



the **Pavement**

The free magazine for homeless people

Issue 138: Practical advice
June – July 2022

Missing



Anthony Stammers

May marks Anthony's 10th missing year. Anthony disappeared from Colchester, Essex, on 27 May 2012, aged 27 at the time.

Anthony, 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.



Anghel Arpad Hamza

We reappeal for any sightings of Anghel. He was last seen in Hounslow, London, on 24 August 2020, aged 43 at the time.

Anghel, 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 Anthony or Anghel, 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**

TURN TO PAGES A – P
FOR THE LIST OF SERVICES

Cover: Thank you to Mark McGowan, aka the Artist Taxi Driver, for sending in this brilliant watercolour titled *You are my sunset*. Mark is famed for his popular YouTube channel, where he discusses the news. He is also, evidently, a supremely talented artist. Check out more of his work on Instagram: [@the_artist_taxidriver](https://www.instagram.com/the_artist_taxidriver)
© Mark McGowan

The Pavement magazine

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Dying homeless: On 31 March 2022, a crowd gathered on Whitehall, opposite Downing Street, London, to peacefully observe a vigil for people who died experiencing homelessness in 2021. The vigil was organised by the Museum of Homelessness, falling on the day it released figures for homeless deaths in England in 2021, as part of its Dying Homeless project. According to the Museum of Homelessness, which unearths figures and data using Freedom of Information requests, 1,286 people died whilst experiencing homelessness in England last year. The figure is more than likely an underestimate. The 1,286 deaths represent an 80% increase in the last two years. "Government neglect means things keep getting worse with new provision for mental health, addiction and social housing failing to make up for previous cuts," said Jess Turtle, co-founder of the Museum of Homelessness.

- Visit the **Dying Homeless Project page to learn more:** [dying-homeless.museumofhomelessness.org](https://www.museumofhomelessness.org/dying-homeless)

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

Practical effects

This issue of *the Pavement* takes on a simple, important theme: Practical advice. Many of *the Pavement's* writers have experienced homelessness themselves. And something that continually crops up in writers' meetings is how we can produce simple, useful advice in the magazine. Something that they would have wanted to read when they were experiencing homelessness.

Whether it's something for the day-to-day, or something that can help longer-term, we've included a series of articles in this magazine offering advice and carrying on the solutions-based journalism training many of our writers have had.

Our special feature on page 12 features a guide on opening and managing a bank account, by new writer Liat Fainman. Meanwhile, solutions-based journalism-trained reporter Sheryle Thomas has the second half of her interview with the executive director of Refuge Network UK, which provides a helpful street kitchen service in London, on page 23.

Elsewhere there's plenty of practical advice to take or leave as you please. We have all the latest on the up and down journey of the Vagrancy Act's belated repeal (which has now turned into a replacement) on page 27. There's also all of the regular news, views, cartoons and the List of services in the centre pages.

the Pavement team

Hats off: Well done to all involved in Shelter's *Wherever I Lay My Hat* project. The exhibition saw seven designers and artists collaborate with Shelter service users to tell their unique stories through hat designs. The *Wherever I Lay My Hat* project took place during London Craft Week in mid-May and was held at Shelter's Kings Cross store.

The service users had experience of homelessness and used creativity to explore and share their individual stories.

- Follow the *Wherever I Lay My Hat* project on Instagram: [@lay_my_hat_](https://www.instagram.com/lay_my_hat_)



A Karen Henriksen design on display at the *Wherever I Lay My Hat* project. © Shelter

Room to spare

Walsall-based Rupy Kahlon understands what it's like to live in insecure housing. Some decades ago she was forced to flee an abusive relationship with her two young children, ending up in a women's refuge until she found her feet. She managed to go on to attend university and form a safe and comfortable life for her and her family. Once her children moved out, she decided to use her spare rooms to help other young adults going

through periods of upheaval. She told *the Guardian* she can empathise with people arriving to her spare rooms with "only a few bags of belongings," as she has been there herself. Since partnering with the YMCA's supported lodgings scheme, she has helped 15 young adults find their feet through offering a safe place to sleep and life guidance.

- See what services the YMCA offers on its website at: www.ymca.org.uk

£6 million

spent by Westminster City Council on the now infamous 'Marble Arch Mound', a 25-metre-high lump of earth and scaffolding dumped at Marble Arch, offering visitors a view of the traffic on Park Lane

£660,000

cost to the council of dismantling the mound, completed in April, reports the *Evening Standard*.

187

people sleeping rough on one night in Westminster, tallied in November 2021 national street count.



© Single Homeless Project

Coffee break: The Invisible Coffee Company (ICC) was launched in February, raising funds for London-based homeless charity Single Homeless Project. To announce the launch ICC sold ‘invisible coffee’ from a kitted-out Tuk Tuk in Kings Cross. Baristas sold empty cups to customers for £3 a pop, with the proceeds of each sale going to the Single Homeless Project. The ICC was created by the Single Homeless Project and ad agency CPB. ICC has now moved online, where reusable cups and assorted merchandise can be bought to raise funds for the Single Homeless Project.

- Visit the Invisible Coffee Company’s website here: invisiblecoffee.co.uk

Short changed

A proposed “managed migration” of millions of people claiming benefits on to universal credit has been criticised by a group of charities. Under Department for Work and Pensions (DWP) plans, everyone on some form of benefit, be it income-related benefit, jobseekers’ allowance or tax credits, will have

their benefit replaced by universal credit. The planned “migration” will take up to two years and was due to start in May, according to the *Observer*. A group of charities including Mind, The Trussell Trust, Shelter and Disability Rights UK have warned in an open letter to the DWP that the move “risks pushing many of them into destitution.”



Team effort: A number of organisations in Cambridgeshire have teamed up to deliver six new homes for people experiencing homelessness. Social enterprise Places for People Living Plus – working in partnership with Fenland District Council, charities Allia, The Ferry Project, and New Meaning Foundation – successfully applied for the government’s Rough Sleeping Accommodation Programme to help fund the project, completing the development in March 2022. The new homes were built using modern methods of construction by local people who have previously been homeless or are unemployed and at risk of homelessness.

Prison broke

Analysis of Ministry of Justice data by the *i* has found 12.8% of women leaving prison in the year 2020-2021 were released into homelessness. A staggering independent report into the largest women’s prison in the UK – namely HMP Bronzefield – found

that 65% of women were being released without safe, sustainable accommodation to go to. In a May report HM Inspectorate of Prisons said staffing cuts had created weaknesses in release planning.

Dublin dispatch

Data revealed by Freedom of Information in Ireland shows 115 homeless people died in **Dublin** in 2021. According to the *Irish Examiner*, the figure stands at more than double the number of deaths recorded in 2019. "It is important to establish the facts concerning the circumstances involved, and that a response is based on the best knowledge and evidence available," a spokesperson for the Department of Housing said. Dublin Regional Homeless Executive informed city councillors in late February that there were currently 6,707 people experiencing homelessness in the capital.

