

The background of the cover is a vibrant, abstract painting. It features a large, bright yellow sun in the upper center, surrounded by dark, swirling colors. Below the sun, there are several houses with green roofs and white walls, set against a backdrop of green and brown brushstrokes. In the foreground, there are more abstract shapes, including a large blue and yellow form on the left side. The overall style is expressive and textured, with visible brushwork throughout.

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**

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

- www.thepavement.org.uk
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TURN TO PAGES A – P
FOR THE LIST OF SERVICES

Contents

About us.....	4
Editorial.....	5
News.....	6 – 11
Special	12 – 13
Outreach	14 – 15
Pyne cartoon	16
Stokoe cartoon.....	17
Mat's column	18 – 20
Health.....	21
Food.....	22 – 23
Satire.....	24 – 25
Story.....	26 – 27
Poetry.....	28
Memories.....	29
Comic	30
Your rights	31
The List (centre).....	A – P

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thepavement.org.uk/complaint



© 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 times 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.

Brummie baths

Three friends in **Birmingham** are opening a mobile shower unit for homeless people in the city. Don Russell, Bruce Loudon and Ewen Kinnear 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**

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>**

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 (SWEPT), 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 rife 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 fraiche), 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 Centrepoin, 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 Centrepoin 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

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.



OINK.. I MEAN OI
SLAGS I HAVE YOUR
HONEY!



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

SO
REGGIE..
WHAT'S THE
PLAN?



HERE'S THE
COP SHOP. THE
HONEY'S INSIDE.
WE GET IN, GET
THE HONEY
THEN TORCH
THE GAFF.



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

OK..

HEY..
WHERE'S
RONNIE?



"Fuck the police
comin' straight
from the
underground"

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



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

Are your details incorrect?

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

HELP & ADVICE

APEX SCOTLAND

9 Great Stuart St, Edinburgh, EH3 7TP
0131 220 0130

www.apexscotland.org.uk

For offenders, ex-offenders and young people at risk of offending, many of whom may also be homeless. Helping move onto employment, training or further education. To find your local office please visit the website.

AH, BA, CA, ET, IT

SUPPORT IN MIND SCOTLAND

6 Newington Business Centre, Dalkeith Road Mews, Edinburgh EH16 5GA
0300 323 1545

www.supportinmindscotland.org.uk

Mon – Fri: 9am – 4pm; Support and action for all people affected by mental illness. This includes carers, friends and families.

MH

WELLBEING SERVICE FOR YOUNG PEOPLE

171 Wilton Street, Glasgow G20 6DF
0808 143 2002, www.qcha.org.uk/qc-wellbeing/young-people

Mon – Sun: 12am – 12am (24hour support); 24/7 support for homeless 16–21 year olds. Referral only via Glasgow City Council: 0141 302 2744 (or 0800 838 502 for out of hours).

AH, AD, BA, C, ET

NEED TO TALK

BREATHING SPACE SCOTLAND

0800 83 85 87; breathingspace.scot
Mon – Thurs: 6pm – 2am; Friday –
Sunday: 6pm – 6am; Free, confidential
phone service for anyone in Scotland
experiencing low mood, depression or
anxiety. Experienced advisors listen and
offer advice. Outside opening hours,
contact Samaritans on 116 123 (24/7).

MH, AD, C

DRINKLINE SCOTLAND

0800 7314 314; drinkaware.co.uk
Mon – Fri: 9am – 8pm;
Sat & Sun: 11am – 4pm
Free, confidential helpline for people
worried about their alcohol intake or
anyone concerned about them.

A, C, OL

FRANK

0300 123 6600; talktofrank.com
Comprehensive and honest information
about drugs online. Find local drug
treatment centres Message us through
the website in confidence. Text: 82111.

RUNAWAY HELPLINE

116 000 (call or text, open 24hrs)
www.runawayhelpline.org.uk
Free, confidential 24-hour helpline for
young people who've run away or are
thinking of running away.
1-2-1 web chat service for people aged
11 – 17. Over 17s can still get support
through the helpline on 116 000.

C

SAMARITANS

Helpline: 116 123 (24hrs, 365days)
samaritans.org
Whatever you're going through, free
and confidential mental health support.
Take things at your own pace; they will
listen carefully and talk things through.

