

The background of the cover is a textured, abstract painting. It depicts a row of trees with dark, intricate branches. The foliage and sky are rendered in a rich palette of blues, purples, and greens, with visible brushstrokes and a sense of movement. A path or ground surface is visible at the bottom, painted in lighter, more muted tones of blue and purple. The overall style is expressive and somewhat somber, reflecting the magazine's focus on homelessness.

the **Pavement**

The free magazine for homeless people

Issue 137: Connection
April – May 2022

Missing



Igor Luke

Igor was 54 when he was last seen in Petersfield, Hampshire, on 10 February 2020.

Igor, 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.



Pawel Martyniak

Pawel has been missing since 30 November 2021. He was last seen in Gorleston, Norfolk, at the age of 21.

Pawel, 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 Igor or Pawel, 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. It's free and confidential.

**missing
people**

Registered charity in England and Wales (1020419)
and in Scotland (SC047419)

A lifeline when someone disappears

TURN TO PAGES A – P
FOR THE LIST OF SERVICES

Cover: Thank you to the artist Free Healer for our Spring-themed cover, a painting titled *Blue Trees*. The artwork features in a new book showcasing artwork created in Arlington homeless hostel in Camden, London. *Arlington and Beyond* was released in March 2022, with 100% of the sale revenue going to charities that support Arlington residents and those in similar schemes.

The Pavement magazine

- www.thepavement.org.uk
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thepavement.org.uk/complaint



Streets Kitchen's Solidarity Hub © *the Pavement*

Congratulations to Streets Kitchen on the opening of its new Solidarity Hub. The hub is situated on Seven Sisters Road, London, close to Holloway Road. As *the Pavement* went to press, Streets Kitchen was busy consulting and planning a schedule for services and organisations to use the hub. As of late March the hub was not providing open access drop-in services, but efforts to offer services and welcome guests are well underway. Once fully operational, the Solidarity Hub will be a safe community space for homeless people in Islington and across London, offering a wide variety of services, including access to a GP and housing support.

- To learn more about the new Streets Kitchen hub, and the outreach services they offer, see the list in the centre pages, or visit their website here: www.streetskitchen.org
- Follow Streets Kitchen on Facebook ([StreetsKitchenOfficial](https://www.facebook.com/streetskitchenofficial)) or Twitter ([@streetskitchen](https://twitter.com/streetskitchen)) for updates on the Solidarity Hub

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

Making connections

The importance of connection cannot be underestimated. Having a connection can make us feel safe and secure, it can make somewhere feel like home, and make us not feel alone. In this issue of *the Pavement*, you'll find a number of articles tackling the theme of connection.

There is a special feature from Leon Eckford charting humanity's desire and need to be connected, from birth through to adulthood, found on page 12. Deputy editor Mat Amp takes on the subject in his trademark humorous, deeply reflective gonzo style on page 20. Elsewhere there is helpful health info from regulars Groundswell on page 24, and an equally important feature from Liberty, a human rights organisation, explaining what is – and how to challenge – a Community Protection Notice on page 18.

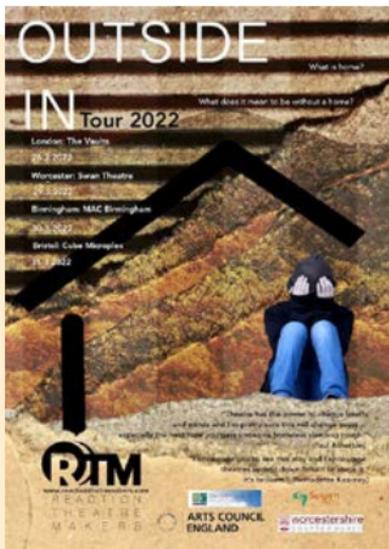
We also take a look at Groundswell's new Listen Up! hub, a new project amplifying homeless voices and their struggles with healthcare inequality. Flick to page 23 to learn more about it and how to get involved.

And, as ever, the List of services in the centre of the magazine can help you connect with vital services. You can access our full list of services on our website, at: www.thepavement.org.uk/services

the Pavement team
www.pavement.org.uk

A new play focusing on homelessness held a one-night only performance in March at the London Vaults Theatre in Waterloo. Reaction Theatre Makers' *Outside In* has now set off on a nationwide tour. The play is inspired by – and has had input from – good friend of *the Pavement* Paul Atherton. Reaction Theatre Makers are inviting people experiencing homelessness and people sleeping rough to apply for free tickets to the shows.

To learn more about the play, visit the Reaction Theatre Makers website here: www.reactiontheatremakers.com/index.php/portfolio/outside-in



Pen pals

Amnesty International has accused **Camden** Council of a breach of human rights in its treatment of people sleeping rough. The human rights charity joined with Liberty, another human rights organisation, to write a letter condemning numerous “reported incidents of harassment towards rough sleepers,” and voice their shared concern of an “ever-growing hostile environment across Camden for those sleeping rough.” The reported incidents of harassment, which include council officers taking the luggage of people sleeping rough and photographing them without consent, would break Article 8 of the European Convention on Human Rights. In its February story, the *Camden New Journal* noted how rare it is for Amnesty to directly address and criticise a local authority.

Model planning

New modular homes are springing up across the country, with a project in Peckham, **London** set to open in May 2022. *Southwark News* reports the 33 self-contained 21 metre-squared studio flats will house young people who will pay a third of their income in rent – demonstrating a financially viable rent for the occupants. A spokesperson for charity Centerpoint’s Independent

Living Programme said the project will free up much-needed hostel space, whilst also “tackling the shortage of quality affordable accommodation head-on.”

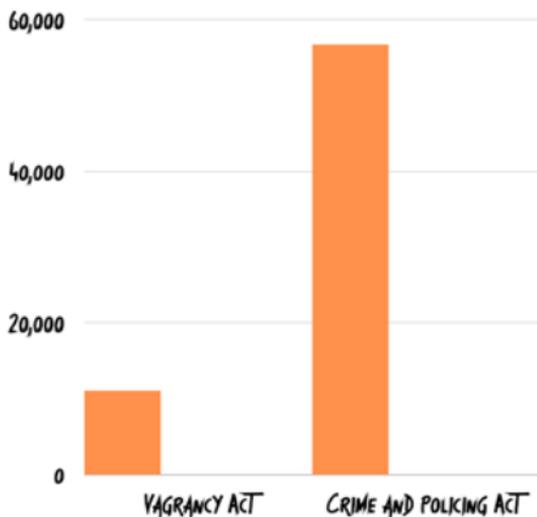
Displace disgrace

Hundreds of families in **Nigeria** have been made homeless overnight as government clearances, led by a fleet of bulldozers supervised by the military, police and Nigerian Security and Civil Defence Corps, destroyed whole villages in the Diobu area of Urualla, Port Harcourt. The clearances started in late January, and have destroyed eight communities in the city so far, with three more neighbourhoods set to be cleared. The eight destroyed communities are home to an estimated 15,000 families. The government claim the clearances are part of an effort to “sanitise the waterfronts” of the southern Nigerian city. The now-displaced people that had been living in these communities, meanwhile, say they were given just seven days notice before the demolitions. “We are refugees in our own state,” said Diobu resident Mary Prince. The *Guardian* further reports that residents were offered neither consultation or compensation, as is required by law.

