



the **Pavement**

The free magazine for homeless people

Issue 135: Opportunity
December 2021 – January 2022

Missing



Derek Brant

Derek went missing from Summertown, Oxfordshire on 23 July 2021. He was 62 years old at the time.

Derek, 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.



Gurpreet Singh-Malohotra

Gurpreet has been missing from Houslow, London since 26 October 2021. He was 40 years old at the time of his disappearance.

Gurpreet 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 Derek or Gurpreet, 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: Our cover artwork is by the artist SK, a member of the New Art Studio, a therapeutic art studio for asylum seekers and refugees. Members of the New Art Studio have survived imprisonment, torture, and the loss of family, country and identity. Find out more about New Art Studio's work on their website:

www.newartstudio.org.uk

The Pavement magazine

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- twitter.com/thepavementmag
- facebook.com/thepavementmag
- instagram.com/pavement_magazine

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TURN TO PAGES A – P
FOR THE LIST OF SERVICES

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A wintry scene © the Pavement

It's that time of year: This issue of *the Pavement* arrives as winter shelters have begun to open up for the season and festive day centres, such as Crisis at Xmas are on the horizon. You can find information about accommodation and day centres in the List of services in the centre pages of the magazine. You can also find information about Crisis at Xmas in Ian's column on page 18. As the temperature plummets, it's vital to keep warm and find shelter. The Everyone In scheme is over, but local authorities across the UK will have Severe Weather Emergency Protocols ensuring shelter is available for when severe weather is forecast, such as the freezing cold. Winter also brings its health concerns. See page 24 for health information courtesy of our good friends at Groundswell.

- **A more extensive directory of services is available on our website. Please visit: www.thepavement.org.uk/services**

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

Opportunity awaits

Opportunities in life come and go. We can take them or leave them, and either choice will inevitably lead to further opportunities themselves. The theme of this magazine runs through almost every page. Stories of opportunities taken, events that offered our writers the opportunity to learn, to make mistakes, to grow and develop, to give them a second chance, an opportunity to rebuild, start anew. Opportunities that have changed lives.

Take our special feature on page 12. Viki endured a tough stay at a hostel accommodation, experienced homelessness, but has gradually worked her way to a happier, more fulfilling life. Then there's Michelle, whose story can be read on page 26. Michelle has used her artistic talent as an opportunity to rebuild after experiencing trauma.

We're also so happy to welcome back Mat Amp, our deputy editor and regular columnist, to these pages. Mat had some time off to recover from ill-health, and returns in an enlightened blaze of glory, perspective and deep reflection. See page 20.

In amongst all of that there's the regular news, views and cartoons from a remarkable group of writers and artists. Thanks to everyone who contributed, and thanks for reading. Merry Xmas, happy holidays, and happy new year!

Stay safe.

the Pavement team

www.pavement.org.uk

The annual service of commemoration for those who have been homeless and have died in the last year was held at St Martin-in-the-Fields in early November. Everybody at the magazine would like to extend their thanks to the organisers of the vigil, namely St Martin-in-the-



Trust © Don Pollard

Fields, The Connection at St Martin's, Housing Justice and the Museum of Homelessness. For those who have lost somebody this past year, we are deeply sorry. We send you our strength and love. We will remember them.



A portrait display at the Secret Museum © Museum of Homelessness

Congratulations to all involved in the Secret Museum, a temporary museum run by the Museum of Homelessness (MoH) in London from 27 October to 7 November. The show brought together numerous true stories from the pandemic-stricken homeless community. Starting with a walking tour, which took in some of the local history of London's South Bank and Waterloo area, including the old Bullring (now a massive Imax cinema), which was home to a large community of homeless people in the 80s and 90s. Attendees gradually worked their way to the Secret Museum itself. Here visitors were provided a stark reminder of the difficulties people have endured this last couple of years. These were stories from the front line, with MoH a core member of the Covid-19 homeless taskforce, set up to provide support to homeless people in the pandemic.

- To learn more about the work of MoH and find out what they have planned next, please visit their website here: museumofhomelessness.org

Reshuffle kerfuffle

So, farewell Robert Jenrick, and welcome Michael Gove. Like a mad game of musical chairs, only with far greater consequences, the cabinet reshuffle saw numerous ministers rotating roles in government. Gove replaces Jenrick as secretary of state at the Ministry of Housing, Communities and Local Government. Gove started his new role in September and is tasked with creating a strategy to deliver the government's target of eradicating rough sleeping altogether.

Fresh start

According to industry website *British Baker*, the food chain Greggs has launched a partnership with Only a Pavement Away, a charity that helps connect people facing homelessness with jobs within the hospitality industry. Roisin Currie, Greggs' People and Retail Director, said this partnership will help them "further support people facing homelessness," by providing a "fresh start" to those who need it. Only a Pavement Away aims to create more than 700 jobs for those with insecure housing by 2024.

- **Visit the Only a Pavement Away website for information about this scheme and similar ones at: onlyapavementaway.co.uk**

Quiz master

Many will know Jay Flynn, who during lockdown became an internet sensation through hosting virtual pub quizzes – which attracted more than half a million participants and raised more than £1m for charity. However, his life was very different in 2012. After a job loss and relationship breakdown, Flynn found himself on a bench in South Bank. For two years, he struggled to access the help he needed. This was before The Connection at St Martin-in-the-Fields came to his aid, helping, Flynn says, to rebuild him from "a shell of a person." In October, the *Lancashire Times* reported he ran the London Marathon in aid of The Connection, running past the bench he used to sleep on.

- **Find information about The Connection at St Martin-in-the-Fields and other services in the List (pages A-P)**

Food for thought

Khaled Wakkaa fled the Syrian civil war in 2013. Before securing asylum in the UK in 2017, he and his family struggled. His wife fell seriously ill and with no funds to support themselves, she was denied entry to a Lebanese hospital. Thanks to donations from strangers she was able to access healthcare. Khaled said that this experience, alongside

Centene update

The latest on issue 132's news story about a US health insurance firm's efforts to take over numerous UK-based services. The Centene Corporation took over 49 privately run GP surgeries in 2021, also taking on NHS-funded contracts including the Camden Health Improvement Practice for homeless patients. Courts will now examine whether the acquisition of these GP services was lawful. Islington councillor Anjna Khurana has – with the support of doctors, academics and campaigners – demanded a judicial review of the deal, and lawyers representing her confirmed to *Private Eye* the courts will now consider “the serious and widespread public concerns” over the deal.