C, MH

SHELTER SCOTLAND

0808 800 4444
scotland.shelter.org.uk/
Mon – Fri: 9am – 5pm
Call our free helpline or chat online
on the website. Information, advice,
advocacy and representation for people
facing homelessness or bad housing.

AH, AD, OL, TS, LA

STONEWALL SCOTLAND

0800 050 2020 (freephone)
www.stonewallscotland.org.uk
Mon – Fri: 9:30am – 4:30pm
Help, information and support for LGBT
communities and their allies.
*At Stonewall, we stand for lesbian, gay,
bi, trans, queer, questioning and ace
(LGBTQ+) people everywhere.
We imagine a world where all LGBTQ+
people are free to be ourselves and can
live our lives to the full.*
Contact Freephone for information.

C, LA, OL

National Domestic Abuse

0800 2000 247

24/7

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

MENTAL HEALTH

ADVOCARD

0808 196 3525; advocard.org.uk
advocacysupport@advocard.org.uk
 Mon – Fri: 9am – 5pm

All our services are still open to accept referrals for advocacy support.

Independent individual and collective advocacy services for people with mental health problems in Edinburgh.
 Text: **07920 207 564**

AD, MH, SF

CAMPAIGN AGAINST LIVING MISERABLY (CALM)

0800 58 58 58; thecalmzone.net
 Open 5pm – midnight, 356 days a year
 Calm is leading a movement against suicide. Call, email or chat on website.

MH

CHRIS'S HOUSE

2-4 Belhaven Rd, Glasgow ML2 7NZ
01236 766755; chrisshouse.org
 Share your suicidal feelings with someone by email (info@chrisshouse.org) or phone. Emotional pain is just as serious as physical pain.

MH, AD

CROSSREACH (HEAD OFFICE)

Charis House, 47 Milton Road East, Edinburgh EH15 2SR
0131 657 2000; bit.ly/2t3aNyc
 Mon – Fri: 8:45am – 4:45pm
 Care and support for people with addictions or mental health problems.

MH, AH, A, B, DA, FF, F, MS, SH, LF

GAMH

0141 552 5592; www.gamh.org.uk
 Mon – Thur: 9am – 5pm
 Fri: 9am – 4:30pm
 Emotional and practical support, information and advice for homeless people. Referral via GPs, social work, housing & community addiction teams.

MH, AH, AD, C

GLASGOW CITY MISSION

20 Crimea Street, Glasgow G2 8PW
0141 221 2630, <http://bit.ly/2rlhWZm>
 Mon – Fri: 10am – 8pm

Our Urban café is open for music lessons and college classes. We are also working with some guests to get them into employment. Our counselling service is operating in Crimea Street.

MH, AH, A, CA, C, DW, ET, FF, FC, IT, LF, OL, OW, TS, SF, EF, EO, F, MS, AD

HEALTH IN MIND

0131 225 8508; health-in-mind.org.uk
 Monday – Thursday: 9am – 5pm
 A range of mental health and wellbeing services for people with housing and mental health support needs. You can self-refer to most services or ask your GP to refer you. Phone for information.

MH, AH, AD, C, TS, AC, ET

HELP FOR DEPRESSION

www.healthline.com/health/depression/help-for-depression#TreatmentFacts1
 Go online for various approaches and treatments for depression.

MH

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

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

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

FULL LIST
 AVAILABLE ON
 OUR WEBSITE



HEARING VOICES NETWORK

www.hearing-voices.org

A network for people who hear voices and see visions. For groups info email info@hearing-voices.org

MH, C

HUNTER STREET HOMELESS HEALTH SERVICE

55 Hunter Street, Glasgow, G4 0UP

0141 553 2801 (call first);

<https://bit.ly/3yS50wW>

Mon – Fri: 9am – 5pm

Located in the Gallowgate area.

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

Call first to arrange appointment.

MH, A, DW, FC, MS, SH, SF

MIND (NATIONAL)

0300 123 3393

www.mind.org.uk

Mon – Fri: 9am – 6pm

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

info@mind.org.uk

Legal support: 0300 466 6463;

legal@mind.org.uk

MH, AD, LA

NHS INFORM - SCOTLAND

www.nhsinform.scot

Online health information service.

MS, MH

NATIONAL SELF-HARM NETWORK

www.nshn.co.uk

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

Resources and information available online.

A supportive and understanding forum.

