

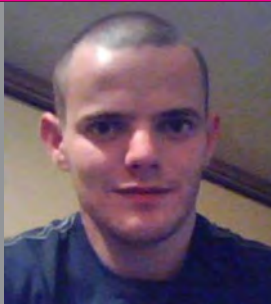
An abstract painting featuring several large, textured flowers in shades of yellow and orange. The background is a vibrant blue, interspersed with numerous small, scattered speckles of red and white. The overall style is expressive and textured, with visible brushstrokes and a rich, layered appearance.

# *the* **Pavement**

the free magazine for homeless people

Issue 142 : New Beginnings  
February – March 2023

# Missing



Allan Bryant

Allan Bryant disappeared from Glenrothes, Fife, on 3 November 2013. He was 23 at the time.

Allan, we're here for you whenever you need us; we can talk through your options, send a message for you and help you be safe. Call or text 116 000. It's free and confidential. Or email us on [116000@missingpeople.org.uk](mailto:116000@missingpeople.org.uk).



Lisa Pour

Lisa Pour went missing from Kilburn, London, on 15 January 2013. She was 40 at the time of her disappearance.

Lisa, use our free and confidential helpline; we can offer 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 Allan or Lisa, you can contact our helpline anonymously on **116 000** or [116000@missingpeople.org.uk](mailto:116000@missingpeople.org.uk), or you can send a letter to 'Freepost Missing People'.

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

**missing  
people**

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

**A lifeline when someone disappears**

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**Cover:**

This issue's vibrant cover artwork is by Simona Hartia, an artist working with Portugal Prints. The work is titled *Movements*. Portugal Prints is an artist community associated with Mind charity in Brent, Wandsworth and Westminster.

© *Portugal Prints*

**The Pavement magazine**

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Editor: Jake Cudsi [editor@thepavement.org.uk](mailto:editor@thepavement.org.uk)

Web editor: Kieran Hughes [web@thepavement.org.uk](mailto:web@thepavement.org.uk)

Designer: Marco Biagini [scotland@thepavement.org.uk](mailto:scotland@thepavement.org.uk)

**Writers/Researchers:** Mat Amp (deputy editor), Nicola Baird, Leon Eckford, Greta Gillett, Rosie Healey, Bellara Huang, Kieran Hughes, Ian Kalman, Eric Protein Moseley, Alastair Murray, Emdad Rahman, Garnet Roach, Chris Sampson, Bronagh Sheridan, Dave Sohanpal

**Artwork:** Chris Bird, Kryisia, Ken Pyne, Rosie Roksoph, Mike Stokoe

**London Co-ordinator:** Michelle Edgson  
[london@thepavement.org.uk](mailto:london@thepavement.org.uk)

**Scotland Co-ordinator** Marco Biagini  
[scotland@thepavement.org.uk](mailto:scotland@thepavement.org.uk)

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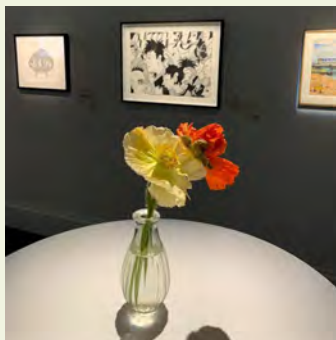
**TRUST IN  
JOURNALISM**

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[thepavement.org.uk/complaint](http://thepavement.org.uk/complaint)



**Chris Bird's *Street Scene* (centre) pictured on display at Sotheby's.**  
© Chris Bird

Great work by regular contributor to *the Pavement* Chris Bird, whose artwork *Street Scene* was entered into Sotheby's Outside In UK exhibition. Outside In is a charity working with artists facing barriers in the art world because of health, disability or social circumstances. Congratulations to Chris and all of the participants on an excellent show. Check out some of the artwork featured in the exhibition on the Outside In Instagram:

**@outsidein\_uk**

- **Chris Bird regularly features in *the Pavement* magazine, contributing artwork and creative writing. If you would be interested in having your art or words in the magazine, get in touch with the editor at: [editor@thepavement.org.uk](mailto:editor@thepavement.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](mailto:editor@thepavement.org.uk)**

# New beginnings

So far as symbolic, clichéd times of the year go, there's nothing like the start of a new one to get the mind racing. We often take the start of a new year as an opportunity to reflect on the past one, and to look forward to the 12 months ahead. As inconsequential as the passing of one day into the next may actually be, the hopes and dreams we set out for this next year are real. For people experiencing homelessness and sleeping rough, this new beginning represents a lot.

Mat Amp explores the importance of being kind on page 20. Leon Eckford, meanwhile, emphasises the significance of a new start on page 14. A number of our writers have also kicked off the new year with a foray into creative writing. See the first instalment of a Rosie Healey story on page 12, a satire by the king of comedy Chris Sampson on page 23, and a bumper poetry special on page 28.

The regular news, views and cartoons will also be found dotted across the magazine. Thanks to all of our contributors and here's to a great 2023 for all of our readers.

**the Pavement team**

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

**Attention readers:** *the Pavement* is running an impact evaluation survey for readers and services. We want to understand what we're doing right and what we're doing wrong. This way we can improve the magazine for our readers. There will be two separate surveys, one for readers and one for services. Each survey will only take a few minutes to fill out and every response will be massively appreciated. For more information on

the survey and to fill one out, keep an eye on our website ([thepavement.org.uk](http://thepavement.org.uk)), our social media (Instagram: [@thepavementmagazine](https://www.instagram.com/thepavementmagazine); Twitter: [@ThePavementMag](https://twitter.com/ThePavementMag)), or ask a local service you are connected to.



## America first

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More from England's ghost of Christmas future, aka the **United States of America**. A raft of anti-homeless laws have come into effect in the past year, across numerous states. Take Missouri, where a new state law has seen people sleeping rough in public parks or under city highways fined up to \$750, even facing up to 15 days in prison for multiple offences. The law took effect on 1 January. Meanwhile, New York mayor Eric Adams banned homeless people from sleeping on the city's subway system and using the trains all night. In November last year, authorities in Chicago abruptly ordered the removal of donated tents for street cleaning, according to the *Guardian*.

## Bed, bath & beyond

---

**Haringey's** Local Government and Social Care Ombudsman, the council's watchdog, has ordered the council to pay £4,500 in compensation to a homeless woman and her young child. The family spent almost two years in accommodation without basic bathing facilities, reports *This is Local London*. Haringey Council accepted the ombudsman's decision in January, with a spokesperson apologising for the council's "poor standard of service." The poor standards included

an unusable and dangerous bath, with a review by the council finding the property unsuitable. Soon afterwards the council offered the family a private tenancy, before withdrawing the offer because it was too expensive.

## First anniversary

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A heartwarming story courtesy of the *Manchester Evening News* in January, reporting on the anniversary of former rough sleeper Stephen Agnew moving into secure accommodation after 30 years of homelessness. Agnew first experienced homelessness aged just 10-years-old, and had lived the entirety of his adult life homeless prior to getting his own flat at the start of 2022. A number of groups and initiatives working in **Manchester** helped Agnew find a home. He first got involved with Invisible Cities, a social enterprise working with homeless people to train them as tour guides in the cities they have experienced homelessness in. Later, Greater Manchester Housing First found Agnew eligible for a studio flat in Blackley, where he has lived since January 2022.

- **Learn more about Invisible Cities on its website: [invisible-cities.org](https://invisible-cities.org)**



© Homeless World Cup

The annual Homeless World Cup football tournament will be held in Sacramento, the State capital of **California** this July. It's the first time since 2019 that the tournament has been held, with the previous three editions cancelled due to the Covid-19 pandemic. The international tournament features teams of people who are homeless or have experienced homelessness. There are more than 70 member countries of the Homeless World Cup, and the 2023 tournament represents the first time the tournament has been held in the United States.

## Veteran pledge

The government has come up with a new strategy to end rough sleeping among military veterans by the end of 2023. Johnny Mercer, the minister for veterans affairs, announced £8.8m in funding for supported housing places for ex-armed forces in England. The childishly named Operation Fortitude commenced in December 2022, with the *Guardian*

noting a launch event hosted by Mercer and PM Rishi Sunak and attended by homeless veterans. Between July and September 2022, 131 military veterans were counted sleeping rough in **London**. *The Pavement* hopes Mercer *et al* possess the fortitude to deliver on their promise to end rough sleeping among veterans this year.