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Act II

There has been a twist in the government's belated action on the Vagrancy Act. The previous issue of *the Pavement* reported the government was set to ditch the much-maligned bill. Alas, the act has remarkably, and inexplicably, been given the opportunity to reinvent itself, with the government announcing in April it would open a consultation on replacing the bill, rather than scrapping it. The consultation period on replacing the Vagrancy Act ended on 5 May. In its consultation document, the government asks for views on "potential penalties for harmful begging," and states the consultation will influence new legislation to "respond effectively to begging."

- [Read Bronagh's report on the Vagrancy Act on page 27](#)

£6 billion world's richest man Elon Musk offered to the UN last year if they could provide a detailed plan to alleviate world hunger, according to *CNN*.

1 executive summary produced by the UN's World Food Programme in November 2021, explaining how the \$6bn would be put to use.

£44 billion amount Musk offered to purchase the social media platform Twitter in April, by which point he had not responded to the UN's plan to alleviate world hunger.

Marginal pains

Scotland's Minister for Drugs Policy, Angela Constance, has apologised to people who have not been able to access support for alcohol and drug addictions. Constance was speaking to *The Ferret* and admitted that people had been "let down" by addiction services. In 2020 Scotland had 1,339 drug related deaths and 1,190 people died due to alcohol. *The Ferret's* story was part of a wider project involving citizen journalists who have direct experience of addiction, homelessness or mental health issues. The team co-produced a documentary with the BBC – *From the Margins* – focusing on addiction, homelessness and poverty.

- ***From the Margins* first aired on BBC One on 28 March and is now available on BBC iPlayer**

Talking cap

Ahead of local elections in **Edinburgh** in May, the SNP pledged to introduce rent caps in the city. Edinburgh SNP made the promise in April as it sought re-election to lead the city council. According to *The Herald*, private rents in the capital have increased by 45.9% since 2010, with the estimated average cost of a two-bedroom flat a staggering £1,111 per month. The plans would see Edinburgh City Council be the first local authority in Scotland to implement rent controls.

Refugees wronged

Ukrainian refugees arriving in Scotland have started presenting as homeless to local authorities, following difficulties in securing suitable accommodation. MSPs on the Constitution, Europe, External Affairs and Culture Committee heard from a variety of local authority representatives in late April, who described a rise in Ukrainian refugees having their placements "break down," and there being "a lack of space to accommodate them," reports the *Independent*. Neil Gray, the minister with special responsibility for Ukrainian refugees arriving in Scotland, told MSPs that he had received "anecdotal evidence" of some people having to return to Ukraine from Scotland because of delays to visa processing.

Getting shirty

Rangers footballer Kemar Roofe has auctioned off the top he wore during a hat-trick display against St Mirren in April. Roofe was raising money for the homeless charity **Emmaus Glasgow**. The fundraiser was set up on 13 April and, by the time *the Pavement* went to print, had raised more than £5,200, having initially set a goal of raising £5,000. Back of the net!

- **Find out more about Emmaus Glasgow and its services here: emmausglasgow.org.uk**

80 people died experiencing homelessness in **Glasgow** in 2021, according to the Museum of Homelessness (MoH). A 142% rise in the number of deaths in the city since 2020, when MoH reported 33 deaths.

22 people died experiencing homelessness in **Edinburgh** in 2021, as reported in the MoH Dying Homeless Project. A rise on the 16 deaths in the capital in 2020.

£52.5 million

pledged to “rapid rehousing transition plans,” to combat homeless deaths, housing secretary Shona Robison told the *Daily Record* in April.

Order order

Inside Housing reported in May that the Court of Session – Scotland’s highest civil court – rejected **Glasgow** City Council’s claim that it does not have an “absolute” duty to find suitable temporary accommodation for homeless households due to its finite resources. The court reiterated that local authorities, under the 2014 Order (updated in May 2020), have a legal obligation to provide accommodation suitable for occupation by a homeless household.

TURN TO PAGES A – P
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Funding fumble

More than 1,500 children are in temporary accommodation in **Edinburgh**, with 5,147 people presenting as homeless to their local authority in the capital, according to the *Edinburgh Evening News*. The newspaper also reports Edinburgh missed out on £9.3m in government funding to spend on homelessness services. Edinburgh missed out on the funding because the city council designs and implements its own strategy to tackle homelessness, instead of the city’s integration joint board, which oversees health and social care. Glasgow, on the other hand, did qualify for additional government funding, as its own integration joint board is responsible for tackling homelessness in the city. ■

Banking basics

Having a bank account can be pretty handy. Our writer takes a look at a scheme run by HSBC for people experiencing homelessness to open a bank account – and also provides some standard tips on bank accounts. *By Liat Fainman*

A bank account can provide a safe and secure space for you to store whatever cash you have on hand. You will still be able to access it anytime you wish, but you eliminate the risk of having it stolen or lost while on the streets or in temporary housing. Having a bank account also lays the foundation for financial stability in other aspects of your life. For example, a lot of jobs or benefit schemes will need your bank details in order to transfer your weekly or monthly earnings and renters typically prefer, if not require, direct payments from your bank account. Finally, as you continue to progress towards independence, your bank account will serve as a useful tool to prove your identity and financial history, which can eventually help you borrow money in the future. If those sound like good reasons, then you can use the following information to help you open your first (or next) bank account.

In terms of banks, HSBC has a special service specifically for the homeless called No Fixed Address. This initiative allows people living on the streets or with impermanent

homes to open a bank account. In order to get started, you will first need to get in touch with a local charity specialising in homelessness. There are hundreds of partners across the UK. Examples of London-based charities include: Centrepoin, LookAhead, SaferLondon, Crisis, and The Salvation Army. Once you have contacted the charity, you will need to fill out a brief referral form to clarify your situation. Following that, the charity partner will arrange an appointment at your local HSBC to open an account. Finally, after your appointment, HSBC will send your banking information and bank card directly to the charity for you to pick up.

Once you have an account, what are some basics you should know?

Let us start off with some helpful vocabulary. There are two different types of accounts you can set up – a current account and a savings account. A current account is where you put money you use every day to pay for necessities like groceries or rent, whereas a savings account is where you store money that you do not need straight away. When you

keep money in a savings account, the bank will reward you with small amounts of additional money called interest. For example, if you keep £100 in your savings account for the year, the bank would pay you around 0.05% on top of that, meaning you would end with £105. So, the more money you keep in your savings account, the more money you will earn. On the other hand, if you decide to borrow money from the bank, then you will owe them interest in addition to the original amount you borrowed. Because of this, it is very important that you only borrow money when you absolutely need to and have a plan in place to pay the bank back. Your HSBC branch will be able to give you one-on-one guidance as to borrowing best practices.