C, MH

PENUMBRA

57 Albion Rd, Edinburgh EH7 5QY

www.penumbra.org.uk

01224 642 854 (Aberdeen)

0131 221 9607 (Edinburgh)

0141 229 2580 (Glasgow)

Mon – Fri: 9am – 5pm

Offers a wide range of mental health support.

Coronavirus Hub available at:

www.penumbra.org.uk/coronavirus

MH, A, C, D, TS

QUARRIERS ('WHAT IF' PROJECT FOR MEN)

0141 638 5170

<https://bit.ly/3nyILWP>

Monday-Sunday: 12am – 12am (24hour support);

Supports young men (18-25) with complex needs wherever they are - hospital, prison, B&B or other homeless accommodation.

Young people receive housing & therapeutic support (access to counselling etc).

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

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

RIGHT THERE (FORMERLY YPEOPLE)

15 Dava Street, Govan, Glasgow
G51 2JA

0141 565 1200

rightthere.org

email: hello@rightthere.org

Mon – Fri: 9am – 5pm

Rooted in the hearts of local communities across Scotland, our services help:

- prevent homelessness through supportive and safe places to call home

- help people become more independent with community-based support

- improve people's mental health and wellbeing through mentoring and counselling.

MH, C, SF, EO, EF, AC, AH

ROCK TRUST (ALBANY ST)

55 Albany St, Edinburgh EH1 3QY

0345 222 1425

bit.ly/1DEgD4k

Mon – Fri: 8:45am – 5pm (drop-in 9.00-12.00); Monday: 4pm-7pm (cooking group); Tuesday & Wednesday: 4pm-7pm (drop-in); Advises, educates and supports young people.

Enables them to build the personal skills and resources required to make a positive and healthy transition to adulthood, while avoiding or moving on from homelessness.

Not SF.

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

SANE (NATIONAL)

www.sane.org.uk; support@sane.org.uk

SANEline: 0300 304 7000

Mon – Sun: 4pm – 10pm

We believe that no-one affected by mental illness should face crisis, distress or despair completely alone. Information on schizophrenia, depression and bi-polar disorder in Bengali, Chinese, Gujarati, Punjabi & Urdu as well as English.

C

SAMH (SCOTTISH ASSOCIATION FOR MENTAL HEALTH)

0141 530 1000

<https://www.samh.org.uk/>

Whether you're seeking support, looking for more information for someone you love, or just want to have a chat about mental health, SAMH can help. You can call the SAMH Information team on 0344 800 0550

or email info@samh.org.uk

Available Monday to Friday, 9am – 6pm, except Bank Holidays.

MH

SUPPORT IN MIND SCOTLAND

0300 323 1545

www.supportinmindscotland.org.uk

Mon – Fri: 9am – 4:30pm

Support and action for all people affected by mental illness.

This includes carers, friends and families.

MH

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

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

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



SURVIVORS OF BEREAVEMENT BY SUICIDE (NATIONAL)

email.support@uksobs.org
uksobs.org

Mon – Sun: 9am – 9pm

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

AD

TALBOT ASSOCIATION (RIVERSIDE PROJECT)

892 Govan Road,
Glasgow G51 3AF
0141 440 2633

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

MH, AH, A, MS

TOURETTES ACTION

0300 777 8427

www.tourettes-action.org.uk

Monday & Tuesday: 6pm – 8pm
(leave a message outside these times and they will phone back);

Thursday: 9am – 8pm (leave a message outside these times and they will phone back).

Help and support for people (including children and young people) with Tourette's Syndrome. Phone or email: help@tourettes-action.org.uk
Find out about diagnosis and support after diagnosis

AD, C

THE SALVATION ARMY (WALLACE OF CAMPSIE HOUSE)

30 East Campbell Street,
Glasgow G1 5DT

0141 552 4301; <http://bit.ly/2GI0vyV>

Mon – Fri: 9am – 9pm (staff on duty 24/7); Purpose-built resettlement accommodation to enable residents to regain control of their lives.

Average stay is six to 18 months.

MH, AH, AD, BA, BS, BE, CL, DA, DT, ET, LF, MS, OL

THE SANDYFORD INITIATIVE

2-6 Sandyford Place, Sauchiehall Street,
Glasgow, G3 7NB

0141 211 8130; www.sandyford.scot

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

Emergency contraception and rape/assault services.

