

# *the* **Pavement**

The free magazine for homeless people



Issue 136: Respect  
February – March 2022

# Missing



**Junaid Hamayun**

Junaid went missing from Derbyshire, Derby on 8 October 2021. He was 17 years old at the time.

Junaid, 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 or text 116 000. It's free and confidential. Or email us on [116000@missingpeople.org.uk](mailto:116000@missingpeople.org.uk).



**Lorraine Ridout**

January marks six years since Lorraine went missing. She was last seen in Cardiff, South Wales on 31 January 2016, aged 57.

Lorraine, call our free, confidential helpline for support and advice without judgement and the opportunity to send a message to loved ones. Call or text 116 000.

If you think you may know something about Junaid or Lorraine, 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, 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:** *Murmuration* is by an unnamed inmate at HM Prison Wealstun. The work was entered into the 2021 Koestler Awards for people currently in custody in a prison, young offender institution, psychiatric hospital, immigration removal centre or on probation. See page 8 for information about the 2022 Koestler Awards.

© Koestler Arts [koestlerarts.org.uk](http://koestlerarts.org.uk)

### *The Pavement magazine*

- [www.thepavement.org.uk](http://www.thepavement.org.uk)
- [twitter.com/thepavementmag](https://twitter.com/thepavementmag)
- [facebook.com/thepavementmag](https://facebook.com/thepavementmag)
- [instagram.com/pavement\\_magazine](https://instagram.com/pavement_magazine)

London/Scotland Issue 136 February – March 2022

Published by *the Pavement*  
Registered Charity Number 1110656  
[www.thepavement.org.uk](http://www.thepavement.org.uk)

Editor: Jake Cudsi [editor@thepavement.org.uk](mailto:editor@thepavement.org.uk)

Web editor: Kieran Hughes [web@thepavement.org.uk](mailto:web@thepavement.org.uk)

Designer: Marco Biagini [scotland@thepavement.org.uk](mailto:scotland@thepavement.org.uk)

**Writers/Researchers:** Mat Amp (deputy editor), Nicola Baird, Del Campbell, Leon Eckford, Giselle Green, Griffin Haworth, Kieran Hughes, Ian Kalman, Ant Mac, Alastair Murray, Dr Seema Pattni, Charlie Radbourne, Garnet Roach, Chris Sampson, Bronagh Sheridan, Cachella Smith, Sheryle Thomas

**Artwork:** Chris Bird, Michelle Christopher, Koestler Arts, Ken Pyne, Rosie Roksof, Marius Samavicius, Mike Stokoe, David Tovey

**London Co-ordinator:** voluntary position vacant  
Please email: [editor@thepavement.org.uk](mailto:editor@thepavement.org.uk)

**Scotland Co-ordinator** Marco Biagini  
[scotland@thepavement.org.uk](mailto:scotland@thepavement.org.uk)

TURN TO PAGES A – P  
FOR THE LIST OF SERVICES

## Contents

About us.....	4
Editorial.....	5
News.....	6 – 11
In my view .....	12 – 13
Interview.....	14 – 15
Cartoon .....	16 – 17
Mat's column .....	18 – 20
Poetry.....	21
Health.....	22 – 23
Expert.....	24 – 25
Experience .....	26 – 27
Story.....	28 – 29
Comic .....	30
Your rights .....	31

The List (centre)..... A – P

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

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

**TRUST IN  
JOURNALISM**

---

**IMPRESS**

*the Pavement* is a member of  
**IMPRESS**

The Independent Monitor of The Press. For more Information on the Pavement's complaints policy and how to make a complaint visit:

[thepavement.org.uk/complaint](http://thepavement.org.uk/complaint)



© *the Pavement*

**Love letter:** In the *Guardian's* romantic *How we met* column from late November 2021, Damiano and Priyanka revisited how they fell for each other. It turns out *the Pavement* played a small part in this budding romance. When approaching homeless people for interviews in London as part of a university project in 2014, Damiano managed to secure the contact details of a potential interviewee. "I didn't have my phone on me so he scribbled it on the back of a magazine called *the Pavement*," he told the *Guardian*. "When I got home, I started to read it and that's where I learned about the Spread the Word project." Fate dictated the Spread the Word project was run by Priyanka, and Damiano focused his university project on Priyanka's scheme. The two soon became a couple and plan to marry later this year. Congratulations to them both!

## 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](mailto:editor@thepavement.org.uk)

# Yours, respectfully

We all know a thing or two about respect, and, sadly, many of us know how it feels to be treated with a lack of it. Since our creation in 2005, *the Pavement* magazine has sought to respect our readership, providing readers with information that can save and support, and written material that can be enjoyed or empathised with.

Issue 136, themed 'Respect', is no different. The magazine features a special feature on page 12 by Leon Eckford, a member of a street outreach team, who decries the obstacles blocking people sleeping rough from better support, and opines on how services such as his own can improve.

Meanwhile, deputy editor Mat Amp continues his return to full fitness with a three-page epic, starting on page 18. And for a surreal, hilarious and worryingly believable satire by Chris Sampson, check out page 28. In amongst these stories you'll find the regular news, views and cartoons.

Lastly, a hearty happy new year to all of our readers and contributors, we're wishing you all the best for 2022.

Stay safe.

**the Pavement team**

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

Previous cover star of *the Pavement*, David Tovey is having an exhibition at Rochester Art Gallery from 28 January to 16 April 2022. *The Unknown Soldier* show will feature paintings, photographs, memorabilia, film and installations tracing David's storied life, and taking in wider issues associated with homelessness. After leaving the armed forces David experienced homelessness. It is an

experience he draws upon frequently in his art and his work. Many readers will recognise David from his excellent work with Arts & Homelessness International and the Museum of Homelessness. *The Unknown Soldier* is free to visit. Learn more on David's website: [davidtoveyart.co.uk](http://davidtoveyart.co.uk)



© David Tovey



© Luke Tapley

## Scoops and hoops

An investigation by the *Independent* has revealed that hundreds of homeless people in England are being instructed by councils to sleep rough on the streets before they can access housing support. The investigation detailed how people presenting themselves as homeless to their local council are routinely turned away, being told they must stay on the streets to be picked up by an outreach team. In many cases official guidance states people asking for accommodation from their local council must verify they have been sleeping rough, if they cannot they are turned out on to the street and advised to seek an outreach team. Polly Neate, chief executive of Shelter, told the *Independent*, “it is beyond belief that people facing the horror and danger of sleeping rough are only classified as being street homeless if they are bedded down outside at night.”

## Cash jab

In early January the government confirmed plans to offer people sleeping rough in England cash and food voucher incentives to get the Covid-19 vaccine. According to the *Guardian*, Eddie Hughes, minister for rough sleeping, has informed councils they are welcome to use part of the government’s £28m protect and vaccinate scheme to promote and reward vaccine uptake. Covid-19 has hit homeless people particularly hard, with one in 50 deaths among people experiencing homelessness related to Covid-19 in 2020, according to the Office for National Statistics (ONS).

- **For information on the vaccine see Groundswell’s winter health update on page 22, or visit the dedicated NHS webpage: [www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/coronavirus-vaccine](http://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/coronavirus-vaccine)**

**London buses (left):** You wait seemingly a lifetime for an innovative project to deck one out with an array of services for homeless people to access, and then two come along at once! The Change Please Foundation launched its Driving for Change initiative late last year, repurposing two **London** buses as an “all-in-one direct intervention service”. The buses offer free access to GPs, dentists, hairdressers and therapists, as well as digital and financial literacy training, help with opening a bank account, employment support, shower facilities and essential items. Driving for Change and other similar projects run by the Change Please Foundation are in part funded by proceeds from Change Please coffee, which pours 100% of its profits into financing charitable activities. According to the *BBC* the project is secured for at least two years.

- **Learn more about Change Please on its website: [changeplease.org](http://changeplease.org)**

## Micro home 2.0

**Cornwall** Council has purchased 29 self-contained micro homes for people experiencing homelessness. The one-bedroom SoloHaus units were bought from Essex-based The Hill Group, and will replace cabin-

style units the council had been renting to house homeless people. The homes will be deployed to various locations in Cornwall over the next couple of months, according to *Cornwall Live*.



**Award season:** For the second year running the *Pavement* is proud to feature artwork from an entrant in the Koestler Awards on its front cover. Koestler Arts is a charity encouraging creativity amongst people across the criminal justice system, whether they are in prison, a detainee, a secure patient, or on probation. Every year it runs the Koestler Awards, welcoming creative entries (visual art, writing and music) from people currently in custody in a UK prison, young offender institution, immigration removal centre or a high or medium security psychiatric hospital or unit. Any current client of the National Probation Service is also invited to enter the Awards. Every entrant gets a certificate, and many receive cash prizes and feedback on their work. The 2022 Koestler Awards deadline for entries is 7 April 2022.

- For more information visit [koestlerarts.org.uk](https://koestlerarts.org.uk)

## Bedding down

London-based charity Glass Door fears beds for people experiencing homelessness in the capital could be down by half on pre-pandemic levels. As readers will know, many charities and shelters have been forced to close communal night shelters this winter, as Covid-19, and in particular the Omicron variant of the virus, has spread. Glass Doors' communal night shelters were themselves closed over the Christmas period, and the charity told *Big Issue* its available bed space was down to 56 this winter, while pre-pandemic it could shelter 170 guests.

- **Find information on shelters and other vital services in the List in the centre pages**

## Best friend news

A new documentary, *Year of the Dog*, directed by Paul Sng, showcases the profound relationship between homeless people and their canine companions. The documentary follows DJ Simone Marie Butler as she meets people sleeping rough and unearths the challenges that come with owning a dog whilst being homeless. With the support of Dogs on the Streets, a voluntary group that works to ensure the wellbeing of dogs and their humans, Butler helps to dispel assumptions surrounding

animal welfare standards. It also helps to show the important work that Dogs on the Streets is doing to support people and their pets, which includes a mobile veterinary surgery and free delivery of essential items. Speaking to *NME*, Butler said that making the film demonstrated, above all, how “these dogs actually have incredible lives with the people who love them unconditionally.”

