



*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](mailto: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](mailto:116000@missingpeople.org.uk), or you can send a letter to 'Freepost Missing People'.

Our helpline is also available for anyone who is missing, away from home or thinking of leaving. We can talk through your options, give you advice and support or pass a message to someone. 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*

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### 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](http://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](mailto: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.

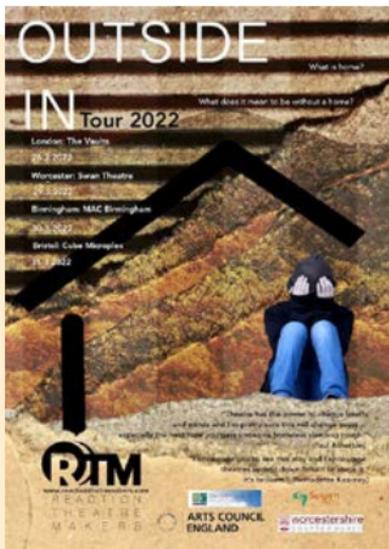
We also take a look at Groundswell's new Listen Up! hub, a new project amplifying homeless voices and their struggles with healthcare inequality. Flick to page 23 to learn more about it and how to get involved.

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](http://www.thepavement.org.uk/services)

**the Pavement team**  
[www.pavement.org.uk](http://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](http://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.”

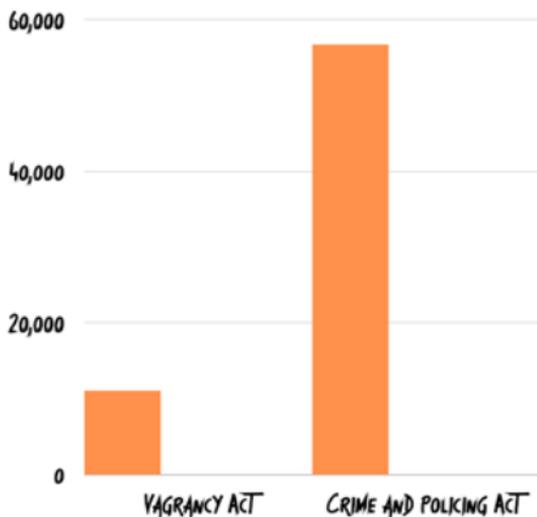
## Displace disgrace

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 for adult 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*.

TURN TO PAGES A – P  
FOR THE LIST OF SERVICES

## A cut above

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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

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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

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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

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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](http://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](mailto:info@refugenetworkinternational.com), or via our website.

**For more information on Refuge Network UK, visit their website: [refugenetworkinternational.com](http://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

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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

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## 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](mailto: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](https://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](http://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](http://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](http://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

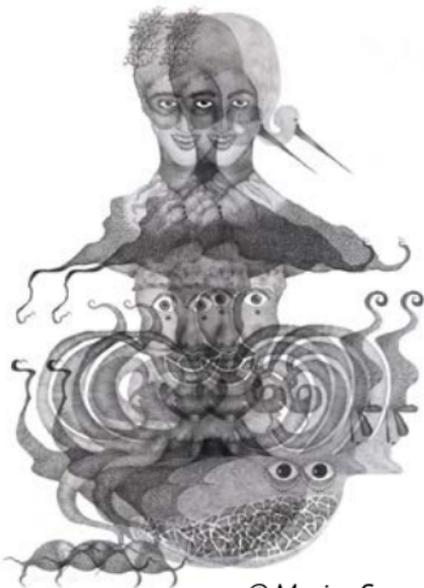
Here's a thought: why isn't there a scheme to have films featuring portrayals of homeless people pay into a fund for homeless charities? Writes *Chris Sampson*

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](mailto: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](http://www.shelter.org.uk)
- Tel: **0808 800 4444**  
(8am–8pm Monday – Friday,  
8am–5pm weekends)

**3. Citizens Advice Bureau**

- Web: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)
- Tel: **03444 111 444**

**If your application is rejected:**

- You should appeal the rejection if you think it is wrong. You have 21 days to do so.
- Shelter and Citizens Advice Bureau can help you with your appeal.

Visit [www.thepavement.org.uk](http://www.thepavement.org.uk) for a more detailed version of your housing rights in England and Scotland.

