



the Pavement

The free magazine for homeless people

July – August 2021
Issue 133: Know Your Rights

Missing



David Skerrett

David went missing from Bognor Regis, West Sussex on 8 May 2019. He was 63 years old at the time.

David, 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 and confidential.



Vin Bu

Vin has been missing from Reading, Berkshire since 5 October 2020. He was 16 at the time of his disappearance.

Vin can call our free, confidential 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 David or Vin, 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 and confidential

**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: This issue's mesmeric cover artwork is by Michelle Christopher, founder of the Christopher Arts Foundation, a home for artists experiencing homelessness. See more of her artwork on Instagram at Christopher Arts Foundation.

© Michelle Christopher

The Pavement magazine

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- instagram.com/pavement_magazine

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thepavement.org.uk/complaint



ShowerBox founder with the previous issue of *the Pavement*
© ShowerBox

Summer essentials: Services such as ShowerBox, offering free showers and access to essentials such as bottled water and sanitary products, take on a huge importance during the summer months, as we battle to beat the heat and stay hydrated. So *the Pavement* was delighted to meet Sarah Lamptey (pictured above), founder of ShowerBox, at the service's St Giles-in-the-Fields home. You can now find copies of *the Pavement* here while the service is open on Saturday, 11am-3pm. As pandemic restrictions are gradually lifted, many day centres will begin to open again. Find basic information on a few of these in our centre pages. Also, keep an eye out for water refill stations beginning to be operational again. These refill stations can be found at major transport stations across the UK.

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.

• editor@thepavement.org.uk

Writing on rights

Regular readers of *the Pavement* will know that our writers often write about the rights of homeless people, and are always finding wrongs to write about, too. But this issue's theme isn't some elaborate excuse to work *The Clash* into the issue. No, in this magazine we hope you learn a little more about your rights, and are, hopefully, made aware of how to right a few wrongs.

You can find the regular news, views and cartoons inside, as well as a series of articles centred on the issue's theme. These include a report into a groundbreaking Homeless Bill of Rights (p12); an interview with an NHS walk-in centre offering a dentistry service to homeless people (p14); and the latest on the miserable Vagrancy Act (p17).

Following on from the takeover of our last issue by our solutions-based journalism trainees, many graduates of the European Journalism Centre-funded scheme have also contributed words to this magazine. This training is important when discussing the rights of homeless people, and the skills they learned will help our readers better understand their rights, which should solve some wrongs. So thanks to them, thanks to our other contributors, and thanks to you, the reader.

Please use the List on the centre pages of this mag to find food and recovery support. If you have WiFi then go to www.pavement.org.uk.

Stay safe.

the Pavement team

www.pavement.org.uk



Charity walk: Good luck to Peter Henshaw (pictured) on his remarkable effort to walk from the Scottish parliament in Edinburgh all the way to London – and then back again. Henshaw will cover a distance of almost 900 miles, raising funds for Shelter and Shelter Scotland. On his journey Henshaw will be relying on members of the public for food, and will be sleeping rough to raise awareness of homelessness.

- Follow his August journey: www.facebook.com/groups/131492928820786/?ref=share



Caroline Allouf (right) of Tricky Period at the group's new pick-up point in King's Cross.

© Tricky Period

Art auction

A series of artworks were auctioned off in May during Mental Health Awareness Week to support emerging artists and raise funds for The Haven + London, a charity dedicated to supporting the emotional, spiritual and mental wellbeing of the creative community in **London**. The Haven + London supports a number of artists experiencing homelessness, and the works auctioned off will help to raise funds for these artists. The auction was part of a wider exhibition run by The Haven + London called 'The Wilderness Project'. One of the artists in the exhibition, Alice Karveli, who has experienced homelessness since the pandemic last year, outlined the importance of the auction, saying artists like herself "are actually trying to thrive and manage a life and an art practice in such a changing and challenging world, we definitely need support."

Tricky Period pick up

Tricky Period, the group working to end period poverty by supplying sanitary products for free distribution across **London**, have opened a new collection point in King's Cross station. The pick-up point is in collaboration with London North Eastern Railway (LNER), and is located at the information point of the station's main concourse. Anyone wanting a sanitary product only has to ask for the products they need at the collection point, and the items will be provided free of charge and without question. The collection point operates Monday – Sunday from 9am – 8pm.

- To find your nearest Tricky Period collection point, see the List, or visit <https://trickyperiod.com/pick-up-points>

Renewed hostility

So much for the Home Office being “truly sorry” for the woeful Hostile Environment policy, which was apparently disowned soon after an independent review into the Windrush scandal in 2018. More than 65 homelessness organisations signed a joint statement in May this year condemning government plans to use rough sleeping as grounds for removing someone from the UK. The government plans are part of a new immigration rule that criminalises and deports migrant rough sleepers. *Liberty Investigates* revealed in April that the Home Office had acknowledged the new rules may discriminate against ethnic minorities.

Off-target

Knowing Everyone In, the scheme which saw homeless people put up in hotels during lockdown in the pandemic, would eventually have to be replaced with a longer term, realistic goal to end homelessness, the government announced its intention to fund 3,348 new homes for people sleeping rough, allocating more than £150m to councils in October last year. The homes were to be built by the end of March 2021, the government said, but the deadline came and went without being met. In late May *Inside*

Housing reported the government had confirmed it missed its target, but wouldn't say how many homes had actually been built.

Eviction notice

The Joseph Rowntree Foundation warned a wave of evictions would occur in England, as the government lifted the renter eviction ban on 31 May. About one million households fear losing their homes, as eviction bans are lifted and eviction notice periods drop from six to four months. Meanwhile, 400,000 renters have already received, or been told they will receive, an eviction notice. Research commissioned by the charity indicates people on lower incomes, Black and minority ethnic households had the highest levels of concern. The *BBC* quoted Joseph Rowntree Foundation economist Rachelle Earwaker warning she, “worried that there will be a wave of homelessness coming through.”

- **For tenant advice and support visit Generation Rent at <https://www.generationrent.org>**
- **Or, in Scotland, visit Living Rent here: <https://www.livingrent.org>**
- **You can also contact Citizens Advice. Call 0800 144 8848 if you're in England, or call 0800 028 1456 if you're in Scotland**

Tourist trap

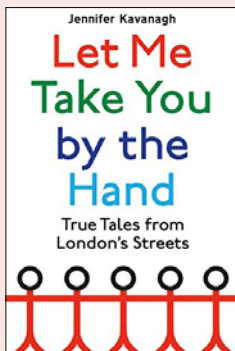
According to *BBC South West*, families living in temporary accommodation in **Cornwall** have been removed from hotels to make way for paying customers wanting to visit the southern coastline. Approximately 130 people have been moved out of these hotels already. According to Olly Monk, councillor for Newquay Trenance, business owners now “want to get back to normality”, realising that “they can make more money going back to their normal business model.” The number of households in temporary accommodation in Cornwall more than doubled in 2020, with the council planning to invest £40m into increasing their emergency, long-term and specialist accommodation stock.