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

MH, AD, C, DW, FC, MS, NE, OL

YOUNG MINDS (NATIONAL)

Text 85258 (24/7 support)

www.youngminds.org.uk/young-person/find-help

Young Minds makes sure all young people get the best possible mental health support and have the resilience to overcome life's challenges. Advice on mental health, medications and depression.

AD, MH, MS

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

RECOVERY

BETHANY CHRISTIAN TRUST

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

www.bethanychristiantrust.com

Supports individuals and families to help them tackle long-term homelessness problems including addictions, debt, lack of furniture, unemployment and social isolation.

Welcome Centre & multiple other services across Edinburgh - call for information.

AH, A, CA, C, DW, FF, OW

COCAINE ANONYMOUS (SCOT)

PO Box 26812, Glasgow G1 9AB
0141 959 6363 (24/7)

www.cascotland.org.uk

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

C

CROSSREACH (RANKEILLOR INITIATIVE - EDINBURGH)

205 Cowgate, Edinburgh EH1 1JH
0131 225 4901

bit.ly/30N3eA2

Mon – Fri: 9am – 5pm (phone for referral)

For those in the early stages of recovering from substance use, we can provide temporary accommodation in shared flats while you get back on your feet again.

AH, A, C, DW, BA, BS, CL, CA, ET

CROSSREACH MOVE ON (WHITEINCH - GLASGOW)

0/5, 13 Victoria Park Drive South, Whiteinch, Glasgow G14 9RN
0141 959 5069

bit.ly/2MKuzU

Mon – Fri: 8am – 10pm;

Sat & Sun: 9am – 5pm;

Phone first for referral or to arrange a visit. Temporary furnished accommodation and support to adults in recovery from substance misuse, who've achieved a period of stability through residential or community rehabilitation.

MH, AH, A, C, DW, TS, SF

GLASGOW COUNCIL ON ALCOHOL

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

www.glasgowcouncilonalccohol.org

0808 802 9000 (freephone helpline)

Mon – Thu: 9am – 9pm;

Fri: 9am – 5pm;

Sat: 9am – 1pm

GCA is an accredited counselling service and provides individual, free and confidential counselling for people experiencing alcohol-related difficulties and those affected by someone else's alcohol use.

Group and 1-1 support.

A, C, OL, SF

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



HEALTH IN MIND

0131 225 8508

health-in-mind.org.uk

Monday – Thursday: 9am – 5pm

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

MH, AH, AD, C, TS, AC, ET

HUNTER STREET HOMELESS HEALTH SERVICE

55 Hunter Street, Glasgow, G4 0UP

0141 553 2801 (call first);

<https://bit.ly/3yS50wW>

Mon – Fri: 9am – 5pm

Located in the Gallowgate area.

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

Call first to arrange appointment.

MH, A, DW, FC, MS, SH, SF

KNOW THE SCORE

0800 587 5879, <http://bit.ly/18PZAVr>

Mon – Sun: 8am – 11pm (helpline); Free confidential 24-hour drugs information helpline and good online advice for people in Scotland.

DW

PARKHEAD ADDICTION RECOVERY CAFÉ (PARC)

The Nazarene Church, 12-14 Burgher Street, Parkhead, Glasgow G31 4TB

0141 554 5235

<https://bit.ly/3zgm3KS>

Wednesday: 12pm – 4:30pm; Recovery meeting, ORT and Acu-Detox, massage, pool & table tennis, good value meals and tea/coffee for 20p.

F, A, DW, LF, AC

PHOENIX FUTURES SCOTLAND

0141 336 4272

bit.ly/2UnqIYQ

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

C, A, DW, ET, LF

SCOTTISH FAMILIES AFFECTED BY ALCOHOL & DRUGS

08080 10 10 11

www.sfad.org.uk

Mon – Fri: 9am – 11pm (helpline).

We are here to support you if you are concerned about someone else's alcohol or drug use.

We can chat, offer advice and information, and link you to our services or services local to you.

Email: helpline@sfad.org.uk

C

SECOND CHANCE PROJECT SCOTLAND

402 Sauchiehall St, Glasgow G2 3JD

0141 336 7272

bit.ly/2IGlaB4

Mon – Fri: 9am – 5pm

Three-stage day treatment programme for people with drug and/or alcohol problems. Training & counselling. Self-referral.

ET, DW, A, C



Looking for a flexible way to earn extra cash and develop skills?