- **Visit their website to find out more on Dogs on the Streets' work: [dogsonthestreets.org](https://dogsonthestreets.org)**

## Key worker

Nikki Campbell, a theatre recovery nurse working at Royal **Liverpool** Hospital, found herself homeless two days before Christmas, after a family relationship breakdown. She spent Christmas Day in a borrowed car with her two dogs, not wanting to “bother” her friends. She was told that she was not a priority case by Liverpool Council, which left her worrying that she may have to give up her dogs in order to work her shifts and find stable housing. Thankfully, her story in the *Liverpool Echo* caught the attention of Sacha Lord, a local businessman, who was appalled to hear of her situation. In order to help Nikki secure permanent housing, he gave her £5,000 towards paying rent in advance.



**Festive spirit:** Social Bite held a festival of kindness over the festive period last year. The express aim of the festival was to provide 300,000 gifts, meals and essential items to people experiencing homelessness over Christmas. The social enterprise installed “trees of kindness” in central locations in Aberdeen, Dundee, Edinburgh, Glasgow, and London, where the public could buy and donate gifts for homeless people. Alongside gifts and spreading goodwill, Social Bite used donations to fund their cafes and access to emergency shelter. Pictured is the Social Bite Pavilion of Kindness in **Edinburgh** in December 2021.

## Debt collectors

---

Homeless families in Scotland owe £33.3m to 29 councils, a report by Glasgow’s Legal Services Agency (LSA) has found. The LSA say this debt has been levelled against 29,641 households, and goes towards the cost of being rehoused. The news, revealed in the *Sunday Mail* on 9 January, sparked widespread outrage. Campaigners have called for the debt to be forgiven, but so far only Fife council has ruled out pursuing the debt. LSA’s report found much of the emergency housing was in poor condition, and the report also revealed some homeless tenants have been billed for food, electricity, gas and administration fees. LSA is asking for the law in Scotland to be changed following the shocking revelations of its report. The Housing (Scotland) Act 1987 allows councils to charge homeless people for emergency accommodation.

## New high (new low)

---

In late November 2021, the National Records of Scotland (NRS) released figures for people who had died homeless in 2020. There were 256 people who died while experiencing homelessness in 2020, according to the NRS, an increase of 40 on the previous year. The NRS’s data reveals 59% of homeless deaths in Scotland in 2020 were drug-related,

while most of those who died (77%) were male (197 deaths). The figures were compiled by examining death registration records to find people who were sleeping rough or staying in temporary accommodation when they died, according to the *BBC*. Already dispiritingly high, the NRS stressed that the figures were an estimate, and the true number of people who had died experiencing homelessness was likely higher.

## On the doorstep

Charity Homeless Project Scotland (HPS) have chastised **Glasgow** City Council for its apparent inaction on people sleeping rough in sub-zero temperatures this winter. HPS chairperson Colin McInnes called the council out after spotting a person sleeping rough on the doorstep of the council's salubrious Glasgow City Chambers HQ. McInnes spotted the person in early January while out with the charity's street team close

to midnight. Calling the situation "disgraceful", McInnes told *Glasgow Live* the person sleeping rough "had chosen the City Chambers to get that wee trickle of heat coming from underneath the door. It was freezing, the wind would have cut your hands off."

## Displaced space

Homeless charity **Glasgow** City Mission (GCM) face being moved from its purpose-built complex in Crimea Street, Glasgow, to make way for an office development. GCM only moved into its Clydeside home in 2009, but the site now risks demolition as part of a development project by developers Soller Group. According to the *Daily Record*, any purchase of the GCM building would be part of phase two of the Soller Group development. The first phase will see a 14-storey office space built in Carrick Square, with construction due to start in spring 2022.

**4,525** people in **Edinburgh** are living in temporary accommodation, according to a report in the *Edinburgh Evening News* (December 2021).

**£2,145,000** in funding is being requested by councillors on **Edinburgh** City Council in order to extend contracts with 10 accommodation providers until March this year.

# Justice and us

Reflections on the obstacles, both little and large, faced by people sleeping rough in the UK today. By street outreach service manager, *Leon Eckford*

“No Justice. Just Us.” I apply the phrase to thinking of our rough sleepers and how they must feel about their own place in the world. How do they start to sellotape the fragments together of their life? Where does the strength lie to recover? During the early stages of the pandemic, in April 2020 as the city emptied, it really was Just Us.

In crisis intervention, as we start to recover from lockdowns and Covid-19 variants, certain fundamental barriers lie in our way. Still, a lack of social housing and affordable housing in 21st century London is a huge problem. Administrations come, then they go, voting paraphernalia changes from red to blue, blue to yellow and pink and green, orange and purple... and rainbow. At a glance, more investment in social housing is a priority. How do we help people with mental health conditions navigate an already diminishing supply of suitable homes for the most vulnerable in society?

I reflect on these questions daily within my role. For me, everyone has a right to a home. Thinking of the non-negotiables, the solid foundations, if you will, it's important to research the health concerns of

our rough sleepers. Many people do not have access to any form of health service, primary, secondary or tertiary. And for those who do, multiple diagnoses may be appropriate, making treatment difficult to identify.

One also has to consider harsh economic disparity, cultural differences which play into accessibility blockages, which then fuels healthcare mistrust and engagement number inconsistency. I think of the recent attempted vaccination rollouts with our rough sleeping and hostel community, the numbers who didn't participate and their reasoning. Mistrust, misinformation and mixed messaging played into decision making that was informed by historical societal stigma on themselves. Why would a rough sleeper want to work with a system that has rejected and abandoned them time and time again?

We think of the collective journey of our rough sleepers and we can safely assume no-one wants to be isolated from the world around them, left to face the elements, on the streets of London past midnight. The goldfish in the bowl

peering out at an unfamiliar place they were once part of, watching as everyone else puts their collar up and rushes home to their family. It's important we think of our rough sleepers, in the final moments before they go to sleep. What do they think of? In terms of recall and memories, I'd suggest a lot think about earlier times, their childhood. Specific to youth, adverse childhood experiences (or ACEs) will be highly prevalent for rough sleepers and the hostel population – around 70% of people will have suffered acutely in this regard. If you're not equipped with the tools to regulate emotions as a child, is it unreasonable to assume this may affect your adult behaviour? Our rough sleepers and hostel population is overrun with incidents that are a result of poor emotional intelligence and inconsistent impulse control. These are further fuelled by addictive traits serving self-soothing purposes, which often leads to antisocial behaviour. This is where criminal justice techniques are being utilised to treat a wider structural problem.

If someone is scoring down a back alley in Poplar, self-soothing with opiates to cure internal traumas suffered in early childhood, will another punitive custodial sentence serve the individual or the society well?

It's interesting to observe our criminal justice-orientated approach to addiction-related behaviours in this country, rather than a harm-minimisation and trauma-informed approach applied in countries like Canada. Based on the chains of addiction locked into most of our rough sleepers' supporting needs, our current system needs urgent redress. It points to yet another systemic issue tarnished by funding cuts, staffing shortages, lack of continuity, parked prescriptions, limited detox access, etc. It's the usual folly, with our people suffering at the sharp end. I reflect on diminishing funding, poor housing stock management and discriminatory legislation, these play out in putting an individual through further trauma and negative association with societal integration and social re-introduction. I believe we need to find as many ways to break down the barriers that the system presents, finding creative and innovative ways to involve and empower people sleeping rough.

- **Leon's views and opinions are his own and may not reflect his employers'** ■

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

# Let's talk about sex

The London-based Central London Action on Sexual Health (CLASH) and Sexual Health on Call (SHOC) teams provide a sexual health service to homeless people and sex workers. Del Campbell, a health promotion specialist at CLASH, discusses the two teams' vital work. *By Sheryle Thomas*

## What service do you provide?

CLASH provides free and confidential sexual health outreach services for sex workers, homeless people, drug users, Black Asian and Minority Ethnic people (BAME) and men who have sex with men (MSM) living or working in Camden and Islington. SHOC, meanwhile, provides free and confidential sexual health outreach services for sex workers in Haringey. Both services provide free and confidential walk-in clinics, and also offer screening and health promotion in outreach settings across Camden, Islington and Haringey. Our four target groups at CLASH are MSM, Homeless People, BAME and people working in the sex industry.

Each group has a different lead within the team and I am officially the lead for MSM – although we extend this to mean LGBTQIA+. However, all the CLASH team support one another, and there is a lot of intersectionality between the four groups. We may, for example, meet a black, male gay escort who is experiencing homelessness.

## What drop-in/walk-in services do you provide?

For anyone involved in sex work there is a drop-in service at SHOC (Archway Centre) on Thursday afternoons, and at CLASH (Mortimer Market) on Friday mornings. This is very much inclusive of street-based sex workers – many of whom have substance misuse or housing issues. We recognise that those who potentially have the most chaotic lifestyles may also be most at risk of not looking after their sexual health. For example, sex workers who have issues around drugs may not always use protection with clients, possibly because the clients are offering more money for sex without a condom. At these drop-in sessions we also give out lots of safety tips, such as trying to keep a clear head whilst working, taking down car number plates, thinking about what you are wearing and keeping others informed of where you are going.

For our other groups we tend to reach out to them on outreach sessions, for example going to hostels and offering a 'clinic-in-

## Drop-in help

Both CLASH and SHOC provide a drop-in service for people working in the sex industry.

- CLASH is at Mortimer Market Centre, Capper Street, London, WC1E 6JB  
9:30am – 12:30pm every Friday
- SHOC is at the Archway Centre for Sexual Health & Contraceptive Care  
681–689 Holloway Road, London, N19 5SE  
12noon – 4pm every Thursday

a-box.’ We also go to colleges, LGBTQIA+ venues and other projects such as MIND and the Migrant Centre. Rather than expecting individuals to come to us, we go to them, therefore ensuring that we are not the ones who are ‘hard to reach.’

### **Can support workers attend appointments and/or contact you on my behalf?**

We try to keep all our appointments as confidential as possible. However, we often have patients accompanied by their key workers – especially if it will help get them to the venue. If a client needs an interpreter we use Language Line.