A vintage story

Following the death of his mother at 17, Ladi was made homeless. After seven years of sofa-surfing and house-sitting in London, he gradually realised his passion for selling vintage clothing. At 31, Ladi is now a successful fashion trader on the online marketplace Depop. Being one of the biggest sellers of band merchandise in the country, his business has taken him around the globe. Due to his online success, he now plans to open his own shop in

Teesside where he grew up.

Speaking to *Teesside Live*, Ladi said: “There is always something you can do, you don’t have to be waiting for jobs on a building site, there are opportunities out there.”



Bookworms: Exciting news from the world of books. Author Jennifer Kavanagh’s latest work, *Let Me Take You by the Hand*, collects and maps stories of homeless people in **London** today. The book, released in early June and published by Little, Brown, features research and writing by *the Pavement*’s very own Mat Amp and Alastair Murray. To find out more about the book, and where to purchase, visit here: www.littlebrown.co.uk/titles/jennifer-kavanagh/let-me-take-you-by-the-hand/9781408713136

SARprise

Changes to housing support came into force at the end of May, providing extra financial assistance to care leavers up to the age of 25 and anyone who has lived in a homeless hostel, regardless of age, for three months or more. The changes, which will see an increase to the Shared Accommodation Rate (SAR) and changes to the Local Housing Allowance (LHA), were originally set to be introduced in 2023, but have been brought forward. Minister for Welfare Delivery, Will Quince said, “these changes are an immediate boost for some of the most vulnerable young people in our community.”

- **Read up on these changes to the SAR and LHA here:**
www.gov.uk/government/news/care-leavers-and-homeless-people-could-receive-extra-housing-support

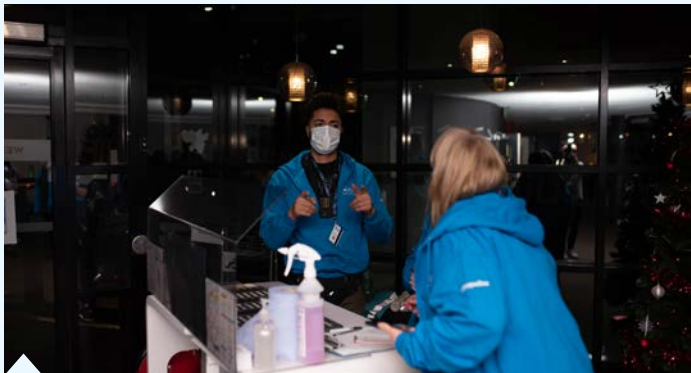
Detox time

Public Health England London (PHE London) have set up the capital’s very first detox unit for homeless people. The unit was set up in partnership with the Greater London Authority, Guy’s and St Thomas’ NHS Foundation Trust, borough councils and the City of London Corporation. The Addiction Clinical Care Suite opened on 14 June at St

Thomas’ Hospital in Lambeth. The aim of the detox unit is to support people who sleep rough to safely withdraw from alcohol and drugs, the first steps of a “treatment journey,” according to a government press release. The service also offers peer support and a holistic support programme.

Outlaw living

Voters in Austin, **Texas** passed a proposal to criminalise homelessness in the city. Proposition B (Prop B), a ballot proposal banning homeless encampments in “unapproved public places” and making it a criminal offence to lie down, camp, or solicit money in public areas was passed on 1 May, receiving 57 % of the vote. The ban went into effect on 11 May. A wider ban on homeless encampments across Texas state was pending final approval by governor Greg Abbott when *the Pavement* went to press. House Bill 1925 had been approved by the Senate and the House of the state on 28 May. The Bill bans camping in unapproved public places, punishable by a fine of up to \$500, reports the *Texas Tribune*.



Glasgow City Mission (GCM) opened a new upgraded winter project, the Overnight Welcome Centre (OWC) last winter, providing shelter for people who would otherwise have had to sleep rough in **Glasgow**. The OWC, like previous GCM winter night shelters, ran from 1 December to 31 March. Hosted in a city centre hotel, the OWC offered a 24-hour service for the first time in GCM winter night shelter history. Staff at the centre were available at all times to provide individual support to the 203 guests who stayed at the shelter. Of those guests, 87 % moved on to positive housing outcomes, according to a GCM report on the project. © GCM

Nothing to see

An outreach team for Homeless Project Scotland (HPS) found no people sleeping rough in **Glasgow** city centre on 2 June. The HPS outreach team walk the streets of the city centre in search of people in need of food or accommodation, usually finding a small number of people wanting to access services. The street team on 2 June, however, searched in vain, finding zero people sleeping rough and in need of support. *Glasgow Live* added HPS is currently fundraising for an outreach food truck to use in Glasgow.

30 new tenancies to be created for homeless people in **Edinburgh**, as part of The Simon Community Scotland (SCS) expansion plan

£5m investment made by social investor Social and Sustainable Capital into SCS, with new properties to be purchased within 18 months

£1m commitment made to investment by Edinburgh University, according to *Edinburgh Evening News*.

Failing health

Scotland policy manager at healthcare charity Marie Curie, Ellie Wagstaff, has warned that homeless people in the country are failing to receive adequate palliative care. Wagstaff, writing in *Scottish Housing News*, highlighted a recent report by the charity calling for urgent reform of palliative care for people experiencing homelessness. Among a series of suggestions, the report called for “improved access and provision of palliative and end of life care,” and for “more palliative care training... for those delivering homelessness services”.

- **The full report, titled *Dying in the Cold; Being Homeless at the End of Life in Scotland*, can be downloaded here:**
www.mariecurie.org.uk/policy/publications

Levelling down

Scotland introduced a temporary legal ban on evictions during the pandemic, but as the pandemic eases, and regions move into new ‘levels’ of restrictions, tenants have been sent eviction notices. Only days after **Edinburgh** moved into level 2, ending the legal ban on evictions, people from 16 separate households were brought before Edinburgh

Sheriff Court facing eviction for rent arrears, *Edinburgh Evening News* reported in early June. Among the landlords rushing to serve pandemic-stricken tenants with an eviction notice were Edinburgh council. A spokesperson for The Scottish Tenant’s Organisation called the legal action “ludicrous.”

- **For accommodation see the List in the centre pages**

Yes, it's an extender

Temporary measures brought in to house people experiencing homelessness during the pandemic in Scotland have been extended by an extra three months to 30 September 2021, *Scottish Legal News* reports. Measures allowing local authorities to shelter people sleeping rough or experiencing homelessness in hotels and B&Bs were due to expire on 30 June. Announcing the extension, Housing Secretary Shona Robison said: “We are extending these measures while the path of the pandemic remains uncertain, and will keep the situation under review.” ■

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

The fight for rights

Earlier this year Brighton and Hove adopted a Homeless Bill of Rights. What is it and why is it needed? *Matt Hobbs* spoke to one of the Bill's instigators

On 26 March 2021 an email landed in my inbox. "We made it! 31 to 13, 7 abstentions. Now the work starts!". Modest but brimming with optimism, the message personified the man I had previously met on a Zoom call to discuss his work in Homelessness and Human Rights. David Thomas, former Legal Aid Lawyer for those experiencing homelessness, joined the Brighton and Hove Housing Coalition in 2016, and is an architect of the Homeless Bill of Rights.

