.
- If you are turned down, it's OK to appeal and there's a really high success rate.
- More info at: www.gov.uk/universal-credit

Skill up

All courses on the government's Skills Toolkit are free. You can get basic digital skills – from Word to Excel; learn bookkeeping or brush up on practical maths. There are even wellbeing courses. See theskillstoolkit.campaign.gov.uk

approximately 26 %. I will be watching this with interest because by that time I will be a pensioner. ■



"IT'S HARD TO BELIEVE THAT AMAZON, DHL
& OCADO HAVE BROUGHT HIM TO THIS"

Six degrees of separation

WARNING: contains upsetting content. *McGinlay's* focus on this issue's theme unpicks the links between abuse, power and corruption.

In the late '90s, during my teens, I remember hearing a black woman in her 40s, fiercely vocalising the institutional racism she was facing. She wasn't being 'over emotional, aggressive or dramatic' – all dismissive slurs against assertive women. After telling me her experiences, it was apparent she had every reason to be furious. I thought three things:

- 1. This woman has been screwed by the system & it has f*cked with her head.
- 2. This woman is talking about something I don't fully grasp and there's nothing I can say to change her mind or ease her pain.
- 3. My gut screamed, 'You might wanna look this up, it's already happening to you.'

I had just come out of (escaped) foster care, so was starting my independence at 16 years old, thanks to social services' incompetence... Hold that thought.

You know that saying, there are six degrees of separation between people? Well at this point, get yourself a cuppa and a box of tissues, because here are my six degrees:

1. I ran away from home to social services at 14 because my violent mother and cokehead stepdad are abusing the f*ck out of me and I'm petrified on a daily basis. Paedo pappy knew I was raped at knife point at the age of 6 by my mum's Satan-worshipper brother, who threatened to kill me if I told anyone. Bearing in mind I couldn't speak properly until eight-years-old, due to Autism/Asperger's, I only finally managed to tell my mum at the age of 11.

2. Between 14–16, I'm abused further by foster carers' family members, sneaking into my room at night. I start experiencing blackouts and nightmares on a daily basis. By 16, I can't take foster care anymore because social services have now moved me around four foster homes in two years.

3. At 16, social services agree to put me into a semi-independent living situation. Thanks to them, I'm placed in a grotty cockroach infested B&B, also crawling with crackheads, groomers and gang members, in Sussex Gardens, Paddington, just around the corner from St Mary's Hospital, where I was born.

Challenging racism

- This shocking personal story by McGinlay, a woman of colour, charts her experience of abuse by people who had power over her.
- Institutional racism (aka structural racism) is happening all the time in the UK. It's not blatant racism (which is illegal), it's more the attitudes, behaviours, actions and processes that BAME people face in everyday life and work. The TUC (trade unions) calls it "the exertion of power and privilege based on race and class."
- *The Pavement* says: things should change as Black Lives Matter raises the issue more. Also in October Harry and Meghan (Duke and Duchess of Sussex) did an interview with the *Evening Standard* warning that "young people of colour will be held back as long as structural racism exists."

4. Within six months of staying in this hell hole, people were trying to groom me into the sex industry. I was beaten up on a regular basis, drugged and raped for not joining the gangs. One punishment involved being beaten up by two girls in the corner of a shower, while a third girl turned the temperature up and down to freezing, then boiling, and stripped me naked. They didn't know this, but I was two months pregnant. Without explaining the whole horror of my ordeal and losing my baby, I convinced social services to move me again to a young women's hostel.

5. Let's fast forward to 2019, Jeffrey Epstein's crimes, Netflix's show *Dirty Money* and that pathetic Prince Andrew TV interview. I believe every word of all the victims.

6. Are victims chosen to be abused based of family disfunction? Like in my case: my mother was an alcoholic prostitute. Is this why I have been targeted for a large part of my life by predatory individuals?

I feel like I have missed something here... Oh yes, institutional racism, did I forget to mention I am a woman of colour?

- If you are suffering trauma from life events get help from: www.nhs.uk
- Email support@sane.org.uk or leave a message for Sane on 07984 967 708 to be rung back
- Resources at www.mind.co.uk



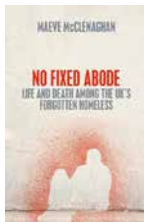
Cold comforts

Suddenly writers seem to be noticing individuals who are homeless. New books reviewed by *Sarah Hough*

Little Miss Homeless by *Harriet Earle-Brown* (free from harriet.earle-brown@outlook.com or £5 via issuu.com/harriet_eb) has got to be the most real short story about a woman experiencing homelessness I've ever read. It's also beautifully illustrated with the simplicity of the popular *Mr Men* children's book series. It cuts right to the issues and doesn't shy away from capturing the experiences of many woman experiencing homelessness. The story of *Little Miss Homeless* will resonate with anyone with lived experience of homelessness and serves as a great tool to promote a gendered approach to services.

How to be Hopeful: your toolkit to rediscover hope and help create a kinder world by *Bernadette Russell* (Elliott & Thompson, £12.99) is the insightful journey of the author away from depression and negative thinking to becoming more hopeful. This book's practical exercises are helpful to frame your goals and passions and to reconnect you to what is important: kindness, love and respect. However, as I thought of my time on the streets, I remembered how hard it was to be hopeful when faced with discrimination and barrier after barrier. I guess it's much easier

to be hopeful when you are housed, supported and part of a community.



No Fixed Abode by *Maeve McClenaghan* (Picador, £20). At the time of year when we gather at St Martin's in Trafalgar Square to mourn the loss of those who have

died experiencing homelessness, *No Fixed Abode* is particularly relevant. The book was hard to put down and follows the journey of journalist Maeve to learn about life and death among the UK's forgotten homeless beginning with the death of Tony, a man who died outside the very house he had been evicted from. Maeve started her investigation trying to find out how many people experiencing homelessness had died in 2018. But Maeve discovered that coroners and local authorities were not keeping count of those who had died. Even the Office for National Statistics (ONS) didn't have a system in place to record these deaths. Furthermore, no adult safeguarding reviews were taking place and so nothing was learnt about prevention or what mistakes were being made.