# Housing in Scotland: Your Rights

Call Shelter Scotland for free housing advice

9am – 5pm, Monday to Friday on **0808 800 4444**.

You may be able to make a homeless application with a local council. This is different from a housing options interview and from an application to the mainstream housing waiting list.

You have the right to temporary accommodation while the council considers your application. The council must notify you of its decision in writing.

**TELL US:** If you want to order more or less copies of *the Pavement* OR need to make a change to the list of services in the centre pages please use the contact details on p3. Thanks!

Make sure you read...

*the* **Pavement**

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



### KEY TO ALL SERVICES

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

Updates: [web@thepavement.org.uk](mailto:web@thepavement.org.uk)  
Compiled: March 2022

This is a partial list, tailored for this issue of *the Pavement*. Full list at [thepavement.org.uk/services.php](http://thepavement.org.uk/services.php)

### Are your details incorrect?

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

### FOOD

#### NEXTMEAL.CO.UK

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

Mobile phone app supporting homeless people showing where to find food. Search postcode, town or street.

*FF*

#### GLASGOW CITY MISSION

20 Crimea Street, Glasgow G2 8PW

0141 221 2630; [glasgowcitymission.com](http://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: 13:30 – 16:15pm

Providing a full meal. Ninety per cent of residents are over 40.

*FF*

#### BALVICAR STREET

Balvicar St, Glasgow, G42 8QU

Thurs: 7pm – 9pm

Soup run every week.

*FF*

## CARRUBBERS CHRISTIAN CENTRE

65 High St, Edinburgh EH1 1SR  
0131 556 2626; [www.carrubbers.org](http://www.carrubbers.org)  
Tue: 5:30 – 6:30pm; Sundays: 9am  
Soul Food or Carrubbers serve free food at the Carrubbers Café.

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](http://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](http://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](http://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](http://social-bite.co.uk)  
Mon – Fri: 2 – 3pm  
Free food take-away.

FF

## SOCIAL BITE (UNION ST)

516 Union St, Aberdeen AB10 1TT  
0131 353 0250  
[social-bite.co.uk](http://social-bite.co.uk)  
Mon – Fri: 2 – 3pm  
Free take-away.

FF

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

**STEPS TO HOPE**

07949 838 666 (24/7)

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

Phone-line open all time

Mondays: 6pm

(at St Cuthberts, 5 Lothian Rd, EH1 2EP)

Tue &amp; 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](http://www.woodlandscommunity.org.uk)

Wednesdays: 10am – 6pm

Free seasonal fruit &amp; veg box

Sundays: 1 – 4pm

Garden volunteering sessions

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

AH, F, BA, FF, LA, MD

**DAY CENTRES****GLASGOW CITY MISSION**

20 Crimea Street, Glasgow G2 8PW

0141 221 2630; [glasgowcitymission.com](http://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

**NIDDRY ST WELLBEING CENTRE**

25 Niddry Street, Edinburgh EH1 1LG

0131 523 1060, <https://bit.ly/31J2IyL>

Mon – Fri: 9:45am – 1pm

Wellbeing Centre open for breakfast,  
lunch, showering and laundry facilities.

Mon 10am: Mindfulness (20mins)

Mon 1pm: Women of Worth Group

Tue 10am & Thur 1pm: Here and Now  
(Psycho/social/spiritual help)

Thur 2pm: Move, Breathe, Relax

Fri 1:30pm: Movie club

Also offers pool competitions, digital  
support and volunteering opportunities.

AD, BA, BS, BE, CL, FF, F, L, MS

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



## ROCK TRUST (ALBANY ST)

55 Albany St, Edinburgh EH1 3QY  
0345 222 1425

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

Mon – Fri: 9am – 1pm (drop in)  
Advises, educates and supports young people. Enables them to build the personal skills and resources required to make a positive and healthy transition to adulthood, while avoiding or moving on from homelessness. Not SF.

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

## STREETWORK CRISIS CENTRE

22 Holyrood Road, Edinburgh EH8 8AF  
0808 178 2323 (24/7 helpline)

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

Mon – Fri: 7am – 8pm (drop-in)  
Sat & Sun: 9am – 5pm (drop-in)  
Open 365 days a year to support anyone in Edinburgh who does not have a safe place to sleep. Though their Holyrood Hub and helpline, they advise, refer and support people to access the services they need to resolve their situation.

