



# *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](mailto: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](mailto: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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**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

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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

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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](mailto: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](http://www.pavement.org.uk).

Stay safe.

**the Pavement team**

[www.pavement.org.uk](http://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](https://www.facebook.com/groups/131492928820786/?ref=share)



## 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."

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

© Tricky Period

## 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

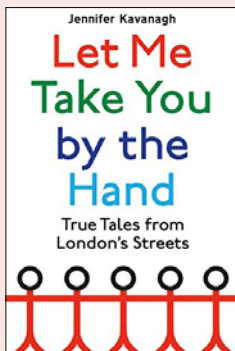
According to *BBC South West*, families living in temporary accommodation in **Cornwall** have been removed from hotels to make way for paying customers wanting to visit the southern coastline. Approximately 130 people have been moved out of these hotels already. According to Olly Monk, councillor for 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](http://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](http://www.gov.uk/government/news/care-leavers-and-homeless-people-could-receive-extra-housing-support)

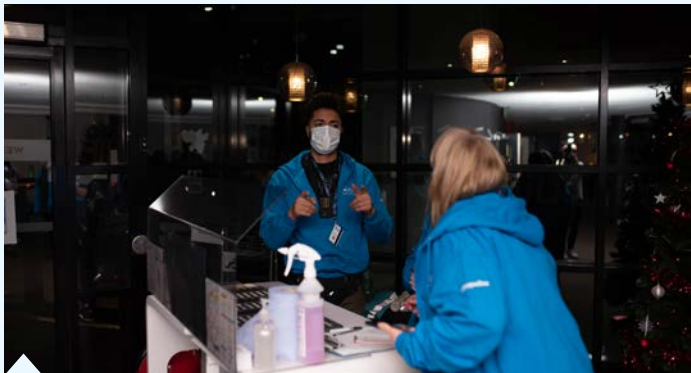
## Detox time

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](http://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

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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.

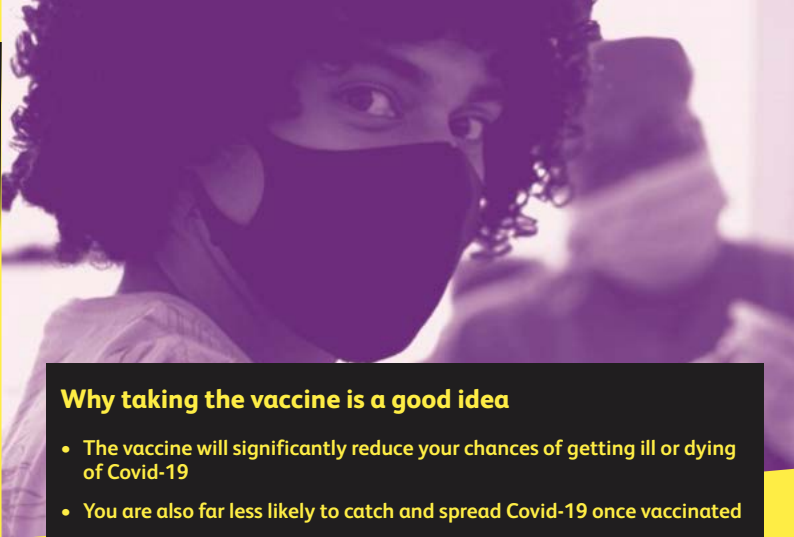
• **Follow A Hand to Guide on Instagram at @ahandtoguide** ■

# 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](http://www.nhs.uk/conditions/coronavirus-covid-19)
- [www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination](http://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](http://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](http://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](mailto: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](http://www.shelter.org.uk)
- Tel: **0808 800 4444**  
(8am–8pm Monday – Friday,  
8am–5pm weekends)

**3. Citizens Advice Bureau**

- Web: [www.citizensadvice.org.uk](http://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](http://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](http://www.thepavement.org.uk)



## KEY TO ALL SERVICES

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

Updates: [web@thepavement.org.uk](mailto: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](http://thepavement.org.uk/services.php)

## Scotland List

### ADVICE

#### SHELTER SCOTLAND

0808 800 4444; [scotland.shelter.org.uk](http://scotland.shelter.org.uk)  
Mon – Fri: 9am – 5pm

Make a homeless application with a local council. This is different from a housing options interview and from an application to the mainstream housing waiting list. You have the right to temporary accommodation while the council considers your application.

**We can: explain your rights; tell you your options and tell you what help's available in your area**

*AD, AH, TS*

#### GLASGOW WOMEN'S AID

0141 553 2022;  
[glasgowwomensaid.org.uk](http://glasgowwomensaid.org.uk)

Mon – Fri :10am – 4pm.

Advice and support for women experiencing domestic violence and their children. Domestic Abuse Helpline: 0800 027 1234 (24/7).