DON'T FORGET TO TURN TO PAGES
A – P FOR THE LIST OF SERVICES



The **Dying Homeless** project started by the Bureau of Investigative Journalism, which led to *No Fixed Abode*, is being continued by the Museum of Homelessness. You can collaborate with the project, either by submitting tributes and memorials of people you know who have passed away in 2020 or by contributing to the national network. Contact Miranda Keast on miranda@museumofhomelessness.org

© Aparna Maladkar

Maeve met with family members, front line workers, people experiencing homelessness, coroners, professionals and service providers to seek information about those who died, including details of their childhood, family life and the details of their death. The saddest thing for me was that many of these deaths were preventable but funding cuts to mental health services, substance misuse services and years of austerity have left many people out in the cold with little or no support. Maeve's research revealed the first ever national figure for those who had died experiencing homelessness in 2018: 449 people. With winter approaching in the midst of a global pandemic this work can't be ignored. Already Maeve's work with the Bureau of Investigative Journalism has been revolutionary in what it has

achieved as the ONS published the first ever official data on the deaths of people experiencing homelessness.

I highly recommend this book to policy makers, frontline workers and all professionals working with people experiencing homelessness. I would also recommend it to anyone who is experiencing homelessness and their families.

Crisis Skylight Brings Hope & Stability by Luckner Pierre, £10.99 is a self-published 24-page booklet. It includes stories, poems and recovery tips by coffee-loving Mr Pierre. Booklets like this which share your recovery story or resilience skills are free to make in paperbacks and Kindle eBooks using the Amazon KDP template at: https://kdp.amazon.com/en_US

Healing art

Morning on Beech Ward is a poem by George Robertson

"I was recently discharged from Bolton Hospital where I spent one month after being placed under Section 2 of The Mental Health Act. During my section I was told I had been evicted and therefore rendered officially homeless. I picked up a copy of *the Pavement* at the reception and found it a thoroughly good read. It mentioned to get in touch for poetry related topics. So, here is a poem I penned during my section."

**Waking up to drink bitter coffee
and smoke cheap, imported
cigarettes,
to talk about broken bones and
bad acid trips,
to talk about morning shits and
watch maniacs pace the halls
arguing with God**

**Waking up,
because you have to wake up –
to drink your bitter coffee and
smoke your cheap, imported
cigarettes
because if you didn't wake up –
you couldn't talk about broken
bones, bad acid trips, morning
shits, or watch the maniacs pace
the halls arguing with God**

**Waking up,
because you are still alive, and**



Chris Bird: "Art is part of my recovery from mental health problems. In a society where money is the priority it is tough to be on the margins. Creating something makes you feel worthwhile and connects with other people. The portrait is of a friend on the psychiatric hospital ward I was on, who, like me, experienced homelessness." © Chris Bird

**when finally you do not wake up
somebody else will
and they will drink their bitter
coffee, smoke their cheap,
imported cigarettes
talk of broken bones, bad acid trips
and morning shits
and it is them who will watch
the new maniacs, pace the new
corridors and argue with new Gods. ■**

Safety first

Simone Lincoln from Central and North West London NHS CLASH services talks dams, dams and safe sex

CLASH, which stands for Central London Action on Sexual Health, offers free and confidential testing, advice and information for all your sexual health and contraception needs. To talk to the CLASH team call 0203 317 2855.

CONDOMS & DAMS Sexually transmitted infections (STIs) can be passed through oral, vaginal and rectal sex, and some through skin-to-skin contact. Condoms and dams are great for protecting against STIs and should be used for all types of sex, every time. They are available for free from most sexual health clinics.

SAFETY FIRST Your safety should always be first priority. If you are in immediate danger call 999. If you are a victim of domestic abuse, client violence and/or harassment, or forced sex work/trafficking then please seek help. Contact the team today.

TEST & TREAT It is important to have regular screening for STIs and review of contraception needs if sexually active. Ideally this should happen every three months.



© CLASH

CONTRACEPTION There is a contraception method out there for everyone – pills, patches, vaginal ring, injections, implants, IUS, IUD, male and female condoms.

DO NOT OVER WASH Genital skin is very sensitive. You should never wash inside the vagina (douching). Use plain water on the outer skin only or if needed, you can use a mild non-perfumed moisturiser for the external skin only.

HOMELESS OR WORKING IN THE SEX INDUSTRY CLASH can help arrange support and screening for those who are homeless in the Camden, Islington and Haringay areas of London. CLASH also provides walk-in clinics for people of any gender working in the sex industry. They are at:

- Mortimer Market centre, WC1E 6JB from 8.30am–1pm Mondays & Fridays
- Archway Centre, N19 5SE from 12 noon–4pm Thursdays

Better believe

Round-up of the 21st century lowlights and some positive personal changes *by Mat Amp*

The past few years have produced a burgeoning list of the unbelievable. Atop this list sit the new caricature leaders of the free world, Dozza and Bozza, the twin *Spitting Image* puppets made flesh. What a pair of unbelievable clowns.

How did we get here? After the E-fuelled rampant idealistic hedonism of the '90s, the new Millennium fast became the era where nothing was unbelievable because we believed in nothing. Connection gave way to voyeurism and a rash of reality TV shows featured wannabee TV presenters acting anything but real.

It was unbelievably contrived but inevitably led to far more sinister form of reality-based entertainment like *Bum Fights*, a homemade show produced by a couple of 16-year-old middle class kids, that videoed homeless guys battering the shit out of each other, pulling out their own teeth and getting BUM FIGHTS tattooed on their heads.