"When the Human Rights Act came into force (2000), I thought it was absolutely great, a chance to make trouble and come up with new ways to make arguments for my clients. However, it doesn't give you a right to housing." This glaring gap in the Human Rights Act highlights the inequalities within our society, affording rights to a housed population whilst failing to extend these to those experiencing homelessness.

Within this context, the Brighton and Hove Housing Coalition looked to draw up a charter of rights specifically for those experiencing homelessness. "Then we found the European Homeless Bill of Rights which had been launched by FEANTSA, the umbrella for voluntary

sector homelessness organisations in Europe. They put it together with input from organisations working with homeless people, so it really comes from the experience of being street homeless." To tackle the aforementioned "glaring gap" within the Human Rights Act, "Article 1 is basically the right to a home, that's everybody's right, when you're homeless it's your first right not to be homeless. In fact all the rest of these rights wouldn't be necessary if you stuck to Article 1." The coalition added a couple of extra articles, drawn from the experiences of the local population: "the European one has 11 articles, our number 12 is about your stuff, about belongings, there's a really strong tendency of council workers or rubbish collectors to bin your stuff while you're away from it... it's part of this tendency to try to sweep homeless people out of sight, to exclude them from public spaces." This exclusion is addressed by another article: "homeless people have a right to public spaces, the same right as everyone else has to public spaces" and another addition states: "Survival Practices – such as begging – should not be criminalised".

In 2019 the Brighton and Hove

Housing Coalition succeeded in having the Homeless Bill of Rights adopted into both the Green Party and Labour Party manifestos.

“We chose a good time in terms of local politics. They’re practical, straightforward rights for a city to sign up to, but the main thrust for it is to change the conversation, to change the way people talk and think about homeless people.”

When I met David in March this year I could feel the momentum, the conversation was electric: “You come at a moment of great hope because there is substantial reason to think that the city is actually going to adopt the Homeless Bill of Rights next week.” Here, holding my breath, is where our chat ended, and in the lull of lockdown I waited. Then with a ping those words flashed on my screen: “We made it! 31 to 13, 7 abstentions. Now the work starts!” On 25 March 2021 Brighton and Hove had voted to adopt the Homeless Bill of Rights.

So what happens now?

“The Homeless Bill of Rights isn’t really a legal document, it’s about making policies that comply with it, this is the beginning not the end. It’s bound to just disappear into mere words if we are not there constantly to hammer home that they’ve got to comply with it.”

The Brighton and Hove Housing Coalition has achieved a UK first,

setting the precedent for us all to follow. But throughout my conversation with David I kept asking, “Why Brighton?”, as if the city itself held some mystical force that allowed these events to converge at this moment in time. But in truth it was the people coming together, committed to a common cause, and choosing to take action. As David said, “It’s just where we were.” ■

Right to the point

So what is included in the Homeless Bill of Rights? Among the rights adopters of the Bill commit to ensure are:

1. **The Right to Housing:** Services supporting access to housing must be accessible to everybody
2. **The Right to Equal Treatment:** Councils will not discriminate against homeless people
3. **The Right to Sanitary Facilities:** Councils will provide access to basic sanitary facilities, such as running water, showers and toilets, for all people experiencing homelessness

Read the remaining rights here:
<https://housingcoalition.co.uk/homeless-bill-of-rights>

Pain in the teeth

We all have a right to healthcare, but many believe our teeth aren't covered. *Sheryle Thomas* speaks to the homeless health service with a dental surgery

There is nothing worse than experiencing dental pain, especially when you have no address or income to access dentist surgeries.

When I was homeless in 1998, I used a homeless health service provided by Central London Community Healthcare NHS Trust (CLCH) at Great Chapel Street Surgery, which provided fantastic health care to anyone without an address. Now they have a dental surgery to help the homeless community look after their teeth.

I emailed the homeless dental service at CLCH to ask some questions you are probably thinking about on how to access this service.

Who can visit the dentist service?

The CLCH Homeless Dental Clinic offers a service to anyone who is homeless.

How do I get referred to you?

Ideally, a referral from a healthcare professional, homeless outreach service or hostel manager is recommended. However, if this is not possible, we will also accept self-referrals from people who are homeless by directly calling or emailing the service.

In a nutshell

- There are homeless health services providing dental care
- At the Central London Community Healthcare NHS Trust, this service is free and you don't need a permanent address
- Find more dental and healthcare services in the List.

When are you open?

We are open for bookings from 9am-5pm on Mondays and Fridays. Appointments are offered from Tuesdays to Fridays.

How long do I have to wait for an appointment once registered?

At the moment, due to the pandemic, we speak with you on the phone before we can book an appointment. The waiting time varies but on average is about two weeks. If you have an urgent problem, we will try and see you sooner.

What if my teeth are in pain?

Call us during office hours and we will try and see you urgently. Dial 111 out of hours.

What if I haven't got a phone?

Ask a friend, contact social worker, hostel manager, or a member of the homeless health team on the street to contact us on your behalf.

Can someone come with me to my appointment?

Due to the pandemic and social distancing measures, please come alone. If you need to bring a carer or advocate please contact us first.

What if I can't speak English?

We can offer an interpreting service either over the phone or face-to-face.

I'm rough sleeping and I'm not claiming benefits/ have no income. Can I still access the dentist?

At our clinic there is no charge for the dental treatment that we provide.

Is there wheelchair access?

Our new purpose-built surgeries at Soho offer full wheelchair access.

What kind of dental treatment do you offer?

We offer a full range of NHS dental treatment. This includes examinations, cleaning, fillings, crowns/bridges, extractions and dentures. We do not provide implants or cosmetic treatment such as tooth whitening.

If I require more work, what options are available to me?

We may need to refer you on to a specialist.

I'm very worried about receiving dental care. Will it hurt and are your staff supportive?

We try our best to be kind, patient and gentle. Modern local anaesthetics are safe and provide good pain relief whilst undergoing dental treatment. Our staff are experienced at dealing with anxious patients. If you don't feel able to receive treatment under local anaesthetic, we may be able to refer you to another clinic for sedation or general anaesthetic.

Why is it important to seek treatment early?

Dental problems are easier to fix when caught early. Leaving a dental problem for too long can lead to pain, infection and even tooth loss.

How can we help you to help us?

Turn up to your appointment on time. Cancel any appointment that you do not intend to keep at least 24 hours beforehand. Bring a list of any medications that you take.

- You can call to book an appointment at CLCH Homeless Dental Clinic on **0207 534 6628**





Ken Pyne

Final act?

When will the draconian Vagrancy Act finally be repealed, asks *Ian Kalman*

If you were alive in 1824, a new Act was put on the statute books, this new law meant that if you were sleeping rough or begging in England and Wales you could be arrested and fined £1,000. I found a site that calculated that amount to today's rates and it comes out at £112,616.60. That is an amount we all carry around when we live on the streets.

This act has never been repealed and I am now questioning why I was never arrested in the years I was sleeping rough?