*C*

#### LODGING HOUSE MISSION

35 East Campbell St, Glasgow, G1 5DT

0141 552 0285; [lhm-glasgow.org.uk](http://lhm-glasgow.org.uk)

Mon – Fri: 9am – 3pm (phone line open)

Mon – Fri: 10am – 2pm (food collection)

Contact us first to arrange collection of Food parcels, kettle food packs, toiletries, clothing and emergency assistance. Phone for support workers.

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

## THE MARIE TRUST/ WAYSIDE CLUB

32 Midland Street, Glasgow, G1 4PR  
**0141 221 0169: [themarietrust.org](http://themarietrust.org)**  
 Mon – Fri: 7:30pm – 11pm  
 Free food available on weeknights.  
 Most services currently suspended.

FF

## SIMON COMMUNITY SCOTLAND

Glasgow Helpline **0800 027 7466**  
**Period Friendly Points** for free products:  
[simonscotland.org/our-initiatives/period-friendly/period-friendly-points](http://simonscotland.org/our-initiatives/period-friendly/period-friendly-points)  
 MS

## SIMON COMMUNITY ACCESS HUB

389 Argyle Street, Glasgow, G2 8LR  
**[www.simonscotland.org](http://www.simonscotland.org)**  
 Street Team: **0800 027 7466** Open 24/7  
 Access Hub: **0141 552 4164**  
 Access Hub: Mon – Sun: 9am – 5pm  
 Drop-in at Argyle Street Access Hub  
 for people who are experiencing  
 homelessness and other difficulties and  
 need consistent, long-term support.  
 MH, AH, AD, AW, DW, OL, OW

## STREETWORK CRISIS CENTRE

22 Holyrood Road, Edinburgh EH8 8AF  
**0131 557 6055; [streetwork.org.uk](http://streetwork.org.uk)**  
**0808 178 2323** (24/7 helpline)  
 Mon – Fri: 7am – 8pm  
 Sat – Sun: 9am – 5pm  
 Supporting anyone in Edinburgh who  
 does not have a safe place to sleep.  
 AH, AD, BA, BS, C, FF, IT, TS

## SURE RECOVERY APP

App was co-developed with and for  
 people who are using, in recovery, or  
 thinking about reducing their substance  
 use. Search 'SURE Recovery' on App  
 Store or GooglePlay.

## FOOD

### NEXTMEAL.CO.UK

A new mobile app has been to help  
 support homeless people and show  
 them where to find food. Search  
 postcode, town or street.  
**[www.nextmeal.co.uk](http://www.nextmeal.co.uk)**  
 Lists the nearest charities that provide  
 food and support.

FF

### BALVICAR STREET

Balvicar St, Glasgow, G42 8QU  
 Thurs: 7pm–9pm  
 Soup run every week.  
 FF

### CARRUBBERS CHRISTIAN CENTRE

65 High St, Edinburgh EH1 1SR  
**0131 556 2626; [www.carrubbers.org](http://www.carrubbers.org)**  
 Tue: 5:30 – 6:30pm  
 Soul Food serve food from the café door  
 Sun: 9am  
 Serves free breakfast from the café door.  
 FF

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

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

## CADOGAN STREET

39 Cadogan House, Glasgow G2 7AB  
**Directly opposite No.28, on corner**  
 Mon – Sun: 9 – 10pm  
 Soup, sandwich and hot drink for anyone over 20 years old. 365 days a year. Aim to direct homeless service users to appropriate services.

*FF, OL*

## GLASGOW CITY MISSION

20 Crimea Street, Glasgow G2 8PW  
**0141 221 2630; glasgowcitymission.com**  
 Mon – Fri: 10am – 4pm  
 Breakfast and lunch. Offering support & advocacy.

*AC, AH, FF, IT, SF*

## H4TH (HELP FOR THE HOMELESS)

**07966 062 495; www.h4th.org.uk**  
 Cadogan Street, Glasgow  
 Thursdays: 8 – 10pm  
 H4TH is a weekly outdoor soup kitchen for free food and clothing.

*FF, CL*

## HOMELESS PROJECT SCOTLAND

**0800 0147 160; 07828 584 544 (24/7)**  
**homelessprojectscotland.org**  
 We support homeless and vulnerable people and families in Scotland by working alongside partners and supporting people who need our help. Food distribution, hygiene packs, advice all available. Based in Glasgow.

*FF, OL*

## KINDNESS STREET TEAM

George Square, Glasgow, G2 1AL  
 Mon, Wed, Fri & Sun: 7pm  
 We provide hot food, cold food, clothing footwear, food parcels, non perishable items, sleeping bags and hot drinks.

*FF, CL*

## MISSIONARIES OF CHARITY (HOPETOUN CRESCENT)

18 Hopetoun Cres, Edinburgh EH7 4AY  
**0131 556 5444**  
 Mon, Tue, Wed & Fri: 4 – 4:45pm  
 Sundays: 3:30 – 4:30pm  
 Providing a full meal. Ninety per cent of residents are over 40.  
 Not step-free.  
 Closed 23rd -31st Dec. Open 25th Dec.

