

thePavement

The free magazine for homeless people



Issue 130 **Change**
January –February 2021

Missing



Dawain Robert

Dawain went missing from Islington, London on 1 December 2019. He was 85 at the time.

Dawain, we're here for you whenever you need us. We can talk through your options, send a message for you and help you be safe. Call/text 116 000. It's free, confidential and 24/7.



Michael Brimfield

Michael has been missing from Cheltenham, Gloucestershire since 1 January 2017. He was 52 at the time of his disappearance.

Michael 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 Selina or Peter, you can contact our helpline anonymously on **116 000** or 116000@missingpeople.org.uk, or you can send a letter to 'Freepost Missing People'.

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

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**

Cover: Our front cover is the fantastic *Clean View* made by an inmate at HM Prison Peterborough. This carved soap was one of the Koestler Arts 2020 prizewinners for *No Lockdown in the Imagination*, displayed outdoors at the Southbank during November.

© Koestler Arts

The Pavement magazine

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

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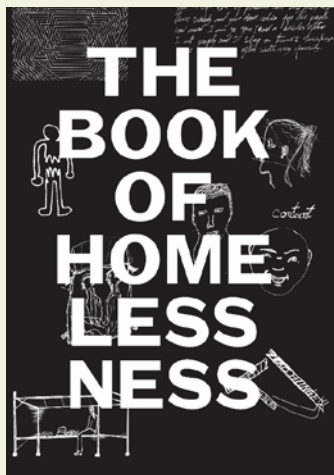
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Congratulations to the creative superpowers at Accumulate who have just published a graphic novel. *The Book of Homelessness*, billed as the “world’s first ever graphic novel created by people affected by homelessness”, began life as creative workshops in January 2020. Founder of Accumulate, Marice Cumber said: “this beautiful book shows the complexities of homelessness, and what causes it, and the struggles that people have undertaken to succeed and flourish.” Contributor Amalia said the workshops, “Helped me use my talents to create pieces of art and poetry for the book. The sessions helped me to grow and transform and heal from domestic abuse, from being homeless and unstable.”

Visit accumulate.org.uk to buy, or follow [@accumulate_ldn](https://twitter.com/accumulate_ldn)

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 that helps people in moments of crisis as well as giving info which may be needed to move on. Right in the centre is a list of places to help you.

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. 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.

Help needed

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 experienced homelessness. Or can you fundraise or donate so we can keep providing the Pavement for free? We also need London volunteers to help with distribution.

A big thank you to our readers and writers.

• nicola@thepavement.org.uk

New year's resolution

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London Mayor Sadiq Khan wrote in *inews* in November that homeless people “deserve to be kept safe from Covid-19 too”. Thankfully there was a plan of action to support his reassuring words. After labelling rising homelessness a “national disgrace”, Khan also called on the government to scrap plans to remove rough sleeping migrants from the UK for not having permanent residence. Noting the impending drop in temperature, Khan also demanded from government “the funding and support we need to provide more Covid-safe, self-contained accommodation, rather than shared dormitories in homeless shelters, for everyone in need.”



Giving you a voice: Thanks to a grant from the European Journalism Centre, *the Pavement* has just begun journalism training for a group of people with experience of being homeless. We plan to introduce you to our writers in the March/April issue. However, we can introduce you to journalist and media trainer Veronique Mistiaen (above) who is running our new Citizen Journalism training with an emphasis on solutions journalism. “I am very excited to be working again with *the Pavement*’s writers,” she says. “People who are or have been homeless or insecurely housed have a wealth of experiences and expertise. As a journalist, I increasingly prefer to help people who are unheard find their voices and tell their own stories, rather than telling them myself. This training equips participants to report on important stories that are often overlooked by the mainstream media.” Veronique can be followed on Twitter at [@VeroMistiaen](https://twitter.com/VeroMistiaen)

- *the Pavement* writers’ meet ups will be held using Zoom on Tuesdays 19 Jan, 23 Feb and 16 Mar at 6pm. Please let the editor know if you’d like to attend by emailing nicola@thepavement.org.uk

Not Everyone In

Huffpost UK revealed in November that the government wouldn't be reintroducing its 'Everyone In' policy, which saw people sleeping rough placed into emergency accommodation during the first Covid-19 lockdown that began in late March 2020. Worse still, the Minister for Rough Sleeping and Housing, Kelly Tolhurst, hadn't made any clear commitment to new lockdown measures to house people sleeping rough over winter. Responding to an urgent question in the House of Commons on the safety of people sleeping rough during the lockdown in November, Tolhurst insisted the government was "dedicating over £700m to tackle homelessness and rough sleeping alone this year [2020]."

Budget boost

In response to calls for more funding, chancellor Rishi Sunak pledged an additional £151m spending on homelessness in the next financial year, beginning April 2021. The day before Sunak's announcement in late November 2020, English councils had asked for £4bn to tackle an array of issues, including efforts to tackle homelessness.

St Mungo's, meanwhile, warned of the legacy a £1bn cut in funding for homelessness services since 2008

would have. Sunak, quoted in the *Guardian*, vowed the government "will do everything we can to support those who have been hardest hit [by the pandemic]."

2021 vision

After the delightful surprises 2020 had up its sleeve, what awaits us in 2021? As Minister for Rough Sleeping and Housing Kelly Tolhurst said in November, the government is committed to ending homelessness. She took to repeating a £700m figure spent on tackling the issue in 2020 alone. But, unsurprisingly, this was a stretch. *Huffpost UK* estimated £433m of that figure was for a longer term project to create 6,000 new homes for people sleeping rough, an initiative the government announced in May 2020.

It had promised to deliver half of them by May 2021 but was mysteriously unable to share if work had even begun in October 2020. *Huffpost UK* was able to glean that Communities Secretary Robert Jenrick has apportioned "£9.5m of the loot to Cromwood Housing Ltd, a development company blighted by a track record of renting out fire risk flats." So maybe don't expect a shiny new story about the project's impending success in our next issue...

Bad law project

More on the Home Office's cruel intentions to rush through plans to remove people of foreign nationality sleeping rough from the UK. As *the Pavement* went to press it was uncertain the Home Office would be successful, with a wave of protest and outrage meeting news of the plans. The Good Law Project organised a coalition of local law centres to challenge the new measures. The coalition say Home Secretary Priti Patel's proposals are unlawful, and make a mockery of her promise of a "compassionate" Home Office in the aftermath of the *Windrush* scandal. The groups also said the policy would contravene the European Convention on Human Rights.

Solidarity not charity

Streets Kitchen opened a new Archway branch in December, offering warm meals to the homeless community every Friday and Sunday evening. It's the latest in a string of new Street Kitchens popping up in London, courtesy of founder Jon Glackin and a small army of formidable and reliably brilliant volunteers. The Archway Streets Kitchen joins others running throughout, and now beyond, the second national lockdown. Find them at Archway, Camden, Clapham Common, Dalston, King's Cross, Hackney, Haringey, Kilburn, Shoreditch, Stockwell and Tooting. And breathe. Incredible.