- 1 Selling the Big Issue allows you to work when you want and you can earn a decent living
- 2 Selling the magazine also improves your people 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

(+44) 0131 225 6714 (Edinburgh)

(+44) 0141 352 7274 (Glasgow)

SMART RECOVERY

smartrecovery.org.uk/online-meetings
Zoom meetings listed on the website.
Use their call-back service between
9am – 5pm: request by email:
support@smartrecovery.org.uk
C, D

STEPS TO HOPE

07949 838666
stepstohope.co.uk
Food & support: Monday: 6pm – 7pm
at St Columbus, 14 Johnston Terr, E14
EH1; Tuesday & Friday: 5pm – 5:30pm
Catering van, Old St Pauls, 63 Jeffrey
Street, Edinburgh, EH1 1DH;
Sunday: 5pm – 7pm Sunday Supper - St
Cuthberts, 5 Lothian Rd, Edinburgh,
EH1 2EP; Saturday: 10am – 1pm at Old
St Pauls, 63 Jeffrey Street, Edinburgh,
EH1 1DH.

Steps to Hope SCIO is a non-profit
charity dedicated to caring for the
homeless and those suffering with
addiction. Call 24/7.

SF, FF, C, A, OW

SUNDAY SOCIAL (SS)

Glasgow Kelvin College, Easterhouse
Campus, 1200 Westerhouse Road,
Glasgow G34 9HZ
Sunday: 11am – 3pm;
Sandwiches and soup. Tea and
coffee. Recovery meeting, activities,
counselling, meditation.
A, DW, LF, F, FF, IT, C

TURNING POINT SCOTLAND (ALCOHOL & DRUG CRISIS)

80 Tradeston Street, Glasgow, G5 8BG
0141 420 6969
bit.ly/3HGJci5
Mon – Sun: 24 hours
Turning Point Scotland Glasgow Alcohol
and Drug Crisis Service offers integrated
health and social care which provides
low threshold, direct access services
for people experiencing a crisis due
to alcohol or other drug use including
people who may be experiencing
homelessness.

These include a crisis residential unit,
24-hour Injecting Equipment Provision
(needle exchange), woundcare, harm
reduction advice, signposting and
naloxone training and provision.

A, C, D, LF, MS, NE, SF, AD, AH, FC

TURNING POINT SCOTLAND (ALCOHOL & DRUG RECOVERY)

112 Commerce Street, Tradeston,
Glasgow, G5 9NT
0141 948 0092
<https://bit.ly/3xer4AX>
Mon – Sun: 24 hours
Needle exchange & temp
accommodation.
24 hour service for homeless people in
crisis because of mental health, drugs
or alcohol.

A 12-bed residential unit provides a
safe environment to withdraw from a
chaotic lifestyle.

Average stay is 28–36 days.

A, C, D, LF, MS, NE, SF, AD, AH, FC

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

TURNING POINT SCOTLAND (NORTH EAST RECOVERY HUB EDINBURGH)

The Links Project
5 Links Place, Leith,
Edinburgh, EH6 7EZ
0131 554 7516;

<https://bit.ly/3PgTuT7>

Mon & Fri: 9:15am – 4:45pm

Tue & Tue: 9:15am – 7:45pm

Wed: 11am – 4:45pm

email: [edinburghservices@](mailto:edinburghservices@turningpointscotland.com)

turningpointscotland.com

Drop in open, but with limited service.

Drop in to arrange further 1-to-1

support.

Needle Exchange Mon – Fri at the times
stated above.

*Recovery service focusses on supporting
people with problematic alcohol and
other drug use.*

Range of addiction and recovery
services open to men and women aged
16 and over who are aware they have a
substance misuse problem and would
like to start their recovery journey.

Other services across Edinburgh
available: call freephone number for
information.

[A, AC, C, D, LF, MS, NE, SH, SF](#)

Are your details incorrect?

Please send changes to:

web@thepavement.org.uk

UK HEPATITIS C TRUST (NATIONAL)

020 7089 6221

www.hepctrust.org.uk

Excellent online information centre
on hepatitis C. Runs the Hepatitis C
Information Line for patients and
professionals alike.