The last piece of critical information to know is how to put in and take money out of your account. To do this, you will need two things: your bank card and your PIN number. Your bank card will be delivered to your charity partner as the final step in setting up your bank account. It will be a physical card, called a debit card, with your name on it. Your PIN number is a secret four-digit number combination you will decide on when you have your appointment with HSBC. To store money in your account, you can go to any bank branch or HSBC ATM located in your area, insert your bank

Product placement



© Tricky
Period

Tricky Period provides free sanitary and period products to anybody who needs them. Check out the List of services in the centre pages of the magazine for distribution hubs in London.

In Scotland, the Period Products Bill was voted through in 2021. The act ensures free access to period products is provided by local authorities. Contact your local authority to find where they are distributed.

card, enter your PIN number, and insert cash in the machine. To take out cash, you will once again find a branch or ATM, insert your card, select the “withdraw” option, and choose the amount you want. You can only take out as much money as you have in your account. For more information, reach out to your charity partner or HSBC. With that, you will be taking your first steps towards better managing your finances. ■

Path to prevention

Policy and Participation Manager of the Scottish homeless charity Cyrenians discusses a consultation on possible new homeless prevention legislation in Scotland. By *Viki Fox*

The Scottish Government and the Convention of Scottish Local Authorities' (COSLA) consultation on the 'Prevention of Homelessness Duties' closed on 31 March 2022. Although those experiencing homelessness in Scotland have some additional rights to other parts of the UK, such as having no 'priority need' test, the hope is that this new legislation will bring Scotland more in-line with England and Wales who already have homeless prevention legislation.

The consultation came about due to an increased priority to develop wide-reaching prevention duties, as recommended by the Homelessness and Rough Sleeping Action Group (HARSAG). Off the back of this, the Prevention Review Group (PRG) was set up with a group of people who have lived and frontline experience of homelessness working alongside the Prevention Commission (PC). The recommendations made by the two groups were published in early 2021 in the document *Preventing Homelessness in Scotland* and this was the framework used in the consultation.

The aims of this consultation were to strengthen housing rights,

improve joint working, increase positive outcomes for individuals and families and ensure consistency in delivery across services in Scotland, whilst recognising local circumstances. Legal changes will be included in the upcoming Housing Bill, which is expected next year. Key proposals include a duty to "ask and act" about homelessness on all public bodies, including prisons and schools, extending the timescale for prevention assistance from 56 days to six months, and an ability for local authorities to discharge their duty into non-traditional housing types, such as a return to the family home.

Cyrenians asked frontline workers and those with lived experience of homelessness about these proposals, and found that the changes would be positive in preventing homelessness if correctly implemented. But in order to do this, significant funding and resourcing needs to be in place, including significant in-depth training and support for all frontline staff. Frontline services including local authority and public bodies are struggling with long waiting times and capacity pressures. The Frontline Network's survey at the

In a nutshell

- Consultation on new legislation for homeless prevention in Scotland closed on 31 March
- Any new legislation will be factored into the 2023 Housing Bill
- Key proposals include a duty to “ask and act” about homelessness on all public bodies, including prisons and schools
- Viki argues that for any legislation to work positively, the correct resources need to be made available.

end of last year showed that 46 % of frontline workers in Scotland found the resources available to prevent homelessness were “low” or “very low”. And 64 % of participants found it “difficult” or “very difficult” to access accommodation for those they support.

Another key concern is the availability of affordable property. There is a huge demand for properties in areas in Scotland such as Edinburgh, so Local Housing Allowance (LHA) rates should be in-line with market rents. Some 73 % of frontline workers stated that they found it “very difficult” or “difficult” to find private landlords willing to let to LHA claimants, and 72 % found it “very difficult” or “difficult” to find private rented accommodation generally. In all, 67 % were extremely concerned about the risks of their clients needing to choose between housing costs and other basic necessities. Also, many under 35s

are only entitled to the Shared Accommodation rate, making private letting in some areas near impossible. Choice and control was a key theme that came up throughout Cyrenians’ discussions, but without having accommodation available to suit households needs, the choice can be extremely limited.

Having been through homelessness myself on several occasions, I think that if the proposals are implemented correctly, involving people with lived and frontline experience of homelessness at all stages, they have the potential to make a difference to some. For any legal change to be meaningful it is crucial that the correct resources need to be in place, and that individuals are aware of and can exercise their rights in practice.

- **To find out more about the work Cyrenians does, visit its website: [cyrenians.scot](https://www.cyrenians.scot)**



"WHEN IT COMES TO THE HOMELESS NOBODY
NEEDS MORE ADVICE THAN YOU LOT!"



“If you start to feel starving, can you change and join the back of the other queue behind me...”

Covid-19 Continues

Groundswell shares its latest health update on the importance of keeping safe from Covid-19

How to stay safe

Below are some simple yet very effective ways of reducing the spread and harm of Covid-19:

- The Covid-19 vaccine is free and is the best way to protect yourself and others from getting seriously ill or dying from Covid-19
- Opening windows when indoors and with people can help minimise the risk of transmission of Covid-19
- Wearing a face covering in crowded or enclosed spaces also reduces the risk of spreading the virus
- Try to avoid mixing with people if you are experiencing Covid-19 symptoms. Symptoms include:
 - A continuous cough
 - High temperature, fever, or chills
 - A change to your sense of smell or taste
 - Unexplained tiredness or lack of energy
 - Muscle aches or pains
 - Headache, sore throat, lack of appetite or being sick
- Test for Covid-19 if you experience symptoms
- Free tests may be available in hostels, day centres and some health services
- If you test positive for Covid-19 try to avoid contact with other people for at least five days

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.



The good news

- As of May 2022 the situation in the UK is improved immunity among the population, no lockdowns and an availability of vaccines
- Vaccine uptake has increased immunity to Covid-19
- Both the Covid-19 vaccine and tests to check if you have the virus are free
- GPs can provide healthcare advice, they are free to use and you don't need an address to sign up

Reality check

Covid-19 hasn't gone away, and it may never go away. Over the coming years we may see a rise in infections as new variants of the virus develop. Covid-19 vaccines can protect you and others from the virus.

- Adults are entitled to three vaccine doses
- The first dose gives you some protection from the virus
- The second dose increases this protection
- The third dose – or booster dose – improves protection against more recent variants of the virus
- You can get vaccinated at a walk-in site, or by booking an appointment online. Search “get a Covid-19 vaccine”
- A visiting vaccination service may come to your accommodation or visit a local service
- You can also call 119 free of charge to book a Covid-19 vaccination appointment

Groundswell has translated its latest health advice leaflet into Amharic, Arabic, Polish, Romanian and Tigrinya. To read PDF versions of the translations or to view the leaflet in its original English, visit the Groundswell website at: groundswell.org.uk/all-resources/coronavirus



Access denied

Drawing on his own experience of homelessness and feeling disconnected to the wider world, deputy editor *Mat Amp* outlines the need for free, open access to the internet for all

When the Department for Work and Pensions (DWP) announced its digital strategy in 2012, they declared they were going to push their service into the 21st century.

