



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

London/Scotland Issue 129 November – December 2020

Published by *the Pavement*
Registered Charity Number 1110656
www.thepavement.org.uk

Editor: Nicola Baird nicola@thepavement.org.uk
Web editor: Kieran Hughes web@thepavement.org.uk
Design: Marco Biagini scotland@thepavement.org.uk
Writers/Researchers: Mat Amp (Deputy Editor), Marco Biagini, Chris Bird, Tristan Brookes, Jake Cudsi, Sophie Dianne, Duncan Gray, Sarah Hough, Kieran Hughes, Ian Kalman, Simone Lincoln, Abbie Ludlam, Pete May, McGinlay, Luckner Pierre, Garnet Roach, George Robertson, Chris Sampson, David Tovey
Cartoons: Ioanna Toufexi, Ken Pyne, Rosie Roksoph

London Co-ordinator: position vacant
london@thepavement.org.uk

Scotland Co-ordinator Marco Biagini
scotland@thepavement.org.uk, text: 07701 093 643

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

Contents

About us.....	4
News.....	5–9
Unbelievable	10 – 11
Cover story	12 – 13
Big Issue.....	14 – 15
Benefits	16
Cartoon	17
Journey.....	18 – 19
Book reviews	20 – 21
Healing art	22
Health	23
Mat's column	24 – 25
Motivations.....	26 – 27
What I'm thinking.....	28
Cartoon	29
Humour	30
Your rights	31

The List (centre)..... A – P

The Pavement is written for your entertainment and information. Whilst every effort is made to ensure the accuracy of the publication, *the Pavement* cannot be held responsible for the use of the information it publishes. The contents should not be relied upon as a substitute for medical, legal or professional advice. *The Pavement* is a forum for discussion, and opinions expressed in the paper are not necessarily those of *the Pavement*.

The Pavement (print) ISSN 1757-0476
The Pavement (online) ISSN 1757-0484



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](https://www.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
A – P
FOR THE LIST
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

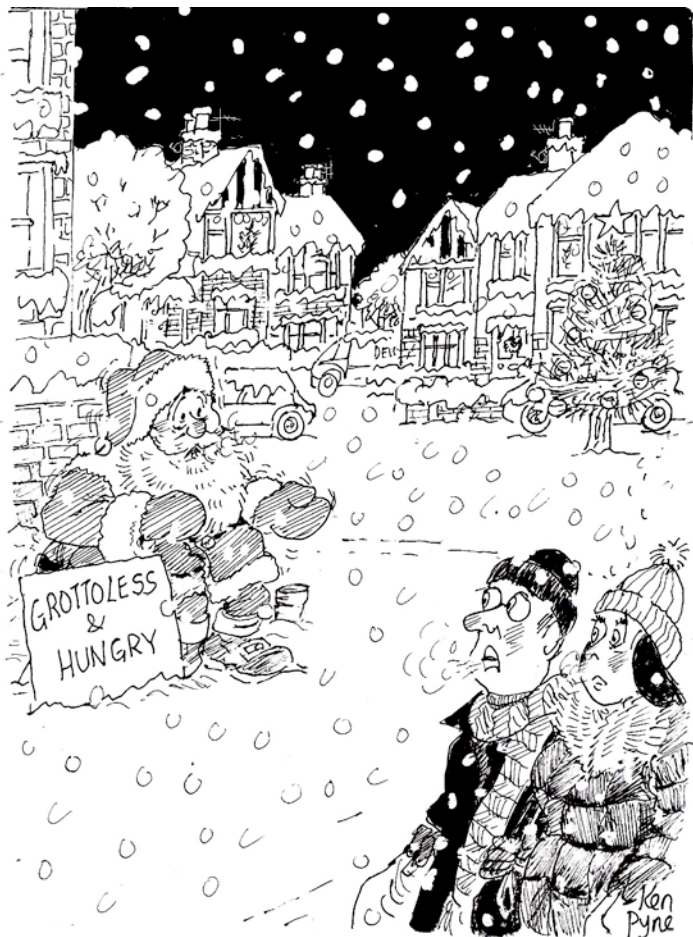
In a nutshell

- 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



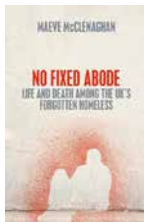
Cold comforts

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 doms, 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