Foul play

As the football season approaches its festive fixture pile-up in December, Premier League clubs in England's top division hoped to raise funds for the homeless charity Shelter by having ‘home’ clubs play in their away strips. The unused home shirts were to be signed by players and then auctioned off, *Sky Sports* reported in November. Alas, the fundraising scheme was refused almost immediately by the Premier League. The league released a statement explaining the request would contravene its rules on supporting charities “centrally”.

other caring strangers that helped him on his journey to the UK, has compelled him to repay this action, by engaging in voluntary work. Wakkaa spends most of his Sundays distributing home-cooked Syrian vegetarian meals to homeless people in **Exeter** city centre. “I understand what it's like to be hungry,” he told the *Guardian* in October. Wakkaa now dreams of opening a Syrian street food van. With help from his local community in the UK, he is now accessing the training to turn his dream into a reality.

Token gesture...

Following the death of Billy Abernethy-Hope, his family launched ‘Billy Chips’, a new scheme aimed at tackling homelessness and food poverty. Being an ambulance driver, Billy worked with many vulnerable and homeless people. Before his death, Billy told his family about his idea to create a token that could be given to someone who is homeless, instead of money, which they could then exchange in cafes and shops for food and drinks. Following his death, his older sister decided to bring his plan to fruition. *The Times* reports the scheme has had immediate success, having spread from **Bristol** to the neighbouring cities of Bath and Oxford.



A scene of the exhibition © *The Margins Project*

Streets Storage and The Margins Project ran a collaborative exhibition in late October to coincide with the start of the COP26 climate change summit held in Glasgow. **Seeing Through My Lens: Nature in Homelessness** focused on the disastrous impact the climate crisis is having – and will continue to have – on homeless people. The exhibition, held in **London**, included a photography project from people who have homelessness experience, sharing their perspective on the urban environment and climate change impacts. The Margins Project outlined the need for immediate action, noting “the climate crisis isn’t just making life harder for those already experiencing homelessness, it is also creating the conditions that cause homelessness around the globe.”

Holiday homes

Cornwall Council announced plans in late September to buy two holiday parks in a bid to help the increasing numbers of people and families who are homeless in the area. Councillor Olly Monk said the council’s “greatest priority” is housing. With the rise of private landlords turning

their properties into holiday lettings, many families have been pushed into unstable or inadequate housing. Buying the two holiday parks is part of the £15m package the council has created to help address housing shortages, by providing up to 28 households with accommodation.

Spiky decision

Anti-homeless architecture is prospering in **Edinburgh**. Issue 132 of *the Pavement* detailed plans to install rails at the National Records of Scotland's West Register House building in Charlotte Square. In late October Edinburgh Council approved the plans, which include installing spiky railings to deter rough sleeping and "anti-social behaviour", according to *The Scotsman*. The spiky rails will be placed by the entrance to the building.

TLC TBC

Everyone Home, a collective of homeless charities and organisations, and academic sector organisations, have welcomed plans to introduce a National Care Service in Scotland. The Scottish Government held a consultation period ending in early November. The Everyone Home organisations, facilitated by Homeless Network Scotland, consulted more than 200 members and interested parties. This research contributed to the Everyone Home



COP and coppers: More on the COP26 climate change summit held in **Glasgow** in late October to early November. *Metro* reported in November that police working the summit donated their surplus food to Homeless Project Scotland, a charity that runs soup kitchens in the city. The outdoor kitchens were feeding up to 1,300 people every night during the summit. Colin McInnes, the charity's chairman and founder, told *Metro*: "Delegates [invited to COP26] are walking by the soup kitchen all the time as it's on the way to the train station. It's horrifying that none of them want to pop by and say hello."

- Find out more about Homeless Project Scotland and their soup kitchens on their website: homelessprojectscotland.org

position that a National Care Service should be “People led, Home centred, Preventative, Rights based, De-stigmatising, Fairer and Improving.” Everyone Home also stated the National Care Service should put in place “care and support to prevent homelessness,” and include “new legal duties on public bodies.”

COP giveth and taketh

Alas, the police can't score a positive PR goal without going up the other end and netting a howler of an own-goal while they're at it. So it proved when London's Metropolitan Police and South Wales Police, drafted in to provide extra police presence in **Glasgow** during COP26, attempted a raid on a squat run by activists. The police attempted to force entry into the Baile Hoose lodgings, but the raid was called off once Police Scotland officers arrived at the scene, the *Daily Record* understands. The Baile Hoose lodgings were used

as squat accommodation during COP26 for people unable to afford accommodation in the city during the summit.

Glowing report

Scotland's Housing First programme, Pathfinder, has received its first evaluation. An independent 'Interim Report', commissioned by the Corra Foundation (previously the Lloyds TSB Foundation) and published by I-Sphere in late September, found the Pathfinder scheme has been “highly effective at supporting homeless people with multiple and complex needs to sustain their tenancies.” The numbers support the evaluation. By the end of June 2021, Pathfinder boasted a 12-month tenancy sustainment rate of 84%. Meaning 84% of the 531 people housed in Pathfinder accommodation had kept their tenancy for at least 12 months. The interim report recommends expanding Scotland's Housing First provision.

1,718

people presented themselves homeless to their local authority in **Edinburgh** in year October 2020-21.

2,968

people in **Edinburgh** had approached their local authority, presenting as homeless, in the preceding year October 2019-20.

When opportunity knocks

Feeling in a low place, new opportunities are still out there to be taken. A story of perseverance and resilience rewarded with fresh, exciting opportunity. *By Viki Fox*

I had a long history of homelessness – I spent time in a homeless B&B, a supported hostel and in precarious living situations, staying in relationships that were unhealthy, and often times dangerous, to avoid becoming homeless.

What ultimately led to me getting out of the situation and being able to thrive was opportunity, and without being lucky enough to have these opportunities, I don't know where I would be today.

After being in several long-term abusive relationships, I wasn't without hope of my life changing, but I certainly couldn't see a way to make it happen. I was scared of leaving and being forced into the homelessness system. I had heard such horror stories about temporary accommodation, so it was a case of "better the devil you know". I consequently spent far too long in living situations that were mentally and physically damaging to me and caused severe anxiety to those around me that cared. I eventually left one particularly abusive partner with a male friend, to present as homeless as a couple, which seemed slightly less daunting. We spent around 10 months in a homeless

B&B with one working shower between 13 rooms.

I remember one day going down for breakfast. Individuals were allowed two pieces of toast. There were three pieces and a heel left, so when we were given the three bits of toast my partner put the heel in the toaster. We were told that it was two pieces per person but if you were in a shared room you got three between you. The loaf of bread was a reduced 8p loaf. It was grim.

Another time, my partner needed to get an ambulance late at night from the B&B. The manager said that if we weren't back by the 11pm curfew we wouldn't be able to stay. There was no way we would get back in time so there was a choice made between getting urgent healthcare or having somewhere to sleep that night. We went to the hospital and they wanted my partner to be kept in, but as I couldn't stay with him and he didn't want me on my own all night, we left and had to spend the night in the care shelter.