*FF*

## QUEEN'S PARK GOVANHILL PARISH CHURCH

170 Queen's Drive, Glasgow G42 8QZ  
**0141 423 3654; qpgpc.com**  
 Tues: 12noon (hot meal)  
 Thurs: 10am – 12noon (food bank)  
 Sun: 5pm – 6pm (free take out meal, toiletries, clothing)

*AH, AD, B, BS, BA, CL, DA, F, FF, IT, MH, OL, OW*

## SOCIAL BITE (ROSE SREET)

131 Rose St, Edinburgh EH2 3DT  
**0131 353 0250; social-bite.co.uk**  
 Mon – Fri: 2 – 3pm  
 Free food take-away.

*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



## SOCIAL BITE (ST VINCENT ST)

103 St Vincent St, Glasgow G2 5EA  
**0131 353 0250; social-bite.co.uk**  
 Mon – Fri: 2–3pm Free food take-away.  
 NOTE: Due to restrictions seating only available at the Social Supper event.

FF

## SOCIAL BITE (UNION ST)

516 Union St, Aberdeen AB10 1TT  
**0131 353 0250; social-bite.co.uk**  
 Mon – Fri: 2–3pm  
 Free take-away.

FF

## STEPS TO HOPE

**07949 838 666; stepstohope.co.uk**  
 Phone-line open all time  
 Monday Munchies: 6pm  
 (at 14 Johnson Terrace, EH1 2PW)  
 Tue & Fri: Catering Van: 5pm  
 (at Old St Paul's, 63 Jeffrey St, EH1 1DH)  
 Souper Saturday: 10am  
 (at Old St Paul's, 63 Jeffrey St, EH1 1DH)  
 Sunday Suppers: 5pm  
 (at St Cuthberts, 5 Lothian Rd, EH1 2EP)

FF

## WOODLANDS COMMUNITY CAFE

19 Carrington Street, Glasgow, G4 9AJ  
**0141 332 2656**  
**www.woodlandscommunity.org.uk**  
 On Monday evenings, a three-course vegetarian and vegan meal is served at 6pm - you pay what you decide or free.  
 Woodlands Community Cafe provides

a welcoming space where local people meet on a Monday evening to share a healthy, home-cooked meal and get to know others in their community.

AH, F, BA, FF, LA, MD

## MENTAL HEALTH

### ADVOCARD

**0131 554 5307; advocard.org.uk**  
 Mon – Fri: 9am – 5pm  
 All our services are still open to accept referrals for advocacy support.  
 Independent individual and collective advocacy services for people with mental health problems in Edinburgh  
 Text: **07920 207 564**,  
 email: **advocacy@advocard.org.uk**

MH, AD, SF

### BREATHING SPACE SCOTLAND

**0800 83 85 87; breathingspace.scot**  
 Free, confidential phone service for anyone in Scotland experiencing low mood, depression or anxiety.

MH, AD, C

### CAMPAIGN AGAINST LIVING MISERABLY (CALM)

**0800 58 58 58; thecalmzone.net**  
 Calm is leading a movement against suicide. Call, email or chat on website.

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 (NATIONAL)

0800 138 1619; [combatstress.org.uk](http://combatstress.org.uk)

07537 404 719 (textline)

Open 24hrs, 365 days

National ex-services charity offering help with Post Traumatic Stress Disorder (PTSD). Residential clinical treatment.

## GAMH

0141 552 5592; [www.gamh.org.uk](http://www.gamh.org.uk)

Mon – Thur: 9am – 5pm

Fri: 9am – 4:30pm

Emotional and practical support, information and advice for homeless people with mental health problems. Office shut, phone in for help.

*MH, AH, AD, C*

## HEALTH IN MIND

0131 225 8508; [healthinmind.org.uk](http://healthinmind.org.uk)

Monday – Thursday: 9am – 5pm

A range of mental health and wellbeing services for people with housing and mental health support needs. You can self-refer to most services or ask your GP to refer you. Phone appointments only.

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

## HELP FOR DEPRESSION

[www.healthline.com/health/depression/help-for-depression#TreatmentFacts1](http://www.healthline.com/health/depression/help-for-depression#TreatmentFacts1)

An online comprehensive explanation of the various approaches and treatments for depression.

*MH*

## HEARING VOICES NETWORK

0114 271 8210; [hearing-voices.org](http://hearing-voices.org)

A network for people who hear voices and see visions. For groups info email [info@hearing-voices.org](mailto:info@hearing-voices.org)

*MH, C*

## HUNTER STREET HOMELESS HEALTH SERVICE

55 Hunter Street, Glasgow, G4 0UP

0141 553 2801 (call first)

<https://bit.ly/2WpFA7b>

Mon – Fri: 9am – 5pm

Located in the Gallowgate area.

Combination of homeless health and social care services under one roof, and GP service for homeless people.

Call first to arrange appointment.

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

## MIND (NATIONAL)

0300 123 3393; [www.mind.org.uk](http://www.mind.org.uk)

Mon – Fri: 9am – 6pm

Advice and support to empower anyone experiencing a mental health problem.

[info@mind.org.uk](mailto:info@mind.org.uk) or text: 86463.