“Our working-age users in particular need to be confident online to compete in the modern labour market. Many jobs are now only advertised online and most vacancies require digital skills, putting those who are digitally excluded at a disadvantage.” Trumpeted the press release.

But many of us still didn't have those skills by the time the DWP ripped the public use phones out their job centres in 2014. To add insult, they introduced a premium line 0800 number as the only means of contacting a human being, which had severe consequences for some of us.

After losing my own home around this time, I moved into a friend's spare room. My rent was staving off a repossession order on his flat – at least it was until I was sanctioned for being two minutes late to sign on.

After my giro didn't turn up in my account, I fed 18 quid's worth of shrapnel into a public pay phone whilst waiting for contact with a human being. In the past that issue

In a nutshell

- Being connected to the internet is becoming increasingly vital to access services and cultural information
- Public libraries often provide access to the internet for free
- If you are looking for services but don't have access to the internet, check out the list in the centre pages for freephone contact details of numerous local services.

would have been resolved there and then but instead I was made to wait for a decision. In the meantime, my rent was suspended, my friend defaulted on his mortgage and a repossession order was triggered on his flat. He lost his home, and I became homeless.

At the time, it seemed everyone in the world was increasing their online presence as my actual presence was evaporating. I became numb to cope with the emotional torment – a stumbling, stuttering, insecure version of myself, groping around for a crumb of self-belief in a torrent of rage, despair and insecurity.

As my days on the street continued into the winter, I started to get really tired but it wasn't until later that I discovered that I had developed severe anaemia as the result of a diet that consisted mainly of heroin and very little else. It was kind of funny when you consider that, along with a couple of mates, I was stealing 120 quid's worth of red meat a day and selling it to pensioners in the local pub.

Pensioners loving their meat is something I learned from being homeless, paying 60p on the pound for fresh beef, hot off the shelves. If I'd have managed to eat one of those steaks a week it would have probably staved off the anaemia. There was no deficiency of irony in my iron deficiency, you could say.

It's like the frontal lobotomy remix of Jimmy Cliff's classic *I can see clearly now my brain has gone*. As I became more disconnected from mainstream life, I would tell myself that it was what I wanted. Admitting otherwise would have given me an aneurysm.

I began to accept this new reality because I had become completely disconnected by this point. I had an extortionate pay-as-you-go shitty ten quid burner phone that had the capacity to store no more than 10 40-word texts at a time. I had no access to the net by any means and the shame I felt at the situation I was in meant I stayed away from my

real friends in the real world.

To find my way into any sort of recovery I needed a smartphone and a decent data package. Without this essential tool of modern life, any bridge to recovery from the unholy triumvirate of addiction, mental health issues and homelessness was effectively burnt.

A decent internet connection should no longer be a privilege in countries that are this far into the technical revolution. Everyone should be given the hardware and data to access the internet with training for adults made freely available.

This idea was forced into the public consciousness during the pandemic.

Song Bac Toh writes in *Forbes*: "As hard as the pandemic has been for many, imagine trying to survive it without internet access. When access to information is vital [to stay alive]... it puts new emphasis on the importance of the internet and staying connected... all of this means that those without internet access are significantly disadvantaged, similar to not having access to electricity in times gone by."

For people experiencing homelessness, access to information was a matter of survival long before the pandemic and will continue to be once the Covid-19 dust has settled. Benefit applications, where to get a meal, opportunities, and news. ▶



Thanks to Michelle Christopher for this textural work titled *Turtle Island*. Follow Michelle on Instagram at:

[@michelle_abstract_works](#)

© Michelle Christopher

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▶ If you don't feel connected it becomes harder and harder to recover as you drift to the margins.

And when I get on my soap box and start banging on about the importance of ensuring that people experiencing homeless have access to the internet, it goes way deeper than just practical information. The internet also gives people access to news, knowledge, and culture. If you know what is going on in the world you are more likely to find your way back to it.

The Universal Declaration of Human Rights states that: "Everyone has the right to freely participate in the cultural life of the community, to enjoy the arts and to share in the scientific advancement of its benefits."

For those people who can't afford

to go to live gigs, the theatre or the cinema, the internet offers a massive window to the cultural world and one that costs relatively little to access. With so much information and culture freely available online we should be giving everybody access to the internet as an inalienable right.

It would cost relatively very little in the short term to make sure that people experiencing financial hardship have access to a smartphone and the internet to stop us drifting further towards the margins. In the long run it would save a fortune.

It is a testimony to the stubborn nature of humans that instead we cling to blatant misinformation and allow punitive austerity measures that keep the poorest of us disconnected. ■

Network news

Read a couple of extra answers from the co-founder of Refuge Network UK, Charles Gimoh, our interview guest from last issue. Refuge Network UK tackles poverty in the UK and runs a number of outreach services for people experiencing homelessness.

Interview by *Sheryle Thomas*

ST: Does Refuge Network UK run soup kitchens?

Charles Gimoh (CG): We are primarily an economic and social rights nonprofit working to combat different manifestations of poverty, including homelessness and hunger. Our food programme is one strand of our poverty alleviation and community support work, which is both local and international. It was after seeing the precarious condition of homeless people, rough sleepers, refugees and disadvantaged members of the community during the pandemic lockdown in 2020, that we decided to develop a long-term support programme to help out. Our UK feeding initiative has rapidly evolved into what it is today as a direct response to the hunger, suffering and deprivation occasioned by the Covid-19 situation.

ST: Your website says you also provide advice to rough sleepers?

CG: Information dissemination is a key component of our work. When you inform people, you empower them to make informed decisions capable of improving and ultimately transforming their lives. We aim to improve access to food, health, work, and housing through the information and advice we provide. In addition to our informative rights-centred research papers, some of which are available online, we also signpost rough sleepers to various services. Recently we started handing out leaflets as part of our advisory support initiative.

- Find out more about Refuge Network UK on the Refuge Network International website: refugenetworkinternational.com

- Refuge Network UK operates a street kitchen service in central London. It runs from 1pm every Saturday outside the Zimbabwean embassy on Agar Street
- Streets Kitchen also provides food outreach in numerous London locations. See the List for times and locations of Streets Kitchen and other food outreach services

Down the rabbit hole

Things can get overwhelming on this big rock called Earth, particularly when experiencing homelessness and mental health issues. Our writer sees where systems need improving, and shares tips on how to step back and move forward in life. *By Leon Eckford*

Welcome to Wonderland, where my quest for knowledge leaves me endlessly searching for new ideas, innovation and existing research on understanding the fabric of my reality and how I navigate it in practical terms.