Homes alone

The latest figures, revealed in November 2021, show there are 238,306 homes in **England** classed as long-term empty homes. An empty home is classed as long-term if it has been vacant for at least six months. The number of empty homes is rising, by a staggering 20% in the five years from November

2016. The Action on Empty Homes *Nobody Home* report, published in September of last year, went further, revealing one in three homes in London's financial centre are empty. Many of these properties will be left vacant to appreciate in value on the housing market.



CRIMINAL SANCTIONS* ISSUED BETWEEN 2014 AND 2020 IN ENGLAND

*Sanctions included prosecutions, fines, issuing of penalty notices occurring on the streets, in parks and in town centres



Sources: UK Parliament, Manifesto Club and Freedom of Information requests

Double act: While *the Pavement* welcomes the repeal of the Vagrancy Act (see Vagrancy final act), this alarming graphic shared by the Museum of Homelessness (MoH) highlights the need for further change in the law. The MoH and human rights organisation Liberty have decried the use of the Crime and Policing Act by the police to issue criminal sanctions, with the former labelling it a “criminalisation of poverty”. As the accompanying graph details, between 2014 and 2020, police in England issued 56,667 criminal sanctions using the Crime and Policing Act.



Eire time: These were the scenes on a storm-battered evening in **Dublin** in February, as a team of volunteers from Together for Homeless battled the elements to provide the local homeless community with warm food, drinks and clothing. Together for Homeless was only set up in 2021, but has become a vital source of support for homeless people in the Irish capital. The number of people experiencing homelessness in Ireland is increasing, with the *Irish Times* reporting 8,914 adults and children had stayed in emergency homeless accommodation during the last week of December, 2021.

Office spaces

In Quedgeley, **Gloucestershire**, an old office building has been transformed into housing. This government-funded innovative scheme turned an unused building on an industrial estate into 24 two and one-bed flats for rough sleepers or those who are at risk of homelessness. A representative

from the independent housing association, GCH, told the *BBC* that instead of having to be relocated outside of their community, “the new developments allow more Gloucestershire residents to stay local whilst seeking future permanent housing.”

Lent swim

A **Torbay** vicar dedicated his Lenten resolution to helping people experiencing homelessness. Rather than giving something up, he decided to have a daily sea swim in order to raise money for Nightstop – a YMCA initiative where people in the community help young people facing homelessness. Father Deighton told the *BBC* in March the initiative needed another £35,000. The scheme is based around recruiting and training host families to give young people a bed for the night and a hot meal, while a longer process running in the background works to find more long-term accommodation. Father Deighton said: "We've got people here who've taken advantage of the service and it's not going too far to say it saved their lives."

Vagrancy final act

News broke in late February that the Vagrancy Act, a law first introduced in 1824 and still used to persecute people sleeping rough today, will finally be repealed. The act allows police officers in the UK to fine people sleeping rough or begging up to £1,000. The police can also slap a two-year criminal record on people they arrest under the Vagrancy Act. Countless charities and organisations, including *the*

Pavement, have been calling for the law to be repealed, and on 22 February, the *BBC* revealed the government would announce the scrapping of the legislation in its amended Police, Crime, Sentencing and Courts Bill on 28 February.

Late news

Liverpool City Council has missed a deadline to propose a suitable building for a homeless shelter. It means it will lose more than £4m that had been pledged for the scheme by the government. The city's previous year-round shelter had been closed during the pandemic. The money had been planned to be used alongside £6.393m of council funding for 60 en-suite bedrooms and 40 one bed apartments to support short-term homeless recovery. Cabinet member home health and social care, Frazer Lake, said that the withdrawal of the funding was a "bitterly disappointing blow". Work with other projects is on-going, according to the *Liverpool Echo*.

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A cut above

Hats off to Danny White Howe, a barber in **Glasgow** who devotes his Friday nights to offering his services for free to the city's homeless population. While learning to cut hair, White Howe spent time volunteering at the Lodging Housing Mission in Gallowgate. He told the *BBC* he grew up with "a really nice background" and wants to help people less fortunate than he has been.

Sleep out

The annual Sleep Out event returned to **Edinburgh** in March, with the public invited to sleep outside the City Chambers on 11 March and raise money for the Big Bethany Sleep Out and its efforts to end homelessness. The Big Bethany Sleep Out event had gone virtual last year, to avoid the spread of Covid-19, but this year returned to an in-person occasion for the first time since the pandemic. More than £25,000 was raised during last year's Sleep Out, despite taking place on Facebook Live (participants would sleep on the floor, or in their garden, as opposed to in a public space). Although this year's event was in-person, a virtual alternative was also offered, according to *Edinburgh Live*.

Fair game

A global gaming tournament has raised funds for homeless charity Emmaus **Glasgow**. The competition, named Nomad Ward Duo, involved players with homelessness experience facing off against each other in the game *Age of Empires II: Definitive Edition*. A total of £761 was raised for Emmaus Glasgow. The tournament included players from Europe, North America and Australia, according to *Yahoo*. A global audience on streaming platforms Twitch and Discord watched the competition unfold over the course of two months and donated money to the fundraiser.

Homes reborn

Long-term empty homes in **Glasgow** are being repurposed and renovated to meet growing demand for housing. Rather than allow empty homes to degrade and fall into disrepair, Glasgow City Council has created an Empty Homes Strategy, designed to bring empty homes back into productive use. Since 2019, 607 homes which had been empty for at least six months are now in productive use. *Scottish Housing News* reports one of the express aims of the Empty Homes Strategy is to identify empty homes that can be repurposed as suitable accommodation for people experiencing homelessness.

Housing firsts

A milestone for the Scottish Government's Housing First scheme, Pathfinder, which has now created more than 1,000 Housing First tenancies across the country's local authorities. The government has actually underspent on the Pathfinder programme, according to *The Scotsman*. Having initially pledged £6.5m, since 2019 about £5.5m has actually been spent on the programme. The underspend has been promised to other schemes to end homelessness. As of March, 27 Scottish councils are involved with the Housing First programme.

7,510

children are experiencing homelessness in Scotland, says Alison Watson, director of Shelter Scotland.

10% increase in number of children made homeless and then placed in temporary accommodation in the three years up to September 2021.



A fine mess

Homeless Project Scotland has warned that its **Glasgow** soup kitchen and outreach services face an uncertain future, after a hefty fine was issued for the charity's use of a van in Glasgow city centre. According to *Scottish Housing News*, Glasgow City Council has rescinded the charity's permission to use bus lanes and allow access to under bridges in the city centre, leading the charity to consider suspending its outreach services. Responding to the furore, a spokesperson for the council said Homeless Project Scotland's van privileges "will be formally restored if up-to-date vehicle information is provided." ■

Staying connected

The importance of being connected with one another can't be overstated and is essential to all people. Some thoughts on the need for connection, by *Leon Eckford*

Whether it's primitive people grunting over a wild boar dinner around a campfire thousands of years ago, the Greek philosophers pontificating furiously over the human condition or the remaining remote African villagers discussing social issues with their tribal leader, one of the human being's central needs is to be part of a team, family, or organisation. Bottom line is, we need each other.

