

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.



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, 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.

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The Pavement magazine

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TURN TO PAGES A – P
FOR THE LIST OF SERVICES

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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

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

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



© 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**

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**

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*.



Frustration © Koestler Arts

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

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**

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

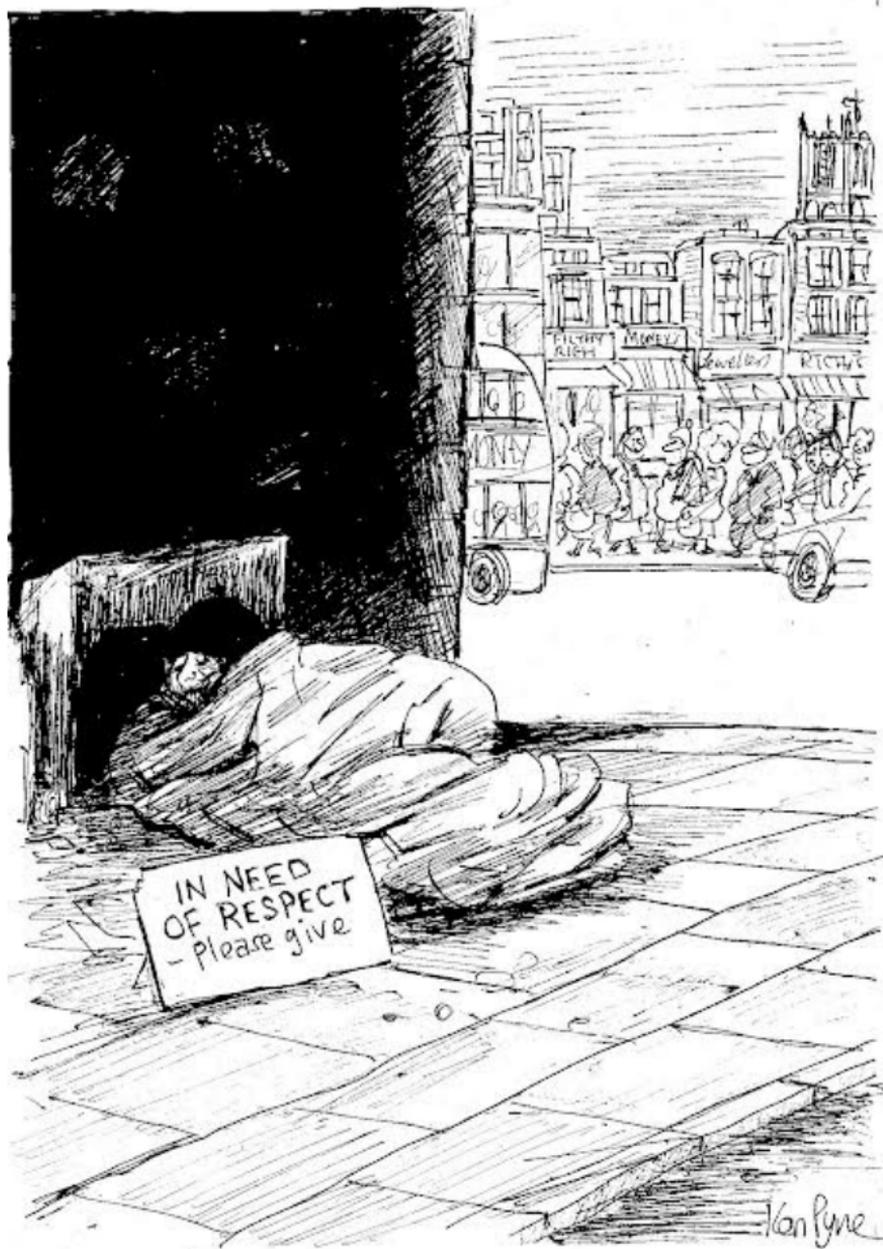
patient gets any positive results we invite them into one of our clinics or contact to arrange treatment. If they are negative they get the results by text message, or email if they don’t have a phone. The results usually arrive within a few days.

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 ■





*“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

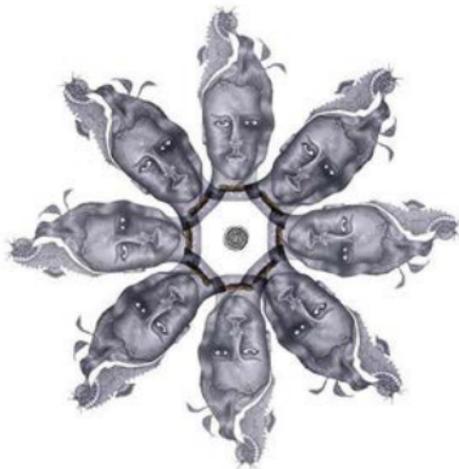
Taking in the day-to-day, service delivery, addiction and work, *Mat Amp* explores what respect, disrespect and self-respect mean

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
- Scotland: visit the We Are With You website for free, confidential support with drugs & alcohol use: 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

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
- If you are registered with a GP, you can book an appointment online here: 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
- 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

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 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!!!



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!

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: January 2022

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

Are your details incorrect?

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

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

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

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

FOOD CONT'D

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

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

QUEEN'S PARK GOVANHILL PARISH CHURCH

170 Queen's Drive, Glasgow G42 8QZ

0141 423 3654; qpGPC.com

Tues: 12noon (hot meal)

Thurs: 10am – 12noon (food bank)

Sun: 5pm – 6pm (free take out meal, toiletries, clothing)

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

SOCIAL BITE (ROSE SREET)

131 Rose St, Edinburgh EH2 3DT

0131 353 0250; social-bite.co.uk

Mon – Fri: 2 – 3pm

Free food take-away.