Several charities have now joined forces to finally consign the archaic law to the history books. Homeless charity Crisis front the lobbying.

Jon Sparkes, CEO of Crisis, said: "People are still being needlessly criminalised for being homeless under the Vagrancy Act, despite Housing Secretary Robert Jenrick agreeing back in February that this harmful, archaic law should be consigned to history."

The UK government has indicated that action will not be taken until a review of the Vagrancy Act, promised in 2018, is completed. It says repealing the Act should not hamper the police's ability to deal with

An act of cruelty

- The Vagrancy Act was introduced in 1824
- It bans sleeping rough and begging
- A review of the law was promised in 2018
- Between April and September 2020, police in England and Wales made 361 charges using the Vagrancy Act.

certain behaviours.

Crisis has proposals with cross-party support, which will help the UK government repeal the Act and show how police can use other existing and more appropriate powers to tackle exceptional circumstances of anti-social behaviour.

Although the government has now agreed in principle to repeal the Act, no actual date has been set.

Eddie Hughes, Minister for Rough Sleeping, has said he would be working towards this at pace, the question is what is this pace? At the moment it seems a snail's pace.

I shall keep an eye on this and report back to you the progress.

A helping hand to guide

Having experienced homelessness and been victim to domestic abuse, *Regina Coker-Ogunsola* started a social enterprise, aiming to support vulnerable people. Warning: the subject matter of this article may be distressing for some readers

For two weeks back in summer 2016, I spent most evenings sitting at King's Cross train station in London, watching people and feeling invisible. I would wait there as I had nowhere to sleep. Each evening, I'd be hoping and praying that a friend would let me stay with them, or that they would transfer me some money so I could afford the train ticket to get there.

I was a 26-year old single mother who had just left an emotionally abusive relationship. There was no well thought out plan, or savings I could dip into. I'd simply thrown as many belongings as I could into a couple of bin bags and left with my daughter. But little did I know at the time that this decision would make me homeless.

I ended up in a temporary hostel with my young daughter, but I was left without help or the tools I needed to leave my situation. Despite working my whole life, I was forced to give up my job. There were times during this period that I would go without food just so that my daughter could eat. It felt like nobody was willing to help me. I was just another statistic. Another

Find support

- If you are victim to domestic abuse, call **999**
- In England you can call the National Domestic Abuse helpline 24/7 on: **0808 2000 247**
- The Scottish domestic abuse helpline is also 24/7. Call: **0800 027 1234**

reckless single mum unable to fend for herself and her child. Another burden to the taxpayer.

Sadly, my story is all too familiar, which is why I decided to speak out at TEDxBedford last year (Search on Youtube: Regina White). The theme was resilience, and I shared my own personal journey of surviving domestic abuse, my battle with depression and the vicious cycle I found myself in. As I was writing the talk, I began thinking, what could have helped me during this dark time in my life. The more I thought about it, the more I realised that I needed to drive this change myself.

Fast forward a few months and I am starting up a new social

enterprise called: A Hand To Guide. It's a free 24-hour buddy service for domestic abuse victims and those at risk of homelessness. We provide people with educated and friendly buddies who advise them on everything from their finances to their mental health. It's a safe place for people to talk, receive advice to begin their new life.

The goal of A Hand To Guide is simple: to help our members, timelessly and be the guiding light out of their situation quickly.

I've personally been supported by some amazing charities and organisations, including St Mungo's and Beam, who have helped transform my life. I only wish I'd found them sooner.

One of my most memorable experiences was the support I received from Beam, a crowdfunding platform helping homeless people into stable jobs and homes. People I'd never met before started donating towards my future so I could have a better life. They told me I was a good mum, a positive role model to my daughter. It was like being given the world's biggest hug. I was able to get into a stable job as a result, and rebuild my life.

Now, it's my turn to give back, which is why I've set up A Hand To Guide. I want to use my negative experiences to ensure that everyone is equipped with the tools they



Members of the A Hand To Guide team pictured in London. © A Hand to Guide

need to get back on their feet. And I'm fortunate to have a wonderful team who is by my side. Each and every one of us has been through either homelessness or a mental health condition and we all want to ensure nobody is alone through their situation.

Covid-19 has shown us the importance of rallying around some of the most vulnerable people in society. There are so many people out there who are willing to help. My vision for the future is that we will have hundreds – if not thousands – of buddies across the UK, who can provide a helping hand and ensure nobody gets left behind.

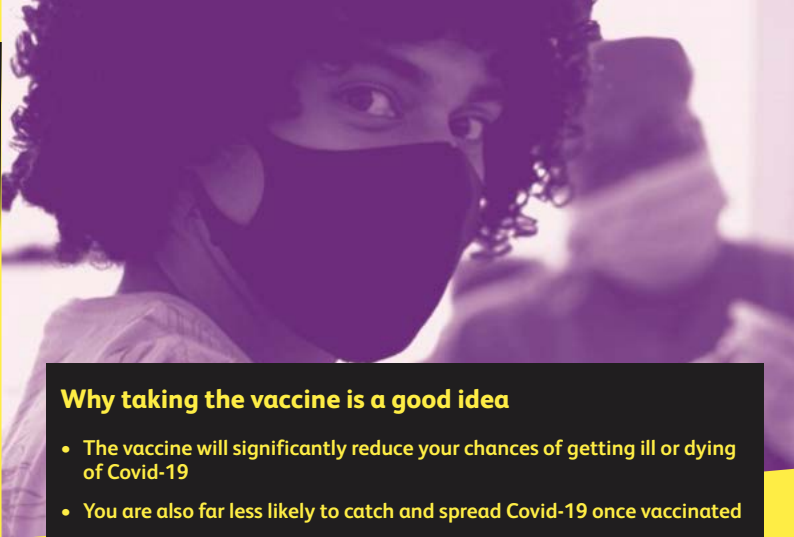
• **Follow A Hand to Guide on Instagram at @ahandtoguide** ■

ARM YOURSELF AGAINST COVID

Homeless people and people sleeping rough in the UK were given vaccination priority earlier this year. By early June adults between the ages of 25 and 29 were being invited to take the vaccine. As the vaccination rollout continues, Groundswell and St Basils, a charity working to end youth homelessness, have joined forces to encourage uptake of the Covid-19 vaccine among young people experiencing homelessness.

About the vaccine

- Vaccines work by stimulating the body's immune system
- Your immune system produces its own protection against the virus, called antibodies
- The vaccine is injected into your upper arm
- A Covid-19 vaccine is administered in two separate doses
- Like any vaccine, the Covid-19 vaccine can lead to side effects
- Common side effects include: fatigue; a fever; headaches and nausea; pain in the arm you received the vaccine
- Side effects of the vaccine do not last long



Why taking the vaccine is a good idea

- The vaccine will significantly reduce your chances of getting ill or dying of Covid-19
- You are also far less likely to catch and spread Covid-19 once vaccinated
- The Covid-19 vaccine has been tested and analysed like all other vaccines
- Tens of thousands of people, from a wide range of groups and demographics, were tested with the vaccine before approval

Find out more

If you have more questions about Covid-19 and the vaccine, you can speak to your GP or contact support staff from your accommodation, outreach team or local support service.