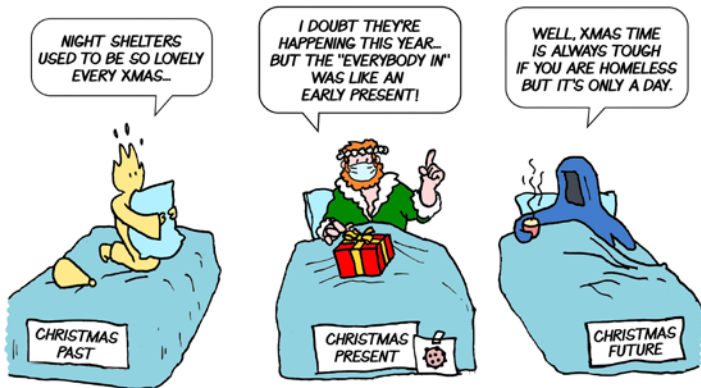
- Volunteering with *the Pavement* and Poached Creative (now defunct) took me to ...
- Groundswell where I got a part-time job running a writing programme, From the Ground Up
- Supported Permitted Work allowed me to work part-time as a project worker gaining invaluable experience researching
- The week 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 AI 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!

the Pavement

KEY TO ALL SERVICES

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

Changes: web@thepavement.org.uk

Updated: October 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

GLASGOW HELPS

Textline 07451 28925; glasgowhelps.org

An online directory helping people find the support they need.

NHS 111

Call 111 (open 24/7)

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.

MOVE ON (GLASGOW)

4th Fl, 24 St Enoch Sq, Glasgow, G1 4AA
0141 221 2272; bit.ly/2ZnHpRA

Monday – Friday: 9am–5pm

Enables homeless people to develop the skills and tools they need to reach their own long-term solutions. Majority of services for young people, but there are some services available for everyone – phone first to arrange appointment.

AH, AD, ET, OW

NIGHTSTOP GLASGOW

0141 418 6990; uk.depaulcharity.org

Monday – Friday, 9am – 5pm

Nightstop provides young people, aged between 16–25, with emergency accommodation within vetted and trained host households in communities across Glasgow. If you need somewhere to stay tonight call 0141 418 6990

AH

GLASGOW WOMEN'S AID

4th Fl, 30 Bell Street, Glasgow, G1 1LG
0141 553 2022
www.glasgowwomensaid.org.uk
 Monday-Friday 10am-4pm
 Face to Face Drop in service temporarily closed. Advice and support for women experiencing domestic violence and their children. Domestic Abuse Helpline: **0800 027 1234 (24/7)**.

C

HEALTH IN MIND

40 Shandwick Pl., Edinburgh, EH2 4RT
 Mon-Fri: 9am-5pm
0131 2258508; health-in-mind.org.uk/
 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 and more.

C, MH

SHELTER SCOTLAND

0808 800 4444; scotland.shelter.org.uk
 Housing advice in Scotland: Your Rights
 Monday to Friday 9am-5pm
 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.

AD, AH, TS

SHOWERS

LODGING HOUSE MISSION

35 East Campbell St, Glasgow, G1 5DT
0141 552 0285; lhm-glasgow.org.uk
 Mon-Fri: 8am-3pm (drop-in)
 Tues: 1:30pm-2:15pm Church Service
 Wed & Thurs: 11:30am-12pm Prayers
 Tues: 7pm-8:30pm
 Thurs: 6pm-7pm Narcotics Anonymous
 Fri: 9:30pm-12am Narcotics Anonymous
 Sun: 6:30-9:30pm Narcotics Anonymous
 Map Website: <http://bit.ly/2gCohLQ>
 Free breakfast 8-10am, lunch 12-1:30pm
 Showers 10am-12noon, 1:30-3pm.
 Free phone facilities 9:30-11:30am, 1:30-3pm.