## Watford watch

A scheme to support homeless people in **Watford** during the Covid-19 pandemic has brought the total number of people sleeping rough in the town down from 83 in March 2020, to 12 in December 2022. The five-step Dynamic Pathway to Independence (DPI) scheme was created by the YMCA in the Hertfordshire town. The scheme is delivered entirely in the YMCA's Charter House, with each floor of the 10-storey building dedicated to different stages of the scheme. A wide range of experts, including health and housing, are on-site to support people as they move through each floor. The government has committed a further £1.6m in funding to support the scheme through to 2025.

# 271,000

people estimated to have experienced homelessness on any given night in England in 2022.

# 45%

of this figure believed to be children, according to Shelter.

## Statue news

Readers passing by King's Cross station or **Birmingham's** Bullring in December may have spotted a giant sculpture depicting a homeless man. The sculpture stood at 14ft and was commissioned by Crisis to raise awareness of homelessness over the holidays. The work was created by Sophie de Oliveira Barata, who combined the facial features of 17 people who were experiencing homelessness and have been supported by Crisis for the details of the sculpture's face.

## Outside in

LGBTQ Switchboard has opened **Brighton's** first LGBTIQ+ night shelter. The charity opened the new service on 23 January. LGBTQ Switchboard is working with The Outside Project and Stonewall Housing to run the new service, which is initially a 10-week pilot.

- **Find out more on the website:** [lgbtiqoutside.org/brighton](https://lgbtiqoutside.org/brighton)

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OLD DIORAMA ARTS CENTRE  
PRESENTS

THE  
**ONE FESTIVAL OF  
HOMELESS ARTS**

16-29 Jan 2023



© *One Festival of Homeless Arts*

The One Festival of Homeless Arts was held in January, featuring art created by people with no fixed abode, precariously sheltered or who have experience of homelessness. The festival, held in **London** between 16–29 January, involved two weeks of workshops before an exhibition of new works on 28–29 January. Among other practices, workshops included art, music, poetry and photography.

**34**

children have died experiencing homelessness in England in the past three years, according to the *Independent*. An NHS-funded report has revealed at least 34 children had "sudden and unexpected" deaths while being homeless between 2019 and 2022.

## Evicted

An investigation by the *Sunday Mail* in January revealed that as many as 50 people were left stranded sleeping in cars, after being evicted from homeless accommodation in **Edinburgh**. The former residents of the Almond Lodge House Hotel are all migrants from Romania. The majority were told to leave the hotel after financial support for them ran out. Many have no recourse to public funds. A spokesperson for the refugee and migrants' charity Positive Action in Housing said: "We need to treat this as an emergency and treat those affected like human beings instead of political footballs."

## Xmas blues

There were 43,000 people experiencing homelessness in Scotland on 25 December 2021. The figures were obtained by the Scottish Liberal Democrats through a Freedom of Information request sent to local councils. The figure represents the total number of lone homelessness applications on that day, so isn't a true reflection of the number of people experiencing homelessness or sleeping rough in Scotland. **Edinburgh** had the highest number of homelessness applications among local authorities, with 5,470 open applications, as reported by *Scottish Housing News*.

**2,708** children were in temporary accommodation in **Glasgow** on 1 December 2022 (Glasgow City Health and Social Care Partnership).

**1,365** children in temporary accommodation in the city 10 years ago, according to *The Herald*.

**423** days is the average length of stay for families with children in temporary accommodation in Scotland.

## See it, say it

A charity group based in **Glasgow** warns domestic abuse is leading to an increase in hidden homelessness for women and children in the city. SAY Women, a charity set up in 1991 to provide semi-supported accommodation and emotional support for young women aged 16 to 25 who are survivors of sexual abuse or rape, told *STV News* that domestic abuse is the main cause of women's homelessness in Scotland. A spokesperson for the charity warned "evidence indicates that though men are over-represented in homeless statistics, women's homelessness is more likely to be 'hidden' and therefore over-looked."

- Learn more about SAY Women on its website: [say-women.co.uk](https://say-women.co.uk)

## Legal issues

**Glasgow** City Council breached legal safeguards for homeless people more than 2,000 times during an 11-month snapshot time-frame in 2022. The council fell short of the Unsuitable Accommodation Order – which sets out basic standards accommodation has to meet to be suitable for use. Residents at two hotels in the city used for temporary accommodation launched a series of complaints, labelling the accommodation "inhumane". Other hotels were called "hellholes". The council points to a low supply of accommodation deemed fit for long-term living, arguing it has had to disregard the law to house homeless people.

**930%** increase in children living in temporary accommodation in **Edinburgh** from 2002 to 2022.

**2,265** children were staying in temporary accommodation in the capital in **December**, according to the *Edinburgh Evening News*.

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# Swept under the rug, part I

The first instalment in an absorbing, emotional story. We meet our protagonist as her new life is set to be disrupted by her past.  
 Story by *Rosie Healey*

Kathy didn't wake up to the melody of birds. Instead, she was alerted by the rain, hammering onto the roof. The dew had made her duvet slightly damp. She crawled out of bed, reaching to the floor for an extra cardigan. Kathy tied her long, wispy hair into a bun. Grey streaks fell in front of her face, draping over her cutting cheekbones. Pulling the curtain along its string, she glanced out of the window to watch the downpour. Still half awake, a loud knock on the door brought her to full awareness. A hoarse voice echoed from outside.

"Morning Kathy." Her shoulders shrunk down in alignment.

"Morning Byron, hang on I'm just undoing the wire." She unhooked it and opened the door to a frail man. His face was hidden by his colossal, army green mack. Only the prune-like lines around his lips were visible.

"Have you ever thought about putting an actual lock on the door? Or do cables do the trick?" he asked. Kathy sensed his sarcasm, "sure, but this way I can choke the intruder with the cable. Do you want to come in? Or are you just going to stand there?" "Sure," he replied somewhat



A surreal, untitled artwork by Marius Samavicius. © Marius Samavicius

nervously.

He sat on the hard-cushioned sofa that dominated one side of the room. The bed took up the other. A strip in between was covered with a plain rug that was covered in mud stains. Beyond was a small kitchenette, with just enough space

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for a kettle and sink.

“So, I spoke to Nate this morning, you know from the pub, the one that knows your husband. Well, I don’t know if you’ve heard.” Byron paused to clear the mucous from his throat. “Heard what? That James is out?” Kathy replied.

“I guess you have then.” Kathy came to sit on the sofa and handed him tea. Byron had a softness about him. His eyes, a gentle brown, often made him look on the verge of tears, yet his laughter lines were contradictory. His two front teeth were missing but he never hid his smile. Kathy found this endearing, though she would never admit it. Before taking a sip of tea, Byron pulled out a bottle from under his coat to add some flavour. “I know what you’re doing, I don’t need the pep talk. James chose his path and now he must lie with dogs,” said Kathy, folding her arms excessively tight.

“Ok, but isn’t he your husband?” Byron didn’t look directly into Kathy’s eyes. They always made him uncomfortable. “I don’t think that title is necessary, we haven’t spoken in years.” Kathy got up to put on her boots. She picked up her coat and walked out of the caravan, stepping onto the patchy grass, almost forgetting her friend was still inside.

“Byron, help yourself to whatever, I’m going for a walk,” she said, trying to salvage some manners. “Do you want me to come?” he replied. “No, I’m good. Just save me some wine – I know what you’re like.”

The sun was beaming into the sky. It had struck division between the thick, grey clouds. The striking light had made the tips of the grass twinkle. The surrounding fir trees cuddled the field. Far away from the noise, the chaos. Kathy often told Byron she felt wrapped up in a blanket here. She bought the caravan, living on Byron’s land. Watching her stress levels fall a considerable amount, he too decided to buy a caravan. He sold the house and kept the land. But unlike Byron, Kathy wasn’t exchanging one adventure for another.

The sky was crying again, and Kathy’s jeans had become a shade darker. She sought shelter in the woods. As she approached, the sound of thrilling wings took flight. She listened to the rustling in the bushes, the squirrels scattering up the trees, and studied the brown, orange leaves embedded into the earth. No sirens were deafening her eardrums. No messes to clean.