*AH, BA, BS, CA, DA, IT, L, LS, MS, OL, OW, SF, AD*

## THE MARIE TRUST

32 Midland Street,  
Glasgow G1 4PR  
0141 221 0169 (option 2),  
[www.themarietrust.org](http://www.themarietrust.org)

Monday – Friday: 7:30pm – 11pm  
(food collection); Day service for people affected by homelessness/poverty. Offers low-cost breakfast and lunch, as well as a range of classes and activities. Call for activities.

Most services currently suspended - Free food available on weeknights.

*AC, BA, BS, BE, CA, CL, C, F, FC, MS, OL, OW, TS*

## THE SALVATION ARMY (EAST ADAM STREET)

1 East Adam Street,  
Edinburgh EH8 9TF

0131 667 4313,  
<http://bit.ly/2JCw9eW>

Wednesday: 7 – 9:15pm (choir & band practice)

Thursday: 10am – 1pm (debt & employability drop-in)

Friday: 12:30pm – 12:30pm (fortnightly lunch club)

Friendly church. Weekly job club and fortnightly lunch club - call for details.

*AH, A, BA, CL, ET, FF, F, SF*

## Are your details incorrect?

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

**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*

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

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

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



## LGBTIQ+

### BREATHING SPACE SCOTLAND

0800 83 85 87; [breathingspace.scot](http://breathingspace.scot)  
 Mon – Thurs: 6pm – 2am; Friday –  
 Sunday: 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](http://each.education/homophobic-transphobic-helpline)  
 Mon – Fri: 9:00am – 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, use  
 the online form 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](http://www.erc.scot)  
 Mon – Sun: 5pm – midnight (helpline)  
 Free and confidential emotional and  
 practical support and information to  
 women, all members of the transgender  
 community. Young people aged 12–18  
 who live in Edinburgh and the Lothians  
 and have experienced sexual violence  
 can get help via the STAR project on  
**star@erc.scot**. Text: **07537 410 027**

*AD, C*

### EQUALITY NETWORK

[www.equality-network.org](http://www.equality-network.org);  
 0131 467 6039  
 A leading national charity working for  
 lesbian, gay, bisexual, transgender and  
 intersex (LGBTI) equality and  
 human rights in Scotland.  
 Run events, 1-2-1 support groups and  
 produce guidance.

*C, OL*

### GALOP

[www.galop.org.uk](http://www.galop.org.uk);  
 020 7704 2040 (Hate Crime Helpline)  
 Mon – Tue: 10am – 4pm  
**0800 999 5428** (Domestic Abuse Help)  
 Mon, Tue & Fri: 10am – 5pm  
 Wed & Thur: 10am – 8pm  
 The LGBT+ anti-violence charity.  
 Offers support for LGBTQ+ people  
 experiencing hate crime,  
 sexual violence or transphobia.  
 Online chat and free helpline available.

*AH, AD, C, MS, LA*

### LGBT HELPLINE SCOTLAND

[www.lgbthealth.org.uk](http://www.lgbthealth.org.uk);  
**helpline@lgbthealth.org.uk**  
**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	<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

**LGBT YOUTH SCOTLAND**

[www.lgbtyouth.org.uk](http://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

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

08088 01 03 02

07537 410 027 (text)

Mon – Sun: 5pm – 12midnight

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**

0800 0502020 (freephone)

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

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](http://switchboard.lgbt)

Mon – Sun: 10am – 10pm (helpline)

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

Supports people who have had problems with the police or have questions about the criminal justice system. Bereavement help also.

Phone, message via website or email [chris@switchboard.lgbt](mailto:chris@switchboard.lgbt).

*LA, AD, MH*

*FC* Foot care  
*IT* Internet access  
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*LA* Legal advice  
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*SH* Sexual health  
*TS* Tenancy support

FULL LIST  
AVAILABLE ON  
OUR WEBSITE



## MENTAL HEALTH

### ADVOCARD

0808 196 3525; [advocard.org.uk](http://advocard.org.uk)  
[advocacysupport@advocard.org.uk](mailto: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.