AH, AD, B, BA, BS, CA, CL, C, DT, ET, FF, F, FC, IT, LS, MD, SH, TS, EO

NIDDY ST WELLBEING CENTRE (SALVATION ARMY)

25 Niddry Street, Edinburgh EH1 1LG
0131 523 1060; bit.ly/31J2IyL
 Café: Mon-Fri: 10am-11:15, 11:30-12:45
 - usually open all day, limited numbers due to Covid.
 Mon: Women's group 1:15
 Tues: Men's group 1:15
 Wed: Café clinic, access to GP 2pm
 Thurs: Psychosocial group 1:15
 Fri: Arty Farty Fridays 1:15
 Access to 1-to-1 support 10am-12:45
 Needle exchange: all day access Mon-Fri

AD, BA, BS, BE, CL, FF, F, L, MS

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

STREETWORK CRISIS CENTRE

22 Holyrood Road, Edinburgh EH8 8AF
0131 557 6055; streetwork.org.uk
 Mon – Fri 7:15-8pm
 Sat and Sun 9:15-4:45
 Helpline 24/7: **0808 178 2323**.
 supporting anyone in Edinburgh who
 does not have a safe place to sleep.
AH, AD, BA, BS, C, FF, IT, TS

THE MARIE TRUST

32 Midland Street, Glasgow, G1 4PR
0141 221 0169 (option 2)
themarietrust.org
 Monday-Thursday: 9am-5pm
 Friday 9am-4pm (closed 11.30–12.30)
<https://bit.ly/2Nx7g7q>
 Showers, laundry and food normally
 available for people affected by
 homelessness/poverty including low-
 cost breakfast and lunch, as well as a
 range of classes and activities.
 Call for activities.
 Closed 11:30am - 12:30pm.
BA, BS, CL, C, F, OW, TS

THE SALVATION ARMY (WALLACE OF CAMPSIE HOUSE)

30 East Campbell St, Glasgow, G1 5DT
0141 552 4301
 Monday-Sunday: 9am-9pm (staff on
 duty 24/7)
 email: fi.grimmond@salvationarmy.org.uk
 Help with clothing, showers and housing
 advice available.
AH, BS, CL

FOOD

BALVICAR STREET

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

CARRUBBERS CHRISTIAN CENTRE

65 High St, Edinburgh EH1 1SR
0131 556 2626;
<https://www.carrubbers.org/about/contact/#/find-us>
 Sun: 8am Serves free breakfast from the
 café door.
 Tuesday evening Soul Food serve food
 from the café door from 5.30-6.30pm
FF

CADOGAN STREET

Corunna, 39 Cadogan House, Glasgow
 G2 7AB
 Directly opposite Number 28, on corner
 Mon 8pm-9:30pm, Thurs 8pm-10pm
 Tues, Wed, Fri, Sat, Sun 9pm-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 for anyone over 20
 years old. 365 days a year.
 Aim to direct homeless service users to
 appropriate services.
FF, OL

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

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

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

FULL LIST
 AVAILABLE ON
 OUR WEBSITE



GLASGOW CITY MISSION

20 Crimea Street, Glasgow G2 8PW
0141 221 2630;
www.glasgowcitymission.com/contact
 Monday-Friday: 10am-4pm Breakfast and lunch. Offering support, food, coffee and advocacy.
 Map Website: <http://bit.ly/2rlhWZm>
 One-to-one advocacy help and advice for everyone. Call to arrange one-to-one support. During the Covid restrictions our services have been reduced.
AC, AH, FF, IT, SF

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 Cres, Edinburgh EH7 4AY
0131 556 5444
 Mondays, Tuesdays, Wednesdays & Fridays 4pm-4.45 Providing a full meal.
 Sundays - 3.30pm-4.30pm
 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 take out meal, toiletries, clothing – 170 Queen's Drive, G42 8QZ)
AH, AD, B, BS, BA, CL, DA, F, FF, IT, MH, OL, OW

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

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

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.
 NOTE: Due to restrictions seating only available at the Social Supper event.

FF

SOCIAL BITE (UNION ST)

516 Union St, Aberdeen AB10 1TT
0131 353 0250; social-bite.co.uk
 Monday-Friday 2pm-3pm
 Free take-away

FF

STEPS TO HOPE

07949 838666; stepstohope.co.uk
 Don't operate Wed/Thurs
 Phone-line open all time

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 EH1
07949 838666; stepstohope.co.uk/
 Monday Munchies 6pm, 3-course meal, pizzas, juice.

FF

STEPS TO HOPE

Jeffrey Street, Edinburgh, EH1 1DH
07949 838666; 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-7pm 3-course dinner, 1 night hostel, Sunday 8pm.