Legal support: 0300 466 6463;

[legal@mind.org.uk](mailto:legal@mind.org.uk)

*MH, AD, LA*

## NHS INFORM - SCOTLAND

[www.nhsinform.scot](http://www.nhsinform.scot)

Online health information service.

*MS, MH*

*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





## NATIONAL SELF-HARM NETWORK

[www.nshn.co.uk](http://www.nshn.co.uk)

Supporting individuals who self harm to reduce emotional distress and improve their quality of life Resources and information available online.

A supportive and understanding forum.

*C, MH*

## PENUMBRA

57 Albion Rd, Edinburgh EH7 5QY

0131 475 2380;

[www.penumbra.org.uk](http://www.penumbra.org.uk)

Mon–Thurs: 9am–5pm

Friday: 9am–4pm

Offers a wide range of mental health support.

Coronavirus Hub available at:

[www.penumbra.org.uk/coronavirus](http://www.penumbra.org.uk/coronavirus)

*MH, A, C, D, TS*

## SAMARITANS

Helpline: 116 123 (24hrs, 365days)

[samaritans.org](http://samaritans.org)

Whatever you're going through, free and confidential mental health support. You can take things at your own pace, they will listen carefully and talk things through on a confidential basis.

*C, MH*

## SANE (NATIONAL)

[www.sane.org.uk](http://www.sane.org.uk);

[support@sane.org.uk](mailto:support@sane.org.uk)

SANEline: 07984 967 708 (leave name and number and SANE will call back)

Monday–Sunday: 4:30pm–10:30pm

We believe that no-one affected by mental illness should face crisis, distress or despair completely alone.

Information on schizophrenia, depression and bi-polar disorder in Bengali, Chinese, Gujarati, Punjabi & Urdu as well as English.

*C*

## SUPPORT IN MIND SCOTLAND

0131 662 4359;

[www.supportinmindscotland.org.uk](http://www.supportinmindscotland.org.uk)

Mon – Fri: 9am – 4pm

Support and action for all people affected by mental illness. This includes carers, friends and families.

Support and guidance to help your mental health during lockdown available on website.

*MH*

## SURVIVORS OF BEREAVEMENT BY SUICIDE (NATIONAL)

0300 111 5065, [uksobs.org](http://uksobs.org)

Mon – Sun: 9am – 9pm

Support for people over 18 bereaved by suicide. Phone or email or visit the website to find your nearest group.

*AD*

### KEY

*A* Alcohol workers

*AC* Art classes

*AD* Advocacy

*AH* Accommodation/  
housing advice

*B* Barber

*BA* Benefits advice

*BE* Bedding available

*BS* Bathroom/showers

*C* Counselling

*CA* Careers advice

*CL* Clothing store

*D* Drugs workers

*DA* Debt advice

*DT* Dentist

*EF* Ex-forces

*EO* Ex-offenders

*ET* Education/training

*F* Food

*FF* Free food

## THE SANDYFORD INITIATIVE

2-6 Sandyford Place, Sauchiehall Street,  
Glasgow G3 7NB

**0141 211 8130; [www.sandyford.scot](http://www.sandyford.scot)**

Specialist sexual health services:  
counselling for male survivors of  
childhood sexual abuse. Emergency  
contraception and rape/assault services.  
Testing and counselling for men who  
have sex with men and for women  
involved in prostitution.

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

## RECOVERY

### ADDACTION

Closed

This service is now called 'We Are With  
You'. Contact details on Page K.

*DW*

### BETHANY CHRISTIAN CENTRE (MEN ONLY)

6 Casselbank St, Edinburgh EH6 5HA  
**0131 454 3125;**

Mon – Sun: 9am – 9pm;

For homeless or vulnerable men with  
alcohol or drug problems who wish to  
take part in a work training programme.

*A, CA, DW, ET*

## BETHANY CHRISTIAN TRUST

65 Bonnington Rd, Edinburgh, EH6 5JQ  
**0131 561 8930**

**[www.bethanychristiantrust.com](http://www.bethanychristiantrust.com)**

Supports individuals and families to help  
them tackle long-term homelessness  
problems including addictions, debt,  
lack of furniture, unemployment and  
social isolation.

*AH, A, CA, C, DW, FF, OW*

## COCAINE ANONYMOUS (SCOT)

PO Box 26812, Glasgow G1 9AB

**0141 959 6363 (24/7)**

**[www.cascotland.org.uk](http://www.cascotland.org.uk)**

Fellowship of people who help each  
other to stay off cocaine, crack and  
other drugs. Contact them to find your  
nearest meeting. It is patterned very  
closely after Alcoholics Anonymous.

*C*

## CROSSREACH (RANKEILLOR INITIATIVE)

205 Cowgate, Edinburgh EH1 1JH

**0131 225 4901; <http://bit.ly/2rpnN2E>**

Mon – Fri: 9am – 5pm (phone only for  
referrals)

For those in the early stages of  
recovering from substance use, we can  
provide temporary accommodation in  
shared flats while you get back on your  
feet again.