• **To be continued in the next issue...**



# New year, new hopes

What's in a New Year's resolution? How do we deal with the first day on a new path? *Leon Eckford* attempts to make sense of it all

---

It's 2023, what's on the agenda? Turning over a new leaf? Starting a new career? Family? Relationship? Lifestyle? It's never too late for new beginnings. Doing something new in life can be frightening or exciting with so much potential. No matter where you are in your journey, life can bring expected or unexpected opportunities for a fresh start.

This is the pathway into the forest of life. You have VIP access to it, so ask yourself: How are you going to improve and build on what your Mother gave you?

If you're embarking on unknown territory right now, you may be looking for wise words to help you look forward to this magical new journey. You might feel nervous about letting go of the familiar, but think of the possibilities and opportunities you can look forward to. There's only one thing holding you back... Look in the mirror.

As I watch my kids get older and wiser, and I develop a unique brand of abstract Dad joke flavours, New Year brings out that mirror, helping us reflect on self, the year that's ended and why we are, where we are, thinking of decisions made, opportunities maximised, missing the target completely, etc.

And as your level of responsibility increases, so does the multitude of choices you have to make. It's estimated that the average adult makes about 35,000 remotely conscious decisions each day. Each decision, of course, carries certain consequences with it that are both good and bad. We'll leave the unconscious decisions for another time, as this would offer a whole chapter dedicated to debate and analysis in this regard.

In terms of society and where we are right now, what the fuck is going on?

Our collective neurosis in terms of wider society is really quite challenging when we look at our infrastructure creaking with an active cost of living crisis, sky-rocketing inflation and a government unable to deal with any of it. Ambulances, trains, buses, NHS, supporting services all striking in the vague hope that anyone in power can change this current trajectory.

Professionally, we have budget cuts coming. Our sector is already exposed to cries for tightening purse strings and demands of restraint to support people living under the spectre of a housing and homelessness crisis. This is when



Thanks to Krysia for this colourful star-filled landscape, titled *New Beginnings* © Krysia

we will need our creativity and innovation to drive forward our street community in the face of multi-variable psychosocial crises.

I ponder as Hogmanay approaches like a large haggis, set to explode over my thinking and rationale. Is everything going to change in just 24 hours?

We always plan for diets, stopping this, stopping that, moving onwards and upwards with no expectations of hangovers from years gone by. Is this realistic?

Change can be scary, but you know what's scarier? Allowing fear to stop you from growing, evolving and progressing. Even if that involves starting all over again, you have that potential in the palm of your hands.

Sometimes we need to get out of our own way to begin that journey.

First, accept that change, new chapters and fresh perspective are central and inevitable facts of human existence.

Everyone faces their unique perspective in their own individual way. There are no right/wrong answers in this game.

Admit that not everything is in our control, though we will try to push forward regardless of incoming storms.

Regret nothing. This is our one shot at this negotiated reality, so remove the FEAR and watch yourself fly.

• **Leon Eckford works in homeless outreach in London** ■



Ken Pyne

" IT ALL BEGAN TO CHANGE FOR ME WHEN  
SOMEONE GAVE ME A COPY OF THE PAVEMENT "





# Winter health

Updated guidance and tips from the Groundswell health team on how to stay healthy and look after yourself in the colder months

## Advice from Groundswell staff with experience of homelessness

- Keep warm and dry
- Get vaccinated for the flu and Covid-19, if you haven't already
- Register with a GP
- Talk! Let people know if you are unwell and what you need
- Engage with services and stay engaged
- Speak to an advocate or support worker for help
- Find where to get warm clothing
- If you are indoors, have your property checked for energy efficiency
- Wear a mask in busy spaces when and if you can.

## Best practice

Signing up to a GP is a good way to protect your health and provides access to health experts

- Everyone can register with a GP
- You don't need a fixed address
- You don't need to show ID
- Your immigration status doesn't matter.



## **Best practice** (continued)

- Attend health appointments if you can
- Once you have secured a GP or hospital appointment, it's important to attend it
- Ask a support worker for help if you are struggling to secure an appointment at your GP
- A support worker can attend your appointment with you
- You are allowed to request a remote or phone appointment.

## **SWEP season**

Local authorities across the UK have Severe Weather Emergency Protocols (commonly known as SWEP) for people sleeping rough

- When SWEP is in effect (usually in extremely cold temperatures, but also in dangerously hot temperatures), your local authority is obliged to offer you assistance
- The type of assistance varies among locations. Often people are offered shelter or a warm space. Some places offer accommodation and warm meals
- You are entitled to SWEP assistance regardless of your local connection or status
- Find out about SWEP in your area by asking someone from a local service
- Or, find info online by searching for “SWEP” on your local authority’s website.

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.



# Black/white, boy/girl

Drawing parallels to the injustice and prejudice he faced growing up, *Mat Amp* examines a new wave of hatred targeting a vulnerable group of people

I'm happy, to be honest, that my Dad chose to move the family back to Nigeria when I was eight-years-old. England was a very different country back in the '70s and being mixed-race wasn't half as much fun as it is these days.

I grew up during the late '60s, travelling between the small market town where I was born, Hereford, and Lagos, my Dad's home patch. The primal soul of Africa lit a fire in me, but it would be quickly doused by the sharp shock every time I returned to the UK. The cold weather and that shit brown ubiquitous WHSmith's signage was an anti-sensory overload. Back then the high streets were dead and empty on Sunday afternoons, so we would smoke fags behind the bus shelter in the shivering, bone-chilling cold and driving rain. Strikes, power cuts, no central heating, class war, tepid PG tips, fish fingers and beans and three channels of shit telly.

England in the '70s was a difficult time to be a mixed-race family. It was a time when the term 'Paki' was thrown around like one of those plastic orange frisbees that were all the rage at the time. Die-hard racists

hate people who are a different culture or colour, but they reserve a special place for us mixed-race folk because we're nature's inevitable 'fuck you' to their ridiculous idea of apartheid. I mean, every extended family, be it black or white, is eventually going to end up with a brown baby somewhere in the family tree.

But we were brown kids a long time before it became cool in this country. My older brother was dark-skinned with an afro, my younger brother had loose blonde curls and was fair-skinned. I landed somewhere between them on the colour spectrum. Aged 19, my Mum spent a lot of time pushing the three of us around in a single flat-deck pram. We even came up with a family rhyme about the three of us in that thing. "She's got one black one, one white one and one with a bit of shite on." Yep, I was fully aware that was me. That's how we coped with it: we laughed.

The public perception of my Mum was of an unwed teenage Mother of three kids from three different Fathers originating in three different continents. Some of the insults

slung at her were vile, but as a family we dealt with prejudice. We never accepted it, never letting it control how we felt about ourselves, each other or the world. It meant that I grew up with a keen realisation of what bullying is and the harm it can do.

More recently, I've noticed a pernicious, cruel and occasionally casual rise in the hatred against trans people and it is bothering the shit out of me. People used to talk about gay people like this when I was a kid, labelling them freaks and fagots. Podcast presenters, sports pundits, blokes at the gym, dustbin men, tinker, tailor, cobbler, thief, and then there is the church at the forefront of this anti-trans fanfare. For fuck's sake, what has anyone questioning their sexual or gender identity ever done to you? If you feel like they've insulted your God, he's a big boy, he can look after himself. He doesn't need you goose-stepping over someone's vulnerability to right the scales of celestial justice.

I understand misdirected anger because the twisted mist of trauma and pain can ignite an inflammable primal rage deep within the soul, but there is no forgiving some of these talking heads in the media. They peddle hatred for ratings and encourage a truly dangerous army of casual haters out there. I have a close friend who identifies as trans and she has taught me a lot in the last few



Thanks to Chris Bird for this untitled, urgent piece. © Chris Bird

years. I fear I owe her an apology after she told me about the way that an insidious transphobic movement has developed in both the media and society itself. Since she pointed this out, I've noticed it repeatedly, and to be honest, I'm shocked.

It is the same type of hatred that used to be directed at mixed-race people, aimed, as it is, at our right to exist. Girls, boys, black, white. To try and empathise I thought back to the way it felt when I was young to have my existence dismissed in this way and it triggered a massive realisation. The support from my ▶

# Support

If you are a member of the LGBTIQ+ community and are currently experiencing homelessness, support is available to you.