FF

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; salvationarmy.org.uk
 Crisis Intervention Support workers; Gateway Visiting Support Offices; safe space; games; chaplaincy; various activity groups.

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

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

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

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



MENTAL HEALTH

ADVOCARD

332 Leith Walk, Edinburgh EH6 5BR
0131 554 5307; advocard.org.uk
 Monday-Friday: 9am-5pm
 Our Leith Walk office is currently closed
 However, all our services are still open to
 accept referrals for advocacy support.
 Independent individual and collective
 advocacy services for people with
 mental health problems in Edinburgh
 - please phone to make an
 appointment. Text: **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.
MS, MH

COMBAT STRESS (NATIONAL)

Tyrwhitt House, Oaklawn Road,
 Leatherhead, KT22 0BX
01372 587 000; <http://bit.ly/1tCYx2n>
 Mon-Fri 9am-4:30pm (24 hours a day,
 365 days a year via helpline,
 text 07537 404 719 or email
helpline@combatstress.org.uk)
 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
01316572000; www.crossreach.org.uk/head-office-edinburgh
 Monday-Friday: 8:45-4:45
 Care and support for people with
 addictions or mental health problems.
MH, AH, A, B, DA, FF, F, MS, SH, LF

CRUSE BEREAVEMENT CARE

29 Barossa Place, Perth, PH1 5HH
08088 026 161;
<http://bit.ly/2c1QBmu>
 Mon-Thurs: 9am-8pm,
 Fri: 9am-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	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

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

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

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.
info@mind.org.uk or text: **86463**.
Legal line: **0300 466 6463**;
legal@mind.org.uk.

MH, AD, LA

SUPPORT IN MIND SCOTLAND

6 Newington Business Centre, Dalkeith
Road Mews, Edinburgh, EH16 5GA
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

PENUMBRA

57 Albion Rd, Edinburgh EH7 5QY
0131 475 2380; penumbra.org.uk/
Offers a wide range of mental health
support.

Mon-Thurs 9am-5pm

Friday 9am-4pm

MH, A, C, D, TS

SAMARITANS (EDINBURGH)

25 Torphichen St, Edinburgh EH3 8HX
0330 094 5717; samaritans.org
Everyday, 9am - 10pm Visitors welcome.
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, MH

SAMARITANS (GLASGOW)

210 W George St, Glasgow G2 2PQ
0330 094 5717; [www.samaritans.org/
branches/glasgow](http://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, MH

SANE (NATIONAL)

0845 767 8000;
[www.sane.org.uk/what_we_do/
support](http://www.sane.org.uk/what_we_do/support)
Monday-Sunday: 4:30pm-10:30pm
(SANEline 03003047000)
Information on schizophrenia,
depression and bi-polar disorder in
Bengali, Chinese, Gujarati, Punjabi
and Urdu as well as English - check the
website. email: support@sane.org.uk

C

THE SANDYFORD INITIATIVE

2-6 Sandyford Place, Sauchiehall Street,
Glasgow G3 7NB
0141 211 8130; www.sandyford.scot
Specialist sexual health services:
counselling for male survivors of
childhood sexual abuse. Emergency
contraception and rape/assault services.
Testing and counselling for men who
have sex with men and for women
involved in prostitution. Contact them
for times.

Some changes have been made to
services due to COVID-19.
Helpline - **0141 211 8130**

MH, AD, C, DW, FC, MS, NE, OL



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

- 1 Selling the Big Issue allows you to work when you want and you can earn a decent living
- 2 Selling the magazine also improves your people 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

(+44) 0131 225 6714 (Edinburgh)

(+44) 0141 352 7274 (Glasgow)

WORK & TRAINING

APEX SCOTLAND

9 Gt Stuart St, Edinburgh, EH3 7TP
apexscotland.org.uk
 Unable to take calls at the moment due to Covid: admin@apexscotland.org.uk
 For offenders, ex-offenders and young people at risk of offending. Help with employment, training or further education.