Downloadable handbook:

[https://www.harmreductionworks.org.
uk/resources/pdf/HRPUB1.pdf](https://www.harmreductionworks.org.uk/resources/pdf/HRPUB1.pdf)

[ET, MS](#)

WE ARE WITH YOU (NE GLASGOW RECOVERY HUB)

24-28 Broad Street, Bridgeton, Glasgow
G40 2QL

0808 164 4261; <https://bit.ly/3v1Cupl>

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

For your recovery from alcohol and drug
use. Individual support and tailored
interventions, including outreach,
Call the helpline or chat through website
[OW, OL, MH, AD, A, DW, ET](#)

WE ARE WITH YOU (NW GLASGOW RECOVERY HUB)

The Quadrangle, 59 Ruchill Street,
Glasgow G20 9PX

0808 178 5901

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

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

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

Call the helpline or chat through website
[MH, AD, A, DW, OL, OW](#)

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

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

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

FULL LIST
AVAILABLE ON
OUR WEBSITE



REFUGEE SUPPORT

POSITIVE ACTION IN HOUSING

98 West George Street, Glasgow
G2 1PJ

0141 353 2220; www.paih.org

Contact form online.

Mon: 9am – 1pm (open)

Tue: 2 – 4pm (destitution service);

Wed & Thu: 10am – 12pm (destitution

service, welfare rights), 2 – 4pm (EU

drop-in); Friday: 9am – 4pm (open)

Independent, multilingual

homelessness and human rights charity

dedicated to supporting people from

refugee and migrant communities.

Any other queries? Please email:

home@positiveactionh.org

AH, FF

SAFE IN SCOTLAND

24/7 accommodation for destitute
asylum seekers. For Referral, phone:

Scottish Refugee Council: 0808 196

7274; Govan Community Project: 0800

310 0054; Or use website referral form:

www.safeinScotland.com/contact

AH, BS

SAFFRON HOUSING

0141 422 1112; bit.ly/1PEg2cV

Mon – Fri: 9am – 5pm

Accommodation and support for single

minority ethnic homeless people

(16–25) with low support needs.

Referral only via GP or social worker.

Phone or email [enquiries@southside-](mailto:enquiries@southside-ha.co.uk)

ha.co.uk for more information.

AH, BA, DA, TS

SCOTTISH REFUGEE COUNCIL

www.scottishrefugeecouncil.org.uk

0808 196 7274

Mon – Fri: 9am – 5pm

Advice and support for refugees and

asylum seekers. Can signpost you to

charities all over Scotland

AD, BA, TS, OL

SHAKTI WOMEN'S AID

Norton Park, 57 Albion Road,

Edinburgh EH7 5QY

0131 475 2399, <http://bit.ly/13d51f>

Monday, Wednesday, Thursday, Friday:

9:30am – 4pm; Tuesday: 1pm – 4pm;

Support and information to Black

Minority Ethnic women, children and

young people experiencing and/or

fleeing domestic abuse.

24hr domestic abuse helpline:

0800 027 1234

AD, OL, SF

THE WELCOMING

www.thewelcoming.org

0131 346 8577

Mon – Fri: 9am – 5pm

We welcome New Scots to Edinburgh,

build community and learn together.

We support New Scots to learn English,

find jobs and access local services; offer

opportunities for friendship, sustainable

living, creativity, health and well-

being; connect locals and New Scots

through social and cultural exchange;

and collaborate with others to share

knowledge and influence positive

change.

AD

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

YOUNG PEOPLE

ANXIETY UK

www.anxietyuk.org.uk
03444 775 774 (infoline)
Mon – Fri: 9:30am – 5:30pm
<http://bit.ly/2LfM2I2>

Advice & support for people who suffer from anxiety. Phone or text 07537 416 905.

MH, C, D

EDINBURGH CITY YOUTH CAFE

11–15 Vennel, Edinburgh, EH1 2HU
0131 229 1797
www.6vt.info
Mon & Wed: 6 – 10pm (13–21 year olds)
Fridays: 6 – 9pm (under 18s)

Drop-in service for crime victims - emotional support, a hot meal and help with travel costs to and from the Cafe. C-Cards available for free condoms. email contact@6vt.info

MH, AH, A, C, DA, D, ET, MS

EDINBURGH RAPE CRISIS CENTRE

17 Claremont Crescent
EH7 4HX
08088 01 03 02; www.ercc.scot
07537 410 027 (text)

Mon – Sun: 5pm – midnight (helpline)
Free and confidential emotional and practical support and information to women, all members of the transgender community. Young people aged 12–18 who live in Edinburgh and the Lothians and have experienced sexual violence can get help via STAR: star@ercc.scot

AD, C

PICKUPMYPERIOD & MYGOV.SCOT

www.mygov.scot/free-period-products
Use the PickupMyPeriod app to find out where you can access free period products.

