



the Pavement

The free magazine for homeless people

Issue 139: Creativity
August – September 2022

Missing



Loc Thi Bui

Loc Thi Bui disappeared from Lewisham, London, on 14 March 2020. She was 14 at the time of her disappearance.

Loc Thi, 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.



John Upton

John Upton was last seen in Camberley, Surrey, on 1 April 2018. He was 59 at the time of his disappearance.

John, call our free and 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 Loc Thi Bui or John, 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: This issue's cover is a work titled *Two workers* by the artist John Murphy. Murphy is a member of *Homeless Diamonds*, an art magazine for homeless people. Read about *Homeless Diamonds* and its new partnership with *the Pavement* on page 4. You can also read poetry by our cover artist on page 28.

© John Murphy

The Pavement magazine

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© Homeless Diamonds

Diamonds in the rough: this issue of *the Pavement* features some incredible work from members of *Homeless Diamonds*, a magazine printing art and writing from people with lived experience of homelessness. We'll be working with *Homeless Diamonds* to feature more of its members on our pages, and to invite our readers to get involved with the magazine.

Jen Burnham from *Homeless Diamonds* has the run-down on the magazine: "*Homeless Diamonds* magazine had a modest beginning in 2007 when residents participating in art and writing groups at St Mungo's in Kings Cross decided to put their work together in a booklet. With neighbouring hostels this became a regular production, and it continues today, three time per year, as a free arts magazine within St Mungo's Recovery College. Everything is contributed voluntarily and willingly – we are immensely proud of *Homeless Diamonds*, and proud to begin a new collaboration with *the Pavement*.

- Visit the *Homeless Diamonds* website here:
homelessdiamonds.org.uk

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

Creative control

Readers of *the Pavement* are well aware of the immense talent and creative energy so many homeless people have. The magazine has been fortunate enough to publish innumerable artworks, photography, poetry, prose and many other forms of creative writing since we first went to print in 2005.

This issue's theme celebrates the creative brilliance of our contributors, and seeks to appeal to our readers' creative curiosity. After all, everyone has the creative faculty. Every stage of humanity's story has been marked and enriched by creativity, ingenuity and art. From cave paintings through to that guy who paints the chewing gum on north London's pavements, humans have always enjoyed being creative.

You can enjoy some creative writing brilliance from satire-specialist Chris Sampson on page 24. Deputy editor Mat Amp has long combined creativity with gritty realism and real journalism, and you can read his gonzo column on page 18. And *the Pavement's* blossoming poetry page can be seen in all its glory on page 28.

Elsewhere there are the regular news, views and cartoons, as well as the List of services in the centre pages of the magazine. We hope you enjoy the read, and feel emboldened to get creative.

***the Pavement* team**
www.pavement.org.uk



Accumulate's Utopia exhibition on opening night, July © *the Pavement*

Congratulations to everyone involved in Accumulate's latest project, *Utopia, A New World for Everyone*. The exhibition, being held at One Crown Place, near Moorgate and Liverpool St, London, features architectural models, visual arts and creative writing by young people with lived experience of homelessness.

People involved in the project worked with architects from the AHMM firm, as well as creative arts tutors and practitioners, to learn new skills and develop their creativity. The Accumulate group worked on the project from April to June this year, with the Utopia show featuring their work opening in July.

Learn more about the Utopia exhibition, and how to get involved with Accumulate projects on its website: accumulate.org.uk

World Cup woes

This year's FIFA World Cup being held in **Qatar** this winter has courted controversy and outrage for a number of reasons. Now, *Middle East Eye (MEE)* has revealed residents of the emirate are being priced out, and even evicted, as accommodation shortage has rocketed rents. Foreign residents in Doha, the capital, are seeing their rent exponentially increase, and even have their tenancy contracts outright cancelled. *MEE* has received numerous reports of aggressive landlords squeezing tenants out in order to further hike rental prices in the lead up to the World Cup, which kicks off in November.

Amnesty obstacles

Human rights organisation Amnesty International UK launched its 2022 report into homelessness in England at the start of June. The report, titled *An Obstacle Course*, outlines Amnesty UK's stance that every person has the right to a safe and stable home. Among the report's recommendations is a call for the Department of Levelling up, Housing and Communities to recognise and incorporate the right to adequate housing in domestic law, policy and practice. Amnesty is also calling for Local Housing Allowance to be "immediately adjusted" to reflect rising rents.

- You can read the full report here: <https://bit.ly/3z5DNbL>

Brummie baths

Three friends in **Birmingham** are opening a mobile shower unit for homeless people in the city. Don Russell, Bruce Loudon and Ewen Kinneir teamed up with London-based ShowerBox to run the project. The *BBC* reports the shower will be available for use over the summer, open once a week in the grounds of St Philip's Cathedral. The trio ran the 10km Great Birmingham Run in early May to raise funds for the project.

- For more information about ShowerBox, including London opening times, visit their website here: showerbox.org

Honour roll

The founder of homeless charity Hope into Action, Edward Walker, received an MBE at the Queen's birthday honours, reports the *BBC*. The homeless charity was set up by Walker and his wife more than 10 years ago with the ambition of housing people who are homeless. They purchased the charity's first house through savings, and since then have gone on to partner with churches and other organisations. The charity now houses 315 people across 20 towns and cities in the UK.



© Jack Wiseall

Play on: A new play about homelessness premiered in Bristol's The Wardrobe Theatre in June, ahead of a series of shows scheduled for the Edinburgh Fringe festival in August. Suspension Theatre CIC's new production tells a patchwork of stories from the homeless community in Bristol. The play's script uses real words from real people in the homeless community, sharing stories that are funny, sad, painful and poignant. The play, titled *Sugar?*, has been produced in partnership with the Bristol homeless charities Billy Chip and 1625 Independent people. *Sugar?* will be performed at the Greenside venue during the Edinburgh Fringe festival from 8–13 and 15–20 August.

Pilot success

Since December, domestic abuse victims sleeping rough in Birmingham have been helped under a £3.7m government pilot scheme, which is offering temporary accommodation alongside specialised support. One of the women helped by the scheme spoke to the BBC, saying that she left an abusive relationship with "one

small bag" and found herself rough sleeping as a result of it. Thanks to the help of this scheme, run in partnership with Trident Reach, she was able to get the support she needed and was "made to feel safe," away from the abusive relationship. Joanne Spence, from Trident Reach, said the pilot scheme is invaluable, and without the service "people would be at much greater risk from their perpetrators."