EO, ET

BETHANY CHRISTIAN TRUST (COMMUNITY EDUCATION)

65 Bonnington Rd, Edinburgh EH6 5JQ
 0131 454 3119; www.bethanyct.com
 Mon-Fri 10am-4pm
 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)

CA, ET

MOVE ON (GLASGOW)

4th Fl, 24 St Enoch Sq, Glasgow G1 4DB
 0141 221 2272, <http://bit.ly/2ZnHpRA>
 Enables homeless people to develop the skills and tools they need to reach their own long-term solutions.

CA, ET

CRISIS SKYLIGHT (EDINBURGH)

Crichton House, Edinburgh EH8 8DT
 0131 209 7700;
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

101 Ellesmere St, Glasgow, G22 5QT
 0141 353 3903;
www.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

YOUNG PEOPLE

BARNARDO'S (SAFER CHOICES)

91 Mitchell St, Glasgow G1 3LN
 Offices are no longer open due to Covid but can call emergency helpline on 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

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

COUNCIL FOR HOMELESS YOUNG PEOPLE

171 Wilton St, Glasgow G20 6DF
0141 945 3871; www.qcha.org.uk/supported_housing/sheltered_housing
 24/7 support for homeless 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

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 and men. No direct referrals, have to go through the council
MH, C, DW, OW, ET

PENUMBRA NORTON PARK

57 Albion Rd, Edinburgh EH7 5QY
0131 475 2380; penumbra.org.uk
 Head office temporarily closed – contact via email
 Wide range of mental health services for adults and young people. Good leaflets on self-harm. enquiries@penumbra.org.uk.
MH, A, C, DW, TS

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

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

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

FULL LIST
 AVAILABLE ON
 OUR WEBSITE



QUARRIERS ('WHAT IF' PROJECT FOR WOMEN)

Unit 5, The Quadrangle,
59 Ruchill St, Glasgow G20 9PX
0141 946 1116; 24/7
Supports young women (18–25) with complex needs.

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

SAFFRON HOUSING

553 Shields Rd, Glasgow G41 2RW
0141 422 1112;
southside-ha.org/find-a-home/saffron-project/
Mon–Tues 9am–5pm
Wednesday 9am–2pm
Thurs–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; say-women.co.uk
Mon–Fri: 9:30am–9:30pm;
Sat & Sun: midday–5pm 24-hr emergency on-call service.
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.

AH

MORE SUPPORT

FRESH START

22-24 Ferry Rd Dr, Edinburgh, EH4 4BR
0131 476 7741; freshstartweb.org.uk
Mon–Thurs 9am–4pm
Friday 9am–12pm
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

1st Fl, 63 Carlton Pl, Glasgow, G5 NTW
themungofoundation.org.uk
Monday–Friday 9am–5pm
Recovery Hub: 01414235872
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
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.**

C

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

QUARRIERS (PROJECT/STOPOVER)0141 420 3121; bit.ly/2MLTE5a

Monday-Sunday 24/7

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 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

*MH, AH, AD, A, C, D, MS, OW***QUARRIERS ('WHAT IF' PROJECT FOR WOMEN) SCOTLAND**0141 946 1116; 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***SIMON COMMUNITY SCOTLAND (ROUGH SLEEPERS AND VULNERABLE PEOPLE SERVICE)**

472 Ballater Street, Glasgow, G5 0QW

(Head Office) 0141 418 6984;

389 Argyle St, Glasgow, G3 8RR

(Access Hub) 0141 552 4164;

www.simonscotland.orgemail: hello@simonscotland.org

Monday-Friday 8am-11pm, Sat/Sun:

11am-11pm (street outreach);

8am-8pm (Street Team);

9am-8pm (complex needs team);

10am-6pm (Access Hub, 389 Argyle St);

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 (24/7)

Phone numbers: 0141 418 6984 (Head

office) for Complex Needs, 0141 552

4230 for the Street Team

and 0141 552 4164 (Access Hub)

*MH, AH, AD, AW, DW, OL, OW***SCOTTISH CHILD LAW CENTRE**

54 East Crosscauseway, Edinburgh EH8

0131 667 6333; sclc.org.uk

Monday-Friday: 9:30am-4pm (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



SURVIVORS UK

Unit 1, Queen Anne Terrace, Sovereign Court, The Highway, E1W 3HH
0845 122 1201;
www.survivorpathway.org.uk/services/survivors-uk-men
 Monday – Sunday 12pm – 8pm
 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 clients includes male survivors.
AD, C, SH