The teenagers sold their creation for millions but before you get too pissed off, rest assured that they shared that wealth with the actors. While most of them got at least a beer for their pain and suffering, some received as much as US\$10

Take courage

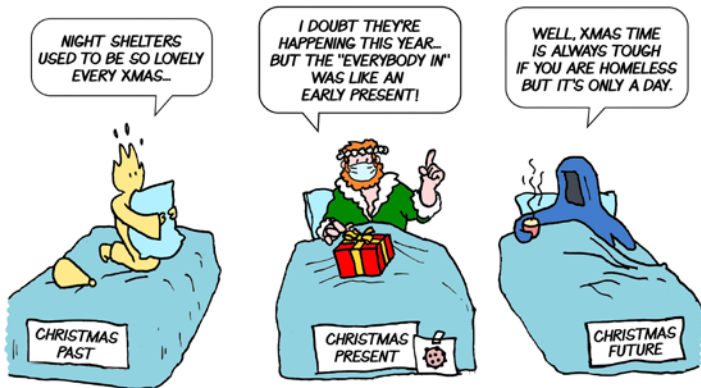
- Volunteering with *the Pavement* and Poached Creative (now defunct) took me to ...
- Groundswell where I got a part-time job running a writing programme, From the Ground Up
- Supported Permitted Work allowed me to work part-time as a project worker gaining invaluable experience researching
- The week I wrote this column (October) I got a full-time post helping to run Groundswell's community journalism project. Find out more www.groundswell.org.uk
- When I was on the street, sticking a needle in my arm five times a day this all seemed a million miles away, but I've got this job because of that experience not in spite of it.

just for ripping out a tooth without anaesthetic.

The truffling oinkery continued, with the total and utter bankers devising ever more clever ways to milk investments, ramping up the stakes and hiding the risk until the entire ivory tower collapsed into a twirly steaming pile of canine doings.

And in the 12 years since, austerity policies have punished the

CHRISTMAS CAROL 2020



BY IOANNA TOUFEXI

poor while quantitative easing has rewarded the well-off for levelling our economy to ground zero.

And then the Covid shit show surprised us and the world will never be the same.

In this country at least, the homeless sector's proactive and coordinated response stands in stark contrast to a government policy which could best be described as resembling a game of Whac-a-mole in which the moles are not the only blind things participating. Big up to Pathway which has led the charge with founder Al Story at the helm devising the Covid-19 Homeless Sector Plan which put simply, has saved a lot of lives.

Although the homeless hotels

have been a bit hit and miss, with some people lucking out in fairly decent gaffs, while others ended up in less salubrious establishments, the health outcomes have been unbelievably positive. Covid-19 transmission rates are in line with the general population, whereas the estimates if nothing had been done, projected a figure as high as 40% – which is, unsurprisingly, the estimated current infection rate in the US where they've done sweet FA for their homeless community.

While our government may be as much use as a sun bed in the Sahara, there are an increasing number of us working in the homeless sector who care because we've been out there. Believe it, we've got your back. ■

Activist

Queer homelessness activist
Carla Ecola explains what
motivates their work

Carla Ecola is founding Director of the Outside Project which is the UK's first LGBTQI+ community shelter and centre. They also set up STAR refuge (for people fleeing domestic abuse). Since their mid 20s Carla's work with homeless people has been inspired by their own experience of being homeless, without actually realising that squatting on the rave scene made them homeless.

"I came to London from Birmingham in my early 20s. Like a lot of LGBT people, I was just looking for a fresh start, but knowing that we needed to be in a city that would be safe for us and we could connect." But being short of cash doesn't make for safe housing.

"Once we were in a site in Mile End that was going to be demolished for the Olympic Village. There were a lot of squatters – young people with no money, no guidance and a lot of drama. That's the thing about being homeless and not recognising yourself as homeless or that the people around you are homeless. We were all just partying and pretending that everything is OK. You don't want to be that person who fails moving to London.

To try and get their head sorted Carla went into the Crisis Skylight



With a new outreach worker during lockdown the **Outside Project** had two hotels in central London: one exclusively LGBTQI+, and the other for people with higher support needs.

Centre on Commercial Street to use their art studios and do tai chi. "They were very set on the idea that I was going to resolve my homelessness. But I wasn't ready to leave my squat 'family' and scared of the whole idea that I was 'homeless', but within that one conversation I was asking, 'How did you get your job?' They sent me information about working with vulnerable people and a college course which was all about volunteering in the homelessness sector. So, I ended up as a homeless young person working in a homelessness service in London.

"Four years ago, I wanted to move on from working on that front line, to

Keep safe

- If you are experiencing domestic abuse contact the National LGBTIQ+ Helpline (Galop) on **0800 999 5428** or email help@galop.org.uk.
www.galop.org.uk
- If you are homeless because of domestic abuse, then go directly to Stonewall Housing. www.stonewallhousing.org
- Star Refuge, opened by the Outside Project, is the first official domestic abuse LGBTIQ+ refuge in London. It was funded by MoPac (Mayor's Office for Policing and Crime). Referral via Stonewall Housing and Galop.
- Find help and ways to use the virtual community centre at:
www.lgbtqioutside.org
- Also see LGBTIQ+ listings in our centre pages.

support young hidden homelessness for the LGBTIQ+ community,” says Carla. First step was to run an LGBTIQ+ pilot, in a tour bus, as a winter shelter to demonstrate there was a need for LGBTIQ+ people who had higher support needs. I knew they weren't willing to engage about mental health or drug or alcohol because they thought they just 'need a place to crash'.

'I gathered some of my people – who'd been a big inspiration over the five years I'd worked with them at Stonewall Housing and LGBTIQ+ activist groups who were looking to open squats that winter. I thought you could do this in a different way, bringing that commitment from activist groups and the homelessness sector to create this service.

Then in partnership with Stonewall Housing, Carla secured a

£50,000 grant to run a night shelter from the Mayor's Fund Innovation project, which opened on Christmas eve 2018.