SAFFRON HOUSING

0141 422 1112
<https://bit.ly/1PEg2cV>
Mon – Fri: 9am – 5pm

Accommodation and support for single minority ethnic homeless people (16–25) with low support needs. Referral only via GP or social worker. Phone or email enquiries@southside-ha.co.uk for more information.

AH, BA, DA, TS

SAY WOMEN

3rd Floor, 30 Bell St, Glasgow G1 1LG
0141 552 5803; say-women.co.uk
Mon – Fri: 9:30am – 9:30pm;
Helpline and accommodation for women aged 16–25 who are homeless or threatened with homelessness and are survivors of child sexual abuse, rape or sexual abuse. Phone first for support.

AH, C

WELLBEING SERVICE FOR YOUNG PEOPLE

171 Wilton St, Glasgow, G20 6DF
0808 143 2002; www.qcha.org.uk
24/7 support for homeless aged 16 – 21. Referral only via Glasgow City Council via 0800 838 502 (open after 4:45pm)

AH, AD, BA, C, ET

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

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

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



FOOD

NEXTMEAL.CO.UK

www.nextmeal.co.uk

Phone app showing where to find food.

Search postcode, town or street.

FF

GLASGOW CITY MISSION

20 Crimea Street, Glasgow G2 8PW

0141 221 2630; glasgowcitymission.com

Open Monday – Friday

Drop In: 10am – 4:30pm, 6 – 7:30pm

Lunch: 1 – 3pm, Dinner: 6 – 7:30pm.

AC, AH, FF, IT, SF

MISSIONARIES OF CHARITY (HOPETOUN CRESCENT)

18 Hopetoun Cres, Edinburgh EH7 4AY

0131 556 5444

Mon, Tue, Wed & Fri: 4 – 4:45pm

Sundays: 3:30 – 4:30pm

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

FF

BALVICAR STREET

Balvicar St, Glasgow, G42 8QU

Thurs: 7pm – 9pm

Soup run every week.

FF

CADOGAN STREET

39 Cadogan House, Glasgow G2 7AB

Directly opposite No.28, on corner

Mon – Sun: 9 – 10pm

Soup, sandwich and hot drink for anyone over 20 years old. 24/7.

FF, OL

CARRUBBERS CHRISTIAN CENTRE

65 High St, Edinburgh

EH1 1SR

0131 556 2626

www.carrubbers.org

Tue: 5:30 – 6:30pm;

Sundays: 9am

Soul Food or Carrubbers serve free food at the Carrubbers Café.

FF

CLUB 170

Queen's Park Govanhill Parish Church,

170 Queen's Drive, Glasgow G42 8QZ

qpparish.wordpress.com/club-170/

Sunday 5pm – 6pm.

Takeaway food until further notice

FF

CORUNNA HOUSE

39 Cadogan Street, Glasgow G2 7BA

Thursday 9pm-10pm

FF

H4TH (HELP FOR THE HOMELESS)

07966 062 495

www.h4th.org.uk

Cadogan Street, Glasgow

Thursdays: 8 – 10pm

Free food and clothing.

FF, CL

HOMELESS PROJECT SCOTLAND

0800 0147 160

07828 584 544 (24/7)

homelessprojectscotland.org

Food distribution, hygiene packs, advice all available. Based in Glasgow.

FF, OL

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

KINDNESS STREET TEAM

George Square, Glasgow, G2 1AL
 Mon, Wed, Fri & Sun: 7pm
 Hot food, clothing & sleeping bags
[FF, CL](#)

LODGING HOUSE MISSION

35 East Campbell St, Glasgow, G1 5DT
[lhm-glasgow.org.uk](#)
 Monday 8.30am – 2pm.
 Tuesday 8.30am – 2pm.
 Wednesday 8.30am – 2pm.
 Thursday 8.30am – 2pm.
 Friday 8.30am – 1:30pm
[AH, FF](#)