### **What outreach services do you provide?**

We provide clinic-in-a-box (CIAB) in hostels, projects and commercial venues such as bars and clubs. CIAB is basically a full sexual health screening (including blood tests) taken out into the community. If a

patient gets any positive results we invite them into one of our clinics or contact to arrange treatment. If they are negative they get the results by text message, or email if they don’t have a phone. The results usually arrive within a few days.

We also provide health promotion in these sessions, it isn’t just about getting people tested. If we are on street outreach we also offer advice, and some testing, but not blood tests. We often work with the Find & Treat team who offer BBV, TB and, more recently, Covid-19 vaccinations.

### **Do you provide aftercare?**

Yes, if anyone wants to contact us after we have seen them they are welcome to and if we feel they need more ongoing support we will link them up with the right person or project.

**Learn more about CLASH, SHOC and other sexual health services on their website:**  
[cnwl.nhs.uk/services/sexual-health](http://cnwl.nhs.uk/services/sexual-health) ■





*“Alexa dim the street lamp, turn off the rain,  
warm up my sleeping bag and order me  
a free chinese takeaway please!”*

# Circle of truth

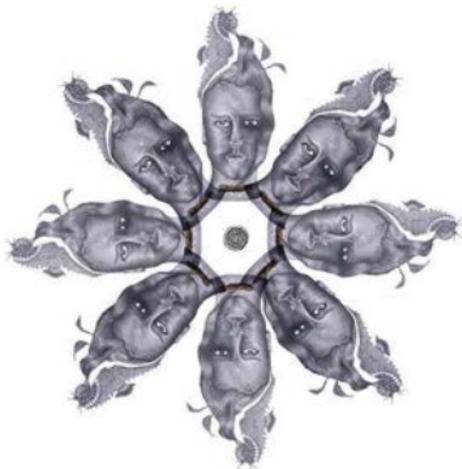
Taking in the day-to-day, service delivery, addiction and work, *Mat Amp* explores what respect, disrespect and self-respect mean

When you look at the dictionary definition of respect it gives you two very different applications for the word. It can be used to describe either deep admiration for someone else or genuine regard for their feelings, wishes or rights.

So just in the name of clarity, let me point out that in this piece I'm concerned with the definition of the word respect that is used to describe 'regard for the feelings, wishes, or rights of others.' For me at least, the true definition of respect isn't the one that refers to looking up to someone because of what they've achieved or because they have a shiny car or a big house but rather the value we put on each other's innate worth as human beings.

Too often the word respect is used to sanitise other words like 'fear' or 'obey'. That's something that has always cracked me up, the way even the most psychopathic of cold-hearted gangsters feels a need to find some justification before they break your knee cap.

Meanwhile, the institutions of law and order will tell you to respect the law, when what they actually mean is obey the law, while those at the top of the class system will tell you to 'respect your station' instead of saying 'know your place'. At the end



© Marius Samavicius

of the day bullies – be they police or thieves – will ask for respect instead of asking for your fear or obedience.

For me at least, genuine respect shouldn't need to be prefaced with the word 'mutual' because if it ain't mutual it ain't respect. In the same way that love is just obsession if it isn't returned, one-way respect is just admiration, fear or obedience. Respect doesn't have an agenda... it just is.

So, what's this got to do with homelessness? Well, when people don't respect someone for who they are they tend to stigmatise them, seeing them as a stereotype, so their individuality is smothered

in a body bag of judgement and their humanity constrained in a straitjacket of preconceived notions. Disrespect is not seeing that person in front of you, but an idea of that person you brought with you, constructed from thousands of prejudice puzzle pieces picked up from anywhere but the person who is standing right there.

If you are treated with disrespect by a system long enough you eventually end up feeling you have no place in it. And when someone sees nothing positive in a system, as often happens with people who experience homelessness, it becomes difficult to want to be part of that system.

Service delivery can be characterised by a lack of trust and awareness of the issues and limitations faced by someone dealing with homelessness, addiction and/or mental health issues. In short, there is sometimes a lack of understanding and respect for the fact that we are decent people who sometimes struggle to do the right thing because of our situations and the circumstances that have brought us to that place.

An example of this from my own experience is something I bang on about a lot. Daily pick-ups and the limits of opiate substitution scripting in general. If you're not an addict or have never had to go through the dehumanising process of being

## In a nutshell

- Check out the List in the centre pages of this magazine for a directory of services
- England: you can call FRANK for advice and support on **0300 123 6600**, or visit their website here: [www.talktofrank.com](http://www.talktofrank.com)
- Scotland: visit the We Are With You website for free, confidential support with drugs & alcohol use: [www.wearewithyou.org.uk](http://www.wearewithyou.org.uk)
- Call the NHS for free non-emergency health advice on **111**. Call **999** in an emergency.

prescribed opiate substitutes stay with me, because it really is an example of the treatment many people experiencing homelessness must go through when accessing not just healthcare, but services in general.

There are very real, practical problems with daily pick-ups and the limits of opiate scripting.

For example, going away to stay with someone is often impossible, which is dumb because removing yourself from a place where you can easily score is a proven route to a sustainable recovery. A mate of mine once lost his job because he couldn't pick up his script and make it to work on time. The system is inflexible and if you don't manage to pick up for three days you're de-scripted. WTF? ▶



© Mat Amp

- ▶ It doesn't matter what has stopped you turning up, including being hit by a meteorite and ending up in a coma for a couple of days. The logic behind this rule is that if you don't pick it up then you obviously don't really need it but actually the opposite is often true. If you couldn't get there to pick it up it means your life is most likely in the type of chaos that makes the script essential to your survival.

It's a policy that totally ignores the mechanics of addiction and what I call junklogic. Junklogic is based on one simple rule – 'You must score until anything else is considered.'

You literally just block everything out until that has happened. Junklogic is closely related to junkenomics – the money that is spent on gear is not to be considered as money for anything else because all that matters is sorting yourself out at that moment.

That's the reality of addiction and the old school way of dealing with

that is to say 'these people don't respect themselves, why should we respect them?' Well, the simple answer to that is because in the long run, respect works.

Working with people at Groundswell, who don't judge my experience of homelessness and addiction negatively, has helped me to regain my self-respect, but that cuts both ways. If we are asking not to be judged then we shouldn't think that people without lived experience of homelessness, mental health issues or addiction are unable to work effectively in this sector. Look, Groundswell isn't perfect but as an organisation it really makes an effort to build its work and its workforce on a foundation of 'no us and them.' A genuine 'no us and them' means not seeing the difference between people with lived experience and those without it. In other words, that respect must be mutual – or it just ain't respect. ■

# Poetic page

Our poetry column welcomes *Ant Mac*, who marks his debut in the magazine

## Stop!

by *Ant Mac*

We lift our heads,  
 from soft comfortable  
 beds,  
 and yawn and stretch,  
 as we wake and shake our  
 dreams into reality,  
 the stairs we tread,  
 to grab our bread,  
 to make our toast,  
 we butter and spread,  
 race towards the bus or  
 train,  
 Stop!  
 who sleeps there,  
 in the arms of a doorway,  
 cradled by a roadside,  
 kept warm through the  
 night by a street lamp?

no eiderdown here,  
 just worry and fear,  
 the marks left with tears,  
 where hope doesn't hear  
 or recognise you,  
 nor dreams for the day,  
 as the nightmare will  
 stay,  
 unless someone will say,  
 Stop!  
 they may need some love,  
 a bath or a hug,  
 but above all it's true,  
 they are people too,  
 just like me and you,  
 so what should we do?  
 Stop and care.

Are you interested in writing poetry or journalism? We at *the Pavement* would love to see your work. For a chance to be published in the mag, send your words to the editor at:

[editor@thepavement.org.uk](mailto:editor@thepavement.org.uk)

# WINTER ADVICE

Up-to-date guidance from Groundswell and staff with lived experience of homelessness on taking care of your health during the winter

## Protection

- Covid-19 infection rates are high: a vaccine offers the best protection from infection and serious harm from the virus
- Covid-19 vaccines are free and readily available
- Vaccines also offer the best protection against variants, such as the Omicron variant
- The Covid-19 vaccine comes in three doses. The third dose is a booster jab, and is available at least three months after your second dose.

## Where, when, how

- Many areas across the UK will have fast-track walk-in schemes for homeless people to get a Covid-19 vaccination
- Outreach vaccination services regularly visit accommodation and local services
- Check with a support worker if either of the above schemes are available to you
- If you are not registered with a GP, you can still get a Covid-19 vaccine by attending a walk-in vaccination site. Find the nearest site to you here: [www.nhs.uk/service-search/find-a-walk-in-coronavirus-covid-19-vaccination-site](http://www.nhs.uk/service-search/find-a-walk-in-coronavirus-covid-19-vaccination-site)
- If you are registered with a GP, you can book an appointment online here: [www.nhs.uk/book-a-coronavirus-vaccination](http://www.nhs.uk/book-a-coronavirus-vaccination)
- Alternatively, you can book an appointment over the phone on 119 free of charge. Translators are available if you need them.



## Looking after yourself, and others

- Taking Covid-19 tests (as well as the vaccine) can keep you and the community safe
- Currently there are two types of tests: PCR and Lateral Flow Tests (LFTs)
- LFTs are available at pharmacies and testing sites, and are often also available at local services and accommodation
- PCR tests can be ordered online at: [www.gov.uk/get-coronavirus-test](http://www.gov.uk/get-coronavirus-test)
- Register for a GP if you don't have one
- Everyone has the right to a GP:
  - You don't need an address
  - You don't need to show identification
  - Your immigration status doesn't matter.

## Tricks of the trade

Groundswell staff with homeless experience have these winter tips:

- “Stay alert to Covid-19”
- “Keep warm and dry”
- “Register with a GP”
- “Let people know if you feel unwell”
- “Get an advocate or support worker to help you”
- “Engage with services”
- “If you need something, let people know”
- “Have your property checked for energy efficiency if you're indoors”
- “Check out the warm home discount scheme if you're indoors and get £140 off your energy bills”
- “Wear a mask”.