If I peer into the looking glass, I think I'm trying to understand the brain, what makes us human and how we manage our self during the ultimate Willy Wonka golden ticket that is life. This is a personal journey, just as a disclaimer. You can only live your journey, so this offering is through my tiny slither of perception in what is a rather large universe.

When I think of the journey through the rabbit hole, I look externally, I see fear and panic beamed at me on 24 hour news, if I want it. I've got YouTube telling me what I like and what I don't like. Facebook feeds my negativity and my cute cat video cravings. I've got Amazon Prime, Gorilla food deliveries, I can work from home, where I can fill my head constantly to avoid the underlying existential crises. I'm talking war, sex, lies and betrayal in politics, pending cost of living crisis, no affordable housing, corrupt officiating, essential services

Feeling lost?

Leon's piece touches on loneliness, isolation and mental health. Support is available to you if your mental health is suffering.

- **Mental health charity Mind operates in England and Wales. Talk to them for free on 0300 123 3393**
- **In Scotland, Breathing Space are here to talk and listen. Phone them for free on 0800 83 85 87**

cuts and, and, and, and... Television is the opium of the masses, said someone a lot smarter than me.

Is society merely a collection of social norms which we abuse and use to our own advantage dependent on where we are born? Have I created my own personal tea party, where I'm both the King and Queen of Hearts engaged in just about manageable chaos, in the face of crippling existential fear? Yes, we're going deep. I'm asking myself, directly. With no answer in place.

For me, I manage my mental health specific to this external

content by generally disengaging with it all. I've deleted my social media, hardly watch TV and only check sports highlights on YouTube. Your brain processes this content and you have to manage an emotional response. As a consequence, if your content is negative, the emotion is going to match.

Internally, my rabbit hole is pretty much the same as yours. I experience grief and loss, growth and development, love and harmony but also guilt, sadness, regret, hope, inspiration and the complete gambit of emotions that we all go through. It's a tough ask, and the only thing that separates me from people I work with in my homeless outreach work is I've got enough coping mechanisms, enough support around me to walk through life without fear and anxiety suffocating me completely.

We all adopt depressive states and hyper sensitive reactions from time to time, whether it be having a panic attack at losing the keys, or engaging in shouting matches on the morning commute. Anybody who doesn't know what anxiety feels like is telling you lies. On an individual level, the statistics around mental health in England are notoriously incomplete, unreported and generally really difficult to get an accurate handle on. The numbers are in and the evidence is clear: nobody really has

a clue about how many people are actually untreated, undiagnosed and walking about unwell.

There are some really concerning patterns around rising suicides across the board, with a spike in under 25s adding to this, suicidal thoughts reporting increasing, self-harming rising and a wider conversation developing around personality disorder and schizophrenia diagnosis, causing real concern from a research and treatment perspective.

On the streets of Tower Hamlets, we see untreated disorders every day. A constant stream of undiagnosed individuals lost in gaps between substance misuse treatment and consistent mental health treatment.

Live clean, eat correctly, engage in physical activity, find meaning in your days, reconnect with nature, nurture your support networks and your close relationships and remember to lift your head and look at the stars. Talk to people you don't know, pay kindness forward, love your neighbours and let's try to foster an environment of compassion, love and genuine connectivity.

And also, we need to accept that we're in a unique situation as one human being, being part of a seven-billion-plus strong species on a planet circling a star. If you genuinely think about that, it's a mad rabbit hole.



Dark to light

In low moments it's easy to feel like your head is about to go under. But here is a story on staying afloat, keeping the hope, and taking support when it's offered. By *Charlie Radbourne*

You stand there in the dark. It engulfs you, its lure pulls you further in. It's almost intoxicating, its pain becomes the norm. It smothers you like a blanket.

Then you get a sense of someone close to you, you feel a hand brush your side, you reach out and grab that hand, you hold on tight. You feel yourself being pulled forward, one foot after another, one step leading to another step.

In the distance you catch a glimmer of light, but you still look back into the darkness, its lure almost impossible to ignore, like being on a band that's reached its tension point and is pulling you back.

You've still got a tight grip on that hand and it's still pulling you forward, you fight to keep the steps going forward. Your hand is getting sweaty, you feel your grip loosen, but you know you must not let go.

You look forward, you see light breaking out all across the horizon, the light becomes brighter, causing you to screw your eyes closed, to return to the darkness you know so well, but you still hold that hand, you're still moving forward. The light



© Faranaz

starts to penetrate your eyelids, you open them to see the light grow brighter.

You look around and all you see is devastation and destruction, a wasteland. No matter how bright the light gets, there are always shadows where the darkness lies in wait, almost beckoning you in, you resist.

In the distance you see a utopia, no destruction, people walking around carefree (bastards). You try to carry on walking towards it.

When it's dark, that is all there is.

When the light shines, there are always shadows and crevices nurturing the dark.

Talk. Engage. When you see that hand reaching out to you, grab it. ■

Vagrancy second act

Earlier this year the government announced it would be repealing the Vagrancy Act. Fast forward a couple of months and the Vagrancy Act will instead be “replaced”. Read an update from *Bronagh Sheridan*

For nearly 200 years, people in England and Wales who are homeless or beg have faced the threat of being fined in accordance with the Vagrancy Act. This archaic law allows police officers to serve fines of up to £1,000 to those found to be asking for money or simply rough sleeping. In 2020, nearly 600 people were prosecuted under this act.

Organisations and charities dedicated to homelessness issues, such as Crisis, have long campaigned to scrap the law. The argument for getting rid of the law is simple – people experiencing homelessness and poverty should be supported, not punished.

Thanks to campaigning efforts and a growing societal pressure against the rising levels of poverty and subsequent homelessness, the government announced earlier this year it would repeal the law.

The announcement of the repeal was initially welcomed by homeless charities and their supporters, for seemingly putting a stop to the unfair prosecution of vulnerable people. But soon after the repeal announcement came the opening of a consultation of what will replace

this law. The *Big Issue* said that it shouldn't be replaced, but scrapped entirely. However, it is understood that replacement legislation will be included in the new Police, Crime, Courts and Sentencing Bill. As it currently stands, the bill already holds legislation that will continue to discriminate against rough sleepers.

Part four of the bill covers laws around “unauthorised encampments”, turning trespassing from a civil to criminal offence. This will directly target Roma, Gypsy and Traveller people as they could be arrested and their vehicles (which for many are their homes) confiscated – all as a result of not stopping in one of the very few areas designated for them. This part of the bill will also affect rough sleepers as well as the growing numbers of people living in their cars.