FF

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

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

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

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



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 Terrace,

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

Are your details incorrect?

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

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	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

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.
[MH, 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



LGBTQI+

BREATHING SPACE SCOTLAND

0800 83 85 87; <http://bit.ly/2ZqTsO1>

Mon – Thu: 6pm – 2am

Fri – Sun: 6pm – 6am

Free, confidential phone service for anyone in Scotland experiencing low mood, depression or anxiety.

Experienced advisors listen and offer advice. Outside opening hours, contact Samaritans on 116 123 (24/7).

MH, AD, C

EACH

0808 1000 143 (helpline);

each.education/homophobic-transphobic-helpline

Mon – Fri: 9am – 4:30pm

Helpline and support for young people affected by homophobic bullying.

If you have been a target of this bullying you can call our freephone or email: info@each.education

AD, C, LA

EDINBURGH RAPE CRISIS CENTRE

17 Claremont Cres, Edinburgh EH7 4HX

08088 01 03 02; www.erc.scot

Mon – Sun: 6pm – 2am (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 the STAR project on star@erc.scot. Text: 07537 410 027

AD, C

EQUALITY NETWORK

www.equality-network.org;

0131 467 6039

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

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

C, OL

GALOP

www.galop.org.uk;

020 7704 2040 (Hate Crime Helpline)

Mon – Tue: 10am – 4pm

0800 999 5428 (Domestic Abuse Help)

Mon, Tue & Fri: 10am – 5pm

Wed & Thur: 10am – 8pm

The LGBT+ anti-violence charity.

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

Online chat and free helpline available.

AH, AD, C, MS, LA

LGBT HELPLINE SCOTLAND

www.lgbthealth.org.uk;

helpline@lgbthealth.org.uk

0300 123 2523 helpline open on:

Tue & Wed: 12noon – 9pm

Thu & Sun: 1 – 6pm

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

C, MH, OL

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

LGBT YOUTH SCOTLAND

www.lgbtyouth.org.uk/

Textline: 07984 356 512

See website for branches

Advice and information for LGBT youth in Scotland.

Online chat and one-to-one support.

C, SH

RAPE CRISIS SCOTLAND

46 Bath Street, Glasgow G2 1HG

0141 331 4180; <https://bit.ly/2stYJpm>

Monday-Sunday: 6pm-12am;

Free, confidential helpline for anyone, women and men, affected by sexual violence, no matter when or how it happened. We can also put you in touch with local rape crisis centres or other services if you need longer-term support.

Interpreters are available if your first language is not English.

C, OL, SH

SHAKTI WOMEN'S AID

Norton Park, 57 Albion Road,
Edinburgh EH7 5QY

0131 475 2399; <http://bit.ly/13d5lf>

Monday, Wednesday, Thursday, Friday:

9:30am-4pm; Tuesday: 1pm-4pm;

Support and information to Black Minority Ethnic women, children and young people experiencing and/or fleeing domestic abuse.

24hr domestic abuse helpline:

0800 027 1234

AD, OL, SF

STONEWALL SCOTLAND

www.stonewallscotland.org.uk/;

0800 0502020 (freephone)

Mon – Fri: 9:30am – 4:30pm

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

At Stonewall, we stand for lesbian, gay, bi, trans, queer, questioning and ace (LGBTQ+) people everywhere. We imagine a world where all LGBTQ+ people are free to be ourselves and can live our lives to the full.

Contact Freephone for information.

C, LA, OL

SWITCHBOARD LGBT+

0300 330 0630;

switchboard.lgbt

Mon – Sun: 10am – 10pm (helpline)

For LGBT+ people who have experienced hate crime, sexual violence or domestic abuse.

Supports people who have had problems with the police or have questions about the criminal justice system. Phone or email

chris@switchboard.lgbt or message via the website. Bereavement help also.

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



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

Mon – Thu: 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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Go to www.bigissue.com/become-a-vendor to find out more or call

(+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 Clarendon 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

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AD Advocacy

AH Accommodation/
housing advice

B Barber

BA Benefits advice

BE Bedding available

BS Bathroom/showers

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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

*C***SECOND CHANCE PROJECT SCOTLAND**

402 Sauchiehall St, Glasgow G2 3JD

0141 336 7272; 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***SUNDAY SOCIAL (SS)**

Glasgow Kelvin College, Easterhouse

Campus, 1200 Westerhouse Road,

Glasgow G34 9HZ

Sunday: 11am – 3pm

Sandwiches and soup. Limitless free tea and coffee. Recovery meeting, activities, counselling, meditation.

Children's play area.

*A, DW, LF, F, FF, IT, C***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

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 (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](#)

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](#)

KEY

A Alcohol workers
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D Drugs workers
DA Debt advice
DT Dentist

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

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

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/OmJLu>

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

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

LS Luggage storage
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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](#)

SHAKTI WOMEN'S AID

Norton Park, 57 Albion Road,

Edinburgh EH7 5QY

0131 475 2399, <http://bit.ly/13d5lf>

Monday, Wednesday, Thursday, Friday:

9:30am – 4pm; Tuesday: 1pm – 4pm;

Support and information to Black

Minority Ethnic women, children and

young people experiencing and/or

fleeing domestic abuse.

24hr domestic abuse helpline:

0800 027 1234

[AD, OL, SF](#)

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](#)