- Updates on www.facebook.com/StreetsKitchenOfficial

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90,063 people were threatened with homelessness between April 2020 and the end of October 2020 despite a ban on evictions.

More than half that number lost their accommodation. Jonny Webb, a fellow at the Institute for Public Policy Research, observed that section 21 evictions were still going ahead, resulting in people losing their homes. "Some people will have been served a notice and not [be] aware of the legal procedure to challenge, and think they must leave their accommodation," he told *the Guardian*.



Brummie chefs cook up a fundraising feast: Michelin star chef Glynne Purnell (R), who is often on TV, teamed up with Birmingham City Council to host a virtual cooking show on 8 December. The *Big Birmingham Cook-A-Long* will support a scheme helping homelessness charities via Change into Action. Guest appearances included Birmingham Cllr Sharon Thompson (L), in charge of Homes & Neighbourhoods, who was a homeless teen. © *Big Birmingham Cook-A-Long*

Kind akt

A charity for young LGBTIQ+ people was hard at work in lockdown 2.0, back in November last year. akt, formerly known as the Albert Kennedy Trust, was busy helping LGBTIQ+ people facing homelessness in **Manchester**, connecting them to local services and offering support themselves. In particular akt has been helping young people who are 'hidden homeless', for example people staying on a friend's couch. Assistant Director of Services at the charity, Hayley Speed, told the *Manchester Evening News* "It's been difficult to see because they've not done anything wrong – it's because of things out of their control."

City of, er, love?



A community of homeless migrants who had set up a camp in Place de la République, **Paris**, were savagely removed from their makeshift shelter by a violent police force late last year. A brave group of volunteers had linked arms with the homeless people, in a futile effort to block the police's path. They chanted "papers for all, accommodation for all", according to the *BBC*. Police dished out liberal amounts of tear gas and baton beat-downs to disperse them. Interior Minister Gérald Darmanin, reacting to the shocking scenes of police brutality, ordered a report into the law enforcement's behaviour.

Misuse of authority

In our previous issue *the Pavement* reported on Peter Krykant's mobile drug consumption room fitted into a van. Krykant's van had a successful trial run in **Glasgow** in September, and we carried a quote of his that "we need to stop criminalising people."

It proved prophetic. Just after *the Pavement* went to press Krykant was charged by police with Section 23 of the Misuse of Drugs Act. Krykant is accused of blocking officers from monitoring the consumption rooms. "I'm surprised at this because there have been regular police patrols passing by and I have chatted away with officers," Krykant told the *Daily Record*.

Progress. Period.

The Period Products Bill passed **Scottish** Parliament in late November, the final step before it consolidates in law the free provision of sanitary products for those who need them. It's a huge step towards ending period poverty in the country, when people are blocked from basic, necessary period products because they cannot afford them. People experiencing homelessness are covered by the bill, which was introduced by Monica Lennon MSP.



Access Hub: at 389 Argyle Street is run by Simon Community Scotland, and provides vital support to homeless people in Glasgow City Centre. This new service launched in September 2020, and is open Mon – Sun from 9am – 5pm. Call the Street Team on **0800 027 7466** for urgent out-of-hours assistance.

www.simonscotland.org © Iain McLean

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Unit dinners

A new family restaurant opened in Whiteinch, **Glasgow** over the festive period, will be feeding patrons and the local homeless community alike. The Unit delivers a staggering 500 meals a day to homeless people in the city, according to *Glasgow Live*. Claire Lilley, who works at the restaurant/social space told the website the The Unit had "made and delivered 475,000 meals to vulnerable families," by the time *the Pavement* went to press.



Homeless Project Scotland set up by Colin McInnes and volunteers, registered as a charity in June 2020 after starting up as a food run in October 2019. Amazingly, during March–August last year it distributed 3,500 meals each week to hostels and vulnerable families all over **Scotland**. You can enjoy a hot meal at the Friday night soup kitchen run by the Glasgow City Mission (now an Overnight Welcome Centre). Typical dishes include chilli, chicken curry, soups and veggie pasta, usually eaten by around 190 homeless and vulnerable people. Colin says shifting this amount of food around was only possible thanks to People’s Ford in Edinburgh giving a transit van free of charge and Arnold Clark buying them a van. “We’re travelling over 7,500 miles a month,” adds Colin.

© *Homeless Project Scotland*

Plus and minus

“A lot of people have been housed or accommodated by the council and that’s positive,” says Colin McInnes from Homeless Project Scotland, “but the negative is that they are getting housing but with no support, so are not managing to sustain this accommodation. If they have addictions and don’t behave themselves, they end up losing their place. Cold turkey can kill you: if someone is an alcoholic for 15 years and told not to drink they are setting up people to fail. We find they get barred from everywhere and then

there’s nowhere to be put.”

Homeless Project Scotland also runs a free 24-hour hotline which you can call to get somewhere safe to sleep. “We take your call and then call the authorities. We hold the authorities to account and advocate on the caller’s behalf. A person has a right to accommodation, and we’ll assist you to get to that accommodation,” said Colin.

- **24 hour hotline:**
0800 0147 160 and see
www.homelessprojectscotland.org

Why change?

Why theme our first issue of the new year on change? Well it was all change throughout 2020. We experienced Covid-19 and lockdowns that brought Everyone In for the spring, but left everyone out in the autumn. There was also a clear hunger for political change which fired up Black Lives Matter marches, electoral registers, Joe Biden's presidential victory in the US and also (less positively) Brexit. Of course things always change, and we hope that our readers will find things are going to get better for them this year. That's why we love this illustration tackling the theme of the first issue of 2021 – change – with optimism and good humour. Here's to a rain of spare change falling just by you.



If it would start to rain in change drawn by Donatas Mitonis © DM

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.pavement.org.uk

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Playtime

How many lies do you need to game a points-based housing system? *By Rosie Roksoth*

There's no shortage of self-styled players round my way. However, some are playing a different style of game. I often ask myself: "What does it mean to be a player? What is the endgame here? What is the prize?" I have heard people say "So and so has made it" because they've won some award and still others saying they wanna "make it" as this or that so they can be rich and famous....

But in the end, no one has ever made it until they meet their destiny and unavoidably destiny means one thing only – death. So really what we do on the way is just an elaborate waiting game.

What would your headstone say about YOU? "Rosie – feared and respected" would be my first choice of headstone. But I don't give a toss about the headstone. I hope I have a while yet.

The point I'm trying to make is about the points-based system and just what lengths people are prepared to go to in order to score points.