*AH, A, C, DW, BA, BS, CL, CA, ET*

*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



## CROSSREACH MOVE ON (WHITEINCH)

0/5, 13 Victoria Park Drive South, Whiteinch, Glasgow G14 9RN  
**0141 959 5069**, <https://bit.ly/2MKuxzU>  
Mon – Fri: 8am – 10pm;  
Sat & Sun: 9am – 5pm;  
Phone first for referral/to arrange a visit.  
Temporary furnished accommodation and support to adults in recovery from substance misuse, who have achieved a period of stability through residential or community rehabilitation. For people living clean, but some methadone, etc, users who are stable will be considered.  
*MH, AH, A, C, DW, TS, SF*

## DRINKLINE

**0300 123 1110**, <https://bit.ly/1koY12I>  
Mon – Fri: 9am – 8pm;  
Sat & Sun: 11am – 4pm  
Free, confidential helpline for people worried about their alcohol intake or anyone concerned about them. Advice on services to help you cut down your drinking.  
*A, C, OL*

## DRINK WISE, AGE WELL GLASGOW (ADDACTION)

Program ended - see 'We Are With You'  
*A*

## FRANK

**0300 123 6600**; [talktofrank.com](http://talktofrank.com)  
Comprehensive and honest information about drugs online. Find local drug treatment centres Message us through the website in confidence. Text: **82111**  
*DW*

## GLASGOW CITY MISSION

20 Crimea Street, Glasgow G2 8PW  
**0141 221 2630**; [glasgowcitymission.com](http://glasgowcitymission.com)  
Mon – Fri: 10am – 4pm  
Drop-in centre open to max 15 people at a time. Offering support & advocacy.  
*AC, AH, FF, IT, SF*

## GLASGOW COUNCIL ON ALCOHOL

14 North Claremont St, Glasgow G3 7LE  
**0141 353 1800**, <http://bit.ly/2LZJHTs>  
**0808 802 9000** (freephone helpline)  
Mon – Thu: 9am – 9pm;  
Fri: 9am – 5pm; Sat: 9am – 12pm  
GCA is an accredited counselling service and provides individual, free and confidential counselling for people experiencing alcohol-related difficulties and those affected by someone else's alcohol use. Group and 1-1 support.  
*A, C, OL, SF*

## HEALTH IN MIND

**0131 225 8508**, <http://bit.ly/Ivct8>  
Mon – Fri: 9am – 5pm  
All meetings currently online on Zoom. A range of mental health and wellbeing services for people with housing and mental health support needs. You can self-refer to most services directly or ask your GP to refer you. Counselling; support for people from minority ethnic communities; combatting isolation by connecting people; art therapy; suicide prevention; support with substance misuse; health information; training and more - check website for details.  
*MH, AH, AD, C, TS, AC, ET*



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(+44) 0131 225 6714 (Edinburgh)

(+44) 0141 352 7274 (Glasgow)

## HUNTER STREET SERVICES

55 Hunter Street, Glasgow G4 0UP  
**0141 553 2826**, <http://bit.ly/2O3WYgB>  
 Mon – Fri: 2 – 4pm (12 GP: people max);  
 1:30 – 4pm (addictions team);  
 9:30am – 4pm (health nursing, closed  
 between 12:30 – 1pm)  
 GPs, nurses and office staff also run  
 clinics at some hostels. Appointments  
 not necessary. Also mental health,  
 sexual health, podiatry, dietitian.  
*MH, AD, A, C, D, MS, OL, OW*

## KNOW THE SCORE

**0800 587 5879**, <http://bit.ly/18PZAVr>  
 Mon – Sun: 8am – 11pm (helpline);  
 Free confidential 24-hour drugs  
 information helpline and online advice.  
*D*

## NARCOTICS ANONYMOUS (NA)

**0300 999 1212**; [ukna.org](http://ukna.org)  
 Helpline open 10am – midnight.  
 Online meetings available  
*D*

## SCOTTISH FAMILIES AFFECTED BY ALCOHOL & DRUGS

**08080 10 10 11**, <http://bit.ly/2GeF0Sc>  
 Mon – Fri: 9am – 9pm (helpline).  
 Bereavement support & free  
 counselling. If you have lost someone  
 to a drug-related death, call today for  
 guidance, free counselling sessions,  
 telephone support and peer support.  
 Email: [helpline@sfaad.org.uk](mailto:helpline@sfaad.org.uk)

## SECOND CHANCE PROJECT SCOTLAND

402 Sauchiehall St, Glasgow G2 3JD  
**0141 336 7272**, <http://bit.ly/2IGlaB4>  
 Mon – Fri: 9am – 5pm; Three-stage day  
 treatment programme for people with  
 drug and/or alcohol problems. Training  
 & counselling. Self-referral.  
*ET, DW, A, C*