Find more information and guides from Groundswell on Covid-19 and the vaccine at: <https://groundswell.org.uk/coronavirus>

Find information from the NHS here:

- www.nhs.uk/conditions/coronavirus-covid-19
- www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination

Hope springs

Finding oneself caught somewhere between optimism, despair and hope as lockdown comes to an end. By *Mat Amp*

Greetings to everyone. I hope this finds you well. If you're feeling anxious at the prospect of the world kicking back into action, believe me, you are not alone.

Things are kicking back into life like city lights at dusk, one window at a time, until soon, if the vaccine goes to plan, it's gonna be mid-town Manhattan on a Saturday night, frenzied neon blinking at the dark.

It may be especially overwhelming for those who face an uncertain future with their housing situation. For some, the pandemic has been an oasis of calm, the eye in a furious storm, a soothing balm on the chaotic wound of life. For them, the end of lockdown signals uncertainty not security and they are left wondering: 'Are we going to get forgotten all over again?'

People have lauded the Everyone In scheme for its inclusivity. It's true, people with no access to public funds, immigrants and those with no local connection were, for once, not ignored. But before we get carried away let's ask this simple question: Why now? Well, the answer to that is obvious – the pandemic, so let's ask this one instead: Why not before



Our writer questions when it'll be over...

© Mat Amp

now?

One thing that Everyone In has proved is that it's possible to get everyone off the streets if the will is there. It's just unfortunate that the will was only there because the government wanted to protect the public, not because of some benevolent epiphany or sudden realisation that we all benefit as a society when the most vulnerable amongst us are not forgotten.

And as the threat of Covid-19 recedes and the wheels of consumer

industry start to spin once more, the fear is that the merciless gears of the machine will not stop for anything or anyone trapped between them. The government will start to talk about paying the bill and it's the poorest, as always, that will be made to cough up.

All we can do is hope that enough people learnt enough lessons during the pandemic to plant some seed of change, after more than a decade of brutal austerity that has done a total Hobin Rood on the country – Hobin Rood is Robin Hood in reverse... robbing from the poor to give to the rich in the form of quantitative easing, a policy that has rewarded banks for the shameless fraud that brought the global economy to its knees in 2008.

Despite the reasons for anxiety and concern, there is reason for hope. As far as I see it, and this is just my opinion, the charity sector has worked out how to do things over the past decade, rejecting the top-down, hand-out Victorian charity model and instead using co-production as a key stone for building a model aimed at giving people with lived experience of homelessness the platform to progress.

For the best part of the last year my working days have been spent coordinating an incredibly innovative community journalism project. It's a project that was designed

to give people with experience of homelessness a platform to express themselves in order to inform services and, through our website (<https://groundswell.org.uk>), the public. This has a positive impact on both policy and public opinion.

The project, led by Groundswell in partnership with On Our Radar, currently has 14 reporters with lived experience across the country sending in reports about their experiences during the pandemic. Funded by NHSE and the National Lottery Community Fund, it's provided policy makers with unfiltered feedback from the people who have experience of trying to navigate the healthcare system without a safe and secure place to call home.

This week we found out that Groundswell's bid for Comic Relief Change Makers funding has come through, effectively expanding the project to include more reporters amongst other measures designed to put the voice of those experiencing homelessness at the centre of policy making. It's stuff like this that makes me start to believe that there is hope, which in turn makes me feel less anxious about the end of the lockdown. At the end of the day that anxiety is about not knowing what is next but that doesn't mean that what is next is necessarily going to be bad. Here's to hope. ■

Pets in summer

Sarka shares some advice on how to take care of your pets – and particularly your cats – in the sweltering summer months

I would like to stress the two most important things for summer. The first: Make sure your pet has plenty of water. The second: Never leave a pet alone in a car in summer. Not even in the shade, as sunbeams move.

Unfortunately most hostels, or temporary accommodation, do not allow pets. Even the majority of affordable private housing does not allow pets, especially those that allow housing benefit. This is a big problem. However, sometimes you may find a kind friend who will look after your pet for a while, until you find a solution; ideally a place where you are able to have pets.

If your pet stays with somebody, explain to them the importance of plenty of water. Explain to them how important it is to leave more water than seems necessary, especially in summer. Cats and dogs may survive for a week with no food, but a much shorter time with no water, two to three days I would guess? I did not try and will not try!

I had this very frightening experience. My cats were fostered by a friend. The friend had an accident and was taken to hospital. I got a



One of the (many) cats Sarka takes care of. This handsome boy is named Big Fluffy. © Sarka

call from the police one day that the cats had been on their own for about a week and that I needed to check on them immediately as there is a danger that I could have dead cats. It was frightening. Luckily all was well. The cats were very thirsty and rather hungry, however they were ok. Why? My friend was smart. Before she went out she left plenty of water and food around the house for the cats. This saved the cats. Cats are good at rationing food and water if there is a scarcity. This is what they did in this case.

Another thing is cats will shed

hair. In nature their coat expands and they become fluffy in winter. This enables them to survive low temperatures as fur insulates their body. Feral (wild) and stray cats become nearly 2x their size in winter. This is not so pronounced in owned cats, who do not need a huge coat to survive the elements. However, the natural cycle of longer, thicker fur in winter and shedding in summer remains. So comb your cats or ask the fosterer to do so, if possible. It does not prevent shedding around the house completely, but it helps. This is important as shedding and hairballs may upset your cats' fosterer and affect their willingness to look after your cat.

If you look after feral or stray cats, or just feed strays, try to leave a small bowl of water in places cats may frequent. Even if you cannot feed the cats, leave fresh water out for them every day, if possible. I used to put little water containers around the house at my temporary accommodation. I carry a water bottle and a container with me to give water to the feral cats who live around my previous accommodation. This is not so needed in winter, but I do this in summer. To sum up: Water, water, water!

Just a note, spring and summer is kitten season. If your cat is not spayed (an operation which means that your cat will not have kittens) and goes out she WILL get pregnant.

Pet patrol

If you're concerned for your pet's health, StreetVet deliver outreach veterinary care in multiple locations across the UK

- In London, StreetVet have regular stations in Camden, Hackney, and Clapham
- These stations can be found by the Streets Kitchen outreach in Camden and Hackney
- In Clapham, StreetVet use the facilities of the Ace of Clubs, a community centre providing support for homeless people
- There is a StreetVet Glasgow station, open every week
- Find your nearest StreetVet outreach team here: www.streetvet.co.uk

Kittens are the last thing you need, when you already struggle with your own housing needs and the housing of your cat. Charities, such as Dogs Trust (they look after cats too, not just dogs) or Blue Cross, provide discounted or free spaying. Your cat could also have contraception injection or tablet, however, these are expensive and are only provided by private vets.