Since then the project has moved into Clerkenwell Fire Station (April 2019) and opened a community space. "It gives you a step in the door to maybe start talking about your homelessness. LGBTIQ+ people don't recognise that they are homeless as the image is a withered old man in a sleeping bag. We're what the sector calls hidden homeless. But look at the stats: the street homeless population is the tip of the iceberg. The majority are in temp accommodation, B&B, sofa surfing, sleeping in squats or insecure housing with dodgy landlords. They are technically homeless but not recognised by themselves or the state or the services."



Day at a time

Thoughts from *Duncan Gray*, lead project worker for a permanent night shelter in Haringay

Dunk Gray has known *the Pavement* since the magazine began in 2005. He used to help distribute it thanks to his involvement with the Simon Community. "I've been working in a community night shelter that was rehoused temporarily, using the Somewhere Safe To Stay central government money meant to end rough sleeping by 2022. Having personal space has been a game changer for our 30 guests. You'd see the relief and enjoyment people felt once we got them into their own room, although that does bring its own challenges.

"I know that one day we will lose the location in Muswell Hill, but it's been amazing being here. The kitchen was closed at the start of lockdown, so everything has come through fantastic volunteers. I don't worry about running out of stuff because the area is affluent, and people are generous.

"We're starting to get our guests on to benefits. We couldn't at first because the Job Centres weren't open, also there were no day centres open which are always a good place to send people.

"My view is that there'll be a wave of new people facing homelessness because of the economy crashing." ■



From the makers of the fabulous 2021 MyLondon calendar, see: www.cafeart.org.uk © Kris

Simon Community

- On Mon Tues, Wed and Thurs www.simoncommunity.org.uk brings tea and sandwiches to central London. There is no set route, but you can check on: Twitter [@simoncomlondon](https://twitter.com/simoncomlondon); or call **020 7485 6639**.
- www.simonscotland.org offers 24/7 helpline and email support. **In Glasgow:** call their helpline on **0800 027 7466**.

In Edinburgh: use the Streetwork helpline on **0808 178 2323** or visit www.streetwork.org.uk

THE MARGINALISED
'MYSTERY-MEAT-
ANIMAL' OF
HOLLOWAY
PERSERVERES IN THE
FACE OF ADVERSITY
TO ADAPT TO THE
LOCAL ENVIRONMENT
.....

THESE HUMANS
PLAY DIRTY!

.....
WHEN IN ROME.

LATER THAT DAY....

OI!.....ARE YOU A
PARKING INSPECTOR?

NOT YOU
AGAIN!

I WOULD LIKE
A TICKET FOR MY
SHOPPING TROLLEY

I ALREADY TOLD
YOU..NO CAR
NO TICKET.

I'M PARKED ON YOUR
FOOT AND UNTIL I GET
A TICKET I'M NOT
MOVING...

PAY ME £20 AND
TAKE THIS £80
TICKET FFS!

SEE??!

ANYTHING'S POSSIBLE IF YOU
PUT YOUR MIND TO IT!!!!!!

YOU GOTTA BE IN THE GAME
TO WIN THE GAME.....

WHO SAYS MY SPECIES IS
GOING EXTINCT!!!!!!

TO BE CONTINUED...

ROKSOPH 2020

Twigs make homes

Technology is always for the good isn't it? Well, maybe not. **Chris Sampson** suggests a science shake-up that might see twigs and bits and bobs used to build homes. Here's how...

Imagine machines so small that 100 of them could fit inside the full stop at the end of this sentence.

Far-fetched sci-fi cobblers, you say? Well, scientists at Cornell University in New York State have built such a microscopic device, which 'walks' on four legs, triggered by lasers. It is hoped that a swarm of such devices can be injected into human bodies and be programmed to search for and destroy cancer cells and – who knows? – maybe even rid us of Covid-19.

Nanotechnology is the manipulation of matter at the molecular and atomic level. For example, trees are made mainly of carbon. Left to rot for millions of years, they turn into coal. Leave 'em for a few million more years, and you've got diamonds. And are, therefore, rich.

But if everyone can make diamonds out of twigs, then what are the implications for societies based on money? If no one lacks cash, then none need go hungry or homeless (in case you were wondering what all this has got to do with *the Pavement*). It may even one day be feasible to 'build' homes out of odd scraps from a builder's skip, junk yard, or fly tipping site.

Now, that really would be unbelievable....

- Let us know your super simple ideas for helping get people into a home. Crazy is fine! Send to *the Pavement* editor (email on p3).



I have a right to register and receive treatment
from a GP practice

Healthy London
Partnership

Groundswell

www.healthy london.org

TURN TO PAGES

A – P

FOR THE LIST
OF SERVICES

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!

London List

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: October 2020

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

ADVICE & HEALTH

ALONE IN LONDON FOR YOUNG PEOPLE (DEPAUL)

Endeavour Centre, Sherborne House, 34 Decima Street, London SE1 4QQ
020 7278 4224

uk.depaulcharity.org/london-get-help
Our direct-access services in London provide advice and support for young people aged 16 to 25 who are at risk of homelessness.

AH, AD, CA, C, ET, MH

CITIZENS ADVICE

UK-wide

03444 111 444; citizensadvice.org.uk
Our network of independent charities offers confidential advice online, over the phone, and in person, for free. We give advice on consumer rights, tenancy support, witnessing crimes, pension support for over 50s, and much more.

AH, BA, DA, LA, TS

HOMELESS LINK

Gateway House, Milverton Street SE11 4AP
020 7960 3010, <http://bit.ly/DrKGM>
National membership charity for organisations working directly with homeless people in England.

AH

NATIONAL DOMESTIC ABUSE

Call **0808 2000 247** is open 24/7
Dial **999** for emergencies.

C

NOTRE DAME REFUGEE CENTRE

16 Leicester Square, WC2H 7LE
 020 7440 2668; <http://bit.ly/1n4MdkD>
 Advice Line only answered on
 Friday: 10:30am-1:30pm
 Immigration advice for refugees & asylum seekers.