The government closed consultations on the Vagrancy Act replacement at the beginning of May, and there is hope that the responses will show that simply removing these laws instead of replacing them will not only be more desirable, but more aligned to the government's own commitments to ending homelessness. ■

The Homelessness Awards

Join our correspondent for a run-down of some of the contenders at the Homelessness Awards. A satire by *Chris Sampson*

When they're not harassing female colleagues or watching porn in the House of Commons, British Members of Parliament often spare a thought for homelessness...and how to increase it.

And so we join our panel of down and outs on the once-red-but-now-scabby-pink carpet found in a skip on the decidedly non-glittering streets of London for this year's Homelessness Awards, the annual ceremony where we discover which government department has done most to increase the number of people forced into rough sleeping during the last 12 months.

The hot favourite is, as ever, the Department of Work and Pensions. Cutting benefits and still leaving people without money for weeks when they're forced to apply for Universal Credit – despite it being the 21st century, and it could all be done at the click of a computer mouse. What a dazzling future the founders of the welfare state in the 1940s might have expected!

Another contender is the NHS. Cutbacks on mental health services always increase the chance of having to sleep rough, and this year is no exception.

Then there's the Department of Housing, obs. Now called

the Department of Levelling Up, Communities and Housing, it could be called Department of Jeremiah Plum for all I know. The point is, the charity Crisis estimates that 227,000 people are without a home, despite there being almost 250,000 empty properties in the UK. But no one in government has done the maths, sadly.

Maybe the Home Office model might help to solve the crisis? It's in-no-way-fascistic/bonkers plan to send asylum seekers to Rwanda could be adapted: if only Putin hadn't invaded Ukraine, Britain's homeless could have been shipped off to Russia's gulag archipelago...

Hey, ho. So there we have some of this year's contenders for the Homelessness Awards.

And the winner? Why, it's the Department of Inadequacy and Irresponsibility, rumoured to be a certain haystack-haired Prime Minister's new favourite branch of government. ■

***The Pavement* is constantly on the lookout for new content and ideas. If you have some writing, whether satire or serious, get in touch with the editor over email at editor@thepavement.org.uk**

Writing rhymes

Written in fluid rhyming couplets, enjoy this by take on the harsh reality facing many on the streets. By *Ant Mac*

Stories of the street

by Ant Mac

In concrete slumber a bed was made,
The cardboard sheet that turned a page,
A corner stand to hide or sit,
The bend in roads were dimly lit.

Newspaper stained with blood, tears or wine,
Help comfort fears and pass the time,
Torn plastic bags dare to stop the rain,
The cold night pressed to fight again.

And fight in vain to stem the flow,
As voices drift to faint echoes,
To take control when souls are weak,
A shadowed past that's hard to speak.

The faded coat that hides the bruise,
The sock-less feet that wear old shoes,
The loose worn hat that barely fits,
I push the pen and bite my lip.

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 MEATS IN TROUBLE.

BUT I'M ONLY SQUATTING A POLICE STATION WITH MY HONEY BADGERS!



EARLIER..

MEAT LEAVES THE HONEY BADGERS UNSUPERVISED.

MAYBE NOT A GOOD IDEA

YOU LOT WILL BE GOOD WHILE I SLEEP?



YEAH! I SWEAR!!

LOUD MUSIC WAKES MEAT.

YAWN

THERE'S A NEW BADGER SOUND SYSTEM & PIRATE RADIO STATION IN THE POLICE STATION..... OH DEAR.....



BAD BADGER FM



ROKSOPH 2022

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

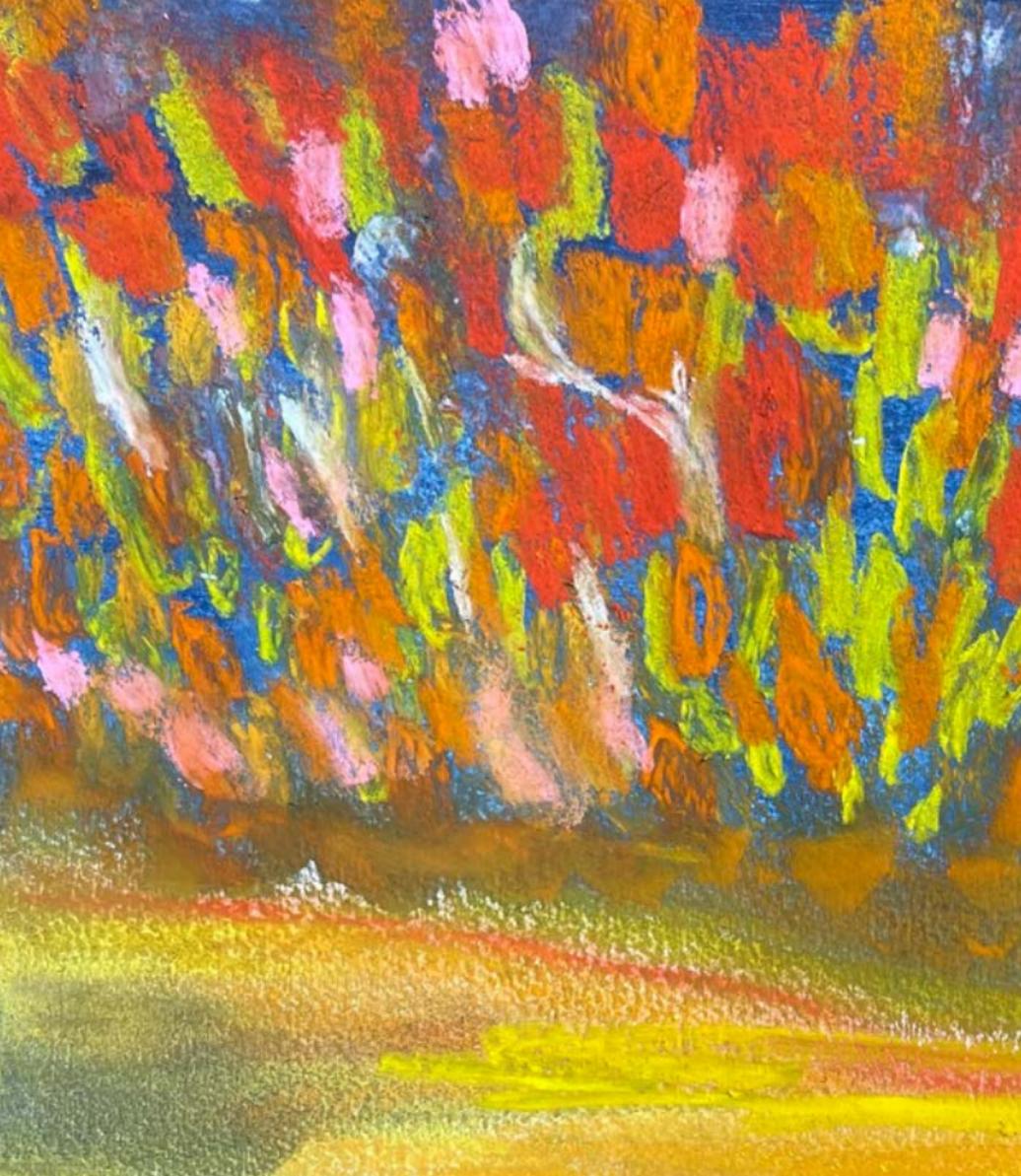
Call Shelter Scotland for free housing advice

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



London List

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: May 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

ADVICE & SUPPORT

ALONE IN LONDON FOR YOUNG PEOPLE (DEPAUL)

0207 278 4224

uk.depaulcharity.org/london-get-help

Mon – Fri: 9am – 5pm. Advice and support for 16 to 25 year olds.