The Canvas cafe in Tower Hamlets. © The Canvas

Café crowdfunder: A social enterprise cafe in east London faces closure as the cost of living crisis bites. The Canvas, located in Tower Hamlets, gives free meals to homeless people and refugees, but has had to launch a crowdfunding effort to raise £100,000 following a drop in donations and sales. The Canvas's founder, Ruth Rogers, outlined the cafe's sales problems to the *Guardian*: "April was 5% down on March and May is looking like 15% down on April. This feels like a direct impact of the cost of living issues people are facing." The social enterprise enables free meals to be offered to homeless people by asking paying customers to "pay it forward," adding the cost of a drink, snack or meal to their order "for someone who might not be able to afford their own."

Private rent paper

The government finally published its long-delayed fairer private rented sector white paper in June. The white paper will outlaw no-fault evictions and barring tenants on benefits in England, in a much-needed crackdown on exploitative and unprincipled private landlords. The *Guardian* notes no-fault evictions – a practice allowing landlords to provide no reason for serving their tenants an eviction notice, leaving renters with only two months to find a new home – are currently the leading cause of homelessness in England. Optimism around the white paper was tempered by the inclusion of new no-fault grounds. As Alicia Kennedy, the director of Generation Rent, explained, “the new proposed ‘no fault’ grounds allow landlords to evict tenants to sell, or to move a family in. A renter could be evicted every eight months due to no fault of their own.”

System failure

Concerns are growing for Ukrainians who have entered as refugees in the UK under the Homes for Ukraine scheme, as charities, such as Opora, fear that many will be left homeless once their placement or schemes end. The scheme has allowed people in the UK to sponsor a Ukrainian person or family by housing them

and helping them to settle into the community. Many of the families are planning to or have started the process of renting within the private housing sector. Worryingly, among these are instances where people are being refused housing contracts based on their inability to produce records proving earnings or reference checks. According to accounts from Opora, some people looking to rent have been asked for evidence of tax history in UK stretching back years despite only relocating in the UK since the war in Ukraine began. Crucial steps will have to be taken to ensure there is not a wave of people left homeless once the scheme ends.

Free real estate

A miniature ‘house’ built by a homeless man in Bethnal Green, east London will not be knocked down until Tower Hamlets Council has found the occupant suitable accommodation. Lukas built the miniature house from a friend’s old wardrobe. The converted wardrobe has been placed on a pavement and there were fears the council would knock down the structure. Talking to the *Daily Mirror*, Lukas said he “has to live somewhere,” and is now awaiting action from the council to find him suitable accommodation.

Jubilee jamboree

The Waterloo Bar in Glasgow donated hundreds of pounds to Homeless Project Scotland on the Platinum Jubilee weekend in June, instead of spending the equivalent on decorations for the festivities. According to *Glasgow Live*, the pub donated £300 to the homeless charity's soup kitchen operation. Homeless Project Scotland runs a soup kitchen three nights a week close to the pub, serving about 300 people a week. Pub boss Bobby Gibson said the donation was "by no means a political/religious statement... just common sense."

Consumption room

Edinburgh Evening News reported in July that Edinburgh council is considering trialling a drug consumption room, in a bid to tackle drug-related deaths. The council plans to provide a report to the policy and sustainability committee presenting the feasibility of running an overdose prevention centre trial in Edinburgh. Meanwhile, Labour MSP Paul Sweeney is currently consulting on a member's bill which would legalise consumption rooms. Consumption rooms appear to have cross-party support, with the Edinburgh overdose prevention centre trial proposed by the Liberal Democrats. Corstorphine/Murrayfield

Lib Dem councillor Euan Davidson notes Scotland's drugs deaths are three times the European average, and believes consumption rooms offer a space, "where drug users can consume in a safe and healthy environment."

Profit of doom

Private companies and landlords have raked in more than a quarter of a billion pounds from councils in Scotland to provide homeless accommodation over a five year period. An investigation by *the Ferret* has revealed councils spent almost £80m on privately-run accommodation in 2020/21 alone. Some temporary housing provided by private companies costs the council more than £300 per week, and many properties have been described as "hell holes" by campaigners speaking to *the Ferret*. So what do homeless people get in return for the princely sum handed over to private firms and landlords? As *the Ferret* details in its investigation, privately run homeless B&Bs often have no cooking or laundry facilities, with residents kept in cramped rooms and placed under curfew with bans on visitors. The accommodation is not regulated by the Care Inspectorate, and staff are not required to have any social care qualifications.

Legal advice

People detained in HMP Greenock and Low Moss will have access to tailored legal advice and representation, with a focus on understanding their housing options, in a new project from the Legal Services Agency (LSA). The project will be funded by St Martin-in-the-Fields Charity for the next three years. As part of the project – titled *Disrupting Cycles of Disadvantage: Early Intervention in Homelessness* – LSA will work with individuals within a few weeks of their custody into prison and in the six to eight weeks leading up to their release. These sessions will outline the specific legal and support needs the individuals and their families require, according to *Scottish Legal News*.

2030 vision

The Glasgow Alliance to End Homelessness has appointed Jack Rillie as its new director. The city-wide alliance is a collaboration of support providers and people with lived experience of homelessness. They aim to end homelessness in the city by 2030. Rillie will take over in August. Speaking to *Herald Scotland*, Rillie emphasised the alliance's commitment to "collaboration over competition, placing people with lived experience and those who use services at the centre of service design."

Techno massive

Aberdeen Council have announced they will become the first local authority in Scotland to utilise a "technology-led" approach to support homeless people. STV News reports the council have partnered with online fundraising platform Beam in their mission to eradicate homelessness in Aberdeen by 2024. The ambitious plan will initially support 30 homeless people in Aberdeen secure jobs over a 12-month period. Participants of the scheme will be assigned a caseworker from Beam and will be able to fundraise through Beam for the cost of work-related expenses, including childcare, a laptop and travel. Beam will match participants with employers it has connections with. Council co-leader Ian Yuill, said: "Working collaboratively with organisations like this, we can end homelessness in Aberdeen."

112,300

properties in Scotland have nobody living in them, new figures from National Records Scotland show.

27,584

of these dwellings have been empty for more than a year.