Wishing a great and safe summer to you and your pet. ■



PAUL ATHERTON WAS HOMELESS AT HEATHROW AIRPORT TERMINAL 5 WHEN LOCKDOWN WAS ANNOUNCED & BORIS JOHNSON SAID TO GET "EVERYONE IN" IT COULD'VE BEEN AN END TO ALL HIS WOES, IT COULD'VE BEEN THE BEST OF TIMES FOR HIM, INSTEAD THE REALITY WAS THE ABSOLUTE WORST

PART 2

■ THE GIFT OF SIGHT - Ophthalmic Health - 1pm

THE BEST OF TIMES



THE WORST OF TIMES



■ KEEPING IT TOGETHER - Mental Health - 3pm

THE BEST OF TIMES



THE WORST OF TIMES



■ THE BEAUTY OF FRIENDSHIP - Social Health - 5pm

THE BEST OF TIMES



THE WORST OF TIMES



■ TRUE LOVE - Relationship Health - 7pm

THE BEST OF TIMES



THE WORST OF TIMES



■ BACK TO NORMALITY - Diet Health - 9pm

THE BEST OF TIMES



THE WORST OF TIMES



BY PAUL ATHERTON, CARTOON BY STOKER

Rights & wrong 'uns

The struggles of having an anti-social neighbour and problems with your health, by *Chris Sampson*

For years I have suffered sleep deprivation due to the antics of a psychotic neighbour. He blares out TV all night, stinks the place out, sometimes with drugs, and threatens violence if questioned. This has a draining effect on my health, especially as sleep deprivation is a trigger for cluster headaches.

I also get toxic fumes, including illegal drugs, from said neighbour rising from his flat up to mine, and into my lungs. I have Chronic Obstructive Pulmonary Disease – or Chronic Lung Disease to you and me. You'd think that the words "chronic" and "disease" would be enough for the powers that be to take action, what with the obvious harassment, violation of my human rights and whatnot.

You'd be wrong. The council have on occasion answered the phone when I've called its anti-social noise line; they've even turned up once or twice. They've smelt smells and heard noise, but inform me that it's "not loud enough".

And the Bobbies? Despite the obvious drug stench, they tell me they can't go around arresting people just for breaking the law. Good lord, no! Whatever was I thinking by calling them with trivial

guff like this, when there's vigils by unarmed women to be policed, or ethnic youths to be intimidated?

The reader will note that I hope to get him relocated, and not evicted. Maybe some of *the Pavement's* mission to help the homeless has rubbed off on me. And so, despite his being enabled to continue his behaviour by the indifference of cops and council, his human rights – to a home, to the mental healthcare I believe he needs – remain sacrosanct to my mind.

What's left of my mind, anyway. Apparently, prolonged sleep deprivation can result in Alzheimer's or dementia. I'm hoping to be tested for both soon. ■

Are you suffering from some of the troubles described in this article?

- If you are experiencing cluster headaches and migraines, contact your GP, or call NHS 111
- An anti-social neighbour is usually the concern of your local council. Try to get in touch with them
- Citizens Advice provide helpful info. See this webpage: www.citizensadvice.org.uk/housing/problems-where-you-live/complaining-about-your-neighbour

The Kingston stink

Here's some, er, fresh perspective on the smells and sights of lockdown walks, by *Steve Walker*

The small, working class town called Kingston gave birth to the 1970s slogan "The Kingston Stink".

Traversing time and geographical space we arrive in The Royal Borough of Kingston-upon-Thames. Where a whole new 21 Century Kingston Stink has arrived giving even more credence to the North South divide.

Now, while this reporter is resisting talking about the pandemic, alas, in this instance I can only pray that it is a contributing factor to the strange phenomenon of the 21C Kingston Stink. Let me explain.

We are all, I'm sure, painfully aware that the lockdown brings with it a shut down that has given birth to droves of us suddenly seeing the benefits of endless walks. All this healthy lifestyle will kill us. Now that may be oxymoronic, it's debatable, what isn't debatable is the moronic behaviour of a large number of canine owners – dog owners anywhere else, in Kingston-upon-Thames it's different. As are the people. To be fair there isn't much else to do and certainly there is nowhere really to go.

So instead of hitting town donning a Louis Vuitton bag people are hitting the parks & walkways dragging the froodle (French Poodle)

with them and instead of the Louis it's the pooey bag they are swinging. This pandemic has reached new lows as the latest trophy is a poo bag. I mean as if the men in lycra tights wasn't enough we are now suffering a whole different unholy sight. Forget your Louis Vuitton, forget your Burberry, we now have a brand-new bag for life.

From this Northerner's perspective if the world hasn't gone mad then the people in it are certainly teetering on the edge, I can't decide whether to give them a shove or a shovel.

Enjoy a story?

If you like to write, make art, or just enjoy being creative, contact *the Pavement*. We're always looking for new contributors.

Email the editor at:
editor@thepavement.org.uk

**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!

My notepad...

Make sure you read...

the **Pavement**

online at

www.thepavement.org.uk



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

Updates: web@thepavement.org.uk
Compiled: June 2021

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

Are your details incorrect?

Please send changes to:
web@thepavement.org.uk

LIFE SUPPORT

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

THE TRICKY PERIOD PROJECT

www.trickyperiod.com

Together we are working to end period poverty. Tricky Period is a grassroots group collaborating with local libraries, stations and other welcoming community spaces to provide period products to those - experiencing homelessness and poverty. Social media group: facebook.com/TheTrickyPeriod/?ref=page_internal

MH

FRANK

0300 123 6600, www.talktofrank.com
Monday-Sunday: 2pm-6pm (live chat);
Drug advice for young people.
www.talktofrank.com; text: 82111;
frank@talktofrank.com.

AD, C, DW, OL

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 – 5pm

Our direct-access services provide advice and support for young people aged 16 to 25 who are at risk of homelessness.

AH, AD, CA, C, ET, MH

CAMPAIGN AGAINST LIVING MISERABLY (CALM)

0800 58 58 58, <https://www.thecalmzone.net/help/get-help/>
Helpline open 5pm-midnight.

MH, MS, C

HOPE WORLDWIDE UK – ODAAT

The Chambers, St.Mark's Church, 337 Kennington Park Road SE11 4PW
02036594809, hopeworldwide.org.uk/
One Day At A Time (ODAAT) is a quasi-residential men only (18+) rehab. 12 steps, counselling and psychotherapy are employed in a loving community to transform from chaos to constructive living. Services for people on the scheme include one to one counselling, yoga, community meetings, psychotherapy, relapse prevention and life skills, group therapy and aftercare, family contact and recreation.

BA, CA, C, DA, DT, EF, EO, F, FF, IT, L, MH

NARCOTICS ANONYMOUS (NA)

0300 999 1212; ukna.org
Helpline open 10am-midnight.
online meetings available.

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

STOLL

stoll.org.uk/; 020 7385 2110
Supported housing to vulnerable veterans.

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

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/
support

MH, C, ET, OL, OW, SH

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

WOMEN@THEWELL

54 Birkenhead St, London, WC1H 8BB
020 7520 1710; watw.org.uk
 Advocacy and Support for women
 at high risk of/or are affected by
 prostitution and the sex trade.
 Advocacy and support including
 Showers, laundry, food and care
 packages.