It seems to me there's an element of game in the system. I lost track of the times I got stood up by my case worker, etc at the housing office when I was sleeping rough. In hindsight this makes sense because

In a nutshell

- The writer argues that playing the system to get housed means that you're going to have to be an expert liar.
- For housing points you need a calculator, eg, score 200 points for intimidation, 40 for completing rehab, 5 points for sharing a shower.
- It's the system that makes liars of us. Doesn't everyone deserve somewhere to live in peace?

without these upsets people would too easily exploit the system.

When someone gets given the run-around enough, sooner or later they show their true colours. How far can someone be pushed before they throw their toys out of the pram?

If someone lies their way well enough through the system to end up housed on the back of those lies, then they're probably a sociopath (probably killing kittens as a hobby?), because that degree of dishonesty takes dedication or brain damage.

My mates range from vicars to hardened criminals and I can respect anyone no matter how much of a scumbag they are, providing they don't hide what they are... I'm proud to be a scumbag too!

Generally, when I hear someone described as "safe" it's not because of their propensity to lie sweetly to



"He rarely told the truth so now we can!"

© Mike Stokoe

your face and then slag you off the moment you're out of earshot. I think "safe" is more to do with being straight up with people, even if it means telling them what they don't want to hear. Then at least everyone knows where they stand. And that is a good start.

So, the people I would describe as players may be tough and violent. They may be clergy. But the one thing they can agree on is that they don't lie. The rest I suppose is just down to degrees of diplomacy. As I read somewhere, "Being diplomatic is making a point without making an enemy". Beyond this, being polite and being diplomatic shouldn't ever be used interchangeably.

Discretion on who gets housed, and who doesn't, isn't up to me THANK FUCK. But as far as I'm

concerned everyone should have the right to live in peace and raise their children in safety, no matter where they're from.

There are many examples that illustrate this philosophy beautifully. Among these are a young man I met who'd recently fled a war zone and had seen much suffering. When he was asked what he wanted in life he said simply, "I would like somewhere to pray in peace, and I would like a wife". That puts things in context.

As for those so-called players who think they'll get ahead by lying and cheating their way through life (but think that's OK because playing games is the name of the game), they will meet their destiny sooner or later. So, if they're happy to have "well-liked by all" on their headstone then good luck to them. ■

Gone missing

Every issue of *the Pavement* we run a Missing People advert (see p2). Here *Kate Graham* from the organisation reveals how effective those ads can be

Research suggests that around half of the people who are homeless had run away or been forced to leave home which is why sleeping rough is “a common experience” for both missing adults and children. There are also links between going missing as a child and adult homelessness, with research finding that 84 % of young homeless people had previously run away before the age of 16. There are similarities in the causes of homelessness and going missing, including relationship breakdown, mental health problems, and financial issues.

Going missing is not an offence. Adults have the right to go missing unless they have been detained under the Mental Health Act or are legally in the care of another person. Children (18 or under) have to be searched for and returned to a place of safety, but going missing is not a crime for a child either. The police and any other professionals involved should always just be trying to support you and make you safe.

If you are an adult and don't want to return home and don't want to be considered as a missing person, you will still need to speak to police so they can close the case. If they

think you are safe and don't need any further support, they will end their investigation and if you don't want them to, they shouldn't pass any information about where you are to your family or friends. This confidence will only be breached if they don't think you're safe and they have a duty to get you support.

- **More info and help at**
www.missingpeople.org.uk

missing people

Case study: Ben*

Ben was made to feel like a burden on the family, so he decided to leave, thinking that they would be happier without him. He was just 10 years old when he first ran away from home.

Luckily, Ben was found by a concerned nurse, and taken home. However, when things at home didn't change, Ben ran away again. And again. And again.

When he was 12 he ended up in London. He was threatened with knives and machetes and robbed of his possessions. He became engrossed in a gritty underworld

Going home

People often go missing because they are struggling with something in their life. That might not have gone away just because they're back.

Missing People suggest giving the person who was missing space when they first get back. "Try to make them feel welcome, and make sure they have anything they need immediately, such as food, water, warmth and sleep. It might not be helpful to start asking lots of questions about what's been happening straight away. Some people need time and space, and interrogating questions may feel overwhelming, even if they are coming from a supportive place. We also know some returned missing people felt like loved ones ignored the missing episode. This may have been because they just didn't know how to talk about it. Once it feels right to, it's good to gently explore whether your person is okay. Ask them: "Is there anything you want to talk about?" Then listen deeply and without judgement.

of drugs, prostitution and sexual predators.

Eventually he settled on the streets as a beggar. After a fellow street beggar offered advice, Ben knew not to take the free heroin that was offered in a bid to draw him into a world of addiction and debt with local drug pushers. He spent years on the streets, his family not knowing where he was, and the authorities not knowing that he needed help.

Running away was Ben's cry for help, but nobody was there to answer him.

Case study: Bruno*

Police were notified by a homeless shelter that one of their service users, Bruno, had not been seen in

several weeks. When Missing People were informed, they published Bruno's appeal on their social media platforms and targeted poster publicity around the Ealing area where Bruno was known to live.

Just over a week after Bruno was reported missing, he made himself known to police who confirmed that he was safe and well. The officer involved in the case highlighted the effectiveness of the charity's poster publicity, indicating that Bruno 'saw [Missing People's] poster and made contact' with the police as a direct result.

***Some details have been changed to protect the missing person's identity.** ■

Benefits pitfall

Unravelling the benefits maze
by *Ian Kalman*

As all of us who have had to claim for benefits know when applying for it, the system can be a maze and if one point is wrong, you may get penalised or find you get less than you should have received. Recently I was interviewing a person about Universal Credit and he informed me that £60 every month was deducted from his claim. I asked him why and he told me it was because of the benefit cap.

I later discovered others had fallen foul of this. The benefit cap had been created so everyone would be paid “fairly”. It is a figure set by the government that is the maximum you are allowed to get. It sounds reasonable at first, but let me present you the case I just heard.

This particular person gets housing benefit plus the living part of Universal Credit so at no times did he exceed the limits set, but the money he gets is more than the benefit cap. I have spoken to the DWP press office citing this particular case and so far the only reply I have had is “that’s the regulations”.

When I lived in the same place as this person, I was on Job Seekers Allowance (JSA) and I was never capped. I think it is once again a blip in the system. It should be

2.5 million households are worried about paying rent over winter. with **700,000** in arrears and **350,000** at risk of eviction.

- Joseph Rowntree Foundation

challenged so if any of you have come across this please contact me. My email is iankalman@gmx.com.

Fight for £20

In the Nov/Dec issue of *the Pavement* I wrote about the £20 extra that those on Universal Credit are getting and that it was due to end in April 2021. More than 100 organisations have approached the government stating that the £20 uplift should remain, especially for those people on the legacy benefits, like Employment & Support Allowance (ESA), JSA and Income Support because these are typically given to people with disabilities and long-term health conditions.