## SMART RECOVERY

[smartrecovery.org.uk/online meetings](http://smartrecovery.org.uk/online meetings)  
 Zoom meetings listed on the website.  
 Use their call-back service between  
 9am – 5pm: request by email:  
[support@smartrecovery.org.uk](mailto:support@smartrecovery.org.uk)  
*C, D*

## TURNING POINT SCOTLAND (DRUG CRISIS CENTRE)

123 West Street, Glasgow G5 8BA  
**0800 652 3757 (9am – 5pm)**  
<http://bit.ly/1SVE0A0>  
 Monday – Sunday: 24 hours  
 Drop-in, needle exchange, advice and  
 assessment. Accommodation and  
 support for people with addiction issues.  
 24-hour advice, support and  
 assessment.  
 Detox, GP clinics, residential unit, post-  
 residential methadone clinic, abcess  
 and ulcer clinic, well-woman clinic and  
 much more. Also family support centre.  
*A, C, D, LF, MS, NE, SH, SF*

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

## TURNING POINT SCOTLAND (HOMELESSNESS SERVICE)

112 Commerce Street, Tradeston,  
Glasgow G5 9NT

0141 420 1929

<http://bit.ly/2xZuA45>

Monday – Sunday: 24 hours

Needle exchange & temp accommodation. 24 hour service for homeless people in crisis because of mental health, drugs or alcohol.

A 12-bed residential unit provides a safe environment to withdraw from a chaotic lifestyle. Average stay is 28–36 days.

*A, C, D, LF, MS, NE, SF, AD, AH, FC*

## TURNING POINT SCOTLAND (NORTH EAST RECOVERY HUB EDINBURGH)

5 Links Place, Leith, Edinburgh EH6 7EZ

0131 554 7516 (9am–5pm)

<http://bit.ly/2qKeiWM>

Mon – Thur : 9am – 5pm

Mon – Fri : 9am – 4:30pm

Drop-in is currently **closed** to the public - please call us on **0131 554 7516** to arrange support. Door service available for people with no phone.

Needle Exchange is still running Mon – Fri at the times stated above.

Range of addiction and recovery services open to men and women aged 16 and over who are aware they have a substance misuse problem and would like to start their recovery journey. Other services across Edinburgh available: call freephone number for information.

*A, AC, C, D, LF, MS, NE, SH, SF*

## WE ARE WITH YOU (NE GLASGOW RECOVERY HUB)

24-28 Broad Street, Bridgeton, Glasgow  
G40 2QL

0808 164 4261, <https://bit.ly/3v1Cupl>

Mon – Sun: 8am – 8pm (outside these hours, call **0808 178 5901**)

For your recovery from alcohol and drug use. Individual support and tailored interventions, including outreach, Call the helpline or email.

*OW, OL, MH, AD, A, DW, ET*

## WE ARE WITH YOU (NW GLASGOW RECOVERY HUB)

The Quadrangle, 59 Ruchill Street,  
Glasgow G20 9PX

0808 178 5901, <https://bit.ly/2P9nxSS>

Mon – Sun: 8am – 8pm (outside these hours, call **0808 178 5901**)

For your recovery from alcohol and drug use. Individual support and tailored interventions, incl outreach workers.

Call the helpline or email.

*MH, AD, A, DW, OL, OW*

*FC* Foot care  
*IT* Internet access  
*L* Laundry  
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*LF* Leisure facilities

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*OL* Outreach worker links  
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*SH* Sexual health  
*TS* Tenancy support

FULL LIST  
AVAILABLE ON  
OUR WEBSITE



## REFUGEE SUPPORT

### GLASGOW NIGHT SHELTER FOR DESTITUTE ASYLUM SEEKERS

07818 372 130  
To refer someone, please fill out this form:  
[glasgownightshelter.org/referrals](https://glasgownightshelter.org/referrals)  
We provide 24/7 accommodation for destitute asylum seekers, together with meals, casework and support to access other vital services and rights.

AH,BS

### HEALTH IN MIND

0131 225 8508; [healthinmind.org.uk](https://healthinmind.org.uk)  
Monday – Thursday: 9am – 5pm  
A range of mental health and wellbeing services for people with housing and mental health support needs. You can self-refer to most services or ask your GP to refer you. Phone appointments only.

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

### POSITIVE ACTION IN HOUSING

98 West George Street, Glasgow G2 1PJ  
0141 353 2220; [paih.org](https://paih.org)  
Mon: 9am – 1pm (open)  
Tue: 2 – 4pm (destitution service);  
Wed & Thu: 10am – 12pm (destitution service, welfare rights), 2 – 4pm (EU drop-in); Friday: 9am – 4pm (open)  
Independent, multilingual homelessness and human rights charity dedicated to supporting people from refugee and migrant communities.