My journey in art

Through hard times and extremely low moments, art can be therapeutic, and soothe you in difficult circumstance.

By Greta Gillet

I am an artist. This is new for me to say with such confidence, even though I studied art when I was younger, the last generation when university was free and I even received a free government grant.

But I hated with a passion the art world, the dealers, the galleries, the cool kids of the '90s, how gross it all was and how much I wanted to have nothing to do with that world. So I travelled, attended hospital appointments for my mental health, sought solace in an older man who I married and gave three children.

Another husband followed and another child. Each husband consumed me. I was not an artist, I was a wife and a mother. I attended to everyone's needs. I started to shrink both literally and metaphorically. At times I attended art classes for people like me, I usually found the classes patronising and with no depth or interest.

Sometimes I would secretly write poetry in notebooks, I would make hand-made gifts and cards for my children. I loved to express myself with fashion, if allowed. I needed creativity and it made me feel alive every time I let it into my life. In my darkest days alone in a room in north

London, I started to sew words, I made felt books for my children. My children who social services took and sent me away.

I breathed life into the material as I held it in my hands, I inhaled as my needle moved. I was suicidal, manic and as horrendous as this sounds, daydreaming I would be murdered by my husband, who was extremely violent, so that my children could attend my funeral and touch me once more.

I was raised atheist but I found myself as Madonna, my children, including my son, sacrificed by my government. I dreamed of huge tapestries where I would tell stories and speak for myself and my children. As I sewed, as I made, as I created, I found a peace, a sense of who I am, and who I want to be.

Now, years later, I understand I was soothing myself and I was deeply connected in a traumatic state of how to calm myself in the best and most suitable way.

For the last year I've volunteered as an art therapist in my local psychiatric hospital. The most important thing I teach is a way to find some peace. And a way to start this for free or cheaply as possible. I



Thanks to Kevin Ho for this artwork titled *Tiger*. Kevin's work features in *Homeless Diamonds*. © Kevin Ho

myself, although now with stability and a home, am on disability benefits and budget and save every penny. I buy supplies in Poundland, or charity shops, use Freecycle and skips.

I am an artist who is outside of the art world. I am a mother who is apart from her children. I am a woman who most women dislike. But here as Greta I write this. I write how creativity has soothed me, not saved, not cured or fixed but given some semblance of peace. Art is powerful, magnificent and glorious. Art is not

within gallery walls, but the colour of your t-shirt and the way you wear your hair, the way you drink your coffee and the way your body moves and holds space.

Reclaim your identity stolen from you if the government ever wrote a report about you, or a professional made a decision about what you can and can't do based on an impression you were too sick/weak/poor and incapable of living a life of beauty, joy and peace.

Reclaim and say who you are. Breathe life back into you. ■

Music therapy

Music can be a joy, therapeutic, and a friend. Some thoughts on its importance on a grand and individual scale, by Leon Eckford

Conversations on the streets of Tower Hamlets with our street community are never dull. During Covid-19 lockdowns we built close relationships with people, following them from hotels to hotel and watching as some retained placements. Support and connection in these relationships have sustained, perhaps the most enduring legacy of “Everyone in” and the multi-agency Covid-19 response.

I met one such individual a few weeks ago. We were discussing the healing properties of music and the benefits of creativity as a way out of your own head, and circumstances. As we mused and pontificated at the bottom of Gunthorpe Street, I could feel them looking to exit the conversation, until they ended with the following profound statement: “You know the entire human experience is encoded into the musical scale...”

I’ve taken that statement away and thought about it thoroughly. I think of music theory: the 12 steps used, seven in a scale.

I sink further into the abyss of patterns and think of my 12 favourite artists, albums, songs. I think about the 12 steps in recovery circles, 12 months in a year, 12

In a nutshell

In the right settings, music can be a therapeutic, joyful experience.

- Listen to deputy editor Mat Amp’s radio show every Tuesday from 7 – 10pm. For details visit obsessiondigitalradio.com
- Learn about and listen to the Choir with No Name, the choir for people affected by homelessness, on its website: www.choirwithnoname.org

zodiac signs, 12 disciples.

This is where my process really pushes me forward, when numbers and patterns fuel my internal wiring and I’m off down the superhighway of reflection, to touch on some universal truths informed by the profundity of the earlier statement.

From Dua Lipa to Johnny Rotten via Robert Johnson and Jimi Hendrix to Mozart and Jonny Tribesman in pre-civilisation days – we’ve used music to rally troops, war, commemorate death, sadness, mourning, invoke happiness, ecstasy and the rave scene, punk, Woodstock, upper class opera, pub rock in

Kilburn; you name the scene and there will be a collective of musicians soundtracking and capturing the audio picture.

What is it about major and minor scales that touches the nerve endings of melancholia and can elevate a 303 squelch in an acid house classic? On a personal level why does Jeff Buckley's *Grace* album make me cry?

What is it about a major ascending chord turnaround that can lift you higher and bring you closer together when congregated with like-minded individuals in a field? In these moments do we capture the glory of all our experience, guided by the DJ and/or band echoing the sound of the universe back to us, with a sprinkling of individual flair guiding the melody and consequent dance?

Think of every cultural explosion and its sound uniquely reflecting the collective heartbeat of humanity and its experience of the society surrounding it. It reflects what is going on around us socio-politically, especially looking through a punk lens and new wave of the '80s in line with Thatcherism and the struggles with striking and the like. If you look at acid house, the youth were reacting to the climate of the time. The initial hippy movements in the mid to late '60s saw young people pushing forward out of the gloom

of World War II – music is always informing our historical recollections and societal adjustments.

Music can be everything. I've facilitated music appreciation in substance misuse and psychiatric care settings with a range of people.

Music will take you to places that are openly available and all contained within you. As much as we can theorise about healing within a musical context, it's the emotional triggering and management of that, that can lead to healing.

It can lead to negative emotions and recall, which is where peer support within the group and careful housekeeping can keep everyone safe. With safety, we have the opportunity to relax into pure music appreciation, song reconstruction, lyrical focus, transitions, genre focus, classic song jigsaws alongside quizzes and trivia – helping inform a real breakdown of how music works with our mind and body.

To be succinct, when you have the keys to this door – tread carefully. Trauma and healing is about careful processing and reflection. When working with people, patterns give us a pathway to understand and walk beside people through these feelings which require a safe and contained environment to work through the powerful waves that music can elicit.