Groundswell exists to enable people who have experience of homelessness to create solutions and move themselves out of homelessness – to the 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.



# It's a HHHIT!

Meet the team helping homeless people in Haringey, London connect with GPs and improve the healthcare available to them. By *Dr Seema Pattni* and members of the Homeless Health Inclusion team

The Covid-19 pandemic has emphasised how important it is for healthcare to be more accessible for people experiencing homelessness. The Haringey GP Federation in North London has been working hard with health and social care organisations to help improve healthcare for people experiencing homelessness in Haringey.

In response to the Covid-19 pandemic, Dr Seema Pattni, a GP working at the Federation, set up the Haringey Homeless Health Inclusion Primary Care Team to support people experiencing homelessness and rough sleeping, many of whom were being emergency housed in hotels, hostels and accommodation sites by local councils. The Haringey Homeless Health Inclusion Team (HHHIT) now consists of two GPs, a paramedic and a care navigator, and two operational managers.

Since the start of the pandemic the team has helped many people register with and access their GP for appointments. Many people experiencing homelessness are not registered with a GP practice, or don't know the many benefits that being registered brings to their health and wellbeing.

## GP registration

Everyone has the right to register with a GP:

- You do not need a fixed address
- You do not need identification
- Your immigration status does not matter

## Outreach

The HHHIT makes regular outreach visits, across the whole of Haringey, three times a week on Mondays, Tuesdays and Thursdays. They visit emergency accommodation sites and the streets. They help with attending to people's health concerns and offer a full health and wellbeing review. The care navigator helps each person to access the healthcare they need, such as setting up follow-up appointments, arranging access to tests and scans, helping to find relevant wellbeing activities. The team's vision is to support people to become confident in accessing and benefiting from GP care independently.

## Friday clinic

HHHIT run a clinic for people experiencing homelessness every Friday. This is for people who have not been able to register with a GP or have not recently had any appointments with a GP. The clinic offers longer appointments with the GP and care navigator and helps people to address their healthcare and wellbeing needs.

## Connecting with other agencies and professionals

The team works closely with mental health, substance and alcohol misuse, housing related support and street outreach workers so they are able to connect up care for people who might have other concerns and issues that they want to address, like mental health or drug use. The various teams meet regularly each week and often make joint visits to see people together and help them with their health and wellbeing.

## Raising awareness with GPs

HHHIT also runs training events. Last year they hosted a webinar for GP receptionists on how to help people with no address or ID register at their practice. Another webinar was set up for doctors to learn more about common conditions that people who experience homelessness encounter.

The team are developing more educational material about healthcare for staff and also for people experiencing homelessness.

## Feedback from our service users

Support staff working with service users have commented that the “HHHIT significantly improved the access to primary care and holistic health assessments and healthcare for vulnerable and homeless people in Haringey”.

Feedback from people who accessed help via the HHHIT outreach service has been positive, especially regarding the support, referrals and physical check-ups. Service users commented that “they (HHHIT) put me at ease, give me confidence” and “they are a friendly and helpful service”.

HHHIT is grateful for positive feedback and is committed to working hard and continuing to improve the health and wellbeing of people experiencing homelessness in Haringey. Thank you to all those who have used the service.

- **If you are in Haringey and would like to get help from the team or learn more about their services, ask about Haringey Homeless Health Inclusion Team at Mulberry Junction Day Centre, 332 High Rd, London N15 4BN or speak to one of the Thames Outreach workers** ■

# Dual force

When it comes to mental healthcare for the homeless community, services have to acknowledge addiction as the mental health problem it is, says *Charlie Radbourne*

With dual diagnosis, they seem to have it arse about face.

All NHS Community Mental Health Teams (CMHTs) say you have to sort out your drug or alcohol addiction problem before they can help you sort out your mental health problem. Strange, but I thought by its own definition that addiction is a mental health problem. The root cause of most addiction is a mental health problem. So how can you fix the addiction without first fixing the mental health problem?

CMHTs will say that people with addictions are disruptive, even unreliable and chaotic, that they cause problems in the waiting rooms and for other patients, and that they're concerned about the safety of staff and patients. Then they'll go on about the cost.

I can understand to a degree what they're saying, but I don't agree with how they handle the problem. I say with a little vision and cooperation, there is an easy solution – follow a different system, one that's already being used by some GP surgeries in this country.

In a few towns and cities, such as Winchester and Liverpool, GPs run a weekly clinic at a local day centre that homeless and other vulnerable

## In a nutshell

As a peer mentor with OutcomeHome, Charlie advocates dual diagnosis as a means to help homeless people experiencing addiction and mental health issues, rather than tackle just one or the other.

Learn more about peer mentoring and Charlie's work at OutcomeHome at: [www.outcomehome.com](http://www.outcomehome.com)

people attend. This has a fantastic impact as it enables them to easily access a doctor, especially those who aren't registered.

So why not do the same for mental health services and open mental health clinics in day centres one day a week?

See, surgeries feel uncomfortable with addicts and homeless people coming into their waiting rooms. Just as addicts and homeless people feel uncomfortable going into waiting rooms because they feel unwelcome and know stigma follows them. So the day clinics work well because they're based in day centres that homeless people are already going to. So everyone feels more



comfortable and those in need are more likely to attend and get help.

But sometimes even this isn't enough to reach some homeless people with mental health and addiction problems. Rough sleepers often don't want to use day centres or are just passing through and don't know about local services. So how can they be reached?

There are some mental health teams in parts of Birmingham who have the answer. They send out psychiatric nurses and practitioners with outreach teams to target rough sleepers and assess them, give them a diagnosis and offer a treatment plan. Hats off to them.

My message to those who go on about the cost? If you are giving people the correct type of help, putting their recovery on a

## Want to talk?

If you are experiencing mental health problems, take a look in the centre pages of this magazine to find organisations to contact, e.g.

- Mind, a mental health charity [www.mind.org.uk](http://www.mind.org.uk) or call 0300 123 3393
- To discuss your mental health over message, text "SHOUT" for free to 85258

sound footing, targeting them as individuals, following a person-centric approach, think about this:

The cost of day clinics, of having people accurately diagnosed with addiction and mental health problems and getting the correct help for both conditions at once is far outweighed by the savings:

- They spend less time in primary care
- They call out ambulances less often
- They won't end up in crisis in A&E
- They will spend less time in trouble with the police
- There will be a positive knock-on effect for their addictions, their wellbeing and their housing situation.

I ask you this. Just take a moment of your time and think: If you had two severe medical conditions and they refused to treat one of them, how would you feel? ■

# Time to end homelessness

A darkly comic tale of government attitudes to homelessness, in which the PM has the last word. By scruffy scribe and friend of *the Pavement*, Chris Sampson

Downing Street holds a press conference. Reporters are astonished by the latest announcement by haystack-haired Prime Minister, Boris.

“Ah! Yes!,” he blustered. “Umm... British boffins have invented a time machine, which will allow us to, umm, end homelessness in our time... by sending the crusty oiks back to another: to wit, the early 1980s. Provided they’ve been tested for Covid, naturally. Don’t want the blighters starting the pandemic too early, what?”

As he guffawed at his own joke, one seasoned hack – the sneery, world-weary freelancer Chris Hideous – wondered about the effect on an influx of 21st century homeless folk on the existing homeless of the era. “Where will the 1980s find room to house an invasion of future down and outs?”

“Umm, yes, see what you mean!” wheezed Boris. “But the beauty of our scheme is to send ‘em back to just before Thatcherite policies created today’s level of poverty and homelessness. In those days, there was less population of course, not to mention more accommodation.”

Other assembled hacks scoffed and pointed out several drawbacks to the scheme, only for an irate Boris to

cut short any dissent – you know, in that way that old Etonians do.

“Now look,” he seethed. “Today’s dossers are hardly going to miss Netflix and Insta, are they? They can cope without Channel 5+1 and Google, as long as they have a roof over their likely-lice infested heads. Albeit ceilings with Artex and other garish ‘80s interior designs,” he added as an aside to his minions. They smirked obsequiously, right on cue.

“The Bank of England,” he resumed, “had loads of pound notes and half-pence pieces in those days. You could have a night out on a fiver back then, and pick up a central London flat for 30 grand!”

Chris Hideous asked about the implications for mental health on the unwilling time-travellers.

“Ah!” Boris beamed. “We’re sending ‘em back to before Mrs T began cutting mental health facilities – loony bins as we called ‘em then – in order to give tax cuts to her rich chums...”

“Like a young you, PM?” interrupted Hideous. “And your cabinet...?”

Clearly miffed, Boris blustered on. “Umm, well... Anyhoo, the lucky blighters will be able to see such



© Chris Bird

policies rebranded as Care In The Community, won't they? I mean, gosh! What an opportunity! Wish I was going back with 'em."

Hideous sighed. "Didn't the Care In The Community wheeze help cause the current homeless crisis?"

Boris became exasperated at this upstart's cheek. I mean, he – the Prime Minister of Great Britain, no less – was telling them the government's policy, and here was some scruffy scribe questioning him. The nerve of the inky-fingered hack!

"You're not backing Britain, are you?" Boris thundered, jabbing an accusatory digit at Hideous. "We've invented time travel, and all you can do is pick holes in our policy of ending homelessness. Ungrateful oiks!"

Hideous shook his head. "But what about the effect on people of the past? Wouldn't those yet to see even the first of the *Back To The Future* trilogy be shocked by – and afraid of – time travellers from their future?"

"In those days," Boris snorted, "people didn't scuttle off whingeing to the metropolitan liberal elite every time someone popped in from the 21st century. They – we – knew how to grow a pair back then!"

Hideous changed tack. He asked if the time machine had been properly tested. "It's British made, after all," he said. "Isn't there a danger of the dreaded shoddy British workmanship cocking everything up?"

"Of course it's safe!" Boris fumed. "Do you think we'd announce it in a press conference, live, in front of the world's media, if we hadn't tested it first?"

"It's been tested?" Hideous sounded doubtful.

"Yes!" Boris yelled. "We've already been back to 1893 to test it out!"