Did you know?

You can apply for UC if you are homeless, but if you are unable to make your claim online this is tricky. However, you can go into a Jobcentre to make your claim. Even if local restrictions are Tier 3 for Covid-19, Jobcentres are open for the people who need extra support and cannot “interact on the phone or digitally”.

Good luck. ■



"CHANGE? - IT WAS ONCE ALL WE EVER KNEW!"

Motivations

The book *No Fixed Abode* written by Maeve McClenaghan was reviewed in the last edition of *the Pavement* magazine. Here Maeve explains what motivated her. Interview by Sarah Hough



Q: Why did you write *No Fixed Abode*?

"It was the winter of 2017 which was a really bad winter going into 2018 and I kept seeing these really sad news reports in local papers about people who were dying while experiencing homelessness. There were a couple that really struck a chord with me. One was about a man called Tony who passed away in the back garden of a house he used to own on a horrible snowy night. To me that was really shocking. At the same time, I was working in central London and every day when I would come into work it seemed like there were more people rough sleeping. Tents were popping up where I'd never seen tents before and it just started a question in my mind which is: 'If we are clearly seeing more people who are experiencing homelessness are more people dying or passing away while homeless?' And that simple question set me off on a journey which then took years because it turned out nobody knew – so I took it

Writer Maeve McClenaghan says homelessness policy, "Doesn't seem to tally with a government who says they want to address homelessness and care for people experiencing homelessness." © MM

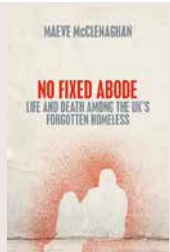
upon myself to try and pull that data together to get an answer."

Q: What made you so determined?

"To start with it was my journalistic curiosity. But the deeper I got and the more people I spoke to who were experiencing homelessness or family members of people who had lost loved ones, it became more of a moral imperative to tell people's stories to try and show the many different ways in which the system is failing people. It became apparent quickly it wasn't going to be: 'Here's the one thing that's gone wrong and if we solve this everything is fine.' It was finding that every single layer of the support system has been chipped away. It took time to really lay that out properly."

Should I read it?

We strongly recommend Maeve's book, *No Fixed Abode*. It would be especially good for policy makers and MPs who need to make the structural changes that prevent people becoming – or remaining – homeless and then dying prematurely, often from preventable causes. Score: 5*



Q: Have you heard about the Home Office's plans to introduce new immigration rules where non-UK nationals could be deported if they are found to be rough sleeping?

"It's really shocking. It's a foolhardy policy that is just going to drive people underground and away from support services. We saw that previously when there were outreach services that seemed to be connected with immigration authorities. There was a huge amount of distrust because of that and then people weren't connecting with services. As we go into winter people need to be inside and to find shelter spaces. It's really dangerous to say to some of the most vulnerable people who have no other support, 'Come in but we might well deport you against your wishes'. That is going to kill people. To me it doesn't seem to tally with a government who says they want to address homelessness and care for people experiencing homelessness."

Q: What do you think the government should do to better support people experiencing homelessness?

"The book was written before we hit this pandemic but I think what it's taught us is that a home, a safe place to call your own, is not a luxury or a status symbol, it's a basic human right and it's a life-saving human right. We need to address the housing crisis in the UK, but I think the government's focus on rough sleeping is very short-sighted. It seems to me we try and bail out a bathtub while the tap is still running with people falling into homelessness because of cuts to mental health services, cuts to drug and alcohol services, immigration policies, people now dealing with unemployment issues and even no fault evictions. All these reasons mean people are still falling into homelessness and meanwhile those who have experienced it aren't given the support to find their way back into housing."

Seaside trip

A change is as good as a rest. Hostel-resident *Ashley* wrote six pages about her day trip to Brighton. Here are the edited highlights

Our trip was planned just as lockdown began in March. So, it was cancelled. Then when it was rescheduled for September only myself, Derek and Aureal turned up with Kevin and Sarah from the council.

We were on the train to Brighton for an hour and 20 minutes, but it didn't feel that long. It was sunny when we left so I took a towel and shorts as I was planning on going for a swim. When we arrived we had a walk along the Pier. Through one of the telescopes we could see wind turbines and a person on a jet ski. It wasn't too busy when we got to the famous Pier but no one else was as excited as me about the funfair rides. We had a two-a-side game of air hockey – we were all very competitive. It was so funny and me and Kevin won hands down. We saw fresh donuts being made in front of us and then eating them hot was fantastic – they were covered in strawberry sauce and a chocolate Nutella dip.

The fish and chips were expensive on the Pier and the seagulls are very big and brave. The seagulls watch you – one man was trying to



cover his plate and we saw the birds blatantly take ice cream off a group of women. We were laughing but if that was me, I would have been scared, they're a lot bigger than you think. We found a fish and chip shop across from the Pier and sat outside and ate. No way could Sarah and I eat a whole one, 'cause the fish was huge, so we got chips and shared the fish and there was plenty.

We did get to the beach, and I got soaked, but it was worth it because the sea salt is good for our feet. I think if the weather had been really hot, we would have gone in a bit deeper than our knees.

We had such a good day, we even got to buy some rock for all the hostel residents and staff. All in all, it was the best day out I've had since coming to London years ago. ■

Blue skies above Brighton Palace Pier
© Sarah Turley

Mooving on: Ashley meets one of
Brighton's unexpected attractions
© Sarah Turley



Life as a mini break

Islington Council's Street Population Co-ordinator Sarah Turley says: "I strongly believe that people experiencing homelessness need more than a roof. We hadn't done a trip like this before, but we were lucky to receive some funding and wanted to use this specifically to offer opportunities and experiences that people might not otherwise be able to have.

We work to get people into accommodation, but in addition to this also want to help them grow, realise their goals and connect with others. Trips like this are an important way of doing this. Next plan is a walking tour in London which is also something people can enjoy and socially distance safely."

In lockdown many people began to **explore their neighbourhood**. If you enjoyed doing that, maybe make it a habit. Where's your favourite park, tree or statue?

Knowing your area well can even become a career. Invisible Cities use guides who have been homeless to lead walking tours in Edinburgh, Glasgow, York, Cardiff and Manchester. During December they also led virtual events: www.invisible-cities.org

TRAUMA

Dealing with trauma and trauma informed care

What is trauma?

- Trauma is distress triggered by either one, or multiple, traumatic events or frightening experiences.
- The most common trauma experiences are neglect, abuse, ill health and bereavement.
- Trauma can also be caused by on-going stresses such as mental health issues, poverty and homelessness.
- If you experience trauma as a child it is called “adverse childhood experiences.”

Emotional and psychological symptoms

Some people will experience none of these symptoms and some will experience many. Everyone is different. No experience of trauma is the same.