**QUEEN'S PARK GOVANHILL
PARISH CHURCH**

170 Queen's Drive, Glasgow G42 8QZ
 0141 423 3654; [ppgpc.com](#)
 Tues: 12noon (hot meal)
 Thurs: 10am – 12noon (food bank)
 Sun: 5pm – 6pm (free take out meal,
 toiletries, clothing)
[AH, AD, B, BS, BA, CL, DA, F, FF, IT, MH, OL, OW](#)

SOCIAL BITE (ROSE SREET)

131 Rose St, Edinburgh EH2 3DT
 0131 353 0250
[social-bite.co.uk](#)
 Mon – Fri: 2 – 3pm
 Free food take-away.

SOCIAL BITE (UNION ST)

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

STEPS TO HOPE

07949 838 666 (24/7)
[www.stepstohope.co.uk](#)
 Mondays: 6pm
 (at St Cuthberts, 5 Lothian Rd, EH1 2EP)
 Tue & Fri: Catering Van: 5pm
 (at Old St Paul's, 63 Jeffrey St, EH1 1DH)
 Souper Saturday: 10am
 (at Old St Paul's, 63 Jeffrey St, EH1 1DH)
 Sunday Suppers: 5pm
 (at St Cuthberts, 5 Lothian Rd, EH1 2EP)
[FF](#)

THE WAYSIDE CLUB

32 Midland St, Glasgow, G1 4PR
[www.thewaysideclubcentre.co.uk](#)
 Monday: 7pm – 8pm
 Tuesday: 7pm – 8pm
 Wednesday: 7pm – 8pm
 Thursday: 7pm – 8pm
 Friday: 7pm – 8pm
 Saturday: 1 – 3pm & 7pm – 8pm
 Sunday: 7pm – 8pm
 FREE soup, tea, coffee juice, sandwiches,
 cakes, biscuits are also provided
 including donations from Pret a Manger.
[FF](#)

WOODLANDS COMMUNITY CAFE

66 Ashley Street, Glasgow, G3 6HW
 0141 332 2656;
[www.woodlandscommunity.org.uk](#)
 Wednesdays: 10am – 6pm
 Free seasonal fruit & veg box
 Sundays: 1 – 4pm
 Garden volunteering sessions
 Check website for various other events
 at the Woodlands Community Gardens.
[AH, F, BA, FF, LA, MD](#)

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CREATIVE

FREE ONLINE MUSICALS

[youtube.com/theshowsmustgoon](https://www.youtube.com/theshowsmustgoon)
The Shows Must Go - YouTube channel showing full length Andrew Lloyd Webber musicals online.
Shows go up at 7pm on Friday
MD

THE SPACE

257 London Road, Glasgow G40 1PE
0141 237 1221
[thespacescotland.org](https://www.thespacescotland.org)
Thursday – Sunday: 12noon – 4pm
Arts, workshops, music, food and fun.
Community Arts Venue. No one belongs here more than you - Get in touch through the website for more information or to discuss options with our team.
AC, LF, MD, SF

RAISED VOICES (JEFFERY STREET)

Old St Pauls Church, 63 Jeffery St, Edinburgh, EH1 1DH
0131 225 3626
[raisedvoices.org.uk](https://www.raisedvoices.org.uk)
email: bachristie@gmail.com
Raised Voices was set up in 2013 with the aim of providing creative writing and performance workshops for the homeless of Edinburgh.
Creative writing and performance workshops.
We produce plays, poetry, podcasts, spoken word and music based around the stories of the homeless people that use the service.
AC, MD

SINGING

GIVIN' IT LALDIE

Gorbals Parish Church, 1 Errol Gardens, Glasgow G5 0RA
[givinitlaldie.org.uk](https://www.givinitlaldie.org.uk)
0141 280 0053
(Tue – Thu: 9am – 5pm)
Contact manager for Covid-19 activities
The Gorbals Community Choir is completely free, all music is taught by ear and you can choose where to sit - tunes, highs or lows!
You don't have to have been in a choir before and they won't make you sing on your own. It's all about making friends and having fun. Sing for Life is a choir suitable for older adults, individuals with health problems or anyone who would enjoy a gentle, uplifting singing session.
MD

DRAW & PAINT

THE ART FACTORY

Platform, The Bridge, 1000 Westerhouse Road, Glasgow G34 9JW
0141 276 9696
<http://bit.ly/2dmIOFI>
For anyone who wants to draw, paint or try a new craft.
You could be brand new to it or maybe you did it years ago and want to try again.
AC