"Oh?" Hideous asked, quizzically. "Really? You've been back to the Victorian era?"

"Of course!" Boris groaned. "Where do you think we found Jacob Rees-Mogg...?"

A DESPERATELY COLD & HUNGRY HOMELESS MYSTERY MEAT ANIMAL MUST COME UP WITH A PLAN!



LATER ON.....



LATER STILL.....



EVERY LAST PENNY IS BET ON A DOG!!



MYSTERY MEAT ANIMAL HITS THE JACKPOT

MYSTERY MEAT IS NOW FILTHY RICH!!!



ROSIE ROKSOPH '22

TO BE CONTINUED

# 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 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!

Make sure you read...

*the* **Pavement**

online at  
[www.thepavement.org.uk](http://www.thepavement.org.uk)



## London List

### 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: January 2022

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)

### Are your details incorrect?

Please send changes to:  
[web@thepavement.org.uk](mailto:web@thepavement.org.uk)

### FOOD

#### AMERICAN INT'L CHURCH

79A Tottenham Court Road, W1T 4TD  
0207 580 2791;  
[amchurch.co.uk/soup-kitchen](http://amchurch.co.uk/soup-kitchen)  
Mon, Tues, Thurs, Fri & Sat:  
11.30 – 12.30pm, hot lunch.

*FF*

#### BRIXTON SOUP KITCHEN

297–299 Coldharbour Lane, SW9 8RP  
07538 419514  
Mon – Fri: 11am – 3pm  
Centre Temporarily Closed. Free meals,  
sleeping bags & sanitizer outside centre.

*FF*

#### ST PATRICK'S OPEN HOUSE

21a Soho Square, London, W1D 4NR  
020 7437 2010;  
[www.facebook.com/stpatricksoho](http://www.facebook.com/stpatricksoho)  
Mon, Fri & Sat: 8:30am: Breakfast Club,  
indoor seated service with limited  
capacity, first come first served. Limited  
showers also available.  
Tue & Thu: 7pm: Open House evening  
meal, indoor seated service with limited  
capacity, ticket holders only.  
Meal tickets for the week available on  
Mondays at 1:30pm from Sutton Row  
entrance.

*FF, BS*

## FOOD CONT'D

### STREETS KITCHEN

[streetskitchen.org/locations/london](http://streetskitchen.org/locations/london)  
Daily food in various London locations.

Mon, Tues, Thurs & Friday breakfast  
from 7am, Camden/Kings Cross.

Also:

**Monday:**

#### Tooting Streets Kitchen

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

**Tuesday:**

#### Clapham Common

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

**Wednesday:**

#### Camden Streets Kitchen

7.30pm nr Camden Town tube, NW1 8QL

**Thursday:**

#### Camden Streets Kitchen

7.30pm nr Camden Town tube, NW1 8QL

#### Hackney Streets Kitchen

8pm outside Hackney Central Library,  
25-27 Hackney Grove, E8 3NR

**Friday:**

#### Camden Streets Kitchen

7.30pm nr Camden Town tube, NW1 8QL

#### Kilburn Streets Kitchen

7.30pm near Kilburn High Road tube

#### Dalston Streets Kitchen

8pm Ridley Rd, opp train station E8 2PN

**Saturday:**

#### Hackney Streets Kitchen

8pm St John's Churchway, opp M&S

**Sunday:**

#### Camden Streets Kitchen

7.30pm nr Camden Town tube, NW1 8QL

### AMURT UK

0208 806 4250; [amurt.org.uk](http://amurt.org.uk)

Thu: 12:30 – 1:30pm at  
Mildmay Community Centre, Woodville  
Road, Mayville estate, N16 8NA

Thu: 6:30 – 7:45pm at

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

Free, pre-packed hot meals & snacks.

*FF, F, SF*

### HARE KRISHNA FOOD FOR ALL

Islip Street, Camden, NW5 2EN

02074373662

Mon – Sat: 12noon – 1pm

Free vegetarian meal

*FF*

### HOLY TRINITY CHURCH (TOOTING) TRINITY HOMELESS SUPPORT CAFE

74 Trinity Road, Tooting Bec, SW17 7RH

0208 696 1564

Monday 2 – 4pm

Dop-in advice, hot food. Plus help with  
universal credit applications, access to  
a NHS nurse.

*BA, FF*

### JCT

83 Margaret St (Down Marylebone  
passage) W1W 8TB

02076 370 600; [jct.charity](http://jct.charity)

Showers (Booked in advance), Takeaway  
Food, Casework support around housing,  
benefits, immigration, Health & Wellbeing  
Ladies group, sit in breakfast (please book).

*FF*

#### 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 SOUP KITCHENS (ELEPHANT)**

112–116 St George's Rd,  
Elephant & Castle, SE1 6EU  
0207 620 1504

Tues, Wed, Sat & Sun 9:30 – 11:30am  
Hot takeaway available outside

FF

**MISSIONARIES OF CHARITY SOUP KITCHEN (LADBROKE GROVE)**

PIUS X Church Hall, 79 St. Charles  
Square, London W10 6EB  
020 8960 2644

Tues & Fri 4 – 5pm, Sun 3:30 – 4:30pm  
Free takeaway for local homeless people

FF

**NIGHTWATCH**

Queen's Gardens, Croydon, SE23 3ZH  
Mon – Sun: 9:30pm – 10pm  
Sandwiches, soup, hot drinks & biscuits

FF

**NORTH LONDON ACTION FOR THE HOMELESS**

St Paul's Church Hall, Stoke Newington  
Road, N16 0AJ  
07421 032 553

[www.nextmeal.co.uk/places/northlondonactionforthehomeless](http://www.nextmeal.co.uk/places/northlondonactionforthehomeless)

Mon: 12noon – 1:30pm;

Wed 6 – 7:30pm

vegetarian meal, shower and laundry facilities. Due to Covid-19 all food is take-away.

FF

**OUR FORGOTTEN NEIGHBOURS**

Outside Toynbee Hall,  
Commercial Street, E1  
Soup kitchen: Thursday 5pm.  
We provide hot meals drinks and  
perishable and non-perishable food.  
We also give toiletries.

FF

**REFETTORIO FELIX ST CUTHBERT'S**

The Philbeach Hall, 51 Philbeach  
Gardens, Earl's Court, SW5 9EB  
020 7835 1389

Mon – Fri 12noon – 1pm

- Offering take-away lunch.

Mon – Fri 11am – 1pm

- Call our mental health worker for  
advice on 07928 831 372

Tues, Wed, Thu & Fri.

And housing advice available.

AH, F

**ST JOHN THE EVANGELIST CH**

Brownswood Park, Queen's Dr,  
Finsbury Park, N4 2LW  
020 8809 6111

Tue 6.30 – 8.30pm (Soup Kitchen)

Fri 11am – 12noon (Clothes bank)

Sun 12.30 – 2pm (Hot Lunch)

Tue & Sun (Food banks)

FF

**ST JOHN ON BETHNAL GREEN**

200 Cambridge Heath Rd, Bethnal  
Green, London E2 9PA (Tower Hamlets)  
0208 980 1742

Tuesday 6 – 7pm

'Tuesday Night Bites' free hot meal

FF

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

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

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

FULL LIST  
AVAILABLE ON  
OUR WEBSITE



## STREETLYTES

Saint Stephens Church  
1 Coverdale Road, London, W12 8JJ  
0207 602 9011;  
[www.streetlytes.org/  
streetlyteslondon/en/page/need-help](http://www.streetlytes.org/streetlyteslondon/en/page/need-help)  
Mondays: 5 – 6pm  
Dinner - restricted opening hours during  
Covid-19.  
Our drop in offers a free hot meal,  
friendship and donated items.

FF

## SELBY FOOD HUB

Selby Centre, Selby Road Tottenham,  
London, N17 8JL  
0208 885 5499;  
[selbytrust.co.uk/our-services](http://selbytrust.co.uk/our-services)  
Tue: 2 – 4pm; Thu 4:30 – 6:30pm

FF

## THE MANNA

St Stephens  
17 Canonbury Road, N1 2DF  
0207 226 5369  
[www.themanna.org.uk/](http://www.themanna.org.uk/)  
Open for rough sleepers only.  
Thurs & Fri: 10am – 4pm:  
Showers and laundry accessible, limited  
numbers, attend in person to join  
waiting list.  
To enable physical distancing, we limit  
numbers inside. You may be asked to  
wait outside or come back later for your  
shower.  
Food and hot drinks available.

FF

## WHITECHAPEL MISSION

212 Whitechapel Road, London, E1 1BJ  
0300 011 1400;  
[whitechapel.org.uk/help/timetable](http://whitechapel.org.uk/help/timetable)  
Free breakfast Mon – Fri from 8am  
Advice worker available for questions  
on benefits, accommodation, night  
shelters and even Zoom interviews.  
We have takeaway food parcels and  
clothing parcels.

AH, B, BA, BS

## SHOWERS

### 999 CLUB (DEPTFORD CENTRE)

21 Deptford Broadway SE8 4PA  
020 8694 5797  
<https://999club.org/our-services/>  
Gateway Centre:  
Weekdays: 9am – 12pm & 1pm – 4pm  
serving food and access to a shower.  
A warm and welcoming environment.  
MH, AH, AD, A, AC, B, BA, BS, CA, ET, FC, IT, L,  
MS, TS, LA, EO

### CONNECTION AT ST MARTIN'S DAY CENTRE

12 Adelaide Street, London, WC2N 4HW  
020 7766 5544  
[services@cstm.org.uk](mailto:services@cstm.org.uk)  
[www.connection-at-stmartins.org.uk](http://www.connection-at-stmartins.org.uk)  
Keeping many of our services open  
during Lockdown.  
Reduced Service and referral Only  
Showers, food, laundry and  
assessments.  
We work with people, not just for them,  
BS

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

## OUR LADY OF THE ASSUMPTION & ST GREGORY

10 Warwick St, Piccadilly Circus, W1B 5LZ  
020 7734 9313

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

Wednesdays 6.30 – 10.30am

Showers, toiletries and clothes.