• **Leon Eckford works in outreach in east London.** ■



"FOR THE FIRST TIME IN MY LIFE I'VE BEEN AHEAD OF A TREND"



*"I can make you look handsome
for an extra tenner?"*

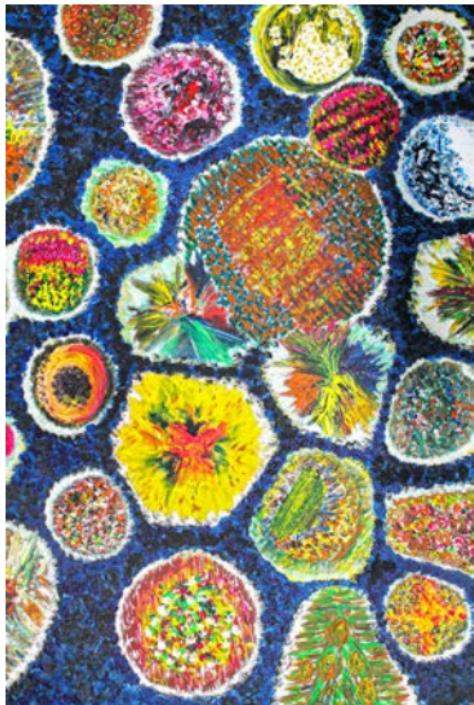
Panic writing

At times creativity, like nature, thrives off of necessity. Backed into a corner with a deadline looming, our deputy editor's creative faculty springs into action. Words by Mat Amp

OH FUCK. It's 5:30am on a Monday morning and the hard print deadline for this piece is this morning. The editor has already held up my submission deadline for a couple of days. If you end up writing for this magazine, please remember this isn't regular protocol.

I first submitted an article for *the Pavement* about six years ago (It's probably more like eight if you use the pandemic rule that everything happened X amount of years ago, plus two years that you forgot to count because nothing happened during the pandemic so that time just kind of disappeared). I'm occasionally late with soft deadlines but in that six (probably more like eight) years, I always get my piece submitted in time for the copy to be sent to the designer, who does the layout before sending it on to the printers. This morning was the hard deadline so yesterday, I pulled up my sleeves, gave my typing fingers a good crack and got on with it.

It's cooler in my bedroom, so I worked at a desk I have in there and instead of unplugging one of the decent computers that I would usually use from the large monitors they are plugged in to on my desk in my living room, I used a crappy



Thanks to artist Faranaz for this stunning artwork. © Faranaz

old one that I occasionally use for watching telly in bed. I should have abandoned the idea of using that computer when I couldn't get a stable connection to the internet, especially as I had two other reliable options on the desk in the living room several yards away. Using

either of them, by giving me access to the cloud, would have saved every word off-site and ensured against the potential loss of my article if my computer hard drive malfunctioned, or even if my flat had got hit by a stray meteorite.

When I woke up at 5:30am, ready for a bit of last pass editing only to find the hard drive cooked, I kind of wished that there had been some type of natural disaster to hang this on.

Right now it's about 7am and I discovered this disaster at around 5:30am when I got up early to finish editing the piece that is now trapped inside a Dell Computer – you know the type of junk laptop that Cost Convertors would sell for 40 quid after giving you a tenner for it. In that time I've experienced the five stages of grief. Denial: "I'm going to have a coffee because I don't believe what is happening". Anger: The longest string of expletives my neighbour has heard since I dropped an old large 4tb drive on to my toe three weeks ago. Bargaining: "Oh please God, if you turn my laptop on now I won't be horrible to Jehovah's Witnesses that bang on my door at 8am in the morning." That's funny, I'm sure I heard a loud echoing voice from the clouds saying "knock yourself out son, I find them incredibly annoying myself". Depression: "Writing this article

seems to have pulled me out of that one". Acceptance: There is only so many times you can push an on button before you have to accept that it ain't gonna work.

If the tone of this piece gives you the impression that I'm not taking my plight seriously right now, then please don't. I was frantic when I found out this morning that I had lost access to it but instead of folding I took my own advice, for once. Anyway, I advised someone last week to get over their writer's block by writing about having writer's block. By applying that advice to this situation it seems to have given me another article.

Why didn't I just rewrite the same piece? I hear you ask. Well, it's difficult to find that creative spark when the fire has already burnt out. It needs something fresh to reignite it and this is that something fresh.

And the process of writing about this situation has been positive for me as well. I've been struggling to write at all since the pandemic started and it's only recently that I've got back to a place where I could write a piece like this before I start work on a Monday morning. But it's not just that. In writing this I've put the stress and fear that I've been feeling about hitting my deadlines into context. The world won't stop if I don't get it done on time (it helps that with every line I write I'm ➤



Beat the heat

- Temperatures in the UK have soared this summer, reaching an unsafe 40°C in late July
- Figures from the Museum of Homelessness' *Dying Homeless* project indicate more homeless people die in summer than winter
- Incredibly, councils are not obligated to enact severe weather protocol (SWEP), as they are in similarly extreme conditions in the winter. Charities and groups working with the homeless community are urgently asking for this to change
- If you're outdoors most of the day, be aware of water refill stations – like the one pictured above in King's Cross station, London – close by. Stay hydrated, try to keep in the shade as much as possible, and wear sunscreen.

closer to fixing the issue). And in the meantime there is so much I have to be grateful for. When I started writing for *the Pavement* six (or eight) years ago, I was in a supported living hostel, with no living room or desk in my bedroom. I didn't own a computer or a smartphone and I felt utterly cut off from anything worth living for.

When I think about it, writing for this magazine has been a major part of my recovery from homelessness. It certainly helped with building the foundation and led to my move in to

full-time work.

A few hours ago I was in the depths of a raging panic and you can take your own lessons from anything I've written as a result of it. Personally I feel okay now and that's because I've written about it. In fact every stage of my recovery has been helped by reflecting on it in writing. I love sharing these pieces through the magazine but that is only part of it. If you feel like you need to figure something out, write about it. It may just help. ■

Covid care

Guidance from Groundswell experts on how to manage the continued threat of Covid-19

According to the Office for National Statistics, 200,000 people had died of Covid-19 in the UK as of 13 July. The threat is present and still lethal. Groundswell staff have some basic tips to give you the best chance of staying healthy.