Can self-refer on website.

Text: 07920 207 564

[AD, MH, SF](#)

### BREATHING SPACE SCOTLAND

0800 83 85 87; [breathingspace.scot](http://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](http://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](http://www.gamh.org.uk)

Mon – Thur: 9am – 5pm

Fri: 9am – 4:30pm

Emotional and practical support, information and advice for homeless people with mental health problems. 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](http://health-in-mind.org.uk)

Monday – Thursday: 9am – 5pm

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

[MH, AH, AD, C, TS, AC, ET](#)

### HELP FOR DEPRESSION

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

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

[MH](#)

### HEARING VOICES NETWORK

[www.hearing-voices.org](http://www.hearing-voices.org)

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

[MH, C](#)

### HUNTER STREET HOMELESS HEALTH SERVICE

55 Hunter Street, Glasgow, G4 0UP

0141 553 2801

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

Mon – Fri: 2 – 4pm (GP service)

1: 30– 4pm (Addiction team)

9:30am – 12:30pm (Nursing team)

1:30 – 4pm (Nursing team)

Located in the Gallowgate area.

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

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

Mon – Fri: 9am – 6pm

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

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

Legal support: 0300 466 6463;

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

*MH, AD, LA*

## NHS INFORM - SCOTLAND

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

Online health information service.

*MS, MH*

## NATIONAL SELF-HARM NETWORK

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

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

A supportive and understanding forum.

*C, MH*

## PENUMBRA

57 Albion Rd, Edinburgh EH7 5QY

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

*MH, A, C, D, TS*

## QUARRIERS ('WHAT IF' PROJECT FOR MEN)

0141 638 5170, <https://bit.ly/3nyILWP>

Monday – Sunday: Open 24 hours

Supports young men (18-25) with complex needs wherever they are - hospital, prison, B&B or other homeless accommodation. They don't exclude or give up on anyone. Young people receive housing & therapeutic support (access to counselling etc).

*MH, AD, A, C, DW, MS, OW*

## SAMARITANS

Helpline: 116 123 (24hrs, 365days)

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

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

*C, MH*

## SANE (NATIONAL)

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

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

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

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*

KEY	<i>A</i> Alcohol workers	<i>B</i> Barber	<i>CA</i> Careers advice	<i>EF</i> Ex-forces
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		<i>C</i> Counselling	<i>DT</i> Dentist	<i>FF</i> Free food

**SUPPORT IN MIND SCOTLAND**

0300 323 1545

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

*Our purpose is to make sure that no one has to face mental ill health alone and to improve the quality of life for anyone affected by poor mental health or illness including family members friends and supporters.*

**MH****TALBOT ASSOCIATION (RIVERSIDE PROJECT)**892 Govan Road,  
Glasgow G51 3AF

0141 440 2633

Support and accommodation for men and women (18+) with mental health and/or alcohol issues.

**MH, AH, A, MS****SURVIVORS OF BEREAVEMENT BY SUICIDE (NATIONAL)**

0300 111 5065;

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

Mon – Sun: 9am – 9pm

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

**AD****THE SALVATION ARMY (WALLACE OF CAMPSIE HOUSE)**30 East Campbell Street,  
Glasgow G1 5DT0141 552 4301; <http://bit.ly/2GIOvyV>

Monday – Sunday: Open 24 hrs

Purpose-built resettlement accommodation to enable residents to regain control of their lives.

Average stay is six to 18 months.

**MH, AH, AD, BA, BS, BE, CL, DA, DT, ET, LF, MS, OL****THE SANDYFORD INITIATIVE**2-6 Sandyford Place, Sauchiehall Street,  
Glasgow, G3 7NB0141 211 8130; [www.sandyford.scot](http://www.sandyford.scot)

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

Emergency contraception and rape/assault services.

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

**MH, AD, C, DW, FC, MS, NE, OL****YOUNG MINDS (NATIONAL)**

Text 85258 (24/7 support)

[www.youngminds.org.uk/young-person/find-help](http://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.