- In London, The Outside Project runs numerous services, including night shelters and support groups. Find out more on its website here: [lgbtiqoutside.org](http://lgbtiqoutside.org)
- In Scotland, Stonewall Scotland provides support, guidance and resources. Find out more on its website here: [www.stonewallscotland.org.uk](http://www.stonewallscotland.org.uk)

family that I took for granted is something that very few trans people have when it comes to dealing with this type of prejudice and hate. For the most part, they deal with it on their own and many end up homeless at a young age, rejected by parents who fail to understand.

It's the type of hatred that wears a thousand hats and is as comfortable at dinner with the King as it is at a gypsy bare-knuckle fight staged at a car park in Stoke-on-Trent at midnight. It can spew forth from the lips of a preacher, like hot bile wrenched from the gut of a Hells Angel with a white-hot pitchfork, or it can tiptoe through the threads of rational thought with smart justifications disguising its true intent. People, more often than not, point out the most vulnerable amongst us before anyone else decides it is them. Either that or they

are passing judgement on people for questioning God's omnipotence. God made you an X or a Y, how dare you challenge that?

While I am. I challenge God to meet me round the back of Asda on the Old Kent Road. I know it's less far for me to travel, but I haven't got a car, let alone a fleet of angels to hitch a ride with. Or can you teleport by now, hey God? Either way: car park, Asda, 3am.

Anyway, my scrap with God aside, please just think before you engage in hating on people whose existence you don't much care for. It's lazy and it causes people an awful lot of pain. In the '90s there was a massive push towards connection and for a while it became cool to be kind. In the last ten years, we seem to be regressing when it comes to compassion and acceptance. Don't be part of it. ■

# Carry on farce

The NHS faces cuts as demand grows. There is some hope, but, alas, found almost exclusively in the mind of *the Pavement's* resident daft sod, *Chris Sampson*

The National Health Service faces more real-term cuts, due to a combination of Putin's invasion of Ukraine, years of Tory misrule and – sorry to remind *Sun* readers of reality – but also Brexit shooing away all those foreigners you hate but who, it turns out, used to save plucky British lives after qualifying as doctors, nurses and suchlike.

“Gut luck, Englanders!” said Horst von Wurst, a heart surgeon forced to return to Berlin by Brexiteers (and, perhaps, to have his comedy German accent returned to the 1970s). “Ve haf left you ein first-aid kit, mit instructions!” he added, clicking his heels together in soldierly fashion, then climbing into his Messerschmitt and flying away. Only to be shot down over the Once-White-But-Now-Shite Cliffs of Dover by a Spitfire stretching its wings before a Battle of Britain anniversary flypast.

“Sorry, old bean!” said its pilot, Wing Commander Handlebar-Moustache, RAF. “The old kite couldn't help itself; force of habit, you see...” Ahem. Other nationalities with even more stereotypical accents have also been forced to flee to their homelands, leaving the NHS shortfall

to be filled by untrained Brits with a box of plasters, a plastic toy stethoscope and vague recollections of Hattie Jacques's Matron in *Carry On Up The Farce!*

The burden on the health service is now such that the British Government has decreed that various disease and medical conditions will have to be combined in order to cope with increased demand.

Hence, Epi-leprosy (Epilepsy fused with leprosy – look out for limbs flying off during a fit!); then there's Testicular Nipple (Testicular Cancer merged with Jogger's Nipple); Whooping Appendicitis (self-explanatory); and even a three-way contraction of Chronic Obstructive Pulmonary Disease (COPD), Urinary Tract Infection and Lipping, to create Chronic Urinary Lisp.

The writer himself suffers from COPD, Bubonic Plague and Lipping Milkstop syndrome, so this isn't in bad taste or anything. Honest. ■

**TURN TO PAGES A – P  
FOR THE LIST OF SERVICES**

# A tale of two cities

The similarities and differences in homeless policy in New York and London. With a view to what comes next. By *Eric Protein Moseley*

In the late 1990s, I remember relocating to New York for the first time as a single-parent homeless drug addict, trying to provide a better life for my daughter Erica than I'd had so far. Together, we got off the greyhound bus at Port Authority and soon entered the city shelter system in the Bronx, New York. After residing at several locations for approximately eight months, we eventually got an apartment in Brooklyn, East New York. Today, the wait for a homeless family to receive housing in the Big Apple has become much longer and more humiliating.

The latest Mayors' Management Report shows that families with children spent an average of 534 days, or almost 18 months, in the Department of Homeless Services (DHS) care during the 2022 financial year, completed in June. Following decades of failed policy strategies the number of men, women and children living in homeless shelters stands at around 60,000.

Today, New Yorkers in the shelter system face countless hardships in getting into permanent housing because rents are at record highs, and the accessibility of units

## In a nutshell

- Homelessness is on the rise in London and New York
- In both cities, supply of suitable accommodation for homeless people is outstripped by demand
- Forward-thinking and joined-up planning is needed to reverse the crisis of low levels of housing and increasing homelessness.

estimated for low-income rent occupants is at a decades-old low. The city saves just a few of its affordable units explicitly for low-income renters, contributing to the rise of homelessness in New York City.

Before the Covid-19 pandemic, New York's plans to combat homelessness were:

1. Providing low-cost housing in conjunction with supportive services to create permanent supportive housing, such as medical care and counselling.



2. Making one-time funds available, such as government funds for rapid rehousing.

3. Creating Non-congregate housing, which entails placing homeless people in hotels.

Across the pond in London, The Combined Homeless and Information Network (CHAIN) shows a rise in rough sleeping across London, with 2,998 people sleeping rough from April to June 2022, up 16% on the same period in 2021.

Projects supported and initiated by London's mayor, Sadiq Khan, to reduce homelessness in the city have included:

1. A recently renovated No Second Night Out service, offering people sleeping rough assistance in a safe environment.

2. Creating expert multidisciplinary psychological wellness groups in NHS Trusts, with a focus on homeless people.

3. Establishing a dedicated administration that responds quickly to StreetLink references to ensure people receive assistance as soon as possible.

The invasion of Russia in Ukraine will also contribute to the growing number of homelessness in both London and New York. An estimated 50,000 Ukrainian refugees in the UK could become homeless this year, and ministers are resisting offering a new package of support to offset the impending crisis.



New York by night. © the Pavement

While the shelter system in New York is struggling to house arrivals from Ukraine, New York City mayor Eric Adams is considering erecting hangar-sized tents as temporary shelters for thousands of migrants experiencing homelessness.

In my opinion, both London and New York already had a problem finding solutions to rising homelessness before the displacement of people because of the Russian invasion of Ukraine. With the war ending in Ukraine nowhere in sight, I suggest both locations should expect and plan for more people to come to their cities, not as tourists but as people looking to find a permanent place to live, like many others who were already homeless before they arrived.

• **Eric Moseley is a New York-based social impact documentary filmmaker** ■

# The beautiful game

Our reporter travels to Bosnia to speak to players from the country's Homeless World Cup team. The tournament offered opportunity and enjoyment for players, writes *Emdad Rahman*

Football is a global game and one of the greatest methods at our disposal to bring about positive change, in my opinion. In both personal and professional aspects of our lives.

Alen Hodzic played at the 2014 Homeless World Cup. The 34-year-old was spotted by the eagle-eyed Elmedin Skribo, deputy director of Emmaus Bosnia and Bosnia homeless team manager, during a visit to a homeless camp in Tuzla.

Skribo also recognised in Hodzic a greater potential to rise up and serve those in need.

Hodzic's late father was killed in 1992 during the Yugoslav War. He was only three-years-old and has no recollections or memories. "I have only good stories told by some people about my father and I cherish them all," he said.

Hodzic experienced great challenges in his life, including homelessness. It is an experience he would not wish upon his enemy.

Under Skribo, Hodzic became a member of the Bosnia Homeless World Cup team which travelled to Chile in 2014 and finished in second place to the host nation.

The Homeless World Cup was a

game changer. Hodzic says "it was a great chance for people, to feel valued and accepted and see the world. We would never have had a chance otherwise.