LA

QUEEN MARY LEGAL ADVICE CENTRE

School of Law, Mile End Road, E1 4NS
 020 7882 3931: leave a brief message for a reply within 3 days.
 Tuesday: 6pm-8pm; By appointment only; term-time only. Asylum, domestic violence, employment, family issues, immigration, LGBT hate crime etc.

LA

SAMARITANS

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

MH

SHELTER (CALL OR GO ONLINE)

0808 800 4444; england.shelter.org.uk
 Monday-Friday: 8am-8pm;
 Weekends: 9am-5pm
 Website offers an online chat, advice line and directory. Advice on homelessness, eviction, benefits, repossession and council housing.

AH, BA, TS

YOUTH ACCESS

020 8772 9900; youthaccess.org.uk
admin@youthaccess.org.uk
 Local contacts for mental health counselling, advice and information.

MH, AD, C, OL

SHOWERS

CONNECTION AT ST MARTIN'S DAY CENTRE

12 Adelaide Street, London, WC2N 4HW
 020 7766 5544; info@cstm.org.uk
www.connection-at-stmartins.org.uk
 Reduced Service. Open 9am-4.30pm

BS

OUR LADY OF THE ASSUMPTION & ST GREGORY

10 Warwick St, Piccadilly Circus, W1B 5LZ
warwickstreet.org.uk
 Wednesdays 6.30am-10.30am
 Showers, toiletries and clothes.

BS

SHOWERBOX

St Giles Church, High St, WC2H 8LG
 near Leicester Square / Covent Garden
showerbox.org
 Sat 11am - 3pm shower, some toiletries, sanitary towels and a pair of socks.

BS

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

ST ANDREW'S CHURCH

Greyhound Road, London, W14 9SA
15 mins walk from Barons Court Tube
Sat 8am-11:30am Hot takeaway meal with snacks, fruit and drinks and we offer a shower (with towels and toiletries provided) for around 12 people one-by-one throughout the morning.

FF,BS

ST PATRICK'S OPEN HOUSE

21a Soho Square, London W1D 4NR
020 7437 2010;

www.facebook.com/stpatricksoho

Showers available during our breakfast service which is only on Friday-Saturday 9-11am. First come first served.

Tues, Wed, Thursday evenings for dinner but limited availability, collect tickets in advance on Monday at 1.30pm

FF,BS

WHITECHAPEL MISSION

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

<https://whitechapel.org.uk>

The Mission daycentre is open Mon-Sun from 6am. Mon-Fri 7:30am-9.30am showers available on appointment basis. Free breakfast 7-9am. We have take-away food parcels and clothing parcels. Haircuts every third Wed, next date is 18 Nov. Mon-Fri from 9am advice worker available for questions on benefits, accommodation, night shelters and even Zoom interviews.

BS

WOMEN@THEWELL

54 Birkenhead St, London, WC1H 8BB

020 7520 1710; watw.org.uk

Mon – Fri: morning & afternoon sessions
Numbers limited - ring ahead if possible.
W@W offer Advocacy and Support for women at high risk of/or are affected by prostitution and the sex trade.

Women may be offered support, signposting and help to connect with statutory services around a wide range of issues including: e.g homelessness, basic needs, drug or alcohol issues, physical and mental health, employment, benefits, training and education. During Covid-19 offering advocacy and support will be offered for all women who access our services, including Showers, laundry, food and care packages.

A,AD,A,BS,C,L,SH

FOOD

STREETS KITCHEN

Mostly evenings (see Facebook group)

<https://www.streetskitchen.org/locations/london>

Offering food daily in various London locations. Mon, Tues, Thurs & Friday breakfast run from 7am, Camden/Kings Cross. Also:

Monday:

Tooting Streets Kitchen

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

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



Tuesday:

Clapham Common

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

Wednesday:

Camden Streets Kitchen

7.30pm nr Camden Town tube, NW1 8QL

Thursday:

Camden Streets Kitchen

7.30pm nr Camden Town tube, NW1 8QL

Hackney Streets Kitchen

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

Friday:

Camden Streets Kitchen

7.30pm nr Camden Town tube, NW1 8QL

Kilburn Streets Kitchen

7.30pm near Kilburn High Road tube

Saturday:

Dalston Streets Kitchen

8pm opp Dalston Kingsland tube, E8 2PA

Sunday:

Camden Streets Kitchen

7.30pm nr Camden Town tube, NW1 8QL

FF

ABBEY CENTRE

34 Great Smith Street, St James's Park
tube, SW1P 3BU

twitter.com/TheAbbeyCentre

Mon & Tues 6-7pm hot meal

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
Check website from early December for
Christmas arrangements.

FF

AMURT UK

0208 806 4250; amurt.org.uk

Free, pre-packed hot meals and healthy
energy snacks from:

Mildmay Community Centre,
Woodville Road, N16 8NA

Thursday 12.30-1.30pm; and

Lincoln's Inn Fields, Holborn, WC2A

Thursday 6.30-8pm

FF, F, SF

BRIXTON SOUP KITCHEN

297-299 Coldharbour Lane, 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

www.nextmeal.co.uk/places/harekrishnafoodforall2

Mon - Sat: 12noon-1pm

Free vegetarian meal

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

KING'S CROSS BAPTIST CHURCH

Vernon Square, King's Cross Road,
London, WC1X 9EW
Tuesday 11am–1pm

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 takeaway available outside

FF

MISSIONARIES OF CHARITY SOUP KITCHEN (LADBROKE GROVE)

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

020 8960 2644

Tues, Fri & Sun 3-4.30pm

Free takeaway for local homeless people

FF

NORTH LONDON ACTION FOR THE HOMELESS

St Paul's Church Hall, Stoke Newington Road, N16 0AJ

www.nextmeal.co.uk/places/northlondonactionforthehomeless

Mon 12noon-1.30pm.

Wed 7pm-8.30pm

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

FF

REFETTORIO FELIX ST CUTHBERT'S

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

020 7835 1389

Mon–Fri 12noon–1pm

Offering take-away lunch.