Eventually we got our own tenancy, but the trouble didn't end there. On reflection, this relationship was one borne out of necessity rather than choice. I felt pressured

Home comforts

This article details a horror story familiar to many readers who will have stayed in bad accommodation. It's important to find shelter you're comfortable in and happy with.

Find information on countless hostels and night shelters in the List of services in the centre pages of this magazine, or on our website here: www.thepavement.org.uk/services

and held back and my partner had addiction issues that he just couldn't break. Again, I remained for longer than I should – feeling in limbo, unable to move on with life due to my deep unhappiness and scared of having to face a homeless B&B by myself.

I had a support worker who fought for opportunities that ultimately changed my life. It shows the difference of having someone advocating on your behalf. I was offered supported accommodation which felt like a haven in amongst all of the chaos. Although my time in the hostel was far from stable, it did give me the opportunity to start finding myself, having been the first time I had lived "alone" in my adult life.

I was there for around 20 months then was offered a tenancy close to my support networks. I had started volunteering for Cyrenians in their cook school after completing one of their cooking classes and was given the opportunity to complete their 'train the trainer' course. Shortly

after moving into my own place I applied and was successful in my application as a cooking tutor! I was there for around two and a half years and returned to university part-time to start a Masters degree.

I have now been working with Cyrenians for over four years and am the manager for two services as well as being a trustee for two homelessness charities. I often reflect on how my life could be so different now if I hadn't had the opportunities available, at the right times. I know that many are not so lucky, but we need to shout about opportunities and push for the creation of new ones so that all can benefit, not just a few.

- **Viki works for Cyrenians, a Scotland-based homeless charity with a person-centred approach to tackling homelessness. To find out more about their work visit their website here: cyrenians.scot** ■

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

Feeding an Army

The People's Army, founded in 2020, has provided meals and support to countless people in the past year and a half. Founder Hazel talks about the progress and plans for the future of the organisation. Interview by *Sheryle Thomas*

No one should have to go hungry in 2021. When I had experienced homelessness in the past there were hardly any places to access food, but now more people are recognising there is a need to help the most vulnerable people in our society. I spoke with Hazel about The People's Army and the work they do feeding the local community in London.

Why did you set up The People's Army?

The People's Army was started originally to help people in need who suffer with mental health issues, mobility limitations or homelessness. We wanted to create a group of like-minded people who could aid individuals who have no support network. Even after the lockdowns are over and the pandemic is finished, The People's Army plan to continue with providing food weekly to anyone in need and sustain our principle of zero food waste.

What services do you provide?

We mostly help with food aid but help people as individuals where possible. Every Monday we have

a surplus food market. It is a safe space as well for people to hang out, with emergency food parcels and clothing through the week. We take down your information to help you with these requests.

Where are you located?

We run our meals on wheels on Wednesdays from 5pm – 7pm.
1st Wednesday of the month:
Goodge Street at Whitfield Gardens
3rd Wednesday of the month:
Highbury and Islington Station.

The other two Wednesdays we are looking at new locations but we need more volunteers at the moment. With more volunteers we can provide on the streets the other two Wednesdays.

For more information, or to enquire about volunteering with The People's Army:

- Email:
thepeoplesarmy@hotmail.com
- Instagram:
[@thepeoplesarmyldn](https://www.instagram.com/thepeoplesarmyldn)



The People's Army team. © The People's Army

Do you also run a foodbank?

We do a weekly session at the Jago, which is a live music venue, but we use it for our foodbank:

440 Kingsland Road

Dalston

Hackney

E8 4AA

Monday: 12pm – 4pm

Do you need foodbank vouchers issued to access food from the foodbank?

We do not ask for vouchers at the foodbank, or at any of our services. You can just show up and let us know how we can help you.

Do you have any plans for expansion?

I am thinking of using the Jago as a clothing outreach but I need to find someone who wants to get involved to bring clothes there as we have no storage space, so we need someone to collect weekly and help to transport the donations to make this happen. We are looking for a venue with a kitchen and storage with a community space. We cannot offer any money but we are giving back to the community and we always offer to help their community as well so we can help each other out. ■



"I MADE MY OWN OPPORTUNITIES - BY
BEING HEARTLESS & CORRUPT"



Crisis at Xmas

Every year Crisis at Xmas provides day centres for people experiencing homelessness. Here's all the information you'll need for this year's Crisis at Xmas service. By *Ian Kalman*

I remember when I was on the streets, Crisis at Xmas provided a brief but welcome refuge. Over the years I ended up being a volunteer, but due to Covid-19 things have changed. So here, for your information, is what is being offered this year.

There will be four day centres open across North, West, South and East London. You will be able to access them from 11am to 5pm each day. Please find the location of these day centres on the next page (page 19).

I have been informed that all guests will get a continental breakfast and a cooked lunch. Once there you will be able to access the services available, such as showers, haircuts, WiFi and TV. There will also be on-site housing, benefits, immigration, and legal advice.

Also, you can – if you want to – take part in one of the activities run by one of the volunteers, like karaoke.

Most guests do not stay overnight. If you do not have anywhere to sleep, please speak to your outreach worker or a team leader at a day centre. Crisis does have some residential centres for people in the most urgent need.

Finally, may I wish you all a merry Xmas and happy holidays. ■

Crisis phonebook

To find out information about Crisis and other support services, you can call one of their volunteers on **0800 520 0606**.

The Crisis at Xmas helpline is open for calls 9:30am – 8pm, from 20 December 2021 until 4 January 2022.

'Tis the season

Crisis is not alone in providing winter shelter and day centres. Take a look at the List in the centre pages of the magazine, and on our website, for information about shelters near you.

**TURN TO PAGES A – P
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Crisis at Christmas

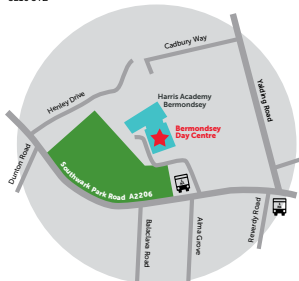
Where are the centres and what time do they open?

Our day centres are in North, West, South and East London. The centres are open 11am-5pm from Friday 24th December to Tuesday 28th December 2021.

Please make your own way to the centre.