*BS*

## SHOWERBOX

St Giles Church, High St, WC2H 8LG  
near Leicester Square / Covent Garden  
[showerbox.org](http://showerbox.org)

Sat: 10am – 3pm

Offering a free and secure shower space for the street and homeless in London.

Shower, some toiletries, sanitary towels and a pair of socks.

*BS*

## ST ANDREW'S CHURCH

Greyhound Road, London, W14 9SA  
0207 385 5023

15 mins walk from Barons Court Tube

Sat: 9 – 11am

Hot takeaway meal with snacks, fruit and drinks and we offer a shower from 8:30am on a first come first served basis (with towels and toiletries provided) for around 12 people one-by-one throughout the morning.

*FF, BS*

## ST PATRICK'S OPEN HOUSE

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

[www.facebook.com/stpatricksoho](http://www.facebook.com/stpatricksoho)

Mon, Fri, Sat: 8.30 – 9am

Breakfast and showers available, first come first serve.

Tues, Wed, Thu: 7pm dinner - limited availability, get tickets in advance on Monday at 1:30pm

*FF, BS*

## THE MARGINS PROJECT

19b Compton Terrace N1 2UN

020 7704 9050; [unionchapel.org.uk/](http://unionchapel.org.uk/)

Monday & Wednesday: 11am – 2pm;

Showers, clothes, food. Advice on health, housing, money & legal issues. .

*AH, BS, DA, F, LA, C*

## WHITECHAPEL MISSION

212 Whitechapel Road, London, E1 1BJ

0300 011 1400; [whitechapel.org.uk](http://whitechapel.org.uk)

Mon – Sun: 6am (day centre opens)

Mon – Sun: 7 – 9am (free breakfast)

Mon – Fri: 7:30am – 9:30am

(showers by appointment)

Mon – Fri: from 9am

Take-away food parcels and clothing parcels.

Haircuts every third Wed.

*FF, BS*

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

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

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



## WOMEN@THEWELL

54-55 Birkenhead St, WC1H 8BB  
020 7520 1710; [watw.org.uk](http://watw.org.uk)  
Numbers limited - ring ahead if possible.  
Opening hours: 12.30pm - 3:30pm  
Showers, laundry, food, care packages.  
*A, AD, A, BS, C, L, SH*

## DENTAL

### CENTRAL LONDON COMMUNITY HEALTHCARE NHS TRUST

Great Chapel Street Surgery.  
0207 798 1300  
**DENTAL HELPLINE**  
01788 539 780  
Mon - Fri: 9am - 5pm  
<http://bit.ly/1DDHrCo>  
Free, independent and impartial service.  
*DT*

### COMMUNITY DENTAL SERVICES

0203 286 4186  
[www.facebook.com/CommunityDentalServices/?ref=page\\_internal](http://www.facebook.com/CommunityDentalServices/?ref=page_internal)  
Complete the 'enquiry' page online.  
Dental services available for rough sleepers in London and UK.  
*DT*

### GUY'S HOSPITAL EMERGENCY DENTAL SERVICES

23rd Fl, Tower Wing, Thomas St SE1 9RT  
0207 188 8006; [bit.ly/2SPruMn](http://bit.ly/2SPruMn)  
Opens at 8am (at full capacity by 9am.)  
*DT*

## KING'S DENTAL INSTITUTE

Bessemer Road, Denmark Hill SE5 9RS  
0203 299 9000  
<https://bit.ly/2aZpDA0>  
Mon - Fri: 8:30am - 12:30pm;  
Walk-in service - first come, first served.  
Patients queue from 7am.  
*DT*

## NHS 111

For dental emergencies call NHS 111

## EYECARE

### VISION CARE (LONDON SITES)

0203 286 4186  
[visioncarecharity.org/](http://visioncarecharity.org/)  
Free sight tests and spectacles.  
London, Tower Hamlets.  
Wednesdays from 11am until 3:00pm  
Vision Care for Homeless People

### CRISIS SKYLIGHT

66 Commercial Street,  
London E1 6LT  
0300 636 1967  
Nearest tube: Aldgate East/Liverpool St; Bus: 67  
BY APPOINTMENT ONLY - To enquire about appointment availability email [london@crisis.org.uk](mailto:london@crisis.org.uk).  
*MS*

## Are your details incorrect?

Please send changes to:  
[web@thepavement.org.uk](mailto:web@thepavement.org.uk)

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

**BARBER****ACTON HOMELESS CONCERN**

1 Berrymead Gardens W3 8AA  
 020 8992 5768, [bit.ly/1rY49Ay](http://bit.ly/1rY49Ay)  
 Hot lunches, showers and clothes too  
[AH, A, B, BA, CL, C, DT, DW, F, FC, MS](#)

**GROOVE, GROOM & GRUB**

Tuesday 12pm – 2pm: next to Angel Station, under the covered area.  
 Tuesday 3pm – 5pm: outside Finsbury Park Station under the bridge.  
[B](#)

**HAIRCUTS4HOMELESS**

To make an appointment call **0759 080 7435**  
 or visit The Whitechapel Mission at 212 Whitechapel Road, E1 1BJ or The West London Mission, 19 Thayer Street, Marylebone, W1U 2QJ or email [team@haircuts4homeless.com](mailto:team@haircuts4homeless.com)  
[B](#)

**NORTH LONDON ACTION FOR THE HOMELESS**

St Paul's Church Hall,  
 Stoke Newington Rd N16 7UE  
 07745 227 135; [nlah.org.uk](http://nlah.org.uk)  
 Barber/hairdresser Mon 12 – 1:30pm,  
 put your name down when you arrive.  
[B](#)

**WHITECHAPEL MISSION**

212 Whitechapel Road, London, E1 1BJ  
 0300 011 1400; [whitechapel.org.uk/](http://whitechapel.org.uk/)  
 Haircuts every third Wed.  
[AH, B, BA, BS](#)

**WINTER SHELTERS****ASHFORD PLACE ASSESSMENT CENTRE**

60 Ashford Road, Cricklewood NW2 6TU  
 020 8208 8590  
[www.ashfordplace.org.uk/](http://www.ashfordplace.org.uk/)  
 Mon – Thurs: 9:30am – 5pm; Fri:  
 10:30am-5pm; Shelter:  
 01 January to 31 December  
 Wednesday: 2pm – 4pm (drop-in).  
 A place cannot be guaranteed, but accepted clients will be put on a waiting list. Referrals taken only 9am-5pm);  
 Rough sleeping outreach, floating support, health and wellbeing, alcohol and drugs treatment and much more. You are welcome to visit to make an appointment. Night shelter for single people in Brent open 365 days a year (25 spaces):  
 for referral, phone 020 8208 8595.  
[MH, AH, A, AC, BA, BS, CA, CL, C, DA, DW, ET, F, IT, L, MS, MD, OW, TS, LF](#)

**BROMLEY WINTER NIGHT SHELTER**

c/o Bromley Council Homelessness Service, Civic Centre, Stockwell Close, Bromley BR1 3UH  
 email: [bromleyshelter@tbhs.co.uk](mailto:bromleyshelter@tbhs.co.uk)  
 21 November to 15 March  
 Monday – Sunday: 7:30pm – 7am;  
 18+, mixed, beds for 12, dry, no-smoking, priority to local connection.  
[AH, F](#)

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

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

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

FULL LIST  
 AVAILABLE ON  
 OUR WEBSITE



## **CRASH PAD – YOUTH SHELTER**

020 7700 2498, <http://bit.ly/2I7Izef>

Opens in November to May.

Project runs 7 days a week; Islington-based shelter for people 18 – 23 with low support needs. 12 bed spaces, separate room for females.

For referral email:

[momodou.piliontrust@gmail.com](mailto:momodou.piliontrust@gmail.com)

*AD, AH, BS, FF, ET, AC, MD, LF*

## **CARIS ISLINGTON CHURCHES**

### **COLD WEATHER SHELTER**

020 7281 5200

[www.carisislington.org/](http://www.carisislington.org/)

Jan to Mar, 7:30pm – 8:30am

Food, showers and a safe place to sleep.

Phone after completing and emailing a

1-page registration form to

[iccws@hotmail.co.uk](mailto:iccws@hotmail.co.uk).

15 guests; 18+, dry.

*AD, BS, BE, CL, FF, F, IT, L, OL*

## **CATALYST NIGHT SHELTER**

### **AHAVA COMMUNITY**

#### **(PREVIOUSLY HOPE 4 HAVERING)**

01708 755 321

<https://www.hope4havering.org/>

[catalyst-night-shelter/](https://www.catalyst-night-shelter/)

Email: [hello@ahavacommunity.org](mailto:hello@ahavacommunity.org)

Monday – Sunday: 6pm – 8:15am; Year-round night shelter for 20 people, 18+.

Self- and agency referrals, inc prison and probation services.

No drugs, alcohol.

*F, AH*

## **COMMONSIDE COMMUNITY DEVELOPMENT TRUST**

New Horizon Centre, South Lodge Avenue, Pollards Hill CR4 1LT

**020 8764 9582 x 207**

Warm room, tea/coffee hot meal and snacks, TV, table tennis, newspapers, chat.

Monday, Tuesday, Friday: 8:30am – 6:30pm Assistance with link to Merton-based night provision; Warm room, tea/coffee hot meal and snacks, TV, table tennis, newspapers, chat

Thursday: 8:30am – 6:30pm Assistance with link to Merton-based night provision.

Thursday: 11am – 1pm

Drop-in café area for appointments for advice, such as mental health services, GPs, dentist, DWP/JCP etc;

Warm room, tea/coffee hot meal and snacks, TV, table tennis, newspapers, chat.

Saturday: 8:30am – 6:30pm

Also free Afro-Caribbean meal at late lunchtime, Warm room, tea/coffee hot meal and snacks, TV, table tennis, newspapers, chat.

Sunday: 8:30am – 6:30pm; Sunday: 11:30am – 1:30pm

Additionally free veggie lunch and chat with local SDA; Commonsides Trust runs the New Horizon Centre in Pollards Hill, London Borough of Merton; includes a lunch club for older people and support services for families, socially prescribed patients, volunteering, employability support.