AH,FF

## SAFFRON HOUSING

553 Shields Road, Glasgow G41 2RW  
0141 422 1112, <https://bit.ly/1PEg2cV>  
Mon, Tue, Thur & Fri: 9am – 5pm;  
Wed: 9am – 2pm  
Accommodation and support for single minority ethnic homeless people (16–25) with low support needs. Referral only via GP or social worker. Phone or email enquiries@southside-ha.co.uk for info

AH,BA,DA,TS

## SHAKTI WOMEN'S AID

0131 475 2399, <http://bit.ly/13d5lf>  
Support and information to Black Minority Ethnic women, children and young people experiencing or fleeing domestic abuse.  
24hr helpline: 0800 027 1234

AD,OL,SF

## YOUNG PEOPLE

### CHILDLINE

0800 11 11  
[www.childline.org.uk](https://www.childline.org.uk)  
Free, confidential helpline for young people. Great information on the website. If you need support now or want to talk privately, contact a counsellor for free.

AD,C,MH

#### 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

## BARNARDO'S (SAFER CHOICES)

91 Mitchell St, Glasgow, G1 3LN  
01412432393; [www.barnardos.org.uk](http://www.barnardos.org.uk)

Mon – Fri: 9:30am – 5:30pm;

Mon & Wed: 6pm – 2:30am

Offices are no longer open due to Covid.  
Confidential crisis service for people under 18.

Phone the helpline or email

[SaferChoices@barnardos.org.uk](mailto:SaferChoices@barnardos.org.uk)

*AD, A, C, D, MS, OW*

## EDINBURGH CITY YOUTH CAFE

11–15 Vennel, Edinburgh, EH1 2HU

0131 229 1797; [www.6vt.info](http://www.6vt.info)

Mon – Fri: 7 – 8pm (online drop-in)

Working remotely during lockdown, but some face-to-face drop in available.

Please contact us through the website or email [contact@6vt.info](mailto:contact@6vt.info).

*MH, AH, A, C, DA, D, ET, MS*

## EDINBURGH RAPE CRISIS CENTRE

17 Claremont Cres, EH7 4HX

08088 01 03 02; [www.ercc.scot](http://www.ercc.scot)

07537 410 027 (text)

[support@ercc.scot](mailto:support@ercc.scot)

Mon – Sun: 6pm – midnight (helpline)

Free and confidential emotional and practical support and information to women, all members of the transgender community. Young people aged 12–18 who live in Edinburgh and the Lothians and have experienced sexual violence can get help via STAR: [star@ercc.scot](mailto:star@ercc.scot)

*AD, C*

## GLASGOW GEN R 8 HOUSING

69 Aberdalgie Rd, Easterhouse, Glasgow, G34 9HJ

0141 771 6161

<https://bit.ly/3r60Aht>

Mon–Fri: 9am–5pm

Advice & support for 16–24 people from Glasgow helping them to develop skills they need to maintain a home.

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

## NUMBER 20 (FOUR SQUARE)

Edinburgh

0131 557 1739

[www.foursquare.org.uk/contact](http://www.foursquare.org.uk/contact)

Email: [no20@foursquare.org.uk](mailto:no20@foursquare.org.uk)

Temporary emergency supported accommodation for young women and men. No direct referrals, have to go through the council: 0800 032 5968

*MH, C, D, OW, ET*

## PENUMBRA

0131 475 2380

[penumbra.org.uk](http://penumbra.org.uk)

[enquiries@penumbra.org.uk](mailto:enquiries@penumbra.org.uk)

Head office temporarily closed – contact via email.

Wide range of mental health services for adults and young people.

Good leaflets on self-harm.

*MH, A, C, D, TS*

*FC* Foot care  
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*SF* Step-free  
*SH* Sexual health  
*TS* Tenancy support





## QUARRIERS STOPOVER

0141 420 3121;

[quarriers.org.uk/services/stopover](http://quarriers.org.uk/services/stopover)

Mon – Sun: 24/7

For men and women aged 16-25.

Accommodation is on the upper levels of a four-storey building, so not suitable for people with physical disabilities.

They support young people experiencing drug addiction, alcohol misuse, mental health problems, offending behaviour or severe emotional and psychological issues.

*ET, D, BA, A, AD, AH, MH*

## QUARRIERS - 'WHAT IF' MEN

0141 638 5170; 24/7

[whatif@quarriers.org.uk](mailto:whatif@quarriers.org.uk)

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

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

## QUARRIERS - 'WHAT IF' WOMEN

Unit 5, The Quadrangle,

59 Ruchill St, Glasgow G20 9PX

0141 946 1116; 24/7

[whatiffemaleservice@quarriers.org.uk](mailto:whatiffemaleservice@quarriers.org.uk)

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

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

## ROCK TRUST (ALBANY ST)

55 Albany St, Edinburgh EH1 3QY

0131 557 4059; [rocktrust.org](http://rocktrust.org)

Mon – Fri: 8:45am – 5pm

(drop-in 9am – 12 noon)

Mon: 4pm – 7pm (cooking group);

Tue & Wed: 4 – 7pm (drop-in)

Advises, educates and supports young

people. Enables them to build the

personal skills and resources required to

make a positive and healthy transition to

adulthood, while avoiding or moving on

from homelessness.