"At the World Cup we escaped from our daily problems. It was therapeutic and helped us cope and grow."

Referring to the influence of his manager Skribo, Hodzic said, "he helped me escape homelessness by being a mentor and coach. It doesn't matter what time, he is always available and has always been there.

"Elmedin is a great and helpful man, always obsessed with helping people move forward. A superb coach, but more importantly, a just and kind man."

The experience at the World Cup bought about great change in the life of Hodzic. It provided visibility, a profile, value and recognition. He singles it out as the biggest moment of his life. "The World Cup changed my life on all fronts. It also restored my pride and self esteem."

Now Hodzic is married and has a young child named Ahmed. He has stability and works in a humanitarian role with Emmaus, as a project

co-ordinator, networking with international organisations, building links and finding common ways of working to support people.

“It is important to support homeless people,” he says. “Most people think if you give money then that’s it. You need to give time. Emmaus helped me and now I’m trying to help other people.”

When visiting Hodzic, I met a second homeless footballer from whom I gained great insight.

The Bosnian footballer Asmir Mehic was aged two when his terrified family escaped Konjic, near Srebrenica, where Bosnian Serb forces under Ratko Mladić massacred more than 8,000 Bosnian Muslim people in the summer of 1995.

His father stayed in Srebrenica to fight for the resistance and was killed in combat. Asmir could barely walk and his petrified Mother held him in her arms as she took refuge in the Bosniak city of Tuzla.

They were placed in a support centre for people who had escaped and been displaced due to the genocide that was taking place.

Whilst travelling in Bosnia I was able to visit the centre and take a look at how people like Asmir were being supported. It is a humble set up but homeless guests receive necessary support.

“The homeless hostel gave us stability and a chance to deal with our horrors,” he said.



**Emdad (left) with Hodzic (centre left) and Skribo (centre right) © Emdad Rahman**

Asmir and his mother remained homeless for many years and he cites his engagement at the 2016 Homeless World Cup as a big moment.

He added, “I was able to meet new people and make new friends through Emmaus and I no longer felt alone, unsupported and stranded.”

Asmir is now building his own home with the support of his friends, who provide manual and financial assistance.

Football has been a catalyst for great change for many people from homeless and disadvantaged backgrounds. Despite horrific experiences and harrowing circumstances, so many have proved inspirational in turning their lives around and finding new beginnings in life. ■

# From the heart

Three poems taking in themes including forgiveness, fortitude and solidarity, delivered with searing emotion. Thanks to *Chris, Dave and Rosie* for contributing

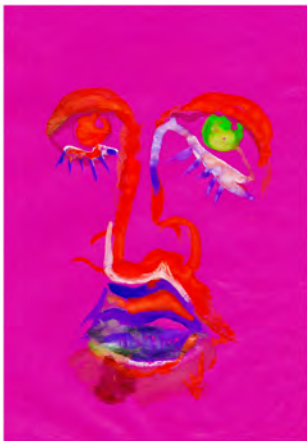
## Second glance

*by Chris Bird*

Do you notice me,  
In the food bank queue,  
Do you see me on the busy bus,  
Heading toward the dole office.

Within the shadows,  
The politicians cast casually,  
Westminster raised,  
An unwanted offspring,  
Called poverty.

Do you even give me a,  
Second glance?  
In the City of London,  
Champagne sparkles,  
Our pain is real.



© Marius Samavicius

## Untitled

*by Dave Sohanpal*

If I am to be a voice for asylum seekers  
Then how should I speak?  
Am I to whisper when they are screaming in pain?  
Am I to be calm when they tremble in fear?  
Am I to shout for mercy, as they are tortured and raped?  
Tell me how I need to speak, for you to grant their freedom?  
If you are not pure descendant, then you are an immigrant!  
How can we be proud to live in a world that condemns people?

# The fire

by *Rosie Healey*

I got burnt but I didn't sit in the fire,  
There was no desire  
Going back to the horror  
Of my own making.  
Something that lured me  
Snaking and taking  
Piece by piece  
To the depths of despair,  
a place where morals were no longer there  
where lives are taken  
bodies shaken  
a hopeless mind breaking  
left on my knees begging.  
But instead of change, deceived in chains,  
seducing my veins  
Yet nothing palliates the pain  
That manifests, in this poisoned brain.  
Shark tooth rips  
Made my blood drip,  
I was prisoner to a friendly relationship  
Just degraded to get spoon fed  
No dignity left, as the devil progressed  
Bringing back memories I long to forget.  
It was time to confess,  
I was back on my knees  
Only this time praying  
To something I didn't even believe in.  
I knocked on heaven's door, but no one was there  
I had to self-sooth  
With the illusion of words that just about got me through,  
It was time to sit with me.  
Apparently it's the sole way to be free  
Finding balance on a thin wire  
I started to aim higher  
I got burnt, but I didn't sit in the fire.



MYSTERY MEAT'S  
**EASY** LEMONADE RECIPE

1. Get some lemons (from life).
2. Taste the lemons.
3. If the lemons are bitter, squeal on the lemons (tell your mummy on the lemons AND call the police to report the lemons).
4. Stomp on the lemons and cry til you are exhausted and cannot stomp and cry anymore.
5. Hold a grudge against the lemons (this works best if you also hate the lemons with all your heart).
6. Continue step 5 until you pop your clogs.
7. Voila! Lemonade! \*

\* Mystery Meat Animal hasn't actually tried this recipe but it's so straightforward it seems worth a try init.....

# Housing in England: Your Rights

Your local council does not always have to help you find emergency accommodation if you are homeless.

If you need help right now, please try these numbers below.

Ask them to help you make an emergency housing application.

**For free help with your emergency housing application:**

## 1. Streetlink

- Tel: **0300 500 0914** & also an App

## 2. Shelter

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

## 3. Citizens Advice Bureau

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

**If your application is rejected:**

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

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

# Housing in Scotland: Your Rights

Call Shelter Scotland for free housing advice

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

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

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

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

# We want to hear from you!

As the magazine develops and grows, we want to hear what our readers think about *the Pavement*. Hearing from our readers will help us improve the magazine, and will inform us what we're doing right and where we're going wrong.

If you read the magazine, please fill out our survey. It will only take a few minutes!

Look out for the survey at numerous services in London, Glasgow and Edinburgh.

You can also fill out the survey online, here:

[www.smartsurvey.co.uk/s/Pavement-Readers](http://www.smartsurvey.co.uk/s/Pavement-Readers)

Or scan the QR code with your mobile phone:



Make sure you read...

*the* **Pavement**

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





### KEY TO ALL SERVICES

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

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

Compiled: January 2023

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

### Are your details incorrect?

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

### FOOD

#### BALVICAR STREET

Balvicar St, Glasgow, G42 8QU

Thurs: 7pm – 9pm

Soup run every week.

*FF*

#### CARRUBBERS CHRISTIAN CENTRE

65 High St, Edinburgh EH1 1SR

0131 556 2626; [www.carrubbers.org](http://www.carrubbers.org)

Tue: 5:30 – 7:00pm

Soul Food serve food from the café door

Sundays: 9:00 – 10:00am

Free breakfast from the café door

*FF*

#### CADOGAN STREET

39 Cadogan House, Glasgow G2 7AB

**Directly opposite No.28, on corner**

Mon – Sun: 7 – 10pm

Soup, sandwich and hot drinks.

Can direct to other services.

*FF, OL*

#### GLASGOW CITY MISSION

20 Crimea Street, Glasgow G2 8PW

0141 221 2630

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

Mon – Thur: 9am – 4:45pm

Fri: 9am – 3:45pm

Dinner: 6:30 – 8:00pm

Overnight Welcome Centre open til

31st March 2023. Various activities

throughout week - call or drop in for info.

*AC, AH, FF, IT, SF*

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

## H4TH (HELP FOR THE HOMELESS)

07966 062 495

[www.h4th.org.uk](http://www.h4th.org.uk)

Cadogan Street, Glasgow

Thursdays: 8 – 10pm

H4TH is a weekly outdoor soup kitchen for free food and clothing.

*FF, CL*

## HOMELESS PROJECT SCOTLAND

0800 0147 160

07828 584 544 (24/7)

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

We support homeless and vulnerable people and families in Scotland by working alongside partners and supporting people who need our help. Food distribution, hygiene packs, advice all available. Based in Glasgow.