- Have the vaccine: Covid-19 vaccines are free on the NHS
- Book a vaccine online (search “get a Covid-19 vaccine”), or go to a walk-in site. Search for your nearest site by searching “find a Covid-19 vaccine site” online
- Call and book a Covid-19 vaccine free of charge on **119**
- Visiting vaccination services often visit day centres and accommodation. Ask if one is visiting a service you use
- You don’t need to be registered to a GP or have your NHS number to have a vaccine
- Take a Covid-19 test if you feel like you have symptoms. Find a comprehensive list of symptoms on the NHS website here: www.nhs.uk/conditions/coronavirus-covid-19/symptoms
- Free tests are often available in hostels, day centres and some health settings
- Try to avoid contact with others for up to five days if you test positive for Covid-19.

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 joys of food

Get to know FoodCycle, the community meal project providing visitors with a free meal and a friendly environment. By FoodCycle volunteer *Emily Macauley Wilcox*

I am a firm believer that there are three core things that make us human: community, laughter and sharing nourishing food. And every week, up and down the country in churches, community centres and schools, hundreds of people are coming together at FoodCycle meals to share in just that.

FoodCycle is a national charity that hosts over 50 community meals every week. Our volunteers create three-course meals for everyone and anyone to come and enjoy, free of charge. We're here for everyone and many of our guests are experiencing or have experienced precarious housing and homelessness.

It's been a long couple of years. We've seen on the news that loneliness is rifer than ever in the UK after the Covid-19 pandemic. We spent so much more time alone or away from our communities; we've seen at our meals that for those experiencing precarious housing or homelessness during the pandemic, it was even harder. This is having a long-term impact on mental health and wellbeing, especially if you're still going through hard times financially or with your health.

Here at FoodCycle, we recognise

FoodCycle provides free, nutritious meals in a community environment.

They currently serve food in 55 locations across England and Wales. Each location typically serves food once a week.

- For locations and times of FoodCycle community meals, visit the website: foodcycle.org.uk/location
- Alternatively, phone FoodCycle to find your nearest meal on 020 7729 2775 or email FoodCycle at hello@foodcycle.org.uk
- See the List for more info on where to find food

that the pandemic has been bitterly isolating. Joining us for a couple of hours a week offers friendly faces and a laugh to lift the spirits.

When we were able to re-start our community meals after months of takeaways during the pandemic, a guest said "I feel like I am ready to start living again." And that's exactly why we exist.

It's not just about the chatter and laughs, though. We promise that you'll have a lovely meal, too.



Food prep at FoodCycle © FoodCycle

Fruit and veg is expensive and hard to prepare if you don't have access to a kitchen, so we're here to help everyone access nutritional food.

Our volunteers create three-course menus, changing every week based on what veggies and fruits were donated. We pack our meals full of goodness – so you'll get your five-a-day when you eat with us, that's for sure. Some of my favourite FoodCycle dishes have been borsch (a beautiful bright pink, Eastern European vegetable soup with an optional dollop of crème fraîche), sweet and sour stir fry noodles and a mango upside-down cake. If that's not good grub, I don't know what is!

Reflecting on my time at FoodCycle, one thing is clear: people are, and always will be, at the

heart of what we do. I've had the opportunity to meet, cook, serve and share with so many wonderful people from all walks of life at our meals: an East End lad who shares wonderful facts about 1800s London, the sweetest lady who joins us every week and will happily share her divine lemon drizzle cake recipe with anyone who asks, volunteers from all four corners of the globe who bring their treasured family recipes along to cook and share with our guests. This is what makes what we do special.

We care deeply for each and every one of our guests and volunteers, whether it's your first or 400th meal at FoodCycle, we're glad you came. We see you, we value you and we can't wait to share a lovely meal with you! ■

The supporting role

As some guy said a while back, “All the world’s a stage, and all the men and women merely players”. But it can be difficult figuring out your role. Let *the Pavement*’s satirist-in-chief guide you in your quest for understanding. By Chris Sampson

It sometimes feels like I played a supporting role in a long-running comedy drama called *Somebody Else’s Life*. A minor character, yet I was promised (if not in writing) that one day I would star in a spin-off series, to be titled *My Life*. Yet when the show ended, my spin-off was not commissioned. So, what to do with my existence? A character, a creation – left to amble aimlessly in limbo. Maybe I could try panto? (Oh, no you couldn’t!). Or what about voice-over work? In a ho-hum kids’ cartoon adventure – of the sort not recalled with great warmth and affection by an entire generation?

There it would be: a slim plot, in which a trio of toothsome (and unrealistically well-behaved) nippers are sent on a quest by a sage old Turnip who decants drops of wisdom, and who are protected by an enchanted armpit, or something, from the fiendish machinations of a Flatulent Cactus and his army of Bearded Miscreant henchmen. What would I get? Top billing alongside Hollywood A-listers? Or “Bearded Miscreant #3” buried in the minor credits?

Or perhaps I’d be reduced to

Careers in creativity

Our friends at Accumulate, the art school for young homeless people, launched the Creative Futures project in July. Accumulate ran two free workshops for people affected by homelessness to meet businesses and individuals working in the creative sector.

Keep an eye on the project and similar opportunities at Accumulate on its website: accumulate.org.uk

producing the aforementioned flatulence? Ineloquent obscurity! What else could there be? A low budget, largely unwatched (and unwatchable) online soap opera, set in a 1950s funeral parlour? Where I play a mouldering corpse, sacked for twitching during a torrid scene of emotional poverty and, erm, corpsing (no pun intended) when major characters deliver the sort of excruciating dialogue common in soaps.

Or maybe I’ll end up dressed in period costume, as a toothless,



The city under a sleepy moon, art by Chris Bird. © Chris Bird

hunchbacked medieval simpleton tour guide in some third-rate, draughty heritage castle or monastery, where they fleece gullible tourists by flogging 'em homemade Ye Olde Pickled Onion Vodka at an outlandish price.

Can there ever be a juicy part for me? Could I pull off the performance of a career – of a lifetime – if given the chance to shine? Or shall I forever remain the sort of “Ooh! What did he used to be in?” sort of whassisname who all too frequently litter the footnotes of life’s dullest productions? And does that matter? Or should I remain in the role life

seems to have cast me in, of Never Gives Up in the never-to-be-cancelled production of *Hope Springs Eternal*?