If we put our primal heads on, evolutionary psychology would point to our survival instincts, where the individual orientates themselves towards the group to protect themselves against Mother Nature. I would prefer to be with my family when the sabre tooth tiger is outside the mud hut, thanks!

A healthy environment gives us better opportunities to have a healthier approach to life and all the inevitable turbulence we will experience. We can take from this that the external world influences our internal, and vice versa.

The developing child works through school, college, university, and professional life. Underpinned with family relations and informal clubs, religions, community

Find support

Check out the list of services in the centre pages of the magazine for local services. An expanded list of services is available on *the Pavement's* website here: www.thepavement.org.uk/services

organisations, sports, and the like. We are constantly seeking frameworks of organisation to keep us involved socially, helping us avoid the inevitable anxiety we all manage individually on a minute to minute, hourly and daily basis. It is a 24/7 pastime.

Moreover, in today's tech savvy world, we have even developed social media frameworks built on the concept of connection on various levels. An algorithmic answer to our need for feeling we are part of something bigger than ourselves.

The Silicon Valley squad identified that a sense of community, caring for others and being cared for are universal needs. But social media can both capture and scatter your attention. With a simple "refresh," constant new information is at your fingertips. This can lead

to diminished cognition whilst simultaneously shrinking parts of the brain associated with maintaining attention. So, more “connection” yet poorer performance neurologically? Paradoxical right?

Unpacking the development of the individual and the psycho-social environment surrounding them, I think of where our street community fits into this complex puzzle of networking.

Frankly, I don't think we recognise the street community itself. Joe Public doesn't see the day-to-day interactions. Who knows who, who gets paid this week, what is the quality of gear on the streets, where the scoring points are, where you can get a free breakfast at 6am; the variables are endless. On the streets we see people's capacity to love, show compassion and enact empathy. Just because the surroundings are distasteful to some, doesn't mean that the community is to be disregarded. Certain judgements in our society lead us down alleyways of subjugation, where we cast our negativity and forget that people living on the streets are human beings. Whole human beings. For me, they reflect us. Meaning they are part of us. Together. Suffering is difficult to see and genuinely empathise about.

One of the most precious aspects

of our relationships with our street community is the sense of humour between us. At the same time, it is important to understand the boundary line. As a wise man said, after the moment: “All that is left is the empty hall and the echoes of yesterday's laughter.”

We do not want our actions and communication leaving feelings of neglect or abandonment. One does not want to be part of the problem, if you will.

My colleague put it most succinctly: “Our job is about building relationships.” This breaks down our role perfectly and applies to whatever competency the professional framework requires.

Whether we are an awareness instinct in a bag of skin, or a child of an overall creator; whatever your belief, I would offer one absolute, in a world of non-absolutes: We need each other. The principle of unity is not a power grab, it is to trust each other and work with each other to make this place better for the next generations ahead of us.

To summarise, the very notion of a separate individual, the phoney sense of self-identity where the world is separate and inconveniencing the attempt to make more money and look after number one, is a fallacy. Stay connected.



Network connection

Refuge Network UK is the British arm of Refuge Network International, a small international charity. Its goal is to alleviate and eventually eradicate poverty. Speaking to executive director Charles Gimoh, *Sheryle Thomas* learns more about what they do

ST: Who are Refuge Network UK?

Charles Gimoh (CG): We are a poverty-alleviation and community empowerment nonprofit, promoting equitable access to food, housing, healthcare, education, and an adequate standard of living for individuals and families.

ST: What work do you do in the community?

CG: Refuge Network UK supports people in socio-economic difficulties especially rough sleepers, impoverished families, homeless people, refugees, and marginalised individuals. We run an outdoor soup kitchen in central London and operate various outreach programmes.

ST: What other services do you provide?

CG: Provision of support (such as counselling, food, and relief materials) to homeless people. Sensitisation programmes to promote the health and wellbeing of individuals living in

poor and deprived communities. Consultation and advisory services on matters relating to poverty and socioeconomic rights. Creation of skills acquisition and business development programmes to empower economically disadvantaged people. Provision of educational opportunities to disadvantaged individuals and groups to boost literacy levels and enhance life prospects. We're supporting victims (individuals/communities) of socioeconomic rights deprivations.

ST: You mention relief materials at your services, what are these?

CG: Specifically, we provide the following items: Coats and jackets, trousers and shirts, hats, scarves, shoes, underwear, mobile phones and SIM packs, bags, sleeping bags and blankets, grooming kits, tents, socks and gloves, toiletries, face masks and towels. We rely on donors to facilitate this service, so availability is dependent on the donations we receive from members of the public.

Where and when

Refuge Network UK provides outreach services in London including a street kitchen and a mobile street outreach service:

- The street kitchen is open every Saturday from 1pm outside the Zimbabwean embassy on Agar Street
- The homeless street outreach team operates between 1–3pm every Saturday and 3–5pm on alternating Mondays and Tuesdays in the following areas: Charing Cross, Leicester Square/Covent Garden, Victoria, Waterloo/Embankment, Warren Street/Soho/Camden

ST: Where is your street kitchen outreach and when is it open?

CG: In terms of our street project, we operate a two-dimensional programme consisting of an outdoor soup kitchen and a food bank/homeless street outreach.

The soup kitchen is located on Agar Street in front of the embassy of Zimbabwe, London. We meet at 1 pm every Saturday. It is free, non-discriminatory, and open to homeless people, rough sleepers, refugees, and impoverished members of the community. We offer a large buffet consisting of a wide selection of European, Asian and Afrocentric foods, with vegan options. There is also a generous selection of snacks, soft drinks and hot beverages.

ST: And your other outreach services?

CG: Refuge Network's food bank/homeless street outreach is a

mobile operation covering various locations within and outside central London. Our outreach teams operate between 1–3 pm every Saturday and 3–5pm on Mondays or Tuesdays giving out meal packs and drinks to rough sleepers on the streets in the following areas: Charing Cross, Leicester Square/Covent Garden, Victoria, Waterloo/Embankment, Warren Street/Soho/Camden.

The mobile food bank component is a discrete service that provides larger food parcels to struggling individuals from time to time. This service is available on weekdays on an appointment-only basis in the following areas: Brixton, Clapham, London Bridge, East Street. You can book an appointment by sending us a message by text **07460 733 381**, email info@refugenetworkinternational.com, or via our website.

For more information on Refuge Network UK, visit their website: refugenetworkinternational.com ■



"IT'S YOUR OWN FAULT FOR NOT BEING ONLINE!"



“Sorry I don’t have a smart phone, but thanks for following me right here! First up a look at my dinner, then I’ll sing you a love song before showing you all my swollen ankle. Please don’t forget to like and subscribe!”

Community protection

People experiencing homelessness are often issued a Community Protection Notice (CPN), resulting in a fine or even prosecution. Here, members of the human rights organisation Liberty share essential information about CPNs

Liberty has written and printed thousands of legal advice cards in a new initiative aimed at supporting people who face criminalisation for rough sleeping and begging. The two-sided cards advise people of the laws around Community Protection Notices (CPNs); powers that are often used by the police and council officers to criminalise behaviour associated with homelessness.

Liberty has initially printed 4,000 physical copies of the legal advice cards, and has circulated them among numerous hubs in England. All of the information on the cards can be found on the next page.