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

LEGAL ADVICE**BETHNAL GREEN LEGAL ADVICE CLINIC**

University House, 104 Roman Road E2 0RN
020 8980 4205

legaladvicecentre.london/about-us/
 Legal advice, Benefit appeals. More
 information on the website.

BA, DA, LA

BLACKFRIARS SETTLEMENT CLINIC

1 Rushworth Street SE1 0RB

020 7928 9521,

blackfriars-settlement.org.uk/legal-advice-clinic

Housing and debt advice, initial & written
 advice for Southwark residents.

Advice is given every Wednesday evening,
 18:30 - 20:30, by appointment only.

We are currently closed and are offering
 telephone appointments.

AH, DA, LA

BRIXTON ADVICE CENTRE

167 Raiton Road SE24 0LU

020 7733 7554, brixtonadvice.org.uk/

Monday-Thursday: 10am-3pm (call into
 reception);

Advice on benefits, housing, employment
 & debt (first-come, first-served). Online info
 on health services.

AH, AD, BA, DA, ET, LA

CAMDEN C.A.B. LEGAL ADVICE

141a Robert Street NW1 3QT

0300 330 1157, camdencabservice.org.uk/

Monday-Friday: 10am-4pm (advice
 line); Covers immigration, nationality &
 employment

LA

CAMDEN ROUTES OFF THE STREETS (CGL)

6-8 Greenland Street, NW1 0ND

0808 800 0005; camdenrts.co.uk

Mon – Fri: 11am–3am

For single homeless people.

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

CAVEAT SOLICITORS

1st Fl, 11-13 Uxbridge Road, Barking W12
 8LH

0203 249 1177, <http://bit.ly/1CUxBNH>

Monday-Friday: 9:30am-11:30am (free
 legal helpline - 020 3249 1975); Free

legal advice on housing, homelessness,
 immigration etc. Contact them or email on

helpline@caveatsolicitors.com.

LA

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

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

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

FULL LIST
 AVAILABLE ON
 OUR WEBSITE



SHOWERS

999 CLUB (DEPTFORD CENTRE)

21 Deptford Broadway SE8 4PA

020 8694 5797

<https://999club.org/our-services/>

A warm and welcoming environment.

MH, AH, AD, A, AC, B, BA, BS, CA, ET, FC, IT, L,

MS, TS, LA, EO

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

Keeping many of our services open during Lockdown.

Mon – Fri (except Weds):

9am – 12:15pm

& 1:30 – 4pm

Reduced Service.

Showers, food, laundry and assessments.

We work with people, not just for them,

BS

OUR LADY OF THE ASSUMPTION & ST GREGORY

10 Warwick St, Piccadilly Circus, W1B 5LZ

020 7734 9313

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

Offering a free and secure

shower space for the street and homeless in London.

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: 8.30 – 9am

Breakfast and showers available, first come first serve.

Tues, Wed, Thu: 7pm dinner - limited

availability, get tickets in advance on

Monday at 1:30pm

FF, BS

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

THE MARGINS PROJECT

19b Compton Terrace N1 2UN

020 7704 9050

unionchapel.org.uk/projects/margins
Support for people facing homelessness and crisis.

Monday & Wednesday: 11am-2pm;
Showers, clothes, food. Advice on health, housing, money & legal issues.
Also therapy, job club & English tuition.

AH, BS, DA, F, LA, C

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

We have take-away food parcels and clothing parcels.

Haircuts every third Wed.

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

We offer Advocacy and Support for women at high risk of/or are affected by prostitution and the sex trade.

Showers, laundry, food and care packages.

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

DENTAL

KING'S DENTAL INSTITUTE

Bessemer Road, Denmark Hill SE5 9RS

020 3299 3052

<https://bit.ly/2aZpDA0>

Monday-Friday: 8:30am-12:30pm;

Walk-in service - first come, first served.

Patients queue from 7am.

DT

DENTAL HELPLINE

01788 539 780

Monday-Friday: 9am-5pm

<http://bit.ly/1DDHrCo>

Free, independent

and impartial service on all aspects of oral health.

DT

GUY'S HOSPITAL EMERGENCY DENTAL SERVICES

23rd Floor, Tower Wing, Thomas Street
SE1 9RT

020 7188 0124;

bit.ly/2SPruMn

Opens at 8am(at full capacity by 9am.)

DT

NHS 111

For dental emergencies call NHS 111

DT

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



EYECARE

VISION CARE (LONDON SITES)

0203 286 4186

visioncarecharity.org/

Free sight tests and spectacles.

MS

BARBER

WHITECHAPEL MISSION

212 Whitechapel Road, London, E1 1BJ

0300 011 1400;

whitechapel.org.uk/help/timetable

Haircuts every third Wed.

AH, B, BA, BS,

ACTION HOMELESS CONCERN

1 Berrymead Gardens W3 8AA

020 8992 5768, bit.ly/1rY49Ay

Hot lunches, showers and clothes too

AH, A, B, BA, CL, C, DT, DW, F, FC, MS

REFUGEE SUPPORT

AZIZIYE MOSQUE

117-119 Stoke Newington Rd N16 8BU

020 7254 0046, bit.ly/201x7Rn

Monday-Sunday: 11am-11pm; Drop-in for advice and support on housing, family, substance use etc. Turkish & Arabic, interpreters available for other languages.

AH, AD, BA, C

BARKA UK (RECONNECTIONS PROJECT)

07440 429 760, <http://bit.ly/1r1LCpo>

Monday-Friday: 9am-4pm (helpline

– Polish, Russian, Romanian and

English); Offers Eastern European rough

sleepers the opportunity to return

home. Help with obtaining passports

& transportation. Also information on

employment, benefits, NI, the law,

organisations supporting CEE migrants.

AH, A, BA, CA, DW, OL, LA

CAVEAT SOLICITORS

1st Fl, 11-13 Uxbridge Road, Barking

W12 8LH

020 3249 1975, caveatsolicitors.com/

Monday-Friday: 9:30am-11:30am

Free legal helpline - 020 3249 1975

Free legal advice on housing,

homelessness, immigration email

helpline@caveatsolicitors.com.

LA

DOCTORS OF THE WORLD (PRAXIS)

Praxis, Pott Street, Bethnal Green E2 0EF

0808 1647 686 (freephone), <http://bit.ly/20AZG9w>

Monday-Friday: 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

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

JOINT COUNCIL FOR THE WELFARE OF IMMIGRANTS

115 Old Street EC1V 9RT

020 7553 7470, bit.ly/1w4h8qY

Monday, Tuesday, Thursday: 10am-1pm; Advice & legal help. There may be charges. Ring first. If you have no documentation & would like free legal advice, phone the specialist irregular migrant helpline (020 7553 7470).

AD, LA

MUSLIM WOMEN'S HELPLINE

0800 999 5786

mwnhelpline.co.uk

Mon – Fri: 10am – 4pm

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

C

MUSLIM YOUTH HELPLINE (MYH)

0808 808 2008, myh.org.uk/

Free, confidential and non-judgmental listening services via phone, email (info@myh.org.uk) MYH is run by young Muslims.