Free housing advice, family mediation and counselling for 11 to 25 year olds.

[AH, AD, CA, C, ET, MH](#)

FRANK

0300 123 6600, www.talktofrank.com

Mon – Fri: : 2pm – 6pm (live chat); Drug advice for young people. Or text: 82111

[AD, C, DW, OL](#)

STREET STORAGE

07932 830 440

Tottenham Court Road: Wednesday,

9am-12pm. Haggerston: Mon – Fri,

11am-3pm. Free, safe, flexible storage of belongings including documents for anyone experiencing homelessness.

THE TRICKY PERIOD PROJECT

www.trickyperiod.com/pick-up-points/
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.

[MH](#)

www.thepavement.org.uk/services.php **A**

YOUNG PEOPLE

CAMPAIGN AGAINST LIVING MISERABLY (CALM)

0800 58 58 58, <https://www.thecalzone.net/help/get-help/>
Helpline and webchat open 5pm – midnight.

MH, MS, C

GROUNDSWELL HOMELESS HEALTH PEER

Canterbury Court, 1-3 Brixton Road, London, SW9 6DE
0207 725 2851; groundswell.org.uk
Mon – Fri: 9am – 5pm (appointments)
Peer advocates support homeless people to access healthcare, inc with health/mental health appointments and with getting support from community mental health teams, social services, therapy-based services, etc.

MH, AD, ET, OW

NEW HORIZON YOUTH CENTRE

68 Chalton Street NW1 1JR
020 7388 5560, nhyouthcentre.org.uk/
Monday: 2pm – 3:30pm

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.

Our day centre is currently open on Mondays, Wednesdays and Fridays between 10:30am and 3.30pm.

MH, AH, AD, A, BA, BS, CA, CL, DW, ET, FF, IT, LF, MS, OL, OW

OFF CENTRE

Unit 7: The Textile Building, 29a – 31a Chatham Place, London, E9 6FJ
020 8986 4016;
<http://bit.ly/1osHBVf>

Due to the current situation around Coronavirus (COVID-19), there will be no face-to-face groups or services.

Call or email for further information: OffCentre@family-action.org.uk
Counselling, therapy, advocacy, advice and psychosocial service for young people aged 11 – 25 who live, work or study in Hackney.

Services are free, confidential and aimed at helping Hackney's young people to have greater control over emotional and practical issues including sexuality; bereavement; violence; depression; accommodation; college; stress; abuse; family breakdown; self-harm; anger; neglect; identity and more.

C

THE YOUTH HUB

Postal address only: Office 7,
35-37 Ludgate Hill EC4M 7JN
0203 283 8616,
theyouthhub.co.uk/

Mon – Fri: : 9am – 5pm;
Central hub connecting teens, young adults, employers, training providers and charities to each other.

Their aim is to reduce poverty and increase employment across the UK. Please use contact form on website or call.

CA, ET

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

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

ACE OF CLUBS

St Alphonsus Rd, Clapham SW4 7AS
020 7720 2811

<http://bit.ly/1B0VMJY>

Mon – Fri: 12pm – 2.30pm; Lunch.

AH, B, BA, BS, BE, CL, ET, F, MS, OL

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: 11am – 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

07719828267; jct.charity

by appointment only, please call.
Help with: accommodation needs, showers & clothing, benefits & immigration advice, healthcare referrals, and signposting to other agencies.

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
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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

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

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

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

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

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



WOMEN

BENCH OUTREACH

14 New King Street, Deptford SE8 3HS

020 8694 7740

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

Thursday: 1pm-4pm (SHE); SHE (Support, Help, Empowerment) is a weekly drop-in session offering advice to homeless and vulnerable women in a safe, female-only space.

AH, BA, FF, LF, OL, TS

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.

MH, A, DW, ET, MD, C, MS

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 MARGINS PROJECT

19b Compton Terrace N1 2UN

020 7704 9050

www.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

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	<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

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

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

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
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



POSITIVE EAST

159 Mile End Road, 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 please call 0300 500 0914

or email clients@passage.org.uk

Our employment project, supporting homeless people into the hospitality industry provides training via a ten week introductory course, covering all aspects from front-of-house to catering.

[MH, AH, A, BA, CA, CL, DW, ET, F, FC, IT, MS, TS](#)

SPECTRA CIC

St Charles Centre, Exmoor Street,
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)

Here to listen.

Everything is confidential.

All our volunteers self-define as LGBT+

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 available.

[LA, AD, MH](#)

Are your details incorrect?

Please send changes to:

web@thepavement.org.uk

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

MENTAL HEALTH

BRENT MIND (BELIEVE IN US GROUP)

1b Dyne Road NW6 7XG
0207 604 5190 / 0207 604 5164,
<https://bit.ly/2HXTqI>
Monday: 2pm-4pm; If you have experience of paranoid or unusual beliefs and are interested in joining this group, you can self-refer or get professionals who support you (support worker, care coordinator or GP etc) to refer you. Open to anyone in Brent. Visit website, email or phone.

MH

CAMDEN HEALTH IMPROVEMENT PRACTICE (HAMPSTEAD ROAD)

108 Hampstead Road, NW1 2LS
020 3182 4200; chip@nhs.net
Mon, Wed & Thurs: 9am – 4:30pm
Tues 10:30am – 4:30pm, Fri 9am – 4pm
Due to Covid-19, please phone first unless impossible to do so. For people sleeping out or in hostels.

MH, BA, BS, CL, DT, FC, MH, NE, OW

CARITAS ANCHOR HOUSE

81 Barking Rd, Canning Town, E16 4HB
0207 476 6062;
www.caritasanchorhouse.org.uk
Opening times: 24/7
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

CLAPTON COMMUNITY DROP-IN

Round Chapel Old School Rooms,
Powerscroft Road, E5 OPU
020 8533 9676
coordinator.claptondropin@gmail.com
<https://theroundchapel.org.uk/projects/clapton-community-drop-in>
Sundays and Wednesdays
Help to access services, particularly in relation to housing, benefits, JobCentre. The Job Club is for anyone wanting support with maintaining their benefits, with support to access Universal Job Match, write a CV and apply for jobs. For info about peer support for women or mental health support, phone or check the website.