*FF, OL*

## KINDNESS STREET TEAM

George Square, Glasgow, G2 1AL

Mon, Wed, Fri & Sun: 7pm

Hot food, clothing & sleeping bags

*FF, CL*

## MISSIONARIES OF CHARITY (HOPETOUN CRESCENT)

18 Hopetoun Cres, Edinburgh EH7 4AY

0131 556 5444

Mon, Tue, Wed & Fri: 3:45 – 4:45pm

Sundays: 1:30 – 4:15pm

*FF*

## NEXTMEAL.CO.UK

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

A new mobile app to help support homeless people to find free food.

## QUEEN'S PARK GOVANHILL PARISH CHURCH

170 Queen's Drive, Glasgow G42 8QZ

0141 423 3654; [qpGPC.com](http://qpGPC.com)

Tues: 12noon (hot meal)

Thurs: 10am – 12noon (food bank)

Sun: 5pm – 6pm (free take out meal, toiletries, clothing)

*AH, AD, B, BS, BA, CL, DA, F, FF, IT, MH, OL, OW*

## SOCIAL BITE (ROSE SREET)

131 Rose St, Edinburgh EH2 3DT

0131 353 0250; [social-bite.co.uk](http://social-bite.co.uk)

Mon – Fri: 2 – 3pm

Free food take-away.

*FF*

## SOCIAL BITE (UNION ST)

516 Union St, Aberdeen AB10 1TT

0131 353 0250

[social-bite.co.uk](http://social-bite.co.uk)

Mon – Fri: 2 – 3pm

Free take-away.

*FF*

## STEPS TO HOPE

07949 838 666

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

Phone-line open all time

Monday Munchies: 6pm

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

Sunday Suppers: 5pm

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

*FF*

### 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

## HELP & ADVICE

### APEX SCOTLAND

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

[www.apexscotland.org.uk](http://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  
0131 662 4359

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

Mon – Fri: 9am – 5pm;

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](http://www.qcha.org.uk/qc-wellbeing/young-people)

Mon – Sun: Open 24 hours

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*

## PETS

### PDSA PET HOSPITAL (EDINBURGH)

2B Hutchison Crossway, Edinburgh EH14 1RR

**0800 917 2509**; [www.pdsa.org.uk](http://www.pdsa.org.uk)

Monday – Friday: 8:30am – 5:30pm

Veterinary surgery offering medical care for pets and other animals. Please use the Freephone number or website to check availability: [pdsa.org.uk/pet-help-and-advice/eligibility](http://pdsa.org.uk/pet-help-and-advice/eligibility)

*SF*

### PDSA PET HOSPITAL (GLASGOW EAST)

Muiryfauld Drive, Tollcross, Glasgow G31 5RT

**0800 917 2509**; [www.pdsa.org.uk](http://www.pdsa.org.uk)

Monday – Friday: 8:30am – 5:30pm

Veterinary surgery offering medical care for pets and other animals. Please use the Freephone number or website to check availability: [pdsa.org.uk/pet-help-and-advice/eligibility](http://pdsa.org.uk/pet-help-and-advice/eligibility)

*SF*

### PDSA PET HOSPITAL (GLASGOW)

1 Shamrock Street, Glasgow G4 9JZ

**0800 917 2509**; [www.pdsa.org.uk](http://www.pdsa.org.uk)

Monday – Friday: 8:30am – 5:30pm

Veterinary surgery offering medical care for pets and other animals. Please use the Freephone number or website to check availability: [pdsa.org.uk/pet-help-and-advice/eligibility](http://pdsa.org.uk/pet-help-and-advice/eligibility)

*SF*

*FC* Foot care  
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*SF* Step-free  
*SH* Sexual health  
*TS* Tenancy support

FULL LIST  
AVAILABLE ON  
OUR WEBSITE



## NIGHT SHELTERS

### EDINBURGH:

#### BETHANY WELCOME CENTRE

Haymarket Hub Hotel, 7 Clifton Terrace,  
Edinburgh, EH12 5DR

07919 557 673

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

Open 24/7

October 2022 – April 2023

Free accommodation, food and support  
for people sleeping rough. Just show up  
or call the number above for support.

*AH, F, FF, OL, OW*

### GLASGOW:

#### OVERNIGHT WELCOME CENTRE

0800 0277 466 (Simon Community)

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

24hr free accommodation service run  
by Glasgow City Mission from hotel,  
running run from 1 December 2022 till  
31 March 2023.

25 beds available - call the phone  
number listed above for hotel address.

We serve dinner from 6:30pm until  
8:00pm, after which, our

Overnight Welcome Centre team will  
be on site.

*AH, OL, OW*

### NIGHTSTOP (DEPAUL)

[uk.depaulcharity.org/nightstop](http://uk.depaulcharity.org/nightstop)

Mon – Fri: 9am – 5pm (4pm in Glasgow)

Nightstop provides young people,  
aged between 16–25, with emergency  
accommodation within vetted and  
trained host households.

Please phone first for referral:

#### **Glasgow:**

472 Ballater Street, G5 0QW

Phone: 0141 418 6990

Email: [nightstop@simonscotland.org](mailto:nightstop@simonscotland.org)

#### **Edinburgh:**

55 Albany St, EH1 3QY

Phone: 0131 557 4059

Email: [andy.murdoch@rocktrust.org](mailto:andy.murdoch@rocktrust.org)

#### **West Lothian:**

20 Grampain Court, EH54 6QF

Phone: 01506 591860

Email: [westlothianadmin@rocktrust.org](mailto:westlothianadmin@rocktrust.org)

We work with young people to plan and  
overcome barriers at the start of their  
journey with us. When relationships  
break down, we provide support and  
mediation to keep families together.  
Mental health issues like anxiety,  
depression and self-harm can be a  
barrier to moving forwards.

*AH*

### SAFE IN SCOTLAND

Formerly the Destitution Night Shelter

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

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

Scottish Refugee Council: 0808 196 7274

Govan Community Proj: 0800 310 0054

British Red Cross: 0808 196 3651

*AH, BS*

## Are your details incorrect?

Please send changes to:

[web@thepavement.org.uk](mailto:web@thepavement.org.uk)

### KEY

*A* Alcohol workers

*AC* Art classes

*AD* Advocacy

*AH* Accommodation/  
housing advice

*B* Barber

*BA* Benefits advice

*BE* Bedding available

*BS* Bathroom/showers

*C* Counselling

*CA* Careers advice

*CL* Clothing store

*D* Drugs workers

*DA* Debt advice

*DT* Dentist

*EF* Ex-forces

*EO* Ex-offenders

*ET* Education/training

*F* Food

*FF* Free food

## ACCOMMODATION

### BLUE TRIANGLE

Various locations  
**0141 221 8365**; [bluetriangle.org.uk](http://bluetriangle.org.uk)  
 We provide safe and secure mainly  
 hotel type accommodation for  
 vulnerable people who are homeless or  
 at risk of homelessness. Various services  
 around Scotland, for men and women  
 aged 18–40.

*AH, AD*

### CASTLECLIFF (CITY OF EDINBURGH COUNCIL)

25 Johnston Terrace,  
 Edinburgh, EH1 2NH  
**0131 225 1643**  
 Monday–Sunday: 9am–9am;  
 Emergency direct-access hostel for  
 single people or couples, who are  
 homeless and over 16.  
 Some provision for pets. It aims to help  
 residents find more sustainable long-  
 term accommodation.

*AH, BS, BE, CL, TS*

### CROSSREACH (CUNNINGHAM HOUSE)

Cunningham House, 205 Cowgate,  
 Edinburgh EH1 1JH  
**0131 225 4795**; [crossreach.org.uk](http://crossreach.org.uk)  
 Ring or visit. Short-term supported  
 residential accommodation for single  
 homeless people (18–65) who have  
 additional support needs; such as  
 offending, drug, alcohol and mental  
 health matters.