- Shock, denial or disbelief
- Confusion, difficulty concentrating
- Anger, irritability, mood swings
- Suicidal thoughts and/or self-harm
- Anxiety and fear
- Guilt, shame, self-blame
- Withdrawing from others
- Feeling sad or hopeless
- Feeling disconnected or numb
- Paranoia
- Difficulty trusting other people



Triggers

Symptoms of trauma can be created by “triggering factors”.

Triggers can be obvious – like seeing abuse on the TV. But triggers can be more subtle – certain smells, sounds, people, places or tastes can be triggers.

It can be difficult to know how to cope with trauma, but here are some ideas to help you manage it:

- Give yourself time
- Engage with other people affected by trauma
- Ask for support
- Talk it over with someone you trust
- Get into a routine centred around healthy food, exercise and sleep – we realise this may not be easy
- Do something that helps you to express your feelings, such as poetry, art, dance or exercise
- Try volunteering and/or helping other people
- Keep your mind active
- Notice how you feel and what your triggers might be (check the info above again).

TIP: Ask your GP for support

More info about coping with trauma at www.helpguide.org/articles/ptsd-trauma/coping-with-emotional-and-psychological-trauma.htm



This edited version comes from a leaflet created by Groundswell and Fulfilling Lives Lambeth Southwark Lewisham. Fulfilling Lives offers a programme designed to improve the lives of people facing multiple disadvantage – people who have experienced mental ill-health, homelessness, substance use or have offending histories. Find out more at: www.fulfillingliveslslondon



Find more health guides info at
groundswell.org.uk/what-we-do/resources



A new day?

Is it just possible that things are changing for the better?
Round-up by Deputy Editor
Mat Amp

What a year it's been. So much that people took for granted has changed. It's been like the five stages of grief:

Denial – ain't gonna happen to us.

Anger – what the fuck is our government playing at?

Bargaining – if you all wear masks we'll lift the lockdown.

Depression – as the pandemic dragged on and finally, some form of

Acceptance – as we learnt to live with this gift that seems to just keep on giving.

It's incredible that it's taken a pandemic to expose austerity for exactly what it is – the equivalent of strangling a poorly cat to make it better. But it seems like the penny might have finally dropped for an administration that is now pumping money into the economy at an unprecedented rate. It remains to be seen if they'll revert to type when this is all over, but this sea change in government policy is characteristic of a wider change in the way we're behaving as a society.

Many of us are starting to see the limitations of a belief system that puts the self front and centre, simultaneously limiting the size

Making changes

For help making personal changes:

- See phone and drop-in support in the List, centre pages.
- Specialist services offering counselling and talking treatment are usually co-ordinated by a community mental health team (CMHT).
- Keep the CMHT number in your phone in case of crisis.
- Use Citizens Advice for help with benefits, debt, legal issues and local services.
- Go to A&E if you are desperate.
- Talking therapies such as cognitive behavioural therapy (CBT) can be successful.
- Get fitter: running or yoga can improve your mood too.

of our families to a few people we share blood ties with. "We're all in it together" is starting to sound a little bit less like the strap line for a new series of *Star Trek* 'the federation' and more like something we can actually live by and live up to.

Shit, don't get me wrong, there will always be some selfish tosser out there who can't see past their own supermarket trolley, but in general people are thinking less self-portrait and more big picture.



Mat (L) at work for Groundswell © *Groundswell*

For the past six months I've spent several hours every day talking to people from the homeless community. One thing that's struck me is how well people are coping with all the changes brought about by the pandemic.

Some people have told me that they feel things have improved for them because they're getting welfare calls from the doctor, food parcels delivered and they feel like they're being listened to for the first time in... erm... ever.

For some, the hotels provided respite from the streets without the clinical sterility associated with many hostels and supported living houses. Others have taken the opportunities provided by a warm bed and a bit of

stability to get into recovery.

Don't get me wrong... plenty of people on the frontline have had a really difficult time this year, but the experience of being homeless can sharpen our survival skills and make us more resilient to adversity. We learn to adapt and take change in our stride.

Some of us can't wait for this pandemic to end and the vaccine offers a very real hope that this might happen sooner rather than later. Others though are anxious over what happens next. It's always been the poorest in society who pick up the tab when the economy fails, so I guess we just gotta stay strong and hope that the positive changes are here to stay. ■

Question time

What's the point of evaluating research on health care and homelessness?

The team involved with health charity Groundswell's Homeless Health Peer Advocacy (HHPA) project explain how evaluation is going to boost the findings:

Q: Why research?

We are trying to see how Groundswell's HHPA service works, how well it works, and how much money it might save the NHS. Lots of people report good things about HHPA. But we still need to know the extent to which it works, and who it works best for. So, does HHPA work best for long-term or short-term health issues? Does it make a difference that Peer Advocates have lived experience of homelessness themselves? Understanding the service more can help Groundswell keep developing the service.

Q: Who is doing the research?

A big team. Groundswell are central, and through them people with experience of homelessness have shaped what we all do as a team. There are also academic researchers from three universities – the London School of Hygiene and Tropical Medicine (LSHTM), King's College

23,500 sessions – one to one appointments and group health promotion sessions have been run by HHPA volunteer Peer Advocates over the past 10 years. More than 130 people have completed the training.

London (KCL) and University College London (UCL) – working alongside researchers who have experience of being homeless.

Q: Can *the Pavement* readers join the study?

Maybe. Covid-19 permitting, we will be working in hostels and day centres across London soon to do a survey. You might see members of our team, or hostel staff talking about it and if you are approached to take part, please consider it.

Q: What is going to happen with the results?

Groundswell will be working hard to adapt HHPA in response to whatever is found, so we can improve health services for people who are homeless. We'll be doing some workshops in hostels and day centres too. We will also be taking the results

What is HHPA?

Homeless Health Peer Advocacy (HHPA) is a service run by Groundswell in London. Peer Advocates, who have experience of homelessness, support people to access health care. The Peer Advocates can help with logistics for an appointment, travel or help the conversation with the nurse or doctor at the appointment. Ask your keyworker if you think this might work for you.

Info: <https://www.lshtm.ac.uk/research/centres-projects-groups/hhpa>

The HHPA research project team includes Martin Burrows, Kate Bowgett, Mani Cudjoe (Groundswell), Lucy Platt, Sujit Rathod, Paniz Hosseini (LSHTM), PJ Annand, Andy Guise (KCL) and Al Story, Dee Menezes, Rob Aldridge, Serena Luchenski, Andrew Hayward (UCL).

to the people who decide on what health services get funded.

Q: Does research even work?