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

## RUNAWAY HELPLINE

116 000 (call or text, open 24hrs)

[www.runawayhelpline.org.uk](http://www.runawayhelpline.org.uk)

Free, confidential 24-hour helpline for

young people who've run away or are

thinking of running away. 1-2-1 web

chat service for people aged 11–17.

Over 17s can still get support through

the helpline on 116 000.

*C*

## SAFFRON HOUSING

553 Shields Rd, Glasgow, G41 2RW

0141 422 1112; [southside-ha.org](http://southside-ha.org)

Accommodation and support

for single minority ethnic homeless

people (16–25) with low support needs.

Referral only via GP or social worker.

Phone or email for more information:

[enquiries@southside-ha.co.uk](mailto:enquiries@southside-ha.co.uk)

*AH, BA, DA, TS*

### KEY

*A* Alcohol workers

*AC* Art classes

*AD* Advocacy

*AH* Accommodation/  
housing advice

*B* Barber

*BA* Benefits advice

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*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

**SAY WOMEN**

3rd Floor, 30 Bell St, Glasgow G1 1LG  
**0141 552 5803; say-women.co.uk**  
 Mon – Fri: 9:30am – 9:30pm;  
 Helpline and accommodation for  
 women aged 16–25 who are homeless  
 or threatened with homelessness and  
 are survivors of child sexual abuse, rape  
 or sexual abuse. Phone first for support.

*AH*

**WELLBEING SERVICE FOR YOUNG PEOPLE**

171 Wilton St, Glasgow, G20 6DF  
**0141 945 3871; www.qcha.org.uk**  
 24/7 support for homeless aged 16–21.  
 Referral only via Glasgow City Council  
 via **0800 838 502** (open after 4:45pm)

*AH, AD, BA, C, ET*

**WORK & TRAINING****APEX SCOTLAND**

9 Gt Stuart St, Edinburgh, EH3 7TP  
**apexscotland.org.uk**  
 For offenders, ex-offenders and young  
 people at risk of offending.  
 Help with employment, training or  
 further education.

"We work with each person where it is  
 needed to ensure that they can fulfil  
 their potential – even if they can't yet  
 see it in themselves."

**admin@apexscotland.org.uk**

*EO, ET*

**BETHANY CHRISTIAN TRUST  
(COMMUNITY EDUCATION)**

65 Bonnington Rd, Edinburgh EH6 5JQ  
**0131 561 8930;**  
**www.bethanychristiantust.com**  
 Tuesday Morning: IT Drop in  
 Wednesday Afternoon: Creative Writing  
 Opening again in January 2021. Call  
 first to check.

*ET, CA*

**MOVE ON (GLASGOW)**

4th Fl, 24 St Enoch Sq, Glasgow, G1 4AA  
**0141 221 2272; www.moveon.org.uk**  
 Mon – Fri: 9am – 5pm  
 Enables homeless people to develop the  
 skills and tools they need to reach their  
 own long-term solutions.  
 Majority of services for young people,  
 but there are some services available for  
 everyone.

*AH, AD, ET, OW*

**LGBTQI+****EACH**

**0808 1000 143** (helpline);  
**each.education/homophobic-**  
**transphobic-helpline**  
 Helpline and support for young people  
 affected by homophobic bullying.  
 Email: **info@each.education**

*AD, C, 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

FULL LIST  
 AVAILABLE ON  
 OUR WEBSITE



## EQUALITY NETWORK

[www.equality-network.org](http://www.equality-network.org)

0131 467 6039

A leading national charity working for lesbian, gay, bisexual, transgender and intersex (LGBTI) equality and human rights in Scotland.

Run events, 1-2-1 support groups and produce guidance.

[C, OL](#)

## GALOP

[www.galop.org.uk](http://www.galop.org.uk)

020 7704 2040 (Hate Crime Helpline)

Mon – Tue: 10am – 4pm

0800 999 5428 (Domestic Abuse Help)

Mon, Tue & Fri: 10am – 5pm

Wed & Thur: 10am – 8pm

The LGBT+ anti-violence charity.

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

Online chat and free helpline available.

[AH, AD, C, MS, LA](#)

## LGBT HELPLINE SCOTLAND

[www.lgbthealth.org.uk](http://www.lgbthealth.org.uk)

[helpline@lgbthealth.org.uk](mailto:helpline@lgbthealth.org.uk)

0300 123 2523 helpline open on:

Tue & Wed: 12noon – 9pm

Thu & Sun: 1 – 6pm

Working to improve the health, wellbeing and equality of lesbian, gay, bisexual, transgender (LGBT) people in Scotland.

[C, MH, OL](#)

## STONEWALL SCOTLAND

[www.stonewallscotland.org.uk](http://www.stonewallscotland.org.uk)

0800 0502020 (freephone)

Mon – Fri: 9:30am – 4:30pm

Help, information and support for LGBT communities and their allies. Contact Freephone for information.

[C, LA, OL](#)

## SWITCHBOARD LGBT+

0300 330 0630

[switchboard.lgbt](http://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](mailto:chris@switchboard.lgbt) or message via the website. Bereavement help.

[LA, AD, MH](#)