*TS*

### DUNEDIN HARBOUR

4 Parliament St, Leith,  
 Edinburgh, EH6 6EB  
**0131 624 5800**; [tinyurl.com/vvx5fxtp](http://tinyurl.com/vvx5fxtp)  
 Accommodation and support for  
 vulnerable individuals who are sleeping  
 rough or at risk of sleeping rough.  
 Couples and pets accepted.  
 Referral via Edinburgh City Council:  
**0131 529 7355** or **0131 529 7829**  
*AH, AD, A, BA, CA, DW*

### GLASGOW WOMEN'S AID

4th Floor, 30 Bell St, Glasgow G1 1LG  
**0141 553 2022**  
[glasgowwomensaid.org.uk](http://glasgowwomensaid.org.uk)  
 Monday–Friday: 9:30am–4:30pm  
 Advice and support for women  
 experiencing domestic violence and  
 their children. Domestic Abuse Helpline:  
**0800 027 1234** (24/7).

*C*

### SAFFRON HOUSING

**0141 422 1112**  
[southside-ha.org/find-a-home/  
 saffron-project](http://southside-ha.org/find-a-home/saffron-project)  
 Mon–Fri: 9am–5pm  
 Accommodation and support for  
 single minority ethnic homeless people  
 (16–25) with low support needs. Referral  
 only via GP or social worker. Phone or  
 email [enquiries@southside-ha.co.uk](mailto:enquiries@southside-ha.co.uk)  
 for more information.

*AH, BA, DA, TS*

*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



## SIMON COMMUNITY SCOTLAND

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

24/7 : Glasgow: **0800 027 7466**

& Edinburgh: **0808 178 2323**

Accommodation and support services. See NIGHTSTOP (DEPAUL), STREETWORK and ACCESS HUB for information about those services.

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

## ACCESS HUB (GLASGOW)

389 Argyle Street, Glasgow, G2 8LR

**0141 552 4164**; [simonscotland.org](http://simonscotland.org)

Mon – Fri: 9am – 5pm

Drop in to get help with benefits, health, finances, legal advice, access to the digital world and more.

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

## STREETWORK CRISIS CENTRE

22 Holyrood Road, Edinburgh EH8 8AF

**0808 178 2323**; [streetwork.org.uk](http://streetwork.org.uk)

Mon – Fri: 8:45am – 8pm

except Wednesdays: 10am – 8pm

Sat – Sun: 9am – 5pm

Supporting anyone in Edinburgh who does not have a safe place to sleep.

*AH, AD, BA, BS, C, FF, IT, TS*

## THE MUNGO FOUNDATION (DE PAUL HOUSE)

27 Cruden St, Govan, G51 3RP

**0141 445 2800**

[www.themungofoundation.org.uk/service/de-paul-house](http://www.themungofoundation.org.uk/service/de-paul-house)

Support and accommodation for young men & women (16-21). Referral only via Social Work Care Manager.

*AH, AD*

**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

## LGBTQI+

### BREATHING SPACE SCOTLAND

**0800 83 85 87**; [breathingspace.scot](http://breathingspace.scot)

Mon – Thu: 6pm – 2am

All Weekend: Fri 6pm – Mon 6am

Free, confidential phone service for anyone in Scotland experiencing low mood, depression or anxiety.

*MH, AD, C*

### EACH

**0808 1000 143** (helpline);

[each.education/homophobic-transphobic-helpline](http://each.education/homophobic-transphobic-helpline)

Helpline and support for young people affected by homophobic bullying.

If you have been a target of this bullying you can call our freephone

Helpline on **0808 1000 143**

(Monday to Friday, 9:00am – 4:30pm)

or email: [info@each.education](mailto:info@each.education)

*AD, C, LA*

### EDINBURGH RAPE CRISIS CENTRE

17 Claremont Cres, Edinburgh EH7 4HX

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

Open Monday – Sunday

**08088 01 03 02** (call): 5pm – midnight

**07537 410 027** (text): 6pm – midnight

Free and confidential emotional and practical support and information to women, all members of the transgender community. Young people aged 12–18 who live in Edinburgh and the Lothians and have experienced sexual violence can get help via the STAR project on [star@ercc.scot](mailto:star@ercc.scot). Text: **07537 410 027**

*AD, C*

**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

**EQUALITY NETWORK**

[www.equality-network.org](http://www.equality-network.org);  
0131 467 6039

A leading national charity working for lesbian, gay, bisexual, transgender and intersex (LGBTI) equality and human rights in Scotland.

Run events, 1-2-1 support groups and produce guidance.

*C, OL*

**GALOP**

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

*AH, AD, C, MS, LA*

**LGBT HELPLINE SCOTLAND**

[www.lgbthealth.org.uk](http://www.lgbthealth.org.uk);  
[helpline@lgbthealth.org.uk](mailto:helpline@lgbthealth.org.uk)  
0300 123 2523 helpline open on:

Tue & Wed: 12noon – 9pm

Thu & Sun: 1 – 6pm

Working to improve the health, wellbeing and equality of lesbian, gay, bisexual, transgender (LGBT) people in Scotland.

*C, MH, OL*

**LGBT YOUTH SCOTLAND**

[www.lgbtyouth.org.uk](http://www.lgbtyouth.org.uk)  
[info@lgbtyouth.org.uk](mailto:info@lgbtyouth.org.uk)

Advice and information for LGBT youth in Scotland. See website for local youth groups. Online chat and one-to-one Digital Support available.

*C, SH*

**RAPE CRISIS SCOTLAND**

46 Bath Street, Glasgow G2 1HG

08088 01 03 02 (call)

07537 410 027 (text)

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

Monday – Sunday: 5pm – midnight

Free, confidential helpline for anyone, women and men, affected by sexual violence, no matter when or how it happened. We can also put you in touch with local rape crisis centres or other services if you need longer-term support.

Interpreters are available if your first language is not English.

*C, OL, SH*

**SHAKTI WOMEN'S AID**

Norton Park, 57 Albion Road,  
Edinburgh EH7 5QY

0131 475 2399; [shaktiedinburgh.co.uk](http://shaktiedinburgh.co.uk)

Mon, Wed, Thu, Fri: 9:30am – 4pm

Tue: 1 – 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*

*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  
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*SF* Step-free  
*SH* Sexual health  
*TS* Tenancy support

FULL LIST  
AVAILABLE ON  
OUR WEBSITE



## STONEWALL SCOTLAND

[www.stonewallscotland.org.uk](http://www.stonewallscotland.org.uk);  
0800 0502020 (freephone)  
Mon – Fri: 9:30am – 4:30pm  
Help, information and support for LGBT communities and their allies.  
At Stonewall, we stand for lesbian, gay, bi, trans, queer, questioning and ace (LGBTQ+) people everywhere. We imagine a world where all LGBTQ+ people are free to be ourselves and can live our lives to the full.  
Contact Freephone for information.  
*C, LA, OL*

## SWITCHBOARD LGBT+

0300 330 0630;  
[switchboard.lgbt](http://switchboard.lgbt)  
Mon – Sun: 10am – 10pm (helpline)  
For LGBT+ people who have experienced hate crime, sexual violence or domestic abuse.  
Supports people who have had problems with the police or have questions about the criminal justice system. Phone or email [chris@switchboard.lgbt](mailto:chris@switchboard.lgbt) or message via the website. Bereavement help also.  
We are a safe space for anyone to discuss anything, including sexuality, gender identity, sexual health and emotional well-being.  
We support people to explore the right options for themselves.  
We aspire to a society where all LGBT+ people are informed and empowered.  
*LA, AD, MH*

## National Domestic Abuse

0800 2000 247  
24/7

## MENTAL HEALTH

### ADVOCARD

0808 196 3525; [advocard.org.uk](http://advocard.org.uk)  
[advocacysupport@advocard.org.uk](mailto:advocacysupport@advocard.org.uk)  
Mon – Fri: 9am – 5pm  
All our services are still open to accept referrals for advocacy support.  
Independent individual and collective advocacy services for people with mental health problems in Edinburgh.  
Text: 07920 207 564  
*AD, MH, SF*

### BREATHING SPACE SCOTLAND

0800 83 85 87; [breathingspace.scot](http://breathingspace.scot)  
Mon – Thu: 6pm – 2am  
All Weekend: Fri 6pm – Mon 6am  
Free, confidential phone service for anyone in Scotland experiencing low mood, depression or anxiety.  
*MH, AD, C*

### CAMPAIGN AGAINST LIVING MISERABLY (CALM)

0800 58 58 58; [thecalmzone.net](http://thecalmzone.net)  
Open 5pm – midnight, 356 days a year  
Calm is leading a movement against suicide. Call, email or chat on website.  
*MH*

### GAMH

0141 552 5592; [www.gamh.org.uk](http://www.gamh.org.uk)  
Mon – Thur: 9am – 5pm  
Fri: 9am – 4:30pm  
Emotional and practical support, information and advice for homeless people with mental health problems.  
Referral via GPs, social work, housing officers & community addiction teams.  
*MH, AH, AD, C*



# We want to hear from you!

As the magazine develops and grows, we want to hear what our readers think about *the Pavement*. Hearing from our readers will help us improve the magazine, and will inform us what we're doing right and where we're going wrong.