Lots of researchers go to hostels and day centres and lots of research is done, but often the impact it has isn't always clear. This can be the fault of researchers, but when it comes to health, it is also about the challenges of changing a complex health system that has resource limitations. Our team doesn't have all the answers to that, and we are trying to do the study in the best possible way. Our goal is to improve things for the people Groundswell works with, who will be homeless, or have been homeless or are insecurely housed, and help bring about wider changes in society that affect how people who are homeless are treated.

Q: What does good homeless health research look like?

For us, good research is participatory. This is a buzz word, we know. What we mean is that the study from start to finish, from question development, to study design, and implementation, is being shaped by people with experience of homelessness.

Q: What's the future for homeless health research?

Covid-19 is obviously the big topic, with lots to understand on testing and vaccines. But there are also lots of challenges from before Covid-19 arrived, like understanding stigma and how to reduce it, or what the impact of Universal Credit might be for people's health. If you have any suggestions on what should be studied, we would like to hear from you. ■

In pod we trust

How can night shelters be made more comfortable? Architect George Fisher talks through his pod solution for Ilford. Interview by Jake Cudsi

Speaking to George Fisher, architecture student and designer of easily assembled 'pods' working in a night shelter in Redbridge, Ilford for the 2019-20 winter, the words "dignity", "privacy" and "comfort" continually resurface. These ideas appear to be the three driving forces behind George's design – an adaptation of work by Reed Watts Architects.

Soon after the pods were first used the shelter closed for the season. Then, thanks to Covid-19 practically everything closed. But in this new, socially-distanced era some old world ingenuity might provide vital solutions as we embark on the new normal.

The feature that caught George's eye was the simplicity of the design. The pods are, "essentially cubicles. They're cut by a machine and they arrive flatpack to whatever shelter requires them". After his proposal for the Ilford shelter to adopt the design was given the go-ahead, George and the Salvation Army set about drawing up plans and fundraising which, "took the best part of eight months". Securing the money, happily, was easy enough. £2,000

arrived from the independent charity Commonweal Housing, themselves involved in the original Reed Watts design. The Ilford Salvation Army received £700 from Transport for London, while the panels which make up the pods were donated by timber suppliers Lawsons and James Latham.

Figuring out how to utilise the pods and the space, however, was a more difficult task. George found the original pods took up too much space. "I laid them out in the room and I could only fit a dozen. It would've been a big drop." Considering the capacity of the shelter was more than double that number – 28 people, he wasn't wrong. Even when his redesign managed to hike the number of pods that could fit in the shelter up to 18, George had lingering doubts. "It brought up this moral dilemma of capacity versus comfort."

Ultimately, the Salvation Army, according to George, "Wanted to improve the quality of the shelter, and pressed ahead with his designs. It was the right move. The *Ilford Recorder* reported "tears of joy" being shed at the upgraded shelter's big reveal in winter 2019/20. Not that an exhausted George – who'd spent the day fitting the pods – was there to see them. "I said, 'You know what, I'm tired, I'm just going to go home.' But I wish I'd stayed because



Private pod: Architect George Fisher with his innovative night shelter design. "I do hope within the next few years street homelessness will be eradicated and there will no longer be a use for my pods." © Jake Cudsi

apparently receiving the guests, and them seeing the beds was a magical moment."

Thanks to Covid-19 the Ilford shelter is unable to open for winter 2020-21, hopefully only a temporary measure as the UK prepares to roll out vaccines. Looking forward, George wants to see his design adopted elsewhere, with fresh plans to further tweak the pods. Already performing an impressive balancing act, with space and comfort competing with cost and capacity, George wants a redesign to be "scaled up". But he adds, "I'm not necessarily going to make the pods bigger," he says. Rather, the new

pods will be "easily manufactured and quickly installed."

There won't be any shortage of interest in (nor, depressingly, a need for) the new designs. His previous adaptation had interest from shelters elsewhere in England, as well as international interest from America and the Netherlands. While welcoming the attention from overseas, George, quite uniquely for an architect, hopes to one day soon see his designs become obsolete.

Until then George is busy re-designing the pods to make them more affordable to night shelters.

- **For more information contact** georgefisher66@hotmail.co.uk



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: December 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

Mon – Fri: 9am – 1pm, 2 – 4pm

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

NHS 111

Call 111 (open 24/7)

All NHS services for Covid-19 are free for everyone – whatever your immigration status. You will not be reported to the Home Office for coronavirus testing or treatment. Dial **999** for urgent emergencies.

MS

NOTRE DAME REFUGEE CENTRE

16 Leicester Square, WC2H 7LE
020 7440 2668; notredamerc.org.uk
Drop-Ins: Mon & Thu 8:30am – 3:30pm
Advice Line only answered on Friday:
10:30am – 1:30pm
Immigration advice for refugees & asylum seekers.

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
Mon – Fri: 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

1-2 Taylors Yard, 67 Alderbrook Road, London, SW12 8AD
020 8772 9900; youthaccess.org.uk
admin@youthaccess.org.uk
Local contacts for mental health counselling, advice and information.

MH, AD, C, OL

DOMESTIC ABUSE

NATIONAL DOMESTIC ABUSE

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

C

SOLACE

0808 802 5565; solacewomensaid.org
Help in London for domestic abuse.

C

DRUGS & ALCOHOL

ALCOHOLICS ANONYMOUS (AA)

0800 917 7650
www.alcoholics-anonymous.org.uk

C, D

FRANK

0300 123 6600; www.talktofrank.com

C, D

NARCOTICS ANONYMOUS (NA)

0300 999 1212
www.alcoholics-anonymous.org.uk

C, D

WE ARE WITH YOU

wearewithyou.org.uk
Speak online to trained drug and alcohol workers.

We offer free, confidential support with alcohol, drugs or mental health.

C, D, MH, 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

FOOD

STREETS KITCHEN

streetskitchen.org/locations/london
Daily food in various London locations.
Mon, Tues, Thurs & Friday breakfast
from 7am, Camden/Kings Cross. Also:
- **Monday:**

Tooting Streets Kitchen

6:45 – 7:15pm outside Iceland at
25–27 Tooting High Street, Tooting,
London, SW17 0SN.

- **Tuesday:**

Clapham Common

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

- **Wednesday:**

Camden 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

Dalston Streets Kitchen

8pm Ridley Rd, opp train station E8 2PN

- **Saturday:**

Hackney Streets Kitchen

8pm St Johns Churchway, opp M&S

- **Sunday:**

Camden Streets Kitchen

7.30pm nr Camden Town tube, NW1 8QL

FF

AMERICAN CHURCH

79A Tottenham Court Road, W1T 4TD
0207 580 2791;

amchurch.co.uk/soup-kitchen

Mon – Sat: 10am – 12noon
Breakfast and lunch.

FF

AMURT UK

0208 806 4250; amurt.org.uk

Thu: 12:30 – 1:30pm at

Mildmay Community Centre, Woodville
Road, Mayville estate, N16 8NA

Thu: 6:30 – 7:45pm at

Lincoln's Inn Fields, Newmans Row,
Holborn, WC2A

Free, pre-packed hot meals & snacks.