*AH, BA, DW, FF, MH, CL, DA, TS, L*

A man wearing a red vest with 'THE BIG ISSUE' logo is smiling and handing a coin to a woman. He is holding a stack of 'THE BIG ISSUE' magazines. The woman is wearing a blue jacket and a purple and white scarf. They are on a busy city street with buildings and other people in the background.

**THE BIG  
ISSUE**

**Become a vendor**

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

Selling The Big Issue allows you to work when you want, and you can earn a decent living.

**Selling the magazine** also improves your people skills and sales skills, and places you at the heart of a loyal community of customers and supporters.

You'll get **5 free magazines** so you can start earning straight away, and you'll receive ongoing support from our team.

Go to [www.bigissue.com/become-a-vendor](http://www.bigissue.com/become-a-vendor) to find out more or call **020 7526 3445**

## FIRM FOUNDATION WINTER NIGHT SHELTER (ALL PEOPLE ALL PLACES)

30 December to 31 March

Monday-Sunday: 9pm – 6:30am

A local charity based in Harrow working with the homeless. (initially men-only; after 1 January, mixed.);

18+, 20 spaces (15 men, 5 women in a separate building)

Agency referrals only.

Rough sleepers, NRPf and asylum seekers.

Priority to those with connection to Harrow.

[fdp@firmfoundation.org.uk](mailto:fdp@firmfoundation.org.uk)

*FF, AH*

## FOREST CHURCHES EMERGENCY NIGHT SHELTER

<http://forestnightshelter.org.uk/>

1 Nov to 31 Mar, 8pm – 7.30am

In the past we have provided a rolling night shelter with up to 30 bed spaces every night from 1 November to 31 March – guests sleep at a different church venue each night.

Since the Covid-19 we have been providing emergency accommodation to our guests at a hotel, and providing the guests with casework support and all their meals.

Phone 07739 870 411 before 3.00pm.

We also accept self referrals by calling 07739870411 Mon-Fri or visit

St Mungo's Hub or Waltham Forest Housing Services for referral.

*AH, BS, FF*

## GLASS DOOR HOMELESS CHARITY

155a Kings Road, Chelsea SW3 5TX

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

9am-5pm main office.

Winter shelter: Dec to Apr,

8pm – 8am (come to the day centre or phone to check vacancies)

Glass Door runs London's largest emergency winter night shelter, providing men and women a safe, warm place to sleep from November to April. Individuals affected by homelessness also access advice, food, showers and laundry facilities year-round from drop-in day centres.

Mon, Tue, Thu: 9am – 2pm (Chelsea Methodist Church); Wed: 9am – 2pm (St Augustine's); Mon – Fri: midday-3pm (Ace of Clubs); Mon-Thu: 9:00-11am (Vineyard Community Centre); Tue: 12.30 – 3pm (The Yard, Putney)

Advice, food, showers and laundry facilities year-round.

*AH, BS, CA, CL, ET, FF, L, IT*

## GREENWICH WINTER NIGHT SHELTER

[gwns.org.uk/contact-us/](http://gwns.org.uk/contact-us/)

for online contact form.

Monday-Sunday: 7pm – 8:30am;

Referral by agreed partner agencies must be confirmed by GWNS project worker. 18+, mixed, 15 places.

Or email us: [hello@gwns.org.uk](mailto:hello@gwns.org.uk)

*FF*

**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

**GROWTH (TOWER HAMLETS)**

302 The Highway, Shadwell E1W 3DH  
SHELTER RUNS FROM

01 October to 30 April

Monday – Friday: 9am-5pm; GrowTH is a partnership of churches opening its doors to those homeless in Tower Hamlets. Our main project is an emergency night shelter which provides both immediate shelter for homeless men and women and assistance in securing more permanent longer-term accommodation. Referrals made by agencies in Tower Hamlets (<http://thisisgrowth.org/referrals/>) Crisis, Whitechapel Mission, Praxis, Providence Row, Health E1, Spitalfields Crypt Trust, Look Ahead Low support, 15 bed spaces, 28 nights max, men and women.

Details:

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

*AH,AD*

**HACKNEY WINTER NIGHT SHELTER**

020 853 3808, 020 3729 8864

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

Winter shelter (dates TBC):

01 November to 30 March

Monday-Sunday: 7:30pm – 8am

(6.30pm Sundays. Closed during Crisis);

Mixed; beds for 25 (screened area for women); dry. Last admission 8.30pm.

Agency referrals only - phone to check details and leave message if voicemail.

15 bed spaces

*AH,AD,C,FF,OL,OW*

**HOPE 4 BARKING NIGHT SHELTER**

07527 192 161

[h4bd.org.uk/](http://h4bd.org.uk/)

01 January to 31 December

Monday – Sunday: 7:30pm – 8am; aims to run 12 months of the year for around 15 single people aged 18+ in the LB of Barking & Dagenham.

Self- or agency referrals.

Ring or email

[h4bdnighshelter@outlook.com](mailto:h4bdnighshelter@outlook.com)

Also contact form online:

<http://h4bd.org.uk/contact-h4bd/>

*AH,FF,AD,BS*

**MERTON WINTER NIGHT SHELTER**

YMCA LSW Wimbledon,

200 The Broadway, SW19 1RY

020 8542 9055

[ymcastpaulsgroup.org/merton-night-shelter/](http://ymcastpaulsgroup.org/merton-night-shelter/)

[info.wimbledon@ymcaspg.org](mailto:info.wimbledon@ymcaspg.org)

Dec to Mar, 6.30pm – 8.30am

Self- & agency referrals, most from Faith in Action Homeless Project.

Referral form:

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

18+, dry, mixed, 12 spaces.

*FF,F,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



## NEW HORIZON YOUTH CENTRE

68 Chalton Street NW1 1JR  
 020 7388 5560, <http://bit.ly/TgoIt>  
 Monday: 2pm – 3:30pm (alcohol support); Monday – Sunday: 10:30am – 3:30pm (showers, laundry, breakfast & lunch; 10.30am-1pm advice);  
 Day centre runs Monday, Wednesday, Friday 10am – 1pm and 1:30pm – 3pm. For young (16-24) homeless people. Free lunch. Women-only groups. Mental health, life skills & advice, and employment/resettlement support. Sex worker project. Street outreach. Refugee worker. 7-day drop-in provision. First-time visitors should arrive outside the centre at 10.00am to make an appointment with the Advice team. Support with referrals into winter night shelters. Our day centre is currently open on Mondays, Wednesdays and Fridays between 10:30am and 3.30pm.  
**MH, AH, AD, A, BA, BS, CA, CL, DW, ET, FF, IT, LF, MS, OL, OW**

## NEWWAY PROJECT (NEWHAM)

Bonny Downs Baptist Church, Darwell Cl, E6 6BT  
[www.newwayproject.org](http://www.newwayproject.org)  
 Oct to 30 April, 7.30pm – 8.30am  
 Referral-only winter night shelter and year-round NEWday centre for homeless people in Newham, with extended Advocacy services and life-skills workshops.  
 Office hours: Monday to Sunday, 9am – 2:30pm. mixed; 15 spaces.  
**AH, AD, A, DA, D, FF, L, TS**

## SIMON COMMUNITY

129 Malden Road, Kentish Town NW5 4HS [www.simoncommunity.org.uk](http://www.simoncommunity.org.uk)  
 1 Jan to 31 Mar, 7pm – 8am; Mon, Wed, Referral via Simon Community outreach services and Quaker Homeless Action.  
**FF, CL**

## THE OUTSIDE PROJECT & STAR REFUGE

02073595767,  
<https://bit.ly/2LbtKEb>  
 Monday – Friday: 10am – 1pm (phone referrals); Monday: 6pm – 9pm (drop-in, Castlehaven Comm Assn, 23 Castlehaven Rd NW1 8RU);  
 Wednesday: 5pm – 7pm (drop-in for trans people, 1st Wed of month, cliniQ, 56 Dean St, W1D);  
 Wednesday: 2pm – 3:30pm (drop-in, Origin Housing, St Richards Hse, 110 Eversholt St, NW1 1BS);  
 Friday: 2pm – 3:30pm (drop-in, London Friend, 86 Caledonian Rd, N1 9DN);  
 Wednesday: 12pm – 2pm (drop-in, 2nd Wed of month, Camden LGBT Forum Hub, Union Chapel, Compton Terr, N1 2UN); The UK's first LGBTIQ+ crisis/homeless shelter & community centre. For referral, please download the form <http://stonewallhousing.org/services/referral-form/> phone the Stonewall Housing Helpline (020 7359 5767) or email [info@stonewallhousing.org](mailto:info@stonewallhousing.org)  
 All services are free and confidential. For changes to services during Covid-19 please call.  
**SF**

KEY	<b>A</b> Alcohol workers	<b>B</b> Barber	<b>CA</b> Careers advice	<b>EF</b> Ex-forces
	<b>AC</b> Art classes	<b>BA</b> Benefits advice	<b>CL</b> Clothing store	<b>EO</b> Ex-offenders
	<b>AD</b> Advocacy	<b>BE</b> Bedding available	<b>D</b> Drugs workers	<b>ET</b> Education/training
	<b>AH</b> Accommodation/housing advice	<b>BS</b> Bathroom/showers	<b>DA</b> Debt advice	<b>F</b> Food
		<b>C</b> Counselling	<b>DT</b> Dentist	<b>FF</b> Free food

## WOMEN

### CLEAN BREAK

2 Patshull Road NW5 2LB  
**020 7482 8600, [cleanbreak.org.uk/](http://cleanbreak.org.uk/)**  
 Monday: 11am – 1pm (health and wellbeing); Inspirational theatre company working with women whose lives have been affected by the criminal justice system. Free courses in acting, writing, singing and recording. The Women's Space will be for women offenders and women at risk of offending due to drug or alcohol use or mental health needs. CODES:  
[MH, A, DW, ET, MD, C, MS](#)