MH, AD, C

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

NO ACCOMMODATION NETWORK (NACCOM)

0161 706 0185,

naccomm.org.uk/

Network of agencies providing accommodation for migrants who have no recourse to public funds, providing accommodation and support to asylum seekers, refugees and other vulnerable migrants. Please see website.

AH

SANTÉ PROJECT TRAINING LINK

54-56 Phoenix Road NW1 1ES

020 7482 2903

santeproject.org.uk

Advocacy and befriending for vulnerable refugees and asylum seekers. Download a referral form from the website or complete the 'contact' page.

email: santeproject44@gmail.com

Our mission is to support refugees and asylum seekers in the London region, particularly those with mental health issues, to gain equal access to health and other essential services.

AD, BA

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



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 John's Churchway, opp M&S

- *Sunday:*

Camden Streets Kitchen

7.30pm nr Camden Town tube, NW1 8QL

AMERICAN CHURCH

79A Tottenham Court Road, W1T 4TD
0207 580 2791;
amchurch.co.uk/soup-kitchen
Mon – Sat: 10am – 12, Breakfast/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; twitter.com/brixsoupkitchen
Tues, Wed, Thurs; 1pm – 5pm
Centre Temporarily Closed. Free meals,
sleeping bags & sanitizer 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

JCT

83 Margaret St (Down Marylebone
passage) W1W 8TB
02076 370 600; jct.charity
Showers (Booked in advance), Takeaway
Food, Casework support around housing,
benefits, immigration, Health & Wellbeing
Ladies group, sit in breakfast (please book).
FF

A photograph of a man and a woman on a city street. The man, on the left, is wearing a red vest over a grey hoodie and is smiling while handing a coin to the woman. He is holding a copy of 'The Big Issue' magazine. The woman, on the right, is wearing a blue jacket and a purple and white patterned scarf, and is also smiling. 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**

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

NIGHTWATCH

Queen's Gardens, Croydon, SE23 3ZH

Mon – Sun: 9:30pm–10pm

Sandwiches, soup, hot drinks & biscuits

FF

OUR FORGOTTEN NEIGHBOURS

Outside Toynbee Hall, Commercial Street, E1

Thurs 4.30pm for the soup kitchen.

We provide hot meals drinks and perishable and non-perishable food. We also give toiletries.

We don't need any documentation anyone is welcome.

We have an onsite contact for rehab centres too.

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

KEY	A	Alcohol workers	B	Barber
	AC	Art classes	BA	Benefits advice
	AD	Advocacy	BE	Bedding available
	AH	Accommodation/housing advice	BS	Bathroom/showers
			C	Counselling

CA	Careers advice	EF	Ex-forces
CL	Clothing store	EO	Ex-offenders
D	Drugs workers	ET	Education/training
DA	Debt advice	F	Food
DT	Dentist	FF	Free food

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

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.

FF

SELBY FOOD HUB

Selby Centre, Selby Road Tottenham, London, N17 8JL
selbytrust.co.uk/our-services
Tue: 2 – 4pm; Thu 4:30 – 6:30pm

FF

THE MANNA

St Stephens
17 Canonbury Road, N1 2DF
0207 226 5369

www.themanna.org.uk/

Open for rough sleepers only.

Tues 2–7pm; Wed, Thurs & Fri 10am–4pm: Showers and laundry accessible, limited

numbers, attend in person to join waiting list.

To enable physical distancing, we limit numbers inside. You may be asked to wait outside or come back later for your shower. Food and hot drinks available. Take away lunch service Wed: 1–2pm

FF

WHITECHAPEL MISSION

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

whitechapel.org.uk/help/timetable

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.

AH, B, BA, 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
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

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/projects/clapton-community-drop-in>
 Sundays and Wednesdays
 Help to access services, particularly in relation to housing, benefits, JobCentre. 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 or check the website.

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

CLEAN BREAK

2 Patshull Road, NW5 2LB
 020 7482 8600;
www.cleanbreak.org.uk/about
 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

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

COMBAT STRESS

Tyrwhitt Hse, Oaklawn Rd, Leatherhead
KT22 0BX

www.combatstress.org.uk/
combat.stress@rethink.org

Our 24/7 Helpline **0800 138 1619**
remains available to all veterans and
their families for confidential mental
health advice and support.

(via helpline, text
07537 404 719 or email)

Help with PTSD. Residential treatment
and community outreach.

MH, AD, C, OL

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.

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

We are a self-help organisation
supporting people who are struggling
with addiction and mental health
conditions.

MH, C

FOCUS HOMELESS OUTREACH

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
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

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



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

GREAT CHAPEL ST MEDICAL CTR

13 Great Chapel Street, W1F 8FL

020 7437 9360; greatchapelst.org.uk

Mon–Fri: 9am–5pm (appts. 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)

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

LISTENING PLACE

3 Meade Mews SW1P 4EG

020 3906 7676

www.listeningplace.org.uk/

Saturday–Thursday: 9:15am–7:45pm;

Providing free, sustained, support, by appointment for those who feel life is no longer worth living.

The Listening Place is somewhere individuals can talk openly about their feelings without being judged or being given advice.

There is no ‘drop-in’ or helpline service. Please complete self-Self referral form online.

MH, C

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.

"Maytree house is no ordinary house.

During their free 4 night, 5 day stay, our guests can explore their thoughts and feelings, and feel heard with compassion and without judgement."

"Maytree house is no ordinary house.

During their free 4 night, 5 day stay, our guests can explore their thoughts and feelings, and feel heard with compassion and without judgement."

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

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

MIND

0300 123 3393

www.mind.org.uk

info@mind.org.uk

Text SHOUT on 85258

Legal line: 0300 466 6463

Support for anyone experiencing a mental health problem.

MH, AD, LA

THE GREENHOUSE

19 Tudor Road E9 7SN;

020 8510 4490

online-consult.co.uk/org/the-greenhouse-practice

Health services for men & women who are sleeping rough. Medical services & advice for Eastern Europeans, including translation services.

MH, AH, A, BA, DA, DW, NE, OL, LA, SF

LGBTQI+

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

GALOP

020 7704 2040; www.galop.org.uk

Mon & Tue: 10am – 4pm

Wed & Thur: 10am – 7:30pm

Fri: 10am – 4pm

The LGBT+ anti-violence charity. Offers support for LGBTQ+ people experiencing hate crime, sexual violence or transphobia.

Online chat and free helpline available.

See website

AH, AD, C, MS, LA

LONDON FRIEND (ANTIDOTE)

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

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

LS Luggage storage
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MH Mental health
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OL Outreach worker links
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TS Tenancy support

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OUR WEBSITE



OUTSIDE PROJECT & STAR REFUGE

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

THE PASSAGE

St Vincent's Centre,
Carlisle Place SW1P 1NL
020 7592 1850
passage.org.uk/
If you are homeless and need help during
the current Covid pandemic,
please call 0300 500 0914
or email clients@passage.org.uk
MH, AH, A, BA, CA, CL, DW, ET, F, FC, IT, MS, TS

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. Outreach,
social and therapeutic groups, support,
health screening, counselling. HIV
Testing available to people with no
Covid-19 symptoms.
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