FF, F, SF

BRIXTON SOUP KITCHEN

297–299 Coldharbour Lane, SW9 8RP

07538 419514; brixtonsoupkitchen.org/coronavirus-response

Tues, Wed, Thurs; 1pm – 5pm

Centre Temporarily Closed. Providing
meals, sleeping bags and sanitizer from
outside centre.

FF

HARE KRISHNA FOOD FOR ALL

Islip Street, Camden, NW5 2EN

www.nextmeal.co.uk/places/harekrishnafoodforall2

Mon – Sat: 12noon–1pm

Free vegetarian meal

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

FULL LIST
AVAILABLE ON
OUR WEBSITE



MISSIONARIES OF CHARITY SOUP KITCHENS (ELEPHANT)

112–116 St George's Rd, Elephant & Castle, SE1 6EU

Tues, Wed, Sat & Sun 9:30 – 11:30am
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 4–5pm, Sun 3:30–4:30pm

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 6 – 7:30pm

NLAH provides a three-course vegetarian meal, shower and laundry facilities. 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 831 372

Tues, Wed, Thu & Fri (Housing advice restarts 2021 times to be confirmed)

F

ST JOHN THE EVANGELIST CH

Brownswood Park, Queen's Dr, Finsbury Park, N4 2LW

020 8809 6111

Tue 6.30 – 8.30pm (Soup Kitchen)

Fri 11am–12noon (Clothes bank)

Sun 12.30–2pm (Hot Lunch)

Tue & Sun (Food banks)

FF

ST JOHN ON BETHNAL GREEN

200 Cambridge Heath Rd, Bethnal Green, London E2 9PA (Tower Hamlets)

Tuesday 6 – 7pm

'Tuesday Night Bites' free hot meal

FF

SAINT IGNATIUS CHURCH

27 High Rd, Stamford Hill N15 6ND

frontlinehomeless.org.uk

Mon – Fri: 1 – 2pm

Meal next to church through car park

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

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

ST PATRICK'S OPEN HOUSE

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

www.facebook.com/stpatricksoho

Mon, Fri & Sat: 8:30am

- Breakfast Club: Indoor seated service
with limited capacity, first come first
served. Limited showers also available.

Tue, Wed & Thu: 7pm

- Open House evening meal: Indoor
seated service with limited capacity,
ticket holders only.

**Meal tickets for the week available on
Mondays at 1:30pm from Sutton Row
entrance.**

FF,BS

STREETLYTES

Saint Stephens Church

1 Coverdale Road, London, W12 8JJ

www.streetlytes.org/

streetlyteslondon/en/page/need-help-

Mondays: 5–6pm

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

SELBY FOOD HUB

Selby Centre, Selby Road Tottenham,
London, N17 8JL

selbytrust.co.uk/services

Tue: 2 – 4pm

Thu 4:30 – 6:30pm

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: 7:30am – 9:30am

Thurs 11.30am–12.30pm (breakfast)

Takeaway lunch food parcels available
from church office 15 St John's Villas,
N19 3EE.

FF

WEN

<https://bit.ly/38kTm0z>

List provided by Women's
Environmental Network (WEN) with
all the **Tower Hamlets food banks**
and other community support since
Covid-19.

F

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



WHITECHAPEL MISSION

212 Whitechapel Road, London, E1 1BJ
 0300 011 1400;
whitechapel.org.uk/help/timetable
 Mon–Sun: 7am (Daycentre)
 Mon–Fri: 7:30am–9.30am (showers available on appointment basis)
 Mon–Fri: 7–10am. Free breakfast
 Mon–Fri from 9am advice worker available for questions on benefits, accommodation, night shelters and even Zoom interviews. We have takeaway food parcels and clothing parcels. Haircuts every third Wed.

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/2KWhbSA
 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
 (formerly called 'With One Voice')
 Global arts & homelessness network. Hosting a map of arts services running throughout lockdown: <https://arthomelessint.ushahidi.io/views/map>

AD

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

SINGING

THE CHOIR WITH NO NAME (LONDON)

Bloomsbury Central Baptist Church,
235 Shaftesbury Avenue, WC2H 8EP
07772 230 744; 07464 928 122
choirwithoname.org

Choir for people who have experienced homelessness with gigs around London and further afield. No prior singing experience or talent required! Women particularly welcome.

Covid-19 has stopped our meetings but we hope to be back soon. Email Ryan for info: ryanburke@lookahead.org.uk

FF, MD, LF

ACTING

CARDBOARD CITIZENS

77a Greenfield Road E1 6QR
020 7377 8948, <http://bit.ly/niiZB>
Mon – Fri: 10am – 6pm;

Many online activities. Workshops at Crisis Skylight and hostels around London. Theatre, dance and music workshops. Individual support for workshop participants. "Theatre at its funniest, most daring and challenging best" - *Brit Theatre Guide*.

AH, CA, C, ET, MD, LF

STREETWISE OPERA

020 7730 9551;

info@streetwiseopera.org

www.streetwiseopera.org/sessions

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

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.

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



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

Mon, Wed & Thurs: 9am – 4:30pm

Tues: 10:30am – 4:30pm

Fri: 9am – 4pm.

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

Mon – Fri: 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.cardinalhumecentre.org.uk

Mon–Thurs: 9:30am–3:30pm

No walk-ins but appointments offered

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

CLAPTON COMMUNITY DROP-IN

Round Chapel Old School Rooms,
Powerscroft Road, E5 0PU

020 8533 9676; coordinator.

claptondropin@gmail.com

[https://theroundchapel.org.uk/](https://theroundchapel.org.uk/projects/clapton-community-drop-in)

[projects/clapton-community-drop-in](https://theroundchapel.org.uk/projects/clapton-community-drop-in)

Sundays and Wednesdays

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

A man with grey hair, wearing a grey hoodie and a red vest, is smiling and handing a small object to a woman. The woman has short grey hair, wears glasses, a blue jacket, and a purple and white patterned scarf. She is also smiling. The man is holding a yellow magazine titled 'THE BIG ISSUE' with a cartoon character on the cover. The background shows a busy city street with other pedestrians and buildings.

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**

CLEAN BREAK

2 Patshull Road, NW5 2LB

020 7482 8600;

www.cleanbreak.org.uk/about

Mon: 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 (CMC)

The Royal Marsden NHS Foundation Trust, Fulham Road; SW3 6JJ

020 7811 8513;

www.coordinatemycare.co.uk

Mon – Fri: 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 for info about local Cruse branches.

C

DUAL DIAGNOSIS ANONYMOUS

07702 510110 (24 hour helpline)

All meetings now on Zoom.