1 Bermondsey Day Centre

Harris Academy Bermondsey
55 Southwark Park Road
SE16 3TZ



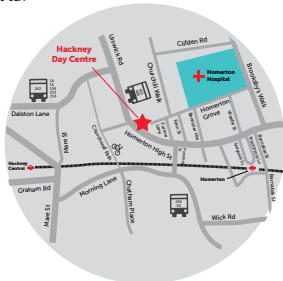
2 Camden Day Centre

Haverstock School,
24 Haverstock Hill, Chalk Farm
NW3 2BQ



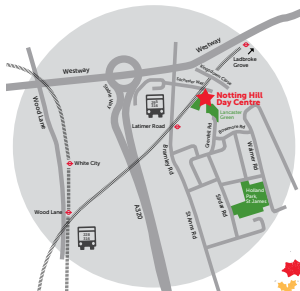
3 Hackney Day Centre

The City Academy, Hackney
Homerton Row
E9 6EA



4 Notting Hill Day Centre

Kensington Aldridge Academy
1 Silchester Road
W10 6EX



Lockdown, life & other things

Musings and meditations on the past 18 months, after a brush with bad health.

By **Mat Amp**

I honestly don't know what to make of the last 18 months. To say it's been difficult is obvious – kind of like pointing out that a horse would find it difficult to solve the Rubik's cube or a donkey would have problems breakdancing in custard wearing concrete trainers.

Of course, disconnecting people from each other en masse is going to lead to problems and we're only just starting to realise how deep some of these problems run.

And just as the lockdown eased and things started to get back to normal, came my own personal shit cherry to stick on the metaphorical Covid-19 shit cake that was 2020/21. Yep, I got double pneumonia for my birthday and despite a silver lining that crossed another fantasy off my bucket list in the form of 20 nurses bringing me a lovely and very real black cherry birthday cake, the next few months were to be anything but lovely.

Covid affected everyone differently but for me at least, every reason to stop getting high quickly

In a nutshell

- Ill-health can affect all of us, if you're feeling unwell you can call the NHS non-emergency number on **111**. If you're in an emergency call **999**
- You can take steps to avoid emergency situations further down the line by joining and visiting a GP service. Anybody can register with a GP, you don't need an address.

evaporated. There were no social occasions, but it was more than just that. There were no day-to-day interactions, no eye contact, no joy, no kids, NO FUN. My response was to become further detached and uptight as the pandemic went on, stepping back into the simple comfort of addictive behaviour to escape the episode of Black Mirror unfolding in my local Tesco.

Relapses and problem drinking followed and before anyone could utter the words Chronic Obstructive Pulmonary Disease I was smoking again, puffing like a smokestack chimney in a Glaswegian Shipyard circa 1940. (Personally I think



The Long Night © Chris Bird

it should be CFAIFOPD - Chronic fucking annoying incredibly frustrating obstructive pulmonary disease.) Anyway, the strain of being disconnected and the stress of dealing with constant come downs and hangovers almost killed me. Nope that ain't metaphorical, I did nearly die.

Yep, the pneumonia turned out to be some antibiotic resistant strain and the docs weren't sure how to treat it. It's not the first near death experience I've had. There have been more than a couple of overdoses and half a dozen motorcycle accidents that I had no right to walk away from. But this 'nearly dying' occasion afforded me the time to grapple

with the deeper philosophical issues surrounding the way I had spent my life. Being stuck in a hospital bed unable to walk meant distraction wasn't on the menu either.

Although there had been plenty of time to contemplate, space wasn't so readily available. Soul searching can be difficult with the bedlam of intensive care and the numerous machines, each with its own alarm, ready to burst into life at the slightest change in whatever physiological response it measures. Things were further compounded by the procession of medical professionals asking, poking and prodding me every five minutes. With the pain, the fever and the constant moaning

and groaning from other patients there were times when I woke up and thought I'd gone to hell.

Any hopes that the elephantine doses of fentanyl and morphine would offer some sort of escape through my dreams were shattered the first time that I managed to get some deep sleep. My dreams were ultra vivid hi-def for sure, but they offered no escape. Let's spare you the details because, to be honest, those dreams still haunt me. Nothing knows how to scare you more than your own subconscious.

Suffice to say, for now, that a lot of my dreaming had something to do with me being tied down, fastened up, bolted and/or nailed down. Hardly surprising when you consider that I was attached to a number of different machines through wires, tubes and cables but wouldn't have been able to stand up anyway due to massive weight loss, muscle wastage and a pair of lungs that looked, on the x-ray at least, like a kid with ADHD had scribbled on them with a fat marker.

Repeated needles searching for blood, inflamed lungs, a sack of puss in my left lung lining and two blood clots in my right lung caused a lot of pain. At one point they stuck this huge needle into my back to get a biopsy and while I'm pretty good with pain it got to the point where something snapped deep inside me. I was physically, mentally

and spiritually broken – a basket case wrapped inside a box, covered in concrete and buried 50 feet underground. It felt like I broke into a thousand fractured pieces, out there floating in space, unable to talk.

And that's where Ola came in. She was my nurse and boy was she good. At first I thought she was being extra kind to me because of our shared Nigerian heritage but later on I watched her talking to another patient and realised she is just a brilliant nurse. In my feverish mind it felt like she was a giant hand that caught the pieces of me floating through space. It was in her palm where those bits of me joined up, where I became whole again. In reality, you know, on planet earth, she was making sure everyone left me alone until I had the strength to re-engage. She sorted out my pain management, tucked me in in a way that made me feel safe and just generally soothed my furrowed brow. Above all she let me know that she was there for me. That connection was deep.

It was in her presence that I started to get better. Through her and the friends who looked after me and reached out with genuine concern, I was made to realise that it's not about the things you collect in your life, it's about the people you connect with and the experiences you have with them. ■

Lines of thought

After publishing two poems in the last issue of *the Pavement*, the inbox has been inundated with some remarkable verse. A hearty thank you to everybody who sent works in, here are a couple for your reading pleasure. Keep them coming!

Hope

by Santiago Vazquez

When walking round the City
Spending your days alone,

With no family to visit
Every hope is almost gone,

Each day same as the next
One week after another,

When trying to communicate
The people don't really bother,

Had enough of the self-pitying cry
Let's go and show some ambition,

It's time to put on a fight
and try to find a solution.

Where is Home?

by Crosby

Can't go there but can't stay
here,
What will I do?
I have no idea,
Just like a child,

Nowhere to turn,
Who do I talk to?
Earthbound,
How do I pull through,
I look up for hope,
All I have is my dreams.

The Pavement welcomes written submissions from everybody. Poetry or prose, we'd love to print your words. Send some writing to the editor at:

editor@thepavement.org.uk

WINTER HEALTH

Tips and advice for keeping healthy this winter from Groundswell and its staff with homelessness experience

Simple yet effective:

- Get vaccinated for the flu and Covid-19
- Keep warm and dry
- Register with a GP: you don't need a permanent address or ID
- Engage with services
- Let people know what you need
- Find helpful services close to you. Check out the List in the centre pages.

Fast GP facts

- You have the right to register with a GP
- Your immigration status does not matter
- A support worker will be able to help you book an appointment at the GP if you cannot.