SURVIVORS OF BEREAVEMENT BY SUICIDE (NATIONAL)

0300 111 5065, uksobs.org/
 Monday-Sunday: 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

CREATIVE

ARTS & HOMELESSNESS INTERNATIONAL

0207 012 1409; with-one-voice.com (formerly With One Voice)
 We work to strengthen the arts for people who've experienced homelessness - welcoming all. Circus, crafts, creative writing, dance, film, music, theatre, visual art & more!
AD

FREE ONLINE MUSICALS

[youtube.com/theshowsmustgoon](https://www.youtube.com/theshowsmustgoon)
 The Shows Must Go - YouTube channel showing full length Andrew Lloyd Webber musicals online.
 Shows go up at 7pm on Friday
MD

GOVANHILL BATHS

99 Calder Street, Glasgow G42 7RA
0141 433 2999; govanhillbaths.com
 Monday-Sunday: 9.30am-5.30pm
 Community and arts hub with a regular programme of arts events, online classes and activities.
AC, MD

THE SPACE

257 London Road, Glasgow G40 1PE
0141 237 1221; thespacescotland.org
 Sat-9am – 6pm; Sun-11am-5pm
 Wed-Fri – 9am – 6pm
 Arts, workshops, music, food and fun.
AC, LF, MD, SF

RAISED VOICES (JEFFERY STREET)

Old St Pauls Church, 63 Jeffery St, Edinburgh, EH1 1DH
07968546034, raisedvoices.org.uk
 email: bachristie@gmail.com
 Creative writing and performance workshops. They produce plays, poetry, podcasts, spoken word and music based around the stories of the homeless people that use the service.
AC, MD

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

RAISED VOICES

07968 546 034, <http://bit.ly/1OTBvMF>
raisedvoices.org.uk

email: bachristie@gmail.com

Provides creative services for homeless people in Edinburgh. This can range from creative writing workshops to organising fundraisers for other charities. Phone for details.

ET, LF

SINGING**GIVIN' IT LALDIE**

Gorbals Parish Church, 1 Errol Gardens,
 Glasgow G5 0RA

07749028424; givinitlaldie.org.uk

Contact manager for Covid-19 activities
 The Gorbals Community Choir is completely free, all music is taught by ear and you can choose where to sit - tunes, highs or lows! You don't have to have been in a choir before and they won't make you sing on your own. It's all about making friends and having fun. Sing for Life is a choir suitable for older adults, individuals with health problems or anyone who would enjoy a gentle, uplifting singing session. Strum for Life is a community guitar class for all ages and levels. Guitars are provided (or you can bring your own).

MD

DRAW & PAINT**THE ART FACTORY**

Platform, The Bridge, 1000 Westerhouse Road, Glasgow G34 9JW

0141 276 9696, <http://bit.ly/2dmIOFI>

For anyone who wants to draw, paint or try a new craft. You could be brand new to it or maybe you did it years ago and want to try again.

During Covid activities online:

platform-online.co.uk/latest/article/taking-part-online-programme-0

AC

STREETWISE OPERA

020 7730 9551; <http://bit.ly/n4DDS>

Acting and singing workshops in homeless centres and arts centres in London, Nottingham, Manchester, Newcastle and Middlesbrough. No auditions, and sessions are free.

Build confidence, meet people, learn new skills and have fun! info@streetwiseopera.org

MD

TECH**NEXTMEAL.CO.UK**

A great little smart phone app

<https://nextmeal.co.uk/>

Lists the nearest charities that provide food and support.

MD

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



AUDIO BOOKS & COMICS

AUDIBLE

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

DIGITALBOOK.IO

Free audio books - listen on phone.
Just click and listen now for free
<https://www.digitalbook.io/>

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.

LGBTQI+

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.
Enquiries email: contact@akt.org.uk
[AH, AD, BA, DA, ET, TS](#)

EACH

0808 1000 143 (helpline);
each.education/homophobic-transphobic-helpline
Monday-Friday: 9am-4.30pm (helpline);
Helpline and support for young people
affected by homophobic bullying. Email:
info@each.education
[AD, C, 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
Scotland's national charity for LGBTI
young people, working with 13–25 year
olds across the country.
[C](#)