Links on website: www.ddauk.org

Mon: 7.30 – 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

** Due to Covid-19, new address: **

St Pancras Hospital, 4 St Pancras Way, NW1 0PE

0800 9173333 (24hr crisis line)

020 3317 6590;

www.candi.nhs.uk/our-services

Mon – Fri: 9am – 5pm

NHS community mental health team

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

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 only)

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; greatchapelst.org.uk

Mon–Fri: 9am–5pm (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) Currently unfilled

Mon, Tue, Thur, Fri: 2pm–4:30pm

(drugs, alcohol & mental health nurse)

Currently unfilled

Mon & Fri: 10am–12pm (counselling telephone based appt; appointment at other times)

Tue & Fri: 2pm–4:30pm (counselling telephone based appt; appointment at other times)

Fri: 9:30am–12:30pm (podiatry by appointment)

Tue & Fri: 10am–5pm (dental service – call for telephone triage)

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

020 7263 7070; maytree.org.uk

maytree@maytree.org.uk

8am–8pm (email/telephone support)

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

MH, C

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

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

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

FULL LIST
AVAILABLE ON
OUR WEBSITE



MARYLEBONE CENTER (CHURCH ARMY)

1-5 Cosway St, NW1 5NR
0203 959 1444; <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; nhyouthcentre.org.uk
 Mon, Tues, Wed & Fri: 11am–3pm
 offering rough sleepers or those with limited or no support: hot food, takeaway food and snacks, shower, change of clothes, WiFi, computer and phone use, support with basic needs. Also running a remote service: please see self-referral and organisational referral forms on the website:
nhyouthcentre.org.uk/get-help
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/1RULmq0
 Links to employment, adult education, wellness workshops, some virtual.
MH, BA, CA, ET

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 – poverty, hardship, and distress without discrimination.
C

KEY

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

B Barber
BA Benefits advice
BE Bedding available
BS Bathroom/showers
C Counselling

CA Careers advice
CL Clothing store
D Drugs workers
DA Debt advice
DT Dentist

EF Ex-forces
EO Ex-offenders
ET Education/training
F Food
FF Free food

SHOUT

www.giveusashout.org

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

MH

SOUTHWARK DAY CENTRE FOR ASYLUM SEEKERS

* Copleston Ctr currently CLOSED *

121 Peckham Park Road, Peckham Park Baptist Church, SE15 6SX

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.

Wed: 10am – 2pm

Providing emergency food parcels and other essentials.

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

TREASURES FOUNDATION

07950 585 947 (10am – 5pm);

treasuresfoundation.org.uk/contact-us

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

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)

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: 10am – 4pm

Wed & Thur: 10am – 7:30pm

Fri: 10am – 4pm

Offers support for LGBTQ+ people experiencing hate crime, sexual violence or transphobia. Online chat available.

AH, AD, C, MS, 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



OUTSIDE PROJECT & STAR REFUGE

020 7359 5767; lgbtiqoutside.org
campaigns@lgbtiqoutside.org
 UK's first LGBTIQ+ crisis shelter &
 (currently virtual) community centre
 Referral form: www.stonewallhousing.org/services/referral-form/
 Stay connected: Join LGBTIQ+ people
 via video link to dance along to DJs
 and watch favourite performers from
 London's cabaret scene, plus other
 events at the Virtual Community
 Centre, visit: sites.google.com/view/lgbtiqvirtual/home?authuser=0
AH

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

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 587 8302; 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

STONEWALL HOUSING

2a Leroy House, 536 Essex Rd, N1 3QP
 020 7359 5767; stonewallhousing.org
Option 1 advice. Option 2 advocacy.
Option 3 supported housing,
 Mon–Fri: 10am–1pm, 2 – 5pm
 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

KEY	A Alcohol workers	B Barber	CA Careers advice	EF Ex-forces
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REFUGEE SUPPORT

DOCTORS OF THE WORLD (PRAXIS)

Praxis, Pott Street, Bethnal Green E2 0EF
0808 1647 686 (freephone)

doctorsoftheworld.org.uk

Mon – Fri: 10am – 12pm (advice line)

Info, advice to help vulnerable people access NHS and other services.

Basic healthcare and advocacy for people who have problems accessing healthcare. Closed on Bank Holidays.

AD, MS

MUSLIM COMMUNITY HELPLINE

020 8908 6715; 020 8904 8193

muslimcommunityhelpline.org.uk

Mon – Thu: 10am – 1pm

Friday: 10am – 4pm

Part-time telephone support service for listening and emotional support. Signposting and referral to specialist services.

C

MUSLIM WOMEN'S HELPLINE

0800 999 5786, 07415 206939

mwnhelpline.co.uk

Mon – Fri: 10am – 4pm

For Muslim women from any ethnicity. Face to face counselling is available.

C

NO ACCOMMODATION NETWORK (NACCOM)

0161 706 0185, naccomm.org.uk/

Network of agencies providing accommodation for migrants who have no recourse to public funds. Please consult the website for your nearest project.

AH

WATERLOO LEGAL ADVICE

14 Baylis Road, SE1 7AA

020 7261 1404;

www.waterlooactioncentre.co.uk/legal_advice

Mon, Wed, Fri 10am – 3pm

Covers children, crime, domestic violence, education, employment, family, housing, immigration etc.

Written advice, casework, initial advice and form-filling.

AH

SHOWERS

CONNECTION AT ST MARTIN'S DAY CENTRE

12 Adelaide Street, London, WC2N 4HW

020 7766 5544; services@cstm.org.uk

www.connection-at-stmartins.org.uk

Mon – Fri (except Weds):

9am – 12:15pm & 1:30 – 4pm

Reduced Service. Showers, food, laundry and assessments.

BS

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
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OUR LADY OF THE ASSUMPTION & ST GREGORY

10 Warwick St, Piccadilly Circus, W1B 5LZ
warwickstreet.org.uk

Wednesdays 6.30 – 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

ST ANDREW'S CHURCH

Greyhound Road, London, W14 9SA
15 mins walk from Barons Court Tube
Sat: 9 – 11am

Hot takeaway meal with snacks, fruit
and drinks and we offer a shower from
8:30am on a first come first served basis
(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

Mon, Fri, Sat: 9 – 11am

Breakfast and showers available, first
come first serve.

Tues, Wed, Thu evenings: dinner -
limited availability, get tickets in
advance on Monday at 1:30pm

FF, BS

WHITECHAPEL MISSION

212 Whitechapel Road, London, E1 1BJ

0300 011 1400; whitechapel.org.uk

Mon – Sun : 6am (day centre opens)

Mon – Sun: 7 – 9am (free breakfast)

Mon – Fri: 7:30am – 9:30am (showers
by appointment)

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

We have take-away food parcels and
clothing parcels. Haircuts every third
Wed. Starts again in the New Year.

FF, 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.

Opening hours: 12.30pm – 3:30pm

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