Testing, testing...

- Covid-19 tests are freely available to everybody
- Your accommodation or local services might have tests available
- You can find free tests at pharmacies, testing sites or online here: www.gov.uk/order-coronavirus-rapid-lateral-flow-tests

Groundswell exists to enable people who have experience of homelessness to create solutions and move themselves out of homelessness – to benefit of our whole society. Our vision is of an equal and inclusive society, where the solutions to homelessness come from the people with experience of homelessness.



The flu vaccine

- Flu vaccines are free on the NHS for homeless people in London
- Outside of London you can still get a free vaccine if you:
 - are aged 65 or over (50 or over in Scotland)
 - have long-term health conditions
 - are pregnant
 - have a weakened immune system

Where you can get a flu vaccine

- Your GP
- Some pharmacies
- Walk-in clinics
- Some hostels and day centres arrange flu vaccine days. Ask a support worker for more information.

The Covid-19 vaccine and booster jab

- Anyone in the UK aged over 16 can get a Covid vaccine free on the NHS
- The vaccine is offered in two doses
- Having both doses ensures the best level of protection against the virus
- Booster vaccines will be available on the NHS for people most at risk from Covid-19
- The booster will be available at least six months after taking a second dose of the Covid-19 vaccine
- Booster vaccines provide longer-term protection.

Where you can get a Covid-19 vaccine

- Walk-in vaccination sites (you don't need to be registered with a GP)
- Book a vaccine at a local pharmacy or mass vaccination site (for those registered with a GP)
- A vaccination service may visit your accommodation or a local service. Check with a support worker if this is happening near you
- You can arrange an appointment over the phone by calling **119** for free.

My life has been a storm

Art and creativity can provide support and escape after experiencing trauma and homelessness. By *Michelle Christopher*
Trigger Warning: Some of the subjects discussed in this article may be upsetting for readers.

At the age of 26 I landed in a psychiatric hospital because of trauma I suffered when I was 15 years old. I was very lucky to get help but in order for recovery to work I had to face up to my truth and rewrite my story. For others who have suffered trauma or loss: it doesn't define you. You can choose to define your own path.

My journey hasn't been easy, I have been homeless, had no money, I have no family to support me, my mother neglected to help me after I confronted my family about my trauma (rape...).

Trauma can be one of the main reasons for homelessness, because your body cannot actually function properly, you cannot function on a level that you need to, so your own body shuts down, closes off and it becomes a vicious cycle. But being homeless and having trauma does not have to be a life sentence. I firmly believe that we can reshape our own journey, with the opportunities given to us. There is help out there but often you have to go looking for it, you have to want your situation to change. It may not be easy but it is possible.

Communities, projects and people

You are not alone

- If you are victim to domestic abuse or rape, call **999** for free
- The National Domestic Abuse helpline in England can be called free, 24/7 on: **0808 2000 247**
- The free Scottish domestic abuse helpline, also 24/7, is: **0800 027 1234**

do care about you. It can be quite a rough journey living on the streets, but it doesn't mean you cannot be creative, come up with ideas, to help yourself know that there are places to go to feel safe. I have learnt through being homeless that sometimes we have to make our own opportunities for ourselves, we have to turn it around and make the streets our home and start from there.

Being a runaway was not easy! I only had two suitcases that my mother gave me when she left me at the start of my journey and now I have a possibility of a future, and I have had the chance to recover from my trauma. That is why I want

to let others know that it is entirely possible to get back on your feet because nothing has to be set in stone!

There are lots of opportunities out there waiting to help you and really kind people that you need to lean into and trust. I am still struggling of course, having had part-time jobs here and there but it not working out, going back and forth for the past two years into psychiatric care, sofa surfing, struggling to pay rent, health problems needing medication, but I know my strengths and what I want and I am also creative, determined and I have a dream to make my life better... I don't give up and I won't give up. I don't want people to feel sorry for me, because even though I have experienced harrowing trauma and I am an orphan with little to lean on except the gift of my own experience, I believe that going through what I went through has made my life even more beautiful and has made me into a better artist and in some ways a little more selfless. I am proud I have survived the streets, especially being a woman who is small but has a big heart!

I truly want to show people who are struggling with being homeless and having suffered any form of trauma that it is not a label, it doesn't show who you really are. It just means that you maybe have to work on loving yourself a little stronger, and know that the wind



A boat weathers the storm

© Michelle Christopher

always turns around...

My life has definitely been a storm, and my sails have definitely been battered, thrashed, and bruised but I can slowly adjust them and now I want to show people that the seas are not always as troubling as you think, and there is always an anchor to help you.

- **Michelle Christopher is an artist and aspiring art therapist. Art therapy and art projects for homeless people can be found in the List of services on our website at: www.thepavement.org.uk/services**

Hope springs

After studying, struggling to find work, and then experiencing homelessness, it's important to stay upbeat, and welcome the next opportunity. By Sarka

Opportunities? Very important and always come and go. In my case, homelessness both took away and offered me new opportunities.

I lost my home soon after I graduated with a first-class degree in Undergraduate Psychology. The undergraduate degree is on its own not a prerequisite for any job, but getting a first gave me opportunity. A first or minimum 2:1 is necessary for getting into a psychology doctorate. That is where the real job of a psychologist comes from.

I was encouraged by my lecturers to apply as they believed I had a chance. It is very competitive and only a very few get in. The student fees are paid by the NHS and there is even a bursary. The course is very oversubscribed.

Unfortunately you need not only the academic success, but also some relevant experience. It can be done. You do unpaid internship experience and participate as an assistant researcher at university. You do not get paid for it. You have to be absolutely available to take on anything that you can get into. It is all highly competitive and oversubscribed, too. You will not get paid anything for your internships.

Often you'll even have to invest as well. Travel, accommodation away from home, and paid supervision are just a few expenses. You can do it. That is if you live at home and have a partner or ideally parents who will support you. You have to be dedicated and work hard while you do not really earn a living.

Except there was impending homelessness in my case. And a partner who went from being a well earning person to an unemployed person who needed to be cared for. And our pet cats. Very dear and important. But not easy to take care of if you are homeless.

We ended up in a night shelter and the cats were (luckily) fostered. There was no time or opportunity for internships, important interviews, and unpaid research jobs. The doctorate so far did not happen and I am not sure if it ever will as I am getting slowly too old to get the finance.

Something positive came out of the homelessness and caring duties, however. I was introduced to a host of homelessness organisations and got to understand the health and social system.

I got volunteering opportunities



Thanks to Accumulate member Mitchel Ceney for sharing this beautiful water colour called Train Line Bridge.