So, yes, I finally found the part for me after all. Treasure it; relish it. Embody it! Don’t expect or demand top billing. Enjoy the part you’ve made your own, and if you get picked to play a role higher up the bill, then so be it. If not, be proud of what you have brought to the part you have.

- **Enjoy satire and creative writing? Written some yourself and want it featured in *the Pavement*? Just reach out to the editor at editor@thepavement.org.uk**

Oh, the places you'll go!

Navigating the streets as a young homeless woman in the big smoke. This story contains sensitive content, and the names in the article have been changed. By Rebekah

I wanted to share my experiences of homelessness in 1995/96 in London, I was then homeless in Oxfordshire but that wasn't as exciting or crazy! I first spent time at Centrepoint, which was at 25 Berwick Street in Soho, as a terrified teenager but quickly made friends with people I still remember, such as an Irish lad called Martin, and also a Jamaican lad called Marcus, and a small deaf lad. We were all peas out of different pods who had ended up needing help and running from something.

The sights of Soho were something I'd never seen before and since then I've been in love with the place, although I now unfortunately live in Leicestershire. We could only stay at Centrepoint for a very short time and I gravitated to the Lord Clyde night shelter in Pimlico, which was a noisy, rough place. I stayed one night before I realised how vulnerable I was, something I'd denied to myself before then. I never stayed on the Strand but I remember somebody saying there was a man who went around picking girls up and they were never seen again. I see missing cases in the news all the time and worry about them constantly.

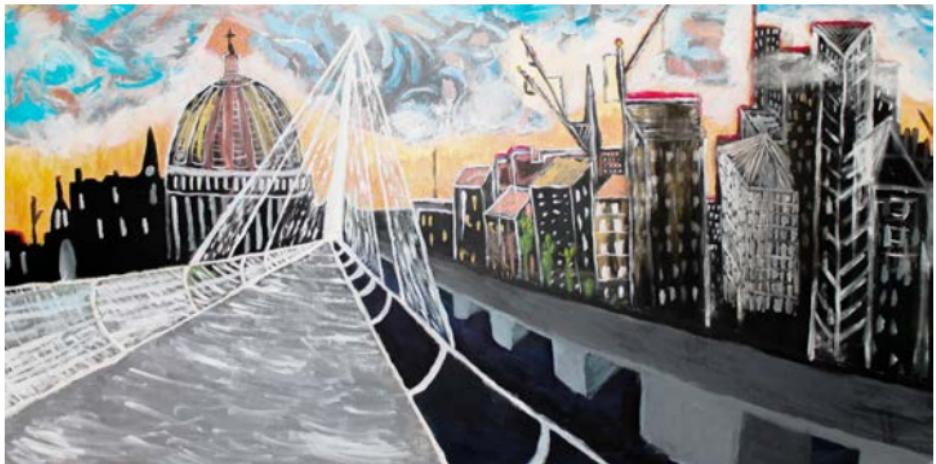
I made friends with a young Glaswegian man called Ron who

Support available

Rebekah's experiences may sound all too familiar to some readers. If you are affected by some of the issues raised in the story, support is available.

- Check the List of services in the centre pages of the magazine for a directory of helpful services and numerous support groups, including a collection of services specifically for women
- Has someone you know gone missing? Missing People operates UK-wide. Contact the helpline on **116 000**
- In England contact Talk to Frank about drug use on **0300 123 6600** or text **82111**. In Scotland visit www.scottishdrugservices.com to find local services providing support and advice on drugs.

was a heroin addict, although I've continually stayed away from all drugs, he slept in the doorway at Waterstones on Tottenham Court Road. A lad called Frank slept in the subway of the tube station opposite. There was a lovely small girl called



Millennium Bridge by Hannah Kaley. © Hannah Kaley

Ruth who claimed to be Swiss and spoke with an accent, she was drug-free but slept in the subway too with the men, she was quiet and hated the fighting. I always wondered why she was there. She was about 20.

I hated Kings Cross, I couldn't stop for five seconds without pimps and dealers trying it on and I used to tell them to piss off. They couldn't get their heads round the fact I didn't work for anyone. I'd see them all blatantly selling drugs or their women and nothing was ever done. One night I stayed at a cold weather shelter on either Caledonian Road or Gray's Inn Road. I shared a room with a woman called Josie and she was lovely, she spoke very well and I was surprised when she told me she was a sex worker just like her mum had been in Kings Cross.

My only experience with a cardboard city was of meeting a

lad called Milo who wanted to be an actor. I was out of my depth as a single, young, drug-free female so I didn't hang around. I saw Milo selling the *Big Issue* in Waterloo later. A copper called Jodie used to check on me and tell me about people who had been murdered, Jodie was a legend among runaway girls because she had it hard at Victoria transport police with the old style discriminatory policing and certain coppers doing what they wanted to who they wanted. But nobody messed with her.

I had some lucky escapes and eventually settled down, with many ups and downs but having children saved me and forced me into adulthood really. I stopped running. I used to visit London with my kids but I've never told them everything, people wouldn't understand and some things are best left unsaid. ■

Fine lines

A warm welcome to two first-timers to *the Pavement's* poetry page. First off, the residents of a Single Homeless Project hostel workshopped a poem taking in wild, summery scenes. While *John Murphy*, a regular contributor to *Homeless Diamonds*, offers an intriguingly droll few lines.

Bee

by the residents at Ashley Road Single Homeless Project

The bunting caught the falling log,
 The wind kept them adrift,
 They floated down the lilac stream
 And bumped into
 The juices flowing
 As balloons popped popped
 And popped some more.
 They sat together
 While they were waiting no more.

A Failure to Communicate

by John Murphy

Here am I, stretched out on a stone
 As dawn moves out in the middle of town,
 Plucking white hairs out of my nose;
 Not speaking here with the unfriendly living,
 But having a laugh with the much friendly dead.

Our poetry page is always searching for new guests to welcome to its pages. If you have a few lines, we'd love to read them. Submit your poems, and any other form of creative writing, to the editor at: editor@thepavement.org.uk

Memory lane

Let yourself be transported to the past, as our writer recalls memories of a cardboard city. The names in this story have been changed. Words by David Wishart

In 1973 as a student teacher, I often visited your pavement, which was on Savile Row, near Scotland Yard, by the River Thames.