Liberty has warned that CPNs are often used to criminalise poverty and successfully represented a woman in London who challenged the CPN imposed on her. In her case, entering a shop or having a sign asking for money would breach her CPN and constitute a criminal offence.

These are the first cards designed to help homeless people protect themselves against police misuse of power, after Liberty previously distributed protest bust cards, and worked alongside other organisations on stop and search bust cards.

Community support

Grassroots community outreach organisation Streets Kitchen has thrown its support behind the project, as has the Museum of Homelessness, which was involved in the production of the cards. Endorsing the cards, Street Kitchen said the following.

“We [Streets Kitchen volunteers and employees] constantly witness and receive far too many reports of overzealous policing targeting those experiencing homelessness by using so-called ‘anti-social’ behaviour legislation to move people on and away from where they may be getting some simple shelter or rest. Constantly moving people on for no other reason than they have nowhere else to go is wrong and unacceptable.

“We have found the CPN bust cards are a vital tool to show some humanity and solidarity while sharing legal knowledge and empowering all those experiencing homelessness to stand up against hostility and life threatening criminalisation.”

CPN: Know your rights

Some public bodies can issue a CPN, ordering someone to do or stop doing certain things, such as begging, loitering, and harassing others. Read Liberty's legal advice card below

What does a valid CPN look like?

- Only the police, community support officers, local authority or authorised housing providers can give CPNs
- Before issuing a CPN, they must give you a written warning
- There should be enough time between a written warning and a CPN for you to address your behaviour
- A CPN must say what you have done wrong, what will happen if you don't follow it, and how you can appeal it
- If the CPN doesn't meet all of these requirements, you can appeal it

How to challenge a CPN

- Appeal a CPN to the Magistrates Court within 21 days of receiving it
- If 21 days have passed, write to the authority that issued the CPN and explain why it is inappropriate

Can Liberty help?

You can contact Liberty at advice@libertyhumanrights.org.uk or on **0207 378 3679**. When explaining your CPN, provide as much information as possible, such as:

- A copy of the warning and/or CPN
- Were you doing what the warning/CPN says you were doing?
- Do you know if anyone complained about your behaviour?
- Did the CPN explain how to appeal?

If Liberty can't help, they may direct you to organisations that can. ■

The fuel for connection

Tackling the disconnection many of us have felt since the Covid-19 pandemic started, *Mat Amp* emphasises the need to share and empathise with stories

The world has been riven deeper into squabbling factions since Trump was aborted by a reality TV show to stumble and crawl like a big, fat, drunk baby into the collective madness of the basket case that is modern America.

After surfing the febrile identity spark of the gold rush frontiersman straight to the presidential hot seat, he oversaw four years in office characterised by division and recrimination. Brexit turned up the flames before Covid-19 gave us the chance to disagree over some real life and death shit.

The pandemic initially offered us a brief glimmer of hope that, Blitz-style, our collective suffering would, if not unite us, at least make us a little more willing to listen to each other.

But any hope that existed for a kind, rational and open-minded response to this frightening mutual threat became increasingly difficult as the lockdown robbed us of the connections that generate pleasure, inspire kindness, furnish us with understanding and open that two-way bridge called empathy where that understanding clicks in to place.

Hate crime spiked, domestic violence exploded and we started to argue about everything from

Listen up!

- **Mat is currently involved in a joint Groundswell and On Our Radar project called the Listen Up! hub**
- **The hub provides a space for community reporters with experience of homelessness to comment and share concerns on the health inequality they have faced while homeless**
- **Read the reports on the dedicated Listen Up! website: groundswell-listenup-hub.org**

cause to cure. It reached the point, towards the end of the lockdown, where I would happily have had the vaccine cut with chilli sauce and injected directly into my eyeball if it would just have stopped the friggig bickering.

Yep, whilst we were hating on each other over our differing opinions on vaccine uptake, for fuck's sake, the bumbling posh gizzard wobblers in their power seats were rubbing our faces in their collective excrement by flagrantly holding 'work' parties. Meanwhile, the rest of us were left to let loved ones die alone. It would have been more forgivable if the

parties had been any good, but the fact they were utterly shit is just unforgivable.

To be honest, it's difficult not to be cynical. Fuck, we probably earned the right to drop out and disconnect and utterly fuck the entire thing up the arse with a barbed wire-covered broom handle from the janitor's store cupboard.

And it is easy, cut off from everything but TV and computer screens, to see everything through beige tinted specs. You know, those glasses that make everything look like a bubbling cesspit of shite.

But please don't think I'm somehow advocating for the good old days. I mean, talk about shit parties. Clubs in the UK back in the '70s and '80s could often be miserable, exclusive places where pretty people went to stand around and pout. They were often stifling places with a snarling joyless narcissism that sucked the oxygen straight out of the air.

My dad is Nigerian, and it was there that I first came across parties that were actually fun. People were connected by the music and the dancing, and the atmosphere was mind-blowing. It was deeply soulful.

My life experience in Africa has fuelled an almost pathological desire in me to connect. To connect experiences, knowledge, places and above all people. My fascination with history is fuelled by a desire to

connect different times and places because it shows the way that culture develops through time.

Groups like the Taliban try to wipe the slate clean and rob us of the inspiration and progress of connection to past achievements in both art and science.

Art is a connection to the person who created it, the time and place it was created, the universality of what it represents and above all to our shared humanity.

Conversation connects us through words, dancing through physicality and of course there is music that connects us to a time and place and like art, to something deeper and universal.

There has always been a great underground music scene in this country, with DIY movements periodically exploding from the streets into the nation's cultural consciousness, such as Bluebeat, Northern soul, Blues, Punk and Acid house.

The rave scene that developed in the late '80s was the epitome of connection. It used to blow my mind to see rival football fans hugging each other on the dancefloor, ditching fierce hatreds at the opportunity to connect. No doubt, double dropping for a 250 milligram rush could help get the boat going in the right direction on the river, but it says a lot that people were so quick and eager to trade a cauldron of



A spring dusk,
captured by our
writer Mat Amp.
© Mat Amp

► hate for a beaker of friendship.

There is much of the world that is twisted, but there is so much that isn't. Rubbernecker syndrome and that awful human tendency to gossip about each other has created this awful, gory echo chamber for the negative and depraved that has been amplified by social media, whilst a lot of the good stuff ebbs on by, often unnoticed.

The answer is to look at the whole picture and seek out connection and understanding by taking an open-minded approach, devoid of pre-judgment. The more we know about people the harder it is to judge them. What better way to do that than to read their stories.

Since I stumbled into recovery from a desperate hazy fog of self-destructive self-loathing in around 2015, I've found myself involved in the sharing of stories.

The sharing of stories is one part of a holistic approach to the recovery from homelessness. Stories humanise

us. When someone tells their stories it becomes harder to pigeonhole or constrain them with lazy stereotypes.

It's like *the Pavement*. It's all about communication and connection. One of the major roles of this magazine is to give us something that is ours as well as a focus for this community that we are part of.

Currently I'm involved in a project called Listen Up! that aims to give people a chance to share their stories as part of a community of reporters. Some of them write for this publication.

Sharing stories humanises the reporter in both their own eyes and the readers, whilst being part of a community amplifies the impact of those stories.

- **Mat Amp is deputy editor of *the Pavement* and also works for London-based homeless charity Groundswell. Find out more about Groundswell and its work on its website here: groundswell.org.uk** ■

Listen Up!