© Mitchel Ceney

that I could never have accessed when I looked for them before my homelessness. The prerequisite to those opportunities was having the experience of homelessness. Not something I had ever wished for, but something that gave me knowledge, contacts and opportunity.

The experience of being homeless gave me a completely different outlook and understanding than I had when I studied about, and participated in, homelessness projects in my clinical and community psychology orientated degree.

Thanks to my homelessness experience I got the opportunity to volunteer as a Crisis Christmas ambassador in the shelter I had stayed in before when I was homeless. I could also participate in peer research including design and implementation, meeting the

participant and assisting them with filling in questionnaires. I also got to write about my experiences through citizen reporting. At the very start of the pandemic I also started training in order to support homeless people to go to their medical appointments.

However, just as I thought I could start volunteering face to face with clients soon, it became obvious that the pandemic would last much longer and be more persistent than expected. After all this time and as I live with a vulnerable person I am still not confident in mixing with people much. So Covid-19 took some opportunities too. And I am sure that it was not only from me, but from others too.

But I guess this is another chapter. Perhaps it is the time to seek other opportunities in this as well, like in my homelessness. I am still looking. I will find them. ■

IN PART ONE MYSTERY MEAT ANIMAL SAW RED (COS THE COPS ARE WELL ANNOYING INIT)..



AFTER A QUICK SPRAY PAINT TO CHANGE SPOTS TO STRIPES



MYSTERY MEAT ROBS A LIE-BURY!



OF TWO USED LOO ROLLS!

WAHHH
HH



AFTER CRYING
ALL NIGHT OVER
THE GUILT

MYSTERY MEAT ANIMAL
INVENTS ARSE
RECOGNITOON
TECHNOLOGY



AND GOES ON
A CRIME SPREE



THEN TURNS
IN..EXHAUSTED!

MEAT CATCHES COLD
WHILE SLEEPING IN
A SNOWY TENT...



AND GETS NICKED
FOR INDECENT
EXPOSURE!



OINK... I MEAN OI
SLAG UR NICKED!

THE END

ROKSOPH

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 its 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



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: November 2021

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

Scotland List

Are your details incorrect?

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

WINTER SHELTERS

EDINBURGH:

BETHANY WELCOME CENTRE

Haymarket Hub Hotel, 7 Clifton Terrace,
Edinburgh, EH12 5DR

07919 557 673

www.bethanychristiantrust.com

Open 24/7

October 2021 – April 2022

Free accommodation, food and support for people sleeping rough. Just show up or call the number above for support.

AH, F, FF, OL, OW

GLASGOW:

OVERNIGHT WELCOME CENTRE

0800 0277 466 (Simon Community)

www.glasgowcitymission.com

24hr free accommodation service run by Glasgow City Mission from hotel.

25 beds available - call the phone number listed above for hotel address.

AH, OL, OW

SAFE IN SCOTLAND

Formerly the Destitution Night Shelter

24/7 accommodation for destitute

asylum seekers. For Referral, phone:

Scottish Refugee Council: **0808 196 7274**

Govan Community Proj: **0800 310 0054**

British Red Cross: **0808 196 3651**

AH, BS

NIGHTSTOP (DEPAUL)

Various locations

uk.depaulcharity.org/nightstop

Mon – Fri: 9am – 5pm (4pm in Glasgow)

Nightstop provides young people, aged between 16–25, with emergency accommodation within vetted and trained host households.

Please phone first for referral:

Glasgow:

472 Ballater Street, G5 0QW

Phone: **0141 418 6990**

Email: nightstop@simonscotland.org

Edinburgh:

55 Albany St, EH1 3QY

Phone: **0131 557 4059**

Email: andy.murdoch@rocktrust.org

West Lothian:

20 Grampain Court, EH54 6QF

Phone: **01506 591860**

Email: westlothianadmin@rocktrust.org

AH

CASTLECLIFF

(CITY OF EDINBURGH COUNCIL)

25 Johnston Terr., Edinburgh, EH1 2NH

0131 225 1643

Monday – Sunday: 9am – 9am;

Emergency direct-access hostel for

single people or couples, who are homeless and over 16. Some provision

for pets. It aims to help residents

find more sustainable long-term accommodation.

AH, BS, BE, CL, TS

CROSSREACH

(CUNNINGHAM HOUSE)

Cunningham House, 205 Cowgate,

Edinburgh EH1 1JH

0131 225 4795,

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

Ring or visit. Short-term supported residential accommodation for single homeless people (18-65) who have additional support needs they wish support with; such as offending, drug, alcohol and mental health matters.

Please contact the City of Edinburgh Council or call us directly if you wish to be referred.

TS

ACCOMMODATION

BLUE TRIANGLE

Various locations

0141 221 8365; bluetriangle.org.uk

We provide safe and secure mainly hostel type accommodation for vulnerable people who are homeless or at risk of homelessness. Various services around Scotland, for men and women aged 18 – 40.

AH, 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

DUNEDIN HARBOUR

4 Parliament St, Leith,
Edinburgh, EH6 6EB
0131 624 5800; <http://bit.ly/2Y2UGhs>
Accommodation and support for
vulnerable individuals who are sleeping
rough or at risk of sleeping rough.
Couples and pets accepted.
Referral via Edinburgh City Council:
0131 529 7355 or **0131 529 7829**
AH, AD, A, BA, CA, DW

SAFFRON HOUSING

0141 422 1112
<https://bit.ly/1PEg2cV>
Mon – Fri: 9am – 5pm
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 more information.
AH, BA, DA, TS

SIMON COMMUNITY SCOTLAND

www.simonscotland.org
Glasgow: **0800 027 7466**
Edinburgh: **0808 178 2323**
Phone lines open 24/7.
Accommodation and support services
around Scotland, including the Rough
Sleepers & Vulnerable People service. For
more information call numbers above.
See NIGHTSTOP (DEPAUL),
STREETWORK and ACCESS HUB for
information about those services.
MH, AH, AD, A, DW, OL, OW

SIMON COMMUNITY SCOTLAND ACCESS HUB (GLASGOW)

389 Argyle Street, Glasgow, G2 8LR
0141 552 4164; simonscotland.org
Drop in to get help with benefits, health,
finances, legal advice, access to the
digital world and more.
AH, AH, AD, A, DW, OL, OW

STREETWORK CRISIS CENTRE

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

THE MUNGO FOUNDATION (DE PAUL HOUSE)

27 Cruden St, Govan, Glasgow, G51 3RP
0141 445 2800
[www.themungofoundation.org.uk/
service/de-paul-house](http://www.themungofoundation.org.uk/service/de-paul-house)
Support and accommodation for young
men & women (16–21). Referral only via
Social Work Care Manager.
AH, AD

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

NEXTMEAL.CO.UK

www.nextmeal.co.uk

A new mobile app to help support homeless people and show them where to find food. Search postcode, town or street.