**AD, MH, MS**

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

**LS** Luggage storage  
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**TS** Tenancy support

FULL LIST  
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## RECOVERY

### BETHANY CHRISTIAN TRUST

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

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

Supports individuals and families to help them tackle long-term homelessness problems including addictions, debt, lack of furniture, unemployment and social isolation. 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](http://www.cascotland.org.uk)

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

*C*

### CROSSREACH (RANKEILLOR INITIATIVE - 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*

### CROSSREACH MOVE ON (WHITEINCH - GLASGOW)

0/5, 13 Victoria Park Drive South, Whiteinch, Glasgow  
G14 9RN

0141 959 5069;

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

Mon – Fri: 8am – 10pm;

Sat & Sun: 9am – 5pm;

Phone first for referral or 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 SCOTLAND

0800 7314 314; [drinkaware.co.uk](http://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 (24/7)

[talktofrank.com](http://talktofrank.com)

Comprehensive and honest information about drugs online.

Find local drug treatment centres

Message us through the website in confidence.

Text: 82111

*DW*

KEY

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housing advice

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*DT* Dentist

*EF* Ex-forces

*EO* Ex-offenders

*ET* Education/training

*F* Food

*FF* Free food

**GLASGOW COUNCIL ON ALCOHOL**

14 North Claremont St, Glasgow G3 7LE  
0141 353 1800;

[www.glasgowcouncilonalcohol.org](http://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](http://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*

**KNOW THE SCORE**

0800 587 5879, <http://bit.ly/18PZAVr>  
Monday-Sunday: 8am-11pm (helpline);  
Free confidential 24-hour drugs information helpline and good online advice for people in Scotland.

*DW*

**NARCOTICS ANONYMOUS (NA)**

0300 999 1212

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

Helpline open 10am – midnight.

*D*

**PARKHEAD ADDICTION RECOVERY CAFÉ (PARC)**

The Nazarene Church, 12-14 Burgher Street, Parkhead, Glasgow G31 4TB  
0141 556 3951, <http://bit.ly/2Gkoznh>  
Wednesday: 12pm-4:30pm; Recovery meeting, ORT and Acu-Detox, massage, pool & table tennis, good value meals and tea/coffee for 20p.

*F, A, DW, LF, AC*

**PHOENIX FUTURES SCOTLAND**

0141 336 4272, <http://bit.ly/2UnqIYQ>

'Recovery through Nature' connects service users with nature to work on conservation projects in settings across Scotland. Info: [john.deeney@phoenix-futures.org.uk](mailto:john.deeney@phoenix-futures.org.uk) 'Building Futures N Lanarkshire' (self- or agency-referral - [lanarkshire.communities@phoenix-futures.org.uk](mailto:lanarkshire.communities@phoenix-futures.org.uk)) and 'Scottish Residential Services' ([scottish.residential@phoenix-futures.org.uk](mailto:scottish.residential@phoenix-futures.org.uk)): peer support, group work, counselling & leisure activities.

*C, A, DW, ET, LF*

*FC* Foot care  
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## SCOTTISH FAMILIES AFFECTED BY ALCOHOL & DRUGS

08080 10 10 11; [www.sfad.org.uk](http://www.sfad.org.uk)  
Mon – Fri: 9am – 11pm (helpline).  
Sat & Sun: helpline callback service  
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](mailto:helpline@sfad.org.uk)  
**C**

## SECOND CHANCE PROJECT

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

## SMART RECOVERY

[smartrecovery.org.uk/online-meetings](http://smartrecovery.org.uk/online-meetings)  
Zoom meetings listed on the website.  
Call backs 9am – 5pm. Email: [support@smartrecovery.org.uk](mailto: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. Tea and coffee. Recovery meeting, activities, counselling, meditation.  
**A, DW, LF, F, FF, IT, C**

## 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**

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

## 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 chat through website

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

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

The Quadrangle, 59 Ruchill Street,  
Glasgow G20 9PX

0808 178 5901

<https://bit.ly/2P9nxSS>

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

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

Call the helpline or chat through website

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

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

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

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

FULL LIST  
AVAILABLE ON  
OUR WEBSITE



## REFUGEE SUPPORT

### POSITIVE ACTION IN HOUSING

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

[www.paih.org](http://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](mailto: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](mailto:enquiries@southside-ha.co.uk)

for more information.

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

### SCOTTISH REFUGEE COUNCIL

[www.scottishrefugeecouncil.org.uk](http://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](http://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](#)