Here's what you need to know about Groundswell's new Listen Up! homelessness insights hub. Words by members of the Groundswell team

People experiencing homelessness are faced with difficulties accessing the support, services and healthcare they are entitled to. Groundswell has embarked on a mission to address the concerns of homeless people and amplify the voices of those faced with barriers to healthcare and challenging stereotypes.

A new project, launched with funding support from Comic Relief, aims to collate reports from a clutch of trained reporters experiencing homelessness. The Listen Up! homelessness insights hub, created by Groundswell and On Our Radar, publishes raw reports from writers dotted across the UK on experiences, concerns and feedback on the health inequalities they routinely face.

The reports are all uploaded on to the Listen Up! homelessness insights hub website, where they can be read and shared. Due to the nature of the reports, some content might be triggering for readers. Take care reading and note the reports

TURN TO PAGES A – P
FOR THE LIST OF SERVICES

In a nutshell

Groundswell's new project, the Listen Up! homelessness insights hub, aims to address healthcare inequality and barriers to accessing support for people experiencing homelessness.

- Reporters with experience of homelessness pen stories of their experience in healthcare access inequality
- Searching for the hashtag #ListenUpHub on Facebook, Twitter or Instagram will lead you to reports from the hub
- Visit the Listen Up! website here: groundswell-listenup-hub.org

are unsuitable for children.

Ultimately, the hub's aim is to challenge stereotypes, elevate marginalised voices and to finally push decision makers to end the harmful health inequalities so many people experience daily.

- To read the reports and access the Listen Up! homelessness insights hub, visit the dedicated website here: groundswell-listenup-hub.org ■



LONG COVID LOWDOWN

The Groundswell team explain what long Covid is and how to get support if you have it

What is long Covid?

Long Covid means some of the symptoms you experienced with Covid-19 continue weeks or months after your infection has gone away.

Some people who have had Covid-19 may develop long Covid. People affected can include:

- Anyone who had Covid-19 symptoms
- Those who took a test confirming they had Covid-19
- People who experienced Covid-19 symptoms but didn't take a test

Symptoms

Below is a list of long Covid symptoms. Someone with long Covid may have one or several of these symptoms, and may experience them to different degrees of severity.

- Extreme tiredness (fatigue)
- Shortness of breath
- Chest pain
- Memory or concentration problems (brain fog)
- Difficulty sleeping
- Heart palpitations
- Dizziness
- Feeling sick, stomach aches, a loss of appetite
- A high temperature, cough, headaches
- Changes to sense of smell or taste

Further symptoms

Experiencing any of these symptoms for an extended period of time can affect mental health. People recovering from long Covid might experience the following:

- Feeling low or depressed
- Feeling anxious
- Feeling irritable and angry

If you have any of these symptoms, know that you are not alone and you are entitled to support. Help and information is available from health staff (such as a GP or nurse) or a support worker if you have one.

Looking after yourself

1. If you are feeling unwell four weeks after having Covid-19, or are experiencing long Covid symptoms, talk to a GP. Remember, you don't need a fixed address or to show identification to register with a GP and your immigration status doesn't matter
2. Try to attend any health appointments you have
3. Protect yourself and others against Covid-19. You can catch Covid-19 more than once, so test regularly, wash your hands and take the Covid-19 vaccination and booster jab
4. Look after your mental health. Long Covid can affect your mental health, so it's important to talk about your feelings. This could be with friends, family, support staff, a GP, or volunteers at the Samaritans or Shout.

Call the Samaritans for free, 24/7, on **116 123** in the UK
Text Shout for free from anywhere in the UK on **85258**.

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.



On the ward

A hazy, enigmatic story of intrigue on the kaleidoscope of characters one meets on the hospital ward, written by the masterful *Chris Bird*

Part I

The numbers worked insistently to define and describe new, unique meanings. My glance detected patterns and sequences that glowed with an intense relevance that sometimes shifted, gradually outlining a malevolent intent. The windows of the ward were windows that could not be opened. The Spring was detained under grave suspicion beyond the dull glass.

I spent most of my day in my room on a thick, immovable mattress. In the dining room there were throne-like immovable chairs and tables made of submarine iron. Light bled in neon strips in the nurse's office. They came out like harassed wasps and buzzed purposely around the patients.

The new patient stood in the TV room in a suede jacket decorated with a peace badge. He had annoyed every soul on the ward. His floppy fringe alone had virtually sealed his fate. By mistake he had accidentally entered another patients room. The consequences of this oversight had still not played out fully. He was quite possibly stealing but I doubt



© Chris Bird

he needed to. He was very posh. Dominic was his name. Had he been a Tory it would have been easier to dislike him. He wore an expensive watch on his young wrist.

Paul loomed over everyone, dressed in a grey blanket like a jaded chieftain from ancient Britain. He banged the desk at the nurse's station if he was annoyed or agitated. He moved with formidable power but at the same time reminded me of a giant child. He spoke in a mix of Afro Caribbean and cockney slang with a crazed smile but his huge eyes suggested compassion. "You wanna git a big, long rest in ta garden," he repeatedly

exclaimed to me like a psychotic doctor from a nightmare. "Ok" I replied noticing one of his thick wrists was bandaged. He strode off dragging the grimy blanket on the polished floor.

Mohammad was quiet and thoughtful. His eyes spoke in silent wisdom. He stayed in the shadows of the day mumbling gently to himself. His chin bore white stubble and his hands trembled. I liked both Paul and Mohamed. Soon we were allies in a murder plot.

Part II

The long run of numbers flowed from some definite source, urgent with a pulse of meaning. I let the gigantic fangs glistening with numbers and letters crush my head. The voices shimmered in hidden recesses insisting on an emotional equation and daybreak analysis.

Paul refused to eat the "muck" served in the ward kitchen and he soon alienated the lady who dutifully served the dinners. Mohammad was grateful for every morsel it seemed. He ate with slow, determined dignity as if every meal was his last. The head nurse reminded us of 'activities' in the afternoon. A kind lady called Harriet waltzed in with jigsaws, crossword books and other delights.

Outside, birds fluttered around a pond in the afternoon garden. I counted the birds everyday. Paul was a strong and brave bird like a valiant

eagle. Mohammad was an owl, subtle and cautious. I was a caged robin lost in the wrong season and time. I had forgotten how to sing.

Part III

The voices danced around my head in ocean waves. Mechanical movements rushed here and there like the hands of a decrepit clock. Tom stood in the doorway to my room. He needed cigarette papers. His Liverpool accent cut through the dark. He had a furtive, detached quality and had done a lot of bird (cockney rhyming slang for time, of course) in Pentonville Prison.

"Only nicked for gear," he had explained. I regarded him as a potential threat. His pasty white face was gaunt and menacing in a junkie way. I tossed him a half full packet of rizzlas. He left immediately without a word of thanks.