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

Tue: 5:30 – 6:30pm

Soul Food serve food from the café door

Sundays: 9am

Free breakfast from the café door

FF

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

Open Monday – Friday

Drop In: 10am – 4:30pm, 6 – 7:30pm

Lunch: 1 – 3pm, Dinner: 6 – 7:30pm.

Our Urban café is open for music lessons

Also working with some guests to get them into employment. Nursery open.

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

Hot food, clothing & sleeping bags

FF, CL

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

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.

FF

QUEEN'S PARK GOVANHILL PARISH CHURCH

170 Queen's Drive, Glasgow G42 8QZ
0141 423 3654; qpqpc.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

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

www.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

66 Ashley Street, Glasgow, G3 6HW

0141 332 2656;

www.woodlandscommunity.org.uk

Sunday: 1 – 4pm

Pay What You Can cafe now open to drop-in, no longer need to book.

Serving soup, bread, tea, coffee and cakes - all food is vegan, plus there are gluten free options.

Check website for various other events at the Woodlands Community Gardens.

AH, F, BA, FF, LA, MD

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

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

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



EX-OFFENDERS

APEX SCOTLAND

9 Great Stuart Street,
Edinburgh EH3 7TP
0131 220 0130

www.apexscotland.org.uk

For offenders, ex-offenders and young people at risk of offending, many of whom may also be homeless. Their services will help clients to, for instance, move onto employment, training or further education. To find your local office, please click the link to visit the website. Head office is not step-free, but some local officers are - ring to check.

AH, BA, CA, EO, ET

PHOENIX FUTURES SCOTLAND

Scotland-wide

0141 332 0121

www.phoenix-futures.org.uk

Various services around Scotland to support those within the Justice System. Also assist with sustainable recovery from repeat offending, drugs, alcohol and physical and mental health issues. For individuals, families and communities.

C, MH, EO

SACRO SUPPORTED ACCOMMODATION SERVICE

25 Nicolson Square,
Edinburgh, EH8 9BX
0131 624 7270; info@sacro.org.uk
www.sacro.org.uk

Accommodation for ex-offenders (16+) with support needs. Priority given to people with a connection to Edinburgh, Lothian & Borders. Phone or drop in for application form.

AH, EO

TURNING POINT SCOTLAND

Scotland-wide

0141 427 8200; 0800 652 3757

turningpointscotland.com/justice

Various services across Scotland to help with Justice System, as well as support for homelessness, and drugs/alcohol (see RECOVERY section on Page L)

C, MH, EO

YPEOPLE

Scotland-wide

0141 565 1200 (main office)

www.ypeople.org.uk/our-work

Accommodation and support services for people of all ages to make positive changes in their lives. Various services across Scotland - call for information.

AH, C, EO, OW, OL, TS

KEY

A Alcohol workers
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AD Advocacy
AH Accommodation/
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DA Debt advice
DT Dentist

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

YOUNG PEOPLE

EDINBURGH CITY YOUTH CAFE

11–15 Vennel, Edinburgh, EH1 2HU
0131 229 1797; www.6vt.info
 Mon & Wed: 6 – 10pm (13–21 year olds)
 Fridays: 6 – 9pm (under 18s)
 Drop-in service for crime victims - emotional support, a hot meal and help with travel costs to and from the Cafe. C-Cards available for free condoms. email 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
07537 410 027 (text)
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
AD, C

RUNAWAY HELPLINE

116 000 (call or text, open 24hrs)
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

0141 422 1112
<https://bit.ly/1PEg2cV>
 Mon – Fri: 9am – 5pm
 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 more information.
AH, BA, DA, TS

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, C

WELLBEING SERVICE FOR YOUNG PEOPLE

171 Wilton St, Glasgow, G20 6DF
0808 143 2002
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

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

ADVOCARD

0808 196 3525; advocard.org.uk
advocacysupport@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
AD, MH, SF

BREATHING SPACE SCOTLAND

0800 83 85 87; breathingspace.scot
Mon – Thu: 6pm – 2am
All Weekend: Fri 6pm – Mon 6am
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
Open 5pm – midnight, 356 days a year
Calm is leading a movement against suicide. Call, email or chat on website.
MH

GAMH

0141 552 5592; 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. Referral via GPs, social work, housing officers & community addiction teams.
MH, AH, AD, C

HEALTH IN MIND

0131 225 8508; health-in-mind.org.uk
Monday – Thursday: 9am – 5pm
A range of mental health and wellbeing services for people with housing and mental health support needs. You can self-refer to most services or ask your GP to refer you. Phone for information.
MH, AH, AD, C, TS, AC, ET

HELP FOR DEPRESSION

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

www.hearing-voices.org
A network for people who hear voices and see visions. For groups info email 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



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

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(+44) 0131 225 6714 (Edinburgh)

(+44) 0141 352 7274 (Glasgow)

MIND (NATIONAL)

0300 123 3393; www.mind.org.uk

Mon – Fri: 9am – 6pm

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

info@mind.org.uk

Legal support: 0300 466 6463;

legal@mind.org.uk

MH, AD, LA

NHS INFORM - SCOTLAND

www.nhsinform.scot

Online health information service.

MS, MH

NATIONAL SELF-HARM NETWORK

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

www.penumbra.org.uk

01224 642 854 (Aberdeen)

0131 221 9607 (Edinburgh)

0141 229 2580 (Glasgow)

Mon – Fri: 9am – 5pm

Offers a wide range of mental health support. Coronavirus Hub available at:

www.penumbra.org.uk/coronavirus

MH, A, C, D, TS

SAMARITANS

Helpline: 116 123 (24hrs, 365days)

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;

support@sane.org.uk

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

Mon – Sun: 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

0300 323 1545

www.supportinmindscotland.org.uk

Mon – Fri: 9am – 4:30pm

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

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

SURVIVORS OF BEREAVEMENT BY SUICIDE (NATIONAL)

0300 111 5065;

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

THE SANDYFORD INITIATIVE

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

0141 211 8130;

www.sandyford.scot

Specialist sexual health services: counselling for male survivors of childhood sexual abuse.

Emergency contraception and rape/assault services.

Testing and counselling for men who have sex with men and for women involved in prostitution.

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

YOUNG MINDS (NATIONAL)

Text 85258 (24/7 support)

www.youngminds.org.uk/young-person/find-help

Young Minds makes sure all young people get the best possible mental health support and have the resilience to overcome life's challenges. Advice on mental health, medications and depression. Advice on Coronavirus too.

AD, MH, MS

RECOVERY

BETHANY CHRISTIAN TRUST

65 Bonnington Rd, Edinburgh, EH6 5JQ

0131 561 8930;

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. Welcome Centre & multiple other services across Edinburgh - call for information.