Mon–Fri 11am–1pm

Call our mental health worker for advice on 07928 831372

Mon, Tues, Wed & Fri 12noon–2pm

Housing advice

F

ST JOHN THE EVANGELIST CH

Brownswood Park, Queen's Dr,

Finsbury Park, N4 2LW

020 8809 6111

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)

'Tuesday Night Bites' hot meal provided every Tuesday 6–7pm

FF

SAINT IGNATIUS CHURCH

27 High Rd, Stamford Hill N15 6ND

next to church through car park.

frontlinehomeless.org.uk

Mon-Fri 1-2pm hot meal eaten outside.

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



ST LAURENCE'S LARDER

Christ Church, 169 Willesden Lane,
Brondesbury Park NW6 7BG
[christchurchbrondesbury.org.uk/
parish.htm](http://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-](http://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;
www.facebook.com/stpatricksoho
Showers available during our breakfast
service which is only on Friday-Saturday
9–11am. First come first served.
Tues, Wed, Thursday evenings for dinner
but limited availability, collect tickets in
advance on Monday at 1.30pm.
FF, BS

SELBY FOOD HUB

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

THE CABIN

St Gabriel's Community Centre,
21 Hatchard Road, N19 4NG
020 7272 8195;
www.nextmeal.co.uk/places/thecabin
Tues, Thurs, Sat: 8.30am–9.30am
Take-away breakfast
Thurs 11.30am–12.30pm
Takeaway lunch
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/](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	DT Dentist	FF Free food

WHITECHAPEL MISSION

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

whitechapel.org.uk/help/timetable

Daycentre: Mon–Sun from 6am.

Mon–Fri 7:30am–9.30am showers
available on appointment basis.

Free breakfast 7–9am. We have take-
away food parcels and clothing parcels.
Haircuts every third Wed, next dates are
18 Nov & 16 Dec.

Mon–Fri from 9am advice worker
available for questions on benefits,
accommodation, night shelters and
even Zoom interviews.

AH, B, BA, BS, F

CREATIVE**ACCUMULATE**

accumulate.org.uk

Photography and art for young people
in hostels. At the end of the project
the photographs are sold and 40 per
cent of the selling price goes to the
photographer. One scholarship for
creative & digital media course at
Ravensbourne Uni. January to June.
Currently distributing Accumulate Art
Kits and have a graphic novel called *The
Book of Homelessness*.

AC

CORE ARTS

1 St Barnabas Terrace, E9 6DJ
0208 533 3500; corearts.co.uk

Promotes the artistic and creative
abilities of people who experience
severe and enduring mental health
problems. Not free, but accept Direct
Payments or Personal Budgets. Face to
face classes are back, go to website for
timetable.

MD, LF

OPEN CINEMA (NATIONAL)

Somerset House, South Wing, Strand,
WC2N 1LA

020 3287 8373; bit.ly/2KWbBSA

Community cinemas and filmmaking
for homeless and excluded people. At
venues across UK, Ireland and Finland.
Choose films, make films, meet the
experts.

FF, LF

**ARTS & HOMELESSNESS
INTERNATIONAL**

0207 012 1409; with-one-voice.com

Arts & Homelessness International
(formerly With One Voice)

Based in London, we work to strengthen
the arts for people who've experienced
homelessness - welcoming all.
Circus, crafts, creative writing, dance,
film, music, theatre and visual arts and
more.

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



SINGING

THE CHOIR WITH NO NAME (LONDON)

Bloomsbury Central Baptist Church,
235 Shaftesbury Avenue, WC2H 8EP
07772 230744; choirwithnoname.org/choirs/london-choir

Choir for people who have experienced homelessness with gigs around London and further afield. No prior singing experience or talent required! Women particularly welcome. 07464 928 122 email: ryanburke@lookahead.org.uk
Covid-19 has stopped our meetings but we hope to be back soon.
Email Ryan for more info.

FF, MD, LF

ACTING

CARDBOARD CITIZENS

77a Greenfield Road E1 6QR
020 7377 8948, <http://bit.ly/niiZB>
Monday-Friday: 10am-6pm; "theatre at its funniest, most daring and challenging best" - Brit Theatre Guide.
Many online activities. Workshops at Crisis Skylight and hostels around London. Theatre, dance and music workshops. Individual support for workshop participants.

AH, CA, C, ET, MD, LF

STREETWISE OPERA

020 7730 9551; <http://bit.ly/n4DDS>
info@streetwiseopera.org
Daily session on Zoom, see website.
Acting and singing workshops for homeless people. No auditions, and

sessions are free. Build confidence, meet people, learn new skills and have fun!

MD

TECH

NEXTMEAL.CO.UK

<https://nextmeal.co.uk>

A great little smart phone app.
Lists the nearest charities that provide food and support.

FF

AUDIO BOOKS & COMICS

AUDIBLE

stories.audible.com/start-listen
Free audio books - listen on phone.
Just click and listen now for free

LIT2GO

etc.usf.edu/lit2go
free online collection of stories & poems.
Lewis Carroll, Shakespeare and more.

DIGITAL DARKHORSE COMICS

digital.darkhorse.com/pages/free
Free comics.
Works better on tablet screen or laptop than smartphone. Requires quick free registration with email.

FREE MUSICALS

youtube.com/theshowsmustgoon
The Shows Must Go On is a new YouTube channel showing full length Andrew Lloyd Webber musicals online.
Shows go up at 7pm on Friday evenings and are available for you to stream for 48 hours. Other musical clips available.

A man wearing a red vest with 'THE BIG ISSUE' and 'ROYAL' printed on it is smiling and handing a magazine to an elderly woman. The woman is wearing a blue jacket and a purple and white patterned scarf. They are on a busy city street with other pedestrians in the background. The man is holding a clipboard and a stack of magazines, one of which is 'THE BIG ISSUE' with a yellow cover and the headline 'NEXT BIG IDEA'.