Part IV

The dream centred around a machine that buzzed excitedly in the clouds. The immense city shone. It dictated words and phrases as well as actions to the commuters in the city. Each commuter had a sequence of symbols to delineate their day. Statues and monuments watched the whole fake charade. Everyone knew their lines, their expressions. Everything was decided and pre ordained. Even the rain showers were timed precisely. I looked at the centre of my palm. ■

On-screen initiative

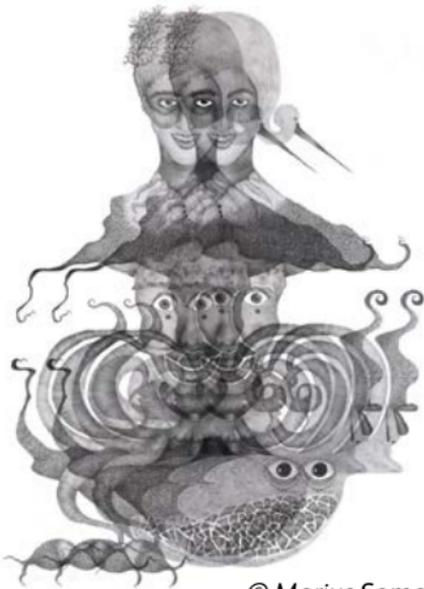
Here's a thought: why isn't there a scheme to have films featuring portrayals of homeless people pay into a fund for homeless charities? Writes *Chris Sampson*

In films and TV shows, homeless folk are often portrayed lightly, sometimes figures of fun, "loveable eccentrics," jolly itinerants whose plight – if discussed at all – is glossed over. OK, so not every show has to be a *Panorama*-type exposé on the horrors of homelessness.

But how about this: I propose a voluntary initiative, whereby any show which features homeless people makes a donation to a homeless charity of the film or TV programme makers' choosing. This could be highlighted in the credits, raising awareness of the issue. Perhaps social media influencers could also make it a thing, encouraging viewers to chip in a few quid themselves.

Such a scheme could incorporate a logo, perhaps designed by the legendary Ken Pyne, or other graphic designers/artists who contribute to *the Pavement*, similar to the National Lottery logo which often crops up in the credits of recent UK made films, showing how the said film was partially funded.

Homelessness On Screen seems the obvious title for such an initiative, though it could be changed before implementation. It shouldn't be that difficult: a round robin proposal sent



© *Marius Samavicius*

to all UK film and TV production companies could ask them to sign up for the idea, and agree to show the logo in the credits. Just an idea. See you at the Cannes Film Festival.

Failing that, anyone interested in helping the homeless can contribute £££s to my Swiss bank account, and I'll be sure to pass it on (minus, ahem, "overheads" of course)...

THE END

Or, as we're talking screen, maybe it should be *Fin; Un film de Le Trottoir* (*the Pavement* in French). ■

Lines from the streets

A harsh, cold take on the reality faced by so many is the latest poem kindly sent to *the Pavement*. Thanks to everyone who sends their incredible verse in

Questioning stars

by *Surfing Sofas*

A victim of violence, this violence left scars, on her thighs, on her arms, on her mind and her heart. She stopped looking for the light at the end of the tunnel, which felt like it's a farce.

Cos she didn't find one sight of a spark.

She sleeps in a tent, at night in a park.

Sometimes, she would glance at the sky and then ask, the stars if they knew, why her life was so hard?

Her fingers are numb from fighting the elements.

She's held on to hope for so long, her palms have blisters.

Icicles would do anything they can to be decorations, dangling from her broken heart.

Her soul is exhausted, and her feet are sore from the long walk on life's rocky road.

To prevent winter's icy breath touching her skin. She cocoons herself in a sleeping bag chrysalis.

It's late, and it's cold, silent and dark.

She sleeps in a tent, at night in a park.

Sometimes, she would glance, at the sky and then ask

The stars if they knew why her life was so hard?

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

MYSTERY MEAT IS BUYING HONEY BADGERS

HONEY BADGER OBSERVATION WINDOW



GOT CHANGE OF A MONKEY?



HOW BOUT U TAKE THE LOT OFF MY PAWS?

OK IT'S A DEAL.

LONG STORY SHORT.....

WOW! WE'RE BOTH BLACK & WHITE!



RU A PUSSY? OR AM I A MYSTERY MEAT ANIMAL? I'M CONFUSED.

MAYBE IT'S A GREY AREA?!

WOT'S A GREY AREA? CAN I EAT IT?

ER..WELL ANYTHING'S WORTH A TRY..

ME SO HUNGRY:(



THE STARVING PAIR FOLLOW THE SMELL OF BACON ALL THE WAY TO A POLICE STATION

LONG LONG LONG STORY SHORT...

TOLPUDDLE NICK

BACON... DROOL

RELEASE THE HONEY BADGERS!

C'MON LADS LETS EAT BACON!

OINK!

TROT TROT TROT



THE PIGS ESCAPE & MYSTERY MEAT SQUATS THE POLICE STATION.

ROKSOPH '22

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: March 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

DAY CENTRES

ISLINGTON CENTRE FOR REFUGEES & ASYLUM SEEKERS

Cross Street Baptist Church,
16-18 Cross St N1 2BG
020 7354 9946, <http://bit.ly/1RsnF5f>
Mondays 11.00 - 4.30 Online only
Tuesdays 11.00 - 4.30 Online only
Wednesdays 11.00 - 4.30 Online
Wednesdays 11.00 - 2.00 In-person
Thursdays 10.00 - 4.00 Online only
Fridays 1.30 - 3.00 Online only
Practical help, education & art classes.

NEW HORIZON YOUTH CENTRE

68 Chalton Street NW1 1JR
020 7388 5560, <http://bit.ly/TgoIt>
Mon: 2pm - 3:30pm (alcohol support);
Mon - Sun: 10:30am - 3:30pm (showers,
laundry, breakfast & lunch; 10.30am
- 1pm advice); Day centre. Mon, Wed,
Fri: 10am - 1pm; Mon, Wed, Fri: 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 Mon, Wed and Fri from 10:30am

www.thepavement.org.uk **A**

NORTH LONDON ACTION FOR THE HOMELESS

St Paul's Church Hall, Stoke Newington Rd N16 7UE

07421 032553

<http://bit.ly/1NdAPD6>

Monday: 12pm – 1:30pm During Covid-19 pandemic all food is take-away; Wednesday: 7pm – 8:30pm During Covid-19 pandemic all food is take-away. Free three-course vegetarian meal, and tea or coffee. Take-away food and clothing upon request. Visits from Health Access Worker. East European outreach.

CL, FF, MS, OL

POSITIVE EAST

159 Mile End Road, Stepney E1 4AQ
020 7791 2855, <http://bit.ly/1th8WzX>
Monday-Friday: 10:30am – 5pm; Pre-Covid-19 did HIV testing. Still offers Practical and emotional support and advice by HELPLINE (020 7791 2855) for people living with or affected by HIV in E London. Option 1 psychological help. Option 2 advice line on housing & benefits. Option 3 sexual health questions.

MH, AD, BA, CA, C, F, IT, MS, OW, SH

ST GILES' TRUST

Georgian House, 64-68 Camberwell Church Street SE5 8JB

0207 708 8000, <http://bit.ly/DoBEb>

Monday-Thursday: 9:30am-12:30pm; Supports ex-offenders.