### THE MARGINS PROJECT

19b Compton Terrace N1 2UN  
**020 7704 9050, [unionchapel.org.uk](http://unionchapel.org.uk)**  
 Monday & Wednesday: 11am – 2pm;  
 Showers, clothes, food. Advice on health, housing, money & legal issues. Also therapy, job club & English tuition.  
[AH, BS, DA, F, LA, C](#)

### SMART WORKS

Unit 2, Shepperton House, 89-93 Shepperton Rd N1 3DF  
**020 7288 1770, <http://bit.ly/2G8Cwo6>**  
 Smart clothing for women for job interviews. Mentoring programme run by CIPD and referral to employability programmes.  
[CL](#)

### THE TRICKY PERIOD PROJECT

[www.trickyperiod.com/pick-up-points/](http://www.trickyperiod.com/pick-up-points/)  
 Together we are working to end period poverty. Tricky Period is a grassroots group collaborating with local libraries, stations and other welcoming community spaces to provide period products to those experiencing homelessness and poverty. Social media group: [www.facebook.com/TheTrickyPeriod/?ref=page\\_internal](http://www.facebook.com/TheTrickyPeriod/?ref=page_internal)  
[MH](#)

### TREASURES FOUNDATION

**07950 585 947, <http://bit.ly/2ymbru9>**  
 Monday – Friday: 10am – 5pm;  
 Treasures Foundation helps female ex-offenders and former addicts with a home and support. By referral only – please contact your key worker. "We provide housing each day, every day". email: [mandy@treasuresfoundation.org](mailto:mandy@treasuresfoundation.org)  
[MH, AH, F](#)

### WORKING CHANCE

24-27 White Lion Street N1 9PD  
**0207 2781532, [workingchance.org/](http://workingchance.org/)**  
 Monday – Friday: 9am-6pm; Supports women with criminal convictions and those leaving the care system into sustainable, quality employment. They place candidates into a huge variety of jobs in hospitality, finance and media, as well as the public and third sectors. Giving support around CV writing, interview practice and disclosing convictions to potential employers.  
[AH, AD, BA, C, DA, ET, T](#)

**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



## LGBTIQ+

### ANTIDOTE SERVICES (LONDON FRIEND)

86 Caledonian Road N1 9DN  
**020 7833 1674**; <http://bit.ly/2IsCP05>  
 Was an LGBT+ drop in pre-Covid-19.  
 Drug and alcohol service targeted at the lesbian, gay, bisexual and transgender (LGBT) community. For support email [counselling@londonfriend.org.uk](mailto:counselling@londonfriend.org.uk); [antidote@londonfriend.org.uk](mailto:antidote@londonfriend.org.uk)  
 See website for latest information.  
**A, C, DW, SH**

### AKT (LONDON)

19-20 Parr Street, London, N1 7GW  
**020 7831 6562**; [www.akt.org.uk/refer](http://www.akt.org.uk/refer)  
 Mon – Fri: 10am – 4.30pm  
 Supports LGBT 16 – 25-year-olds who are homeless or living in a hostile or violent environment after coming out. Support online due to Covid-19.  
**C**

### EACH

**0808 1000 143**; [www.each.education](http://www.each.education)  
 Mon – Fri: 9am – 4.30pm (helpline);  
 EACH provides a free and confidential, homophobic, biphobic or transphobic bullying reporting service for children and young people up to 18 years of age.  
 Email: [info@each.education](mailto:info@each.education)  
[www.facebook.com/eacheducation](http://www.facebook.com/eacheducation)  
**AD, C, LA**

### GALOP

**020 7704 2040**; [www.galop.org.uk](http://www.galop.org.uk)  
 Mon & Tue: 10am – 4pm  
 Wed & Thur: 10am – 7:30pm  
 Fri: 10am – 4pm  
 The LGBT+ anti-violence charity. Offers support for LGBTQ+ people experiencing hate crime, sexual violence or transphobia.  
 Online chat and free helpline available.  
**AH, AD, C, MS, LA**

### LONDON FRIEND (ANTIDOTE)

**0207 833 1674**;  
[www.londonfriend.org.uk](http://www.londonfriend.org.uk)  
[counselling@londonfriend.org.uk](mailto:counselling@londonfriend.org.uk);  
[antidote@londonfriend.org.uk](mailto:antidote@londonfriend.org.uk)  
 Drop in shut, use email. Drug and alcohol service for lesbian, gay, bisexual and transgender (LGBT+) communities.  
**A, C, DW, SH**

### OUTSIDE PROJECT & STAR REFUGE

Advice line **0207359 5767**;  
 Mon – Fri 10am – 1pm  
[lgbtiqoutside.org](http://lgbtiqoutside.org)  
[campaigns@lgbtiqoutside.org](mailto:campaigns@lgbtiqoutside.org)  
 Referral form: [www.stonewallhousing.org/services/referral-form/](http://www.stonewallhousing.org/services/referral-form/)  
 Stay connected: Join LGBTQI+ people via video link to dance along to DJs and watch favourite performers from London's cabaret scene, plus other events at the Virtual Community Centre, visit: [sites.google.com/view/lgbtiqvirtual/home?authuser=0](https://sites.google.com/view/lgbtiqvirtual/home?authuser=0)  
**AH**

KEY	<b>A</b> Alcohol workers	<b>B</b> Barber	<b>CA</b> Careers advice	<b>EF</b> Ex-forces
	<b>AC</b> Art classes	<b>BA</b> Benefits advice	<b>CL</b> Clothing store	<b>EO</b> Ex-offenders
	<b>AD</b> Advocacy	<b>BE</b> Bedding available	<b>D</b> Drugs workers	<b>ET</b> Education/training
	<b>AH</b> Accommodation/housing advice	<b>BS</b> Bathroom/showers	<b>DA</b> Debt advice	<b>F</b> Food
		<b>C</b> Counselling	<b>DT</b> Dentist	<b>FF</b> Free food

**POSITIVE EAST**

159 Mile End Rd, Stepney, E1 4AQ  
**020 7791 2855**; [positiveeast.org.uk](http://positiveeast.org.uk)  
 Mon – Fri: 10.30am – 5pm (phone line)  
**Option 1- psychological help.**  
**Option 2- housing & benefits.**  
**Option 3- sexual health questions.**  
 Practical & emotional support and advice for people with or affected by HIV. (Covid-19: Currently no testing).  
[MH, AD, BA, CA, C, FF, F, IT, MS, OW, SH](#)

**THE PASSAGE**

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

**SPECTRA CIC**

St Charles Centre, Exmoor St, W10 6DZ  
**0203 322 6920**;  
[spectra-london.org.uk](http://spectra-london.org.uk)  
 1-2-1 and trans social groups all online due to Covid-19. Check Spectra website, Facebook or Twitter for details. Health and well-being services, including sexual health & emotional resilience. Outreach, social and therapeutic groups, support, health screening, counselling. HIV Testing available to people with no Covid-19 symptoms.  
[MH, C, ET, OL, OW, SH](#)

**STONEWALL HOUSING**

8 Coppergate House, 10 White's Row, London, E1 7NF  
**020 7359 5767**;  
[stonewallhousing.org](http://stonewallhousing.org)  
**Option 1 advice.**  
**Option 2 advocacy.**  
**Option 3 supported housing,**  
 Mon – Fri: 10am – 1pm, 2 – 5pm  
 Specialist LGBT+ housing advice and support.  
 Download guide:  
[stonewall.org.uk/system/files/HousingGuide.pdf](http://stonewall.org.uk/system/files/HousingGuide.pdf)  
 Complete referral form online:  
[stonewallhousing.org/services/referral-form/](http://stonewallhousing.org/services/referral-form/)  
[MH, C, ET, OL, OW, SH](#)

**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](#)

**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



## EX-OFFENDERS

### NATIONAL PRISONERS' FAMILIES HELPLINE

15-17 The Broadway, Hatfield,  
Hertfordshire AL9 5HZ

0808 808 2003

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

Monday – Friday: 9am – 8pm (not Bank Holidays); Saturday & Sunday: 10am-3pm; Advice, info & support if a family member is in the criminal justice system in England and Wales.

[LA](#)

### THE NEHEMIAH PROJECT

47 Tooting Bec Gardens, Streatham  
SW16 1RF

020 8773 7417

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

Monday – Friday: 9am – 5pm; Nehemiah runs a residential recovery programme for men with a history of addiction; it is abstinence-based and the three-month therapeutic course is compulsory. Enquiries 020 8773 7417, option 1, or email [referrals@tnp.org.uk](mailto:referrals@tnp.org.uk)

[AH,A,C,DW,ET,EO](#)

### FORWARD TRUST

020 3981 5525

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

Empowers people to break the cycle of crime and addiction. Services are tailored to individuals' needs, strengths and motivations.

Harm reduction, care and assessment, plus motivation, inspiration and support to transform your life.

[A,C,DW](#)

### TREASURES FOUNDATION

07950 585 947

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

Monday – Friday: 10am – 5pm; Treasures Foundation helps female ex-offenders and former addicts with a home and support. By referral only, email: [mandy@treasuresfoundation.org](mailto:mandy@treasuresfoundation.org)

[MH,AH,F](#)

### TRINITY HOMELESS PROJECTS (UXBRIDGE)

Redford House, Redford Way, Uxbridge  
TW3 1YW

020 8797 9500; [wearetrinity.org.uk](http://wearetrinity.org.uk)

Monday – Saturday: 9am – 5pm

Uxbridge office hours: 01895 256655

Monday – Saturday: 9am – 5pm

(Hayes office hours, 3-7 Willow Tree Lane, UB4 9BB); Accommodation and support for single homeless men 16-55 with support needs. 25 per cent of bedspaces are for ex-offenders. Prefer applicants to have a local connection.

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

### WORKING CHANCE

Claremont Building, 24-27 White Lion  
Street N1 9PD

0207 2781532,

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

Monday – Friday: 9am – 6pm; Supports women with criminal convictions and those leaving the care system into sustainable, quality employment. They place candidates into a huge variety of jobs in hospitality, finance and media, as well as the public and third sectors. Support around CV writing, interview practice and disclosing convictions to potential employers.

[AH,AD,BA,C,DA,ET,TS](#)