A stunningly tidy cardboard city, where I listened to sounds of homeless people, who I shared cider, beer and chips with. I befriended a homeless lady who had run a farm. Every time I went there after a visit to the theatre in my best trousers, she would stare at me with eyes that seemed to be like electric drills. I felt they could see the back of my brain.

"My name is Betty," she said. "Betty Livingstone." I told her the stories I was reading at the time, such as D. H. Lawrence and Thomas Hardy. She seemed interested and then she would take the wind out of my sails and say: "You think you're clever with all your books, but I can read your face, and tell you what you are. You are a vagabond and a scoundrel, am I right?"

I think I was probably exactly what she said.

She had a magnificent face, elderly and the skin with more lines than a map of Sardinia. It's a long time since I have seen Betty, but I still remember her vividly, sitting on the pavement, telling me about the work she did on the farm. ■



Thanks to *the Pavement* regular Marius Samavicius for this surrealist sketch.

© Marius Samavicius

TURN TO PAGES A – P
FOR THE LIST OF SERVICES

MYSTERY MEAT ANIMAL AND THE HONEY BADGERS
WERE SQUATTING A POLICE STATION. THE PIGS
HAVE CONFISCATED THE BADGER'S HONEY.



WHILE MEAT NAPS THE
BADGERS MEET.....
PLANNING REVENGE...



RONNIE HAS ESCAPED,
COMPLETED THE MISSION
AND IS TROTTING BACK TO
BADGER HQ WITH HONEY.



ROKSOPH

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

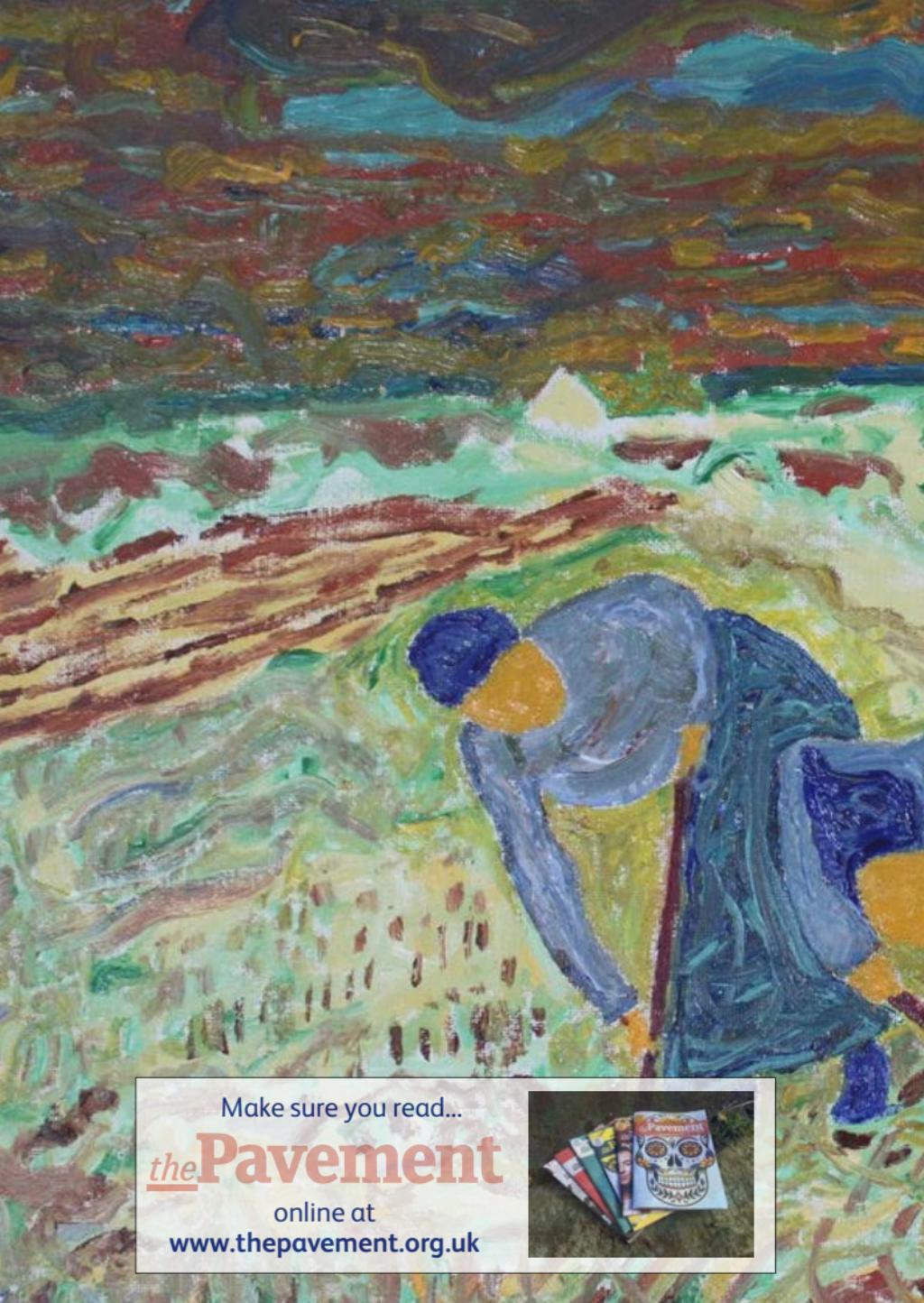
Call Shelter Scotland for free housing advice

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



thePavement

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: July 2022

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

London List

Are your details incorrect?

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

HELP & ADVICE

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

CITIZENS ADVICE

03444 111 444;
citizensadvice.org.uk

HOMELESS LINK

Gateway House, Milverton Street SE11 4AP
 020 7960 3010
bit.ly/DrKGM
 National membership charity for organisations working directly with homeless people in England.

AH

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

The List

NEED TO TALK

AZIZIYE MOSQUE

117-119 Stoke Newington Road
N16 8BU

020 7254 0046

bit.ly/201x7Rn

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

A, AD, BA, C

BRIXTON ADVICE CENTRE

167 Railton Road SE24 0LU

020 7733 7554

bit.ly/9Q6Xk

Monday-Thursday: 10am-3pm.
Advice on benefits, housing, employment & debt (first-come, first-served). Online info on health services.