AH, AD, BA, CA, ET, IT, OL

THE PASSAGE

St Vincent's Centre, Carlisle Place SW1P 1NL

020 7592 1850, <https://bit.ly/1ytIkND>

Mon – Fri: 9am – 3:30pm

Closed between 12 – 1pm for essential cleaning

Mon – Fri: 12pm – 2pm (lunch);

Mon – Fri: 2pm – 6pm (appointments);

Mon – Fri: 4:30pm – 6pm (verified rough sleepers); Sat & Sun: 9am – 12pm; For

people aged 25+.

MH, AH, A, BA, CA, CL, DW, ET, F, FC, IT, MS, TS

WEBBER STREET (LONDON CITY MISSION)

6-8 Webber Street SE1 8QA

020 7928 1677, <https://bit.ly/2vPkv9n>

Mon – Wed: 9am – 12pm; Saturday:

9am – 12pm; List for showers taken on

Monday (1 shower per week per male

guest). Short Bible talk each morning -

prayer and other spiritual help offered.

Closed first Wednesday of each month.

Not step-free.

MH, BS, CL, F, MS, OL, LF

WLM SEYMOUR PLACE

134-136 Seymour Place W1U 2QJ

020 4530 7800; <http://bit.ly/2FoBfsS>

Mon – Fri: 8:45am – 10am (rough

sleepers' drop-in); Monday-Friday:

10am – 11:30am (drop-in - hostel

residents join); Monday, Thursday,

Friday: 11:45am – 12:45pm (advice

- appointments only); Monday &

Thursday: 1:30pm – 3:30pm (drop-in for

those with tenancies)

AC, BA, BS, CL, C, F, IT, LS, MS, OL, TS

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

FOOD

STREETS KITCHEN

streetskitchen.org/locations/london
Daily food in various London locations.
Mon, Tues, Thurs & Friday breakfast
from 7am, Camden/Kings Cross.

Also:

Monday:

Tooting Streets Kitchen

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

Tuesday:

Clapham Common

7.30pm 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

AMERICAN INT'L CHURCH

79A Tottenham Court Road, W1T 4TD
0207 580 2791;

amchurch.co.uk/soup-kitchen

Mon, Tues, Thurs, Fri & Sat:
11.30 – 12.30pm, hot lunch.

FF

AMURT UK

0208 806 4250; amurt.org.uk

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

Thu: 6:30 – 7:45pm at
Lincoln's Inn Fields, Newmans Row,
Holborn, WC2A

Free, pre-packed hot meals & snacks.

FF, F, SF

BRIXTON SOUP KITCHEN

297–299 Coldharbour Lane, SW9 8RP
07538 419514

Mon – Fri: 11 am – 3pm

Free meals, sleeping bags & clothes.

FF

HARE KRISHNA FOOD FOR ALL

Islip Street, Camden, NW5 2EN

02074373662

Mon – Sat: 12noon – 1pm

Free vegetarian 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



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

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

FF

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

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 take-away lunch.

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

Tues, Wed, Thu & Fri.

And housing advice available.

AH, F

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

REFUGEE NETWORK UK SOUP KITCHEN

Beside the Embassy of Zimbabwe, Agar Street, Charing Cross.

Saturday: 1pm

FF, CL

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

ST PATRICK'S OPEN HOUSE

21a Soho Square, London, W1D 4NR

020 7437 2010;

www.facebook.com/stpatricksoho

Mon, Fri & Sat: 8:30am: Breakfast Club,

indoor seated service with limited

capacity, first come first served.

Limited showers also available.

Tue & Thu: 7pm: Open House evening

meal, indoor seated service with limited

capacity, ticket holders only. **Meal**

tickets for the week on Mondays at

1:30pm from Sutton Row entrance.

FF, BS

STREETLYTES

Saint Stephens Church

1 Coverdale Road, London, W12 8JJ

0207 602 9011;

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

Tue: 2 – 4pm; Thu 4:30 – 6:30pm

FF

THE MANNA

St Stephens

17 Canonbury Road, N1 2DF

0207 226 5369

www.themanna.org.uk/

Open for rough sleepers only.

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

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



WHITECHAPEL MISSION

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

OUR LADY OF THE ASSUMPTION & ST GREGORY

10 Warwick St, Piccadilly Circus, W1B 5LZ
020 7734 9313
warwickstreet.org.uk
Wednesdays 6.30 – 10.30am
Showers, toiletries and clothes.
BS

SHOWERBOX

St Giles Church, High St, WC2H 8LG
near Leicester Square / Covent Garden
showerbox.org
Sat: 10am – 2pm
Offering a free and secure shower space for homeless people 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

Are your details incorrect?

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

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

ST PATRICK'S OPEN HOUSE

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

www.facebook.com/stpatricksoho

Mon, Fri, Sat: 8.30 – 9am

Breakfast and showers available.

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/

Monday & Wednesday: 11am – 2pm;

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

AH, BS, DA, F, LA, C

WEBBER STREET (LONDON CITY MISSION)

6-8 Webber Street SE1 8QA

020 7928 1677, <https://bit.ly/2vPkv9n>

Showers - also clean clothes & toiletries

See DAY CENTRES for more.

BS, CL

WHITECHAPEL MISSION

212 Whitechapel Road, London, E1 1BJ

0300 011 1400; whitechapel.org.uk

Mon – Sun: 6am (day centre opens)

Mon – Sun: 7 – 9am (free breakfast)

Mon – Fri: 7:30am – 9:30am

(showers by appointment)

Mon – Fri: from 9am

Take-away food parcels and clothing parcels.

Haircuts every third Wed.

FF, BS

WOMEN@THEWELL

54-55 Birkenhead St, WC1H 8BB

020 7520 1710; 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**

Homeless Dental Service

Soho Centre for Health and Care

1 Frith Street.

020 7534 6628

Appointments Tues – 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

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

020 7188 7236; bit.ly/2SPruMn

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

DT

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

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

OL Outreach worker links
OW Outreach workers
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SH Sexual health
TS Tenancy support

FULL LIST
AVAILABLE ON
OUR WEBSITE



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/
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.
MS

BARBER

ACTION HOMELESS CONCERN

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

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
B

NORTH LONDON ACTION FOR THE HOMELESS

St Paul's Church Hall,
Stoke Newington Rd N16 7UE
07745 227 135; 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/
Haircuts every third Wed.
AH, B, BA, BS

A man wearing a red vest with 'THE BIG ISSUE' logo is smiling and handing a coin to a woman. He is holding a yellow magazine titled 'THE BIG ISSUE' with a 'NEAT BIG IDEA' section. The woman is wearing glasses 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 to find out more or call **020 7526 3445**

WOMEN

CLEAN BREAK

2 Patshull Road NW5 2LB
020 7482 8600, 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
 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/
 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
MH

TREASURES FOUNDATION

07950 585 947, <http://bit.ly/2ymbbru9>
 Open 24-7;
 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
MH, AH, F

WORKING CHANCE

24-27 White Lion Street N1 9PD
0207 2781532, 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

KEY

A Alcohol workers
AC Art classes
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

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; 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
 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
 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
www.facebook.com/eacheducation
AD, C, LA

GALOP

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

LONDON FRIEND (ANTIDOTE)

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

OUTSIDE PROJECT & STAR REFUGE

Advice line **0207359 5767**;
 Mon – Fri 10am – 1pm
lgbtiqoutside.org
campaigns@lgbtiqoutside.org
 Referral form: 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
AH