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

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 - EDINBURGH)

205 Cowgate, Edinburgh EH1 1JH

0131 225 4901

<https://bit.ly/30N3eA2>

Mon – Fri: 9am – 5pm (phone for referral) 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 - GLASGOW)

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.

MH, AH, A, C, DW, TS, SF

DRINKLINE

0300 123 1110; drinkaware.co.uk
Mon – Fri: 9am – 8pm;
Sat & Sun: 11am – 4pm
Free, confidential helpline for people
worried about their alcohol intake or
anyone concerned about them.

A, C, OL

FRANK

0300 123 6600; 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 COUNCIL ON ALCOHOL

14 North Claremont St, Glasgow G3 7LE
0141 353 1800;
www.glasgowcouncilonalcohol.org
0808 802 9000 (freephone helpline)
Mon – Thu: 9am – 9pm;
Fri: 9am – 5pm; Sat: 9am – 1pm
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; health-in-mind.org.uk
Monday – Thursday: 9am – 5pm
A range of mental health and wellbeing
services for people with housing and
mental health support needs. You can
self-refer to most services or ask your GP
to refer you. Phone for information.

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

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

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

NARCOTICS ANONYMOUS (NA)0300 999 1212; ukna.org

Helpline open 10am – midnight.

Online meetings available

*D***SCOTTISH FAMILIES AFFECTED BY ALCOHOL & DRUGS**08080 10 10 11; www.sfad.org.uk

Mon – Fri: 9am – 11pm (helpline).

We are here to support you if you are concerned about someone else's alcohol or drug use. We can chat, offer advice and information, and link you either into our own services or services local to you. Bereavement service also available.

Email: helpline@sfad.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. See also: [facebook.com/secondchanceprojectglasgow/](https://www.facebook.com/secondchanceprojectglasgow/)

*ET, DW, A, C***SMART RECOVERY**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*C, D***TURNING POINT SCOTLAND (ALCOHOL & DRUG CRISIS)**

80 Tradeston Street, Glasgow, G5 8BG

0141 420 6969

<https://bit.ly/3HGJci5>

Monday – Sunday: 24 hours

Turning Point Scotland Glasgow Alcohol and Drug Crisis Service offers integrated health and social care which provides low threshold, direct access services for people experiencing a crisis due to alcohol or other drug use including people who may be experiencing homelessness. These include a crisis residential unit, 24-hour Injecting Equipment Provision (needle exchange), woundcare, harm reduction advice, signposting and naloxone training and provision.

*A, C, D, LF, MS, NE, SF, AD, AH, FC***TURNING POINT SCOTLAND (ALCOHOL & DRUG RECOVERY)**

112 Commerce Street, Tradeston, Glasgow G5 9NT

0141 948 0092

<https://bit.ly/3xer4AX>

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

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



TURNING POINT SCOTLAND (OVERDOSE RESPONSE TEAM)

121 West Street, Glasgow, G5 8BA
08088 008 011

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

Monday – Sunday: 24 hours

A rapid response to near-fatal overdoses which provides a short, focused period of support to each person. GORT assertively connects individuals with mainstream alcohol and other drug services (maximum 3 interventions).

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

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

Mon & Fri: 9:15am – 4:45pm

Tue & Tue: 9:15am – 7:45pm

Wed: 11am – 4:45pm

Drop in open, but with limited service.

Drop in to arrange further 1-to-1

support.

Needle Exchange 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

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

EX-FORCES

COMBAT STRESS

combatstress.org.uk

0800 138 1619

24hr, 365 days helpline

Confidential advice and support to veterans and their families.

MH, AD, C, OL

ROYAL BRITISH LEGION

0808 802 8080

www.britishlegion.org.uk

Monday – Sunday: 8am – 8pm

Delivers information, advice and support to members of the British armed forces, reservists, veterans and their families across the UK. Visit one of their centres, call (free from UK landlines and main mobile networks) or use their online resources to find out more.

AH, AD, BA, CA, DA, ET, IT, OW, TS

SSAFA FORCESLINE

0800 260 6767

www.ssafa.org.uk

Monday – Friday: 9am – 5pm

SSAFA helps combat homelessness among ex-Service personnel. Their London Homeless Division works with ex-Service rough sleepers. If you have gone AWOL, contact their Reclaim Your Life scheme and get your life back on track.

AH, C

SUPPORT IN MIND SCOTLAND (VETERANS COMMUNITY CAFE)

<https://bit.ly/30VcVg3>

0300 3231545 (main info line)

Weekly drop-in cafe for Veterans

at Broughton St. Face-to-face

groups currently on hold, but for

other services email: [jsangster@](mailto:jsangster@supoportinmindscotland.org.uk)

[supoportinmindscotland.org.uk](mailto:jsangster@supoportinmindscotland.org.uk)

MH

VETERANS UK

0808 1914 2 18

<http://bit.ly/0mJLu>

Mon – Fri: 8am – 4pm

Free help and advice for veterans, and access to dedicated one-to-one welfare advice.

Email: veterans-uk@mod.gov.uk

AH, DA, BA

SCOTTISH VETERANS RESIDENCES

53 Canongate, Edinburgh EH8 8BS

0131 556 0091,

www.svronline.org

Monday – Friday: 7am – 5pm;

Ring first. Accommodation for homeless ex-service men and women, including ex-merchant mariners. Can accept married couples.

AH

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



REFUGEE SUPPORT

POSITIVE ACTION IN HOUSING

98 West George Street, Glasgow G2 1PJ
0141 353 2220

www.paih.org

Contact form online.

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.

Any other queries? Please email:

home@positiveactionh.org

Positive Action in Housing is an independent, anti-racist homelessness and human rights charity dedicated to supporting women, children and men from refugee and migrant backgrounds to rebuild their lives.

[AH, FF](#)

SAFFRON HOUSING

0141 422 1112

<https://bit.ly/1PEg2cV>

Mon – Fri: 9am – 5pm

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 more information.

[AH, BA, DA, TS](#)

SCOTTISH REFUGEE COUNCIL

www.scottishrefugeecouncil.org.uk

0808 196 7274

Mon – Fri: 9am – 5pm

Advice and support for refugees and asylum seekers. Can signpost you to charities all over Scotland

[AD, BA, TS, OL](#)

THE WELCOMING

www.thewelcoming.org

0131 346 8577

Mon – Fri: 9am – 5pm

We welcome New Scots to Edinburgh, build community and learn together. We support New Scots to learn English, find jobs and access local services; offer opportunities for friendship, sustainable living, creativity, health and well-being; connect locals and New Scots through social and cultural exchange; and collaborate with others to share knowledge and influence positive change.

[AD](#)