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**

MENTAL HEALTH

ASYLUM AID

020 7354 9631; asylumaid.org.uk
advice@asylumaid.org.uk
 Consonant no longer exists, but the legal arm is continuing as Asylum Aid, using same number.
LA

CAMDEN HEALTH IMPROVEMENT PRACTICE (HAMPSTEAD ROAD)

108 Hampstead Road, NW1 2LS
 020 3182 4200; chip@nhs.net
 Monday-Friday 8am-5pm
 Due to Covid-19, please phone first unless impossible to do so. For people sleeping out or in hostels.
MH, BA, BS, CL, DT, FC, MH, NE, OW

CAMDEN ROUTES OFF THE STREETS (CGL)

6-8 Greenland Street, NW1 0ND
 0207 846 3535; camdenrts.co.uk
 Monday-Friday, 11am-3am
 For single homeless people.
MH, AH, A, BS, DW, FC, L, SF

CARDINAL HUME CENTRE

3-7 Arneway St, Horseferry Rd, SW1P 2BG
 020 7227 1673 (advice team)
 020 7222 1602 (family & learning)
www.cardinalhume.org.uk
 No walk-ins but appointments offered
 Mon-Thurs: 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.
AH, AD, BA, CA, C, DA, ET, IT, MH, TS

CARITAS ANCHOR HOUSE

81 Barking Rd, Canning Town, E16 4HB
 0207 476 6062;
www.caritasanchorhouse.org.uk
 Opening times: 24/7
 Referrals and short term stays for people affected by homelessness, drug & alcohol misuse, mental health, domestic abuse & offending.
 Accommodation and varied services.
MH, AD, A, AC, BA, CA, C, DA, DW, ET, IT, MD, SF

CGL - NEW DIRECTION

410 Lewisham High St, SE13 6LJ
 020 8314 5566; changegrowlive.org
 Accept referrals by phone or email on ND.Referrals@cgl.org.uk
 Self referral on Tue: 9am-1pm
 & Mon, Wed, Thu, Fri: 9am-5pm
 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.
AH, C, D, ET, MH, NE, OW

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

CLAPTON COMMUNITY DROP-IN

Round Chapel Old School Rooms,
Powerscroft Road, E5 0PU
020 8533 9676; coordinator.
claptondropin@gmail.com
[https://theroundchapel.org.uk/
projects/clapton-community-drop-in/](https://theroundchapel.org.uk/projects/clapton-community-drop-in/)
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
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

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.

AD, MH

CRUSE BEREAVEMENT CARE

0808 808 1677; www.cruse.org.uk
Mon & Fri 9.30am–5pm
Tues, Wed & Thu 9.30am–8pm
Sat–Sun 10am–2pm
Online chat: Mon–Fri 9am–9pm
Helpline offering listening support and
practical advice related to bereavement.
Check [www.cruse.org.uk/get-help/
coronavirus-bereavement-and-grief](http://www.cruse.org.uk/get-help/coronavirus-bereavement-and-grief)
for info about local Cruse branches.

C

NATIONAL DOMESTIC ABUSE

0808 2000 247 (24/7)

C

FC Foot care
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LA Legal advice
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LS Luggage storage
MD Music/drama
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MS Medical services
NE Needle exchange

OL Outreach worker links
OW Outreach workers
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DOCTORS OF THE WORLD (PRAXIS)

Praxis, Pott St, Bethnal Green, E2 0EF
0808 1647 686;

www.doctorsoftheworld.org.uk

Mon–Fri: 10am–12noon

Healthcare, advocacy for people who have problems accessing healthcare.

AD, MH

DUAL DIAGNOSIS ANONYMOUS

07702 510110 (24 hour helpline)

All meetings now on Zoom.

Links on website: www.ddauk.org

Mon: 7.30pm–8pm; Tues–Fri: 7pm

Sat: 11am; Sun: 7.30pm

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

FOCUS HOMELESS OUTREACH

4 Greenland Rd, 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.

You may be offered a phone or video consultation instead of face-to-face.

MH, OW

FRIENDSHIP PEER SUPPORT

The Richmond Library Annex, Quadrant Road, Little Green, Richmond, TW9 1DH
0208 898 6727;

wmicklewright@yahoo.co.uk

Last Thursday of the month:

11am – 1pm (online)

Building is closed but phone or email for Zoom meeting info. Fine to leave a message if no answer.

MH

GROUNDSWELL HOMELESS HEALTH PEER

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 ST MEDICAL CTR

13 Great Chapel Street, W1F 8FL

020 7437 9360; gretchapelst.org.uk

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

Mon, Tue, Thu: 10am–12:30pm (doctor)

Mon–Fri: 2pm–4:30pm (doctor)

Mon & Fri: 10am–12:30pm (alcohol & mental health nurse)

Mon, Tue, Thur, Fri: 2pm–4:30pm

(drugs, alcohol & mental health nurse)

Mon: 10am–12pm (counselling drop-in;

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

appointment at other times)
 Tue: 2pm–4:30pm (counselling drop-in)
 Fri: 9am–12:30pm (podiatry)
 Tue & Thu: 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

MARYLEBONE CENTER (CHURCH ARMY)

1-5 Cosway St, NW1 5NR
 020 7262 3818; <http://bit.ly/1mhvhYf>

We provide 112 long and short term
 beds to homeless women and offer
 essential facilities and support to
 women who visit our rough sleeper's
 drop-in at the Marylebone Centre.

BS, CA, CL, ET, FF, IT, L, LS, MS, MD, SH, TS, SF, LF

NEW HORIZON YOUTH CENTRE

68 Chalton Street, NW1 1JR
 020 7388 5560; <http://bit.ly/TgoIt>
 Mon: 2–4pm (alcohol support);
 Mon–Sun: 10:30am–4pm (showers,
 laundry, free breakfast & lunch; advice
 available 10.30am–1pm)
 For young (16–24) homeless people.
 Women-only groups. Mental health,
 life skills & advice, and employment/
 resettlement support. Sex worker
 project. Street outreach. Refugee worker.