FC Foot care
IT Internet access
L Laundry
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OL Outreach worker links
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FULL LIST
 AVAILABLE ON
 OUR WEBSITE



POSITIVE EAST

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

THE PASSAGE

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

SPECTRA CIC

St Charles Centre, Exmoor St, W10 6DZ
0203 322 6920;
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
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
Complete referral form online:
stonewallhousing.org/services/referral-form/
MH, C, ET, OL, OW, SH

SWITCHBOARD LGBT+

0300 330 0630;
switchboard.lgbt
Mon–Sun: 10am – 10pm (helpline)
For LGBT+ people who have experienced hate crime, sexual violence or domestic abuse. Supports people who have had problems with the police or have questions about the criminal justice system.
Phone or email
chris@switchboard.lgbt
or message via the website.
Bereavement help.
LA, AD, MH

KEY

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

MENTAL HEALTH

CARITAS ANCHOR HOUSE

81 Barking Rd, Canning Town, E16 4HB
0207 476 6062;

www.caritasanchorhouse.org.uk

Referrals and short term stays for people affected by homelessness, drug & alcohol misuse, mental health, domestic abuse & offending. Accommodation and varied services.
MH, AD, A, AC, BA, CA, C, DA, DW, ET, IT, MD, SF

CRUSE BEREAVEMENT CARE

0808 808 1677

www.cruse.org.uk

Mon & Fri 9.30am – 5pm
Tues, Wed & Thu 9.30am – 8pm
Sat–Sun 10am – 2pm
Online chat: Mon – Fri 9am – 9pm
Helpline offering listening support and practical advice related to bereavement.
C

DUAL DIAGNOSIS ANONYMOUS

07702 510110 (24 hour helpline)

All meetings now on Zoom.

Links on website: www.ddauk.org

Mon: 7.30 – 8pm; Tues – Fri: 7pm

Sat: 11am; Sun: 7.30pm

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

MH, C

FOCUS HOMELESS OUTREACH

St Pancras Hospital, 4 St Pancras Way, NW1 0PE

0800 9173333 (24hr crisis line)

020 3317 6590;

www.candi.nhs.uk/our-services

Mon – Fri: 9am – 5pm

NHS community mental health team offering support for single homeless people. Sessions in hostels and day centres. Referral generally by agency/ hostel/GP, but self-referral is possible. You may be offered a phone or video consultation instead of face-to-face.

MH, OW

FRIENDSHIP PEER SUPPORT

The Richmond Library Annex, Quadrant Road, Little Green, Richmond, TW9 1DH
0208 898 6727;

wmicklewright@yahoo.co.uk

Last Thursday of the month:

11am – 1pm (online only)

Building is closed but phone or email for Zoom meeting info. Fine to leave a message if no answer.

MH

THE GREENHOUSE

19 Tudor Road E9 7SN;

020 8510 4490

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

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

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

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

LS Luggage storage
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LISTENING PLACE

3 Meade Mews SW1P 4EG
020 3906 7676

www.listeningplace.org.uk/

By Appointment 9am – 9pm, 7 days a week. Providing free, sustained, support, by appointment for those who feel life is no longer worth living.

The Listening Place is somewhere individuals can talk openly about their feelings without being judged or being given advice. There is no 'drop-in' or helpline service. Online self referral form [MH, C](#)

MAYTREE RESPITE CENTRE

020 7263 7070

maytree.org.uk

maytree@maytree.org.uk

8am – 8pm (email/telephone support)

Maytree provides a one-off four-night stay for people who are in a suicidal crisis, with opportunity to talk, reflect and rest, subject to an assessment, in confidence and without judgement. *"Maytree house is no ordinary house. During their free 4 night, 5 day stay, our guests can explore their thoughts and feelings, and feel heard with compassion and without judgement."*

[MH, C](#)

MIND

0300 123 3393

www.mind.org.uk; info@mind.org.uk

Text SHOUT on 85258

Support for anyone experiencing a mental health problem.

[MH, AD, LA](#)

PROVIDENCE ROW

The Dellow Centre, 82 Wentworth Street E1 7SA

020 7375 0020;

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

Helps people of all backgrounds to an independent and fulfilled life away from homelessness & exclusion.

They address not only users' immediate needs, but also the underlying issues and causes of their homelessness and exclusion.

Download the timetable for their learning and wellbeing programme (<https://bit.ly/2FXNYor>).

Most of their facilities are step-free. Services in Romanian and Polish.

[MH, AC, BA, BS, CA, C, DW, ET, FF, F, IT, NE](#)

STOLL

446 Fulham Road SW6 1DT

020 7385 2110, <https://bit.ly/2tbLdaD>

Mon – Fri: 8am – 8pm,

Sat & Sun: 8am – 5pm

(drop-in alternative weeks - phone to check); Stoll is the leading provider of supported housing for ex-servicemen and women.

As well as housing, they provide life-changing support including employment training, advice, addiction services and health and wellbeing activities.

[MH, AH, AD, A, BA, CA, C, DA, DW, ET, MD, OW, TS](#)

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

REFUGEE SUPPORT

MUSLIM WOMEN'S HELPLINE

0800 999 5786, 07415 206939

mwnhelpline.co.uk

Mon – Fri: 10am – 4pm

C

NOTRE DAME REFUGEE CENTRE

16 Leicester Square, WC2H 7LE

020 7440 2668; notredamerc.org.uk

Drop-Ins: Mon & Thu 8:30am – 3:30pm

Advice Line only answered on Friday:

10:30am – 1:30pm

Immigration advice for refugees & asylum seekers.

LA

NO ACCOMMODATION NETWORK (NACCOM)

0161 706 0185, naccomm.org.uk/

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

AH

JOINT COUNCIL FOR THE WELFARE OF IMMIGRANTS

115 Old Street EC1V 9RT

020 7553 7470, bit.ly/1w4h8qY

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

AD, LA

OTHER NATIONALS

AZIZIYE MOSQUE

117-119 Stoke Newington Rd N16 8BU

020 7254 0046, bit.ly/201x7Rn

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

AH, AD, BA, C

BARKA UK (RECONNECTIONS PROJECT)

0207 275 7768, <http://bit.ly/1r1LCpo>

Monday-Friday: 9am-4pm (helpline – Polish, Russian, Romanian and English); Offers Eastern European rough sleepers the opportunity to return home. Help with obtaining passports & transportation. Also information on employment, benefits, NI, the law, organisations supporting CEE migrants. The helpline (0800 171 2926) is provided in Polish & English.

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

UPPER ROOM (ST SAVIOUR'S)

St Saviour's Church,

Cobbold Road W12 9LN

020 8740 5688, theupperroom.org.uk/

Services still conducted remotely. Provides a range of services for the homeless, vulnerable and excluded of west London. UR4Jobs is a drop-in project for A10 nationals and offers support in Polish, English, Romanian & Russian.

CA, CL, ET, FF, IT, OL

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OUR WEBSITE



EX-OFFENDERS

NATIONAL PRISONERS' FAMILIES HELPLINE

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

0808 808 2003

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/

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

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

FORWARD TRUST

020 3981 5525

orwardtrust.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/

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

[MH,AH,F](#)

TRINITY HOMELESS PROJECTS (UXBRIDGE)

Redford House, Redford Way, Uxbridge
TW3 1YW

020 8797 9500; 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/

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](#)