MH, BA, CA, FF, OL, LA, EO

CLEAN BREAK

2 Patshull Road, NW5 2LB
020 7482 8600;
www.cleanbreak.org.uk/about
Mon: 11am – 1pm
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.

MH, A, D, ET, MD, C, MH

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

COMBAT STRESS

Tyrwhitt Hse, Oaklawn Rd, Leatherhead
KT22 0BX

www.combatstress.org.uk/
combat.stress@rethink.org

Our 24/7 Helpline **0800 138 1619**
remains available to all veterans and
their families for confidential mental
health advice and support.

(via helpline, text
07537 404 719 or email)
Help with PTSD. Residential treatment
and community outreach.

MH, AD, C, OL

COORDINATE MY CARE (CMC)

The Royal Marsden NHS Foundation
Trust, Fulham Road; SW3 6JJ
020 7811 8513;

www.coordinatemycare.co.uk
Mon – Fri: 9am – 5pm

You will only join the CMC service and
have a CMC plan once you have given
your consent. An urgent care plan will
list your wishes and care preferences,
and includes practical information
(where you keep medicines, or who to
contact in an emergency, for example).

AD, MH

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)
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

FC Foot care
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L Laundry
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NE Needle exchange

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FULL LIST
AVAILABLE ON
OUR WEBSITE



GREAT CHAPEL ST MEDICAL CTR

4th Floor, Soho Centre for Health,
1 Frith Street, Soho, London, W1D 3HZ
020 7437 9360

greatchapelst.org.uk

Mon–Fri: 9am–5pm (appts. from 10am)

Mon, Tue, Thu: 10am–12:30pm (doctor)

Mon–Fri: 2pm–4:30pm (doctor)

Mon & Fri: 10am–12:30pm (alcohol & mental health nurse) Currently unfilled

Mon, Tue, Thur, Fri: 2pm–4:30pm

(drugs, alcohol & mental health nurse)

Currently unfilled

Mon & Fri: 10am–12pm (counselling telephone based appt; appointment at other times)

Tue & Fri: 2pm–4:30pm (counselling telephone based appt)

Fri: 9:30am–12:30pm (podiatry by appointment)

Tue & Fri: 10am–5pm (dental service – call for telephone triage)

Primary healthcare for homeless people plus drug/alcohol and mental health nurse. And other drop-in services.

MH, AH, AD, A, C, D, FC, MH

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

LISTENING PLACE

3 Meade Mews SW1P 4EG

020 3906 7676

www.listeningplace.org.uk/

Saturday–Thursday: 9:15am–7:45pm;

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. Please complete self-Self referral form online.

We offer ongoing, face-to-face listening appointments that can make a real difference to the lives of many people who are feeling suicidal.

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

KEY

A Alcohol workers

AC Art classes

AD Advocacy

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D Drugs workers

DA Debt advice

DT Dentist

EF Ex-forces

EO Ex-offenders

ET Education/training

F Food

FF Free food

MARYLEBONE CENTER (CHURCH ARMY)

1-5 Cosway St, NW1 5NR
0203 959 1444

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

We provide 112 long- and short-term beds to homeless women and offer essential facilities and support to women who visit our rough sleeper's drop-in at the Marylebone Centre.

[BS, CA, CL, ET, FF, IT, L, LS, MS, MD, SH, TS, SF, LF](#)

MIND

0300 123 3393

www.mind.org.uk, info@mind.org.uk

Text SHOUT on 85258

Legal line: 0300 466 6463

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 (<http://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](#)

VETERANS AID

40 Buckingham Palace Road, Victoria
SW1W 0RE

020 7828 2468

<http://bit.ly/1qnjco6>

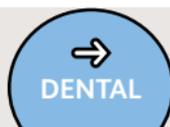
Monday-Thursday: 8:30am-3:30pm (helpline); Friday: 8:30am-1:30pm; Free helpline: 0800 012 68 67. On your first visit, staff will assess your problems so the right specialist help can be arranged. All our activities revolve around helping ex-servicemen and women in crisis. Immediate actions might be provision of food, new clothing and shelter. Subsequent interventions might involve prolonged periods of counselling, drink/drug rehabilitation and medical treatment.

[MH, AH, AD, A, BA, CA, CL, C, DW, ET, MS, OL, OW, LA](#)

FC Foot care
IT Internet access
L Laundry
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TS Tenancy support



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

erving food and access to a shower.

A warm and welcoming environment.

MH, AH, 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.

BS

MARGINS PROJECT

19b Compton Terrace N1 2UN

020 7704 9050, unionchapel.org.uk

Monday & Wednesday: 11am – 2pm;

Showers, clothes, food.

Advice on health, housing & legal issues.

AH, BS, DA, F, LA, C

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

SPIRES CENTRE

8 Tooting Bec Gardens SW16 1RB

020 8696 0943, <http://bit.ly/FrCQf>

Clothing, showers and healthcare. Also

breakfast between 9 and 11am

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

12 slots throughout the morning.

FF, BS

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, Thurs: 7pm dinner - limited

availability; tickets Monday at 1:30pm.

FF, BS

KEY
A Alcohol workers
AC Art classes
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D Drugs workers
DA Debt advice
DT Dentist

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

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 Wednesday.

*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****ACE OF CLUBS**

St Alphonsus Rd, Clapham SW4 7AS

020 7720 2811

www.aceofclubs.org.uk

NHS Dental Van: every Wednesday (for
rough sleepers and people with NRPF).

*DT***ACTON HOMELESS CONCERN**

Emmaus House, 1 Berrymead Gardens,

Acton, London W3 8AA

020 8992 5768

<http://bit.ly/1rY49Ay>

Monday – Friday: 9am–12pm

Call for the times of their wide range of
services.

*AH, A, B, BA, CL, C, DT, DW, F, FC, MS***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>*DT***COMMUNITY DENTAL SERVICES**

0203 286 4186

facebook.com/CommunityDentalServices/?ref=page_internal

Complete the 'enquiry' page online.

Dental services available for rough
sleepers in London and UK.

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

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AVAILABLE ON
OUR WEBSITE



GUY'S HOSPITAL EMERGENCY DENTAL SERVICES

23rd Fl, Tower Wing, Thomas Street
SE1 9RT

020 7188 7236

bit.ly/2SPruMn

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

KING'S DENTAL INSTITUTE

Bessemer Road, Denmark Hill SE5 9RS

0203 299 9000

<https://bit.ly/2aZpDA0>

Mon – Fri: : 8:30am – 12:30pm;

Walk-in service - first come, first served.
Patients queue from 7am.

DT

NHS 111

For dental emergencies call NHS 111

EYECARE

VISION CARE (LONDON SITES)

0203 286 4186

visioncarecharity.org/

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