AH, AD, BA, DA, ET, LA

FRANK

Need some friendly, confidential advice?

0300 123 6600

www.talktofrank.com

Mon – Fri: 2pm – 6pm (live chat);

Drug advice for young people.

email: frank@talktofrank.com

Or text: 82111

AD, C, DW, OL

NATIONAL DOMESTIC ABUSE

Call 0808 2000

Dial 999 for emergencies

C

SAMARITANS

116 123 (open 24/7)

Provides support to anyone in emotional distress or at risk of suicide.

SHELTER (CALL OR GO ONLINE)

0344 515 1540

england.shelter.org.uk/get_help

Monday-Friday: 8am – 8pm;

Monday-Weekends: 9am – 5pm.

Website offers an online chat, advice line and directory. Advice on homelessness, eviction, benefits, repossession and council housing.

VETERANS AID

40 Buckingham Palace Road,
Victoria SW1W 0RE

020 7828 2468; bit.ly/1qnjco6

Monday-Thursday: 8:30am – 3:30pm (helpline); Friday: 8:30am – 1:30pm;
Free helpline: 0800 012 68 67.

MH, AH, AD, A, BA, CA, CL, C, DW, ET, MS, OL, OW, LA

YOUTH ACCESS

020 8772 9900

www.youthaccess.org.uk

admin@youthaccess.org.uk Local contacts for mental health counselling, advice and information.

MH, AD, C, OL

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

C

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

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

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

FULL LIST
AVAILABLE ON
OUR WEBSITE



The List

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



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

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

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

REFUGE 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](#)

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

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](#)

Are your details incorrect?

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

OL Outreach worker links
OW Outreach workers
SF Step-free
SH Sexual health
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
serving 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

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

THE MARGINS PROJECT

19b Compton Terrace N1 2UN

020 7704 9050unionchapel.org.ukMonday & 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 2811www.aceofclubs.org.ukNHS 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

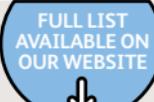
Complete the 'enquiry' page online.

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 |

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



The List

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
bit.ly/2aZpDAO
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

ACTON 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

Become a vendor

THE BIG
ISSUE



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

CREATIVE

ACCUMULATE

34 Clovelly Road, London, N8 7RH
07799 450636; accumulate.org.uk
 Photography and art for young people in hostels. At the end of the project the photographs are sold and 40 per cent of the selling price goes to the photographer. One scholarship for creative & digital media course at Ravensbourne Uni. January to June. Please ring to check step-free access and dates/times.

AC

CORE ARTS

1 St Barnabas Terrace, E9 6DJ

0208 533 3500

www.corearts.co.uk

Promotes the artistic and creative abilities of people who experience severe and enduring mental health problems. Not free, but accept Direct Payments or Personal Budgets. Some activities are online during restrictions.

MD, LF

ARTS & HOMELESSNESS INT'L

0207 012 1400

artshomelessint.com

Arts & Homelessness International (formerly With One Voice)

Based in London, we work to strengthen the arts for people who've experienced homelessness - welcoming all.

Circus, crafts, creative writing, dance, film, music, theatre and visual arts.
 email: david@artshomelessint.com

KEY

A Alcohol workers

AC Art classes

AD Advocacy

AH Accommodation/
housing advice

B Barber

BA Benefits advice

BE Bedding available

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C Counselling

SINGING

THE CHOIR WITH NO NAME (LONDON)

Bloomsbury Central Baptist Church,
 235 Shaftesbury Avenue, WC2H 8EP
07772 230744

choirwithnoname.org/choirs/london-choir

Choir for people who have experienced homelessness with gigs around London and further afield. No prior singing experience or talent required! Women particularly welcome.

FF, MD, LF

ACTING

CARDBOARD CITIZENS

77a Greenfield Road E1 6QR

020 7377 8948; <http://bit.ly/niiZB>

Monday-Friday: 10am-6pm; "theatre at its funniest, blackest, most daring and challenging best" - Brit Theatre Guide. Workshops at Crisis Skylight and hostels around London. Theatre, dance and music workshops. Individual support for workshop participants.

AH, CA, C, ET, MD, LF

STREETWISE OPERA

020 7730 9551; <http://bit.ly/n4DDS>

Acting and singing workshops in homeless centres and arts centres in London, Nottingham, Manchester, Newcastle and Middlesbrough. Build confidence, meet people, learn new skills and have fun!

info@streetwiseopera.org

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

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](#)

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

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/2ymbru9>

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".

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](#)

FULL LIST
AVAILABLE ON
OUR WEBSITE



The List

MENTAL HEALTH

BRENT MIND (BELIEVE IN US GROUP)

1b Dyne Road NW6 7XG
0207 604 5190; 0207 604 5164,
<https://bit.ly/2HXTqcI>

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 0PU
020 8533 9676

theroundchapel.org.uk/projects/clapton-community-drop-in
Sundays & 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, check the website or email **coordinator**. claptondropin@gmail.com

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.coordinate mycare.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

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

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



The List

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](#)

A Alcohol workers

AC Art classes

AD Advocacy

AH Accommodation/
housing advice

B Barber

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BE Bedding available

BS Bathroom/showers

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CL Clothing store

D Drugs workers

DA Debt advice

DT Dentist

EF Ex-forces

EO Ex-offenders

ET Education/training

F Food

FF Free food

KEY

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 (<https://bit.ly/2FXNYor>).

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

MH, AC, BA, BS, CA, C, DW, ET, FF, F, IT, NE

STOLL

446 Fulham Road SW6 1DT

020 7385 2110

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

Mon – Fri: 8am – 8pm,

Sat & Sun: 8am – 5pm

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

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

MH, AH, AD, A, BA, CA, C, DA, DW, ET, MD, OW, TS

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 |
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| OL | Outreach worker links |
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FULL LIST
AVAILABLE ON
OUR WEBSITE



YOUNG PEOPLE

CAMPAIGN AGAINST LIVING MISERABLY (CALM)
0800 58 58 58
www.thecalmzone.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; bit.ly/1osHBVf
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 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

OTHER HELP

STREET STORAGE

07932 830 440
Tottenham Court Road: Wednesdays 9am – 12pm;
Haggerston: Mon – Fri, 11am – 3pm;
Free, safe, flexible storage of belongings including documents for anyone experiencing homelessness.