MH, AH, AD, A, BA, BS, CA, CL, ET, FF, IT, LF, MS

MIND

0300 123 3393; www.mind.org.uk
info@mind.org.uk

Textline: 86463

Legal line: 0300 466 6463

Mon–Fri: 9am–6pm

Support for anyone experiencing a
 mental health problem.

MH, AD, LA

MOSAIC CLUBHOUSE

65 Effra Road, Brixton, SW2 1BZ
 020 7924 9657; www.bit.ly/1RULmqO

Links to employment, adult education,
 wellness workshops, some virtual.

MH, BA, CA, ET

FC Foot care
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OL Outreach worker links
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RETHINK

0300 5000 927; www.rethink.org
advice@rethink.org
 Mon–Fri: 9.30am–4pm
 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 (CENTRAL LONDON)

46 Marshall Street W1F 9BF
 020 7734 2800, <http://bit.ly/1BYSGaW>
 Mon–Sun: 9am–9pm
 Visitors welcome 365 days a year. You
 don't need an appointment to speak in
 confidence to a trained volunteers and
 the service is free. Please note service is
 very popular - you may need to wait.

C

SANGAM CENTRE

210 Burnt Oak, Broadway, HA8 0AP
 020 8952 7062; sangamcentre.org.uk
 Counselling for women, youth and
 underprivileged people. Relieves
 poverty, hardship, and distress without
 discrimination.

C

SHOUT

www.giveusashout.org
 Text 85258 (24/7) if you are in crisis

MH

SOUTHWARK DAY CENTRE FOR ASYLUM SEEKERS

Copleston Ctr, 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

TREASURES FOUNDATION

07950 585 947 (10am – 5pm);
treasuresfoundation.org.uk/contact-us
mandy@treasuresfoundation.org
 Treasures Foundation helps female
 ex-offenders and former addicts with
 a home and support. Referral only –
 please contact your key worker.

AH, EO, F, MH

YOUNG MINDS

Text YM to 85258 (urgent help)
youngminds.org.uk/find-help
 Advice on mental health, medications
 and depression. Advice on coronavirus
 too.

MH

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

LGBTQI+

TIP: USE STONEWALL HOUSING IF YOU ARE HOMELESS. USE GALOP IF SUFFERING DOMESTIC VIOLENCE OR HATE CRIME

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 after coming out.
Support online due to Covid-19.

C

ANTIDOTE (LONDON FRIEND)

London Friend, 86 Caledonian Rd, N1
www.londonfriend.org.uk
counselling@londonfriend.org.uk;
antidote@londonfriend.org.uk
Drop in shut, use email. Drug and alcohol service for lesbian, gay, bisexual and transgender (LGBT+) communities.
[A, C, DW, SH](#)

GALOP

0800 999 5428; www.galop.org.uk
Mon, Tue, Fri: 10am–5pm
Wed, & Thurs: 10am–8pm
Offers support for LGBTQ+ people experiencing hate crime, sexual violence or transphobia. Online chat available.
[AH, AD, C, MS, LA](#)

POSITIVE EAST

159 Mile End Rd, Stepney, E1 4AQ
020 7791 2855; positiveeast.org.uk
Mon–Fri: 10.30am–5pm (phone line)
Option 1- psychological help.
Option 2- housing & benefits.
Option 3- sexual health questions.
Practical & emotional support and advice for people with or affected by HIV. (Covid-19: Currently no testing).
[MH, AD, BA, CA, C, FF, F, IT, MS, OW, SH](#)

QUEEN MARY LEGAL ADVICE CENTRE

School of Law, Mile End Rd, E1 4NS
020 7882 3931; lac.qmul.ac.uk
lac@qmul.ac.uk
Mon–Fri: 9am–5pm
Pink law gives free and impartial advice to the LGBT community. Remote appointments due to Covid-19.
[LA](#)

SPECTRA CIC

St Charles Centre, Exmoor St, W10 6DZ
0800 5878302; spectra-london.org.uk
1-2-1 and trans social groups all online due to Covid-19. Check Spectra website, Facebook or Twitter for details.
Health and well-being services, including sexual health, emotional resilience and wellbeing. Outreach, social and therapeutic groups, support, health screening, counselling. HIV Testing available to people with no Covid-19 symptoms. Check website.
[MH, C, ET, OL, OW, SH](#)

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STONEWALL HOUSING

2a Leroy House, 536 Essex Rd, N1 3QP
stonewallhousing.org; 020 7359 5767
Option 1 advice. Option 2 advocacy.
Option 3 supported housing,
Mon–Fri: 10am–1pm
Specialist LGBT+ housing advice and support.

MH, C, ET, OL, OW, SH

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 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. Bereavement help.

LA, AD, MH

BRANDON CENTRE

26 Prince of Wales Road, NW5
020 7267 4792; text: 07451 288 524
contraception@brandoncentre.org.uk
Mon–Thu 10:30am–5:30pm.
Contraception & sexual health advice for under 25s.

SH, MS, C, MH, AD

OUTSIDE PROJECT & STAR REFUGE

020 7359 5767 (housing helpline)
lgbtiqoutside.org
Referral form: stonewallhousing.org/services/referral-form
campaigns@lgbtiqoutside.org
Stay connected: Join LGBTQI+ 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: sites.google.com/view/lgbtiqvirtual/home?authuser=0

Main Space & Daily Community Socials

12noon – 1pm & 6 – 7pm
For members to check in with each other for a friendly chat.

Outside In (Camden)

Monday: 6–9pm
This community hub used to meet in real life at Castlehaven Community Centre in Camden. You do not have to be a Camden resident to attend.

Cafe Queero

Tuesday: 4 – 5pm
Recovery Group is a peer support group for LGBTIQ+ who have experienced homelessness: 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.