If you read the magazine, please fill out our survey. It will only take a few minutes!

Look out for the survey at numerous services in London, Glasgow and Edinburgh.

You can also fill out the survey online, here:

[www.smartsurvey.co.uk/s/Pavement-Readers](http://www.smartsurvey.co.uk/s/Pavement-Readers)

Or scan the QR code with your mobile phone:



## HEALTH IN MIND

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

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

## HELP FOR DEPRESSION

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

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

*MH*

## HEARING VOICES NETWORK

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

*MH, C*

## HUNTER STREET HOMELESS HEALTH SERVICE

55 Hunter Street, Glasgow, G4 0UP  
0141 553 2801 (call first);  
<https://tinyurl.com/3bp8rm3n>  
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](http://www.mind.org.uk)  
[info@mind.org.uk](mailto:info@mind.org.uk)  
Mon – Fri: 9am – 6pm  
Advice and support to empower anyone experiencing a mental health problem. Legal support: 0300 466 6463; [legal@mind.org.uk](mailto:legal@mind.org.uk)

*MH, AD, LA*

## NHS INFORM - SCOTLAND

[www.nhsinform.scot](http://www.nhsinform.scot)  
Online health information service.

*MS, MH*

## NATIONAL SELF-HARM NETWORK

[www.nshn.co.uk](http://www.nshn.co.uk)  
Forum supporting individuals who self harm to reduce emotional distress and improve their quality of life Resources and information available online. A supportive and understanding forum.

*C, MH*

## PENUMBRA

57 Albion Rd, Edinburgh EH7 5QY  
[www.penumbra.org.uk](http://www.penumbra.org.uk)  
0131 475 2380  
Mon – Thu: 9am – 4:30pm;  
Fri: 9am – 4pm  
Offers a wide range of mental health support. Call number above for signposting to services in various locations across Scotland.

*MH, A, C, D, TS*

### 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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*F* Food  
*FF* Free food

**SAMARITANS**

Helpline: 116 123

(Open 24hrs, 365days)

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

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

*C, MH***SANE (NATIONAL)**[www.sane.org.uk](http://www.sane.org.uk)[support@sane.org.uk](mailto:support@sane.org.uk)

SANEline: 0300 304 7000

Callback service: 07984 967 708

Mon – Sun: 4 – 10pm (365 days a year)

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***SUPPORT IN MIND SCOTLAND**

0300 323 1545

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

Mon – Fri: 9am – 4:30pm

Support and action for all people affected by mental illness. This includes carers, friends and families.

Support and guidance to help your mental health during lockdown available on website.

*MH***SURVIVORS OF BEREAVEMENT BY SUICIDE (NATIONAL)**

0300 111 5065;

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

Mon – Tue: 9am – 5pm

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

*AD***THE SANDYFORD INITIATIVE**

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

0141 211 8130;

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

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

Emergency contraception and rape/assault services.

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

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

Text 85258 (24/7 support)

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

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

*AD, MH, MS*

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## RECOVERY

### BETHANY CHRISTIAN TRUST

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

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

Supports individuals and families to help them tackle long-term homelessness problems including addictions, debt, lack of furniture, unemployment and social isolation. Welcome Centre & multiple other services across Edinburgh - call for information.

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

### COCAINE ANONYMOUS (SCOT)

PO Box 26812, Glasgow G1 9AB

0141 959 6363 (24/7);

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

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

*C*

### CROSSREACH (RANKEILLOR INITIATIVE - EDINBURGH)

205 Cowgate, Edinburgh EH1 1JH

0131 225 4901

<https://bit.ly/30N3eA2>

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

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

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

### CROSSREACH MOVE ON (WHITEINCH - GLASGOW)

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

0141 959 5069;

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

Mon – Fri: 8am – 10pm;

Sat & Sun: 9am – 5pm;

Phone first for referral/to arrange a visit.

Temporary furnished accommodation and support to adults in recovery from substance misuse, who have achieved a period of stability through residential or community rehabilitation.

*MH, AH, A, C, DW, TS, FF*

### DRINKLINE SCOTLAND

0800 7314 314

[drinkaware.co.uk](http://drinkaware.co.uk)

Mon – Fri: 9am – 8pm;

Sat & Sun: 11am – 4pm

Free, confidential helpline for people worried about their alcohol intake or anyone concerned about them.

*A, C, OL*

### FRANK

0300 123 6600, [www.talktofrank.com](http://www.talktofrank.com)  
82111 (text line)

24hrs, 7 days a week (phone lines open)

Live online chat available daily 2 – 6pm

Honest drug advice for young people.

Find local drug treatment centres.

*DW, OL*

#### KEY

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*ET* Education/training

*F* Food

*FF* Free food

**GLASGOW COUNCIL ON ALCOHOL**

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

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

0808 802 9000 (freephone helpline)

Mon – Thu: 9am – 9pm;

Fri: 9am – 5pm; Sat: 9am – 1pm

GCA is an accredited counselling service and provides individual, free and confidential counselling for people experiencing alcohol-related difficulties and those affected by someone else's alcohol use. Group and 1-1 support.

*A, C, OL, SF*

**HEALTH IN MIND**

0131 225 8508; [health-in-mind.org.uk](http://health-in-mind.org.uk)

Monday – Thursday: 9am – 5pm

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

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

**HUNTER STREET HOMELESS HEALTH SERVICE**

55 Hunter Street, Glasgow, G4 0UP

0141 553 2801 (call first);

<https://tinyurl.com/3bp8rm3n>

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*

**NARCOTICS ANONYMOUS (NA)**

0300 999 1212; [ukna.org](http://ukna.org)

Helpline open 10am – midnight.

Online meetings available

*D*

**SCOTTISH FAMILIES AFFECTED BY ALCOHOL & DRUGS**

08080 10 10 11; [www.sfad.org.uk](http://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 either into our own services or services local to you. Bereavement service also available. Email: [helpline@sfad.org.uk](mailto:helpline@sfad.org.uk)

*C*

**SECOND CHANCE PROJECT SCOTLAND**

402 Sauchiehall St, Glasgow G2 3JD

0141 336 7272

[secondchanceproject.co.uk](http://secondchanceproject.co.uk)

Mon – Fri: 9am – 5pm

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

Self-referral. See also: [facebook.com/secondchanceprojectglasgow/](https://www.facebook.com/secondchanceprojectglasgow/)

*ET, DW, A, C*

**SMART RECOVERY**

[smartrecovery.org.uk/online-meetings](http://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](mailto:support@smartrecovery.org.uk)

*C, D*

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## TURNING POINT SCOTLAND (ALCOHOL & DRUG CRISIS)

80 Tradeston Street, Glasgow, G5 8BG  
0141 420 6969  
[bit.ly/3HGJCI5](https://bit.ly/3HGJCI5)

Monday – Sunday: 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  
[bit.ly/3xer4AX](https://bit.ly/3xer4AX)

Monday – Sunday: 24 hours  
Needle exchange & temp accommodation. 24 hour service for homeless people in crisis because of mental health, drugs or alcohol. A 12-bed residential unit provides a safe environment to withdraw from a chaotic lifestyle. Average stay is 28–36 days.

[A](#), [C](#), [D](#), [LF](#), [MS](#), [NE](#), [SF](#), [AD](#), [AH](#), [FC](#)

## TURNING POINT SCOTLAND (NORTH EAST RECOVERY HUB EDINBURGH)

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

[tinyurl.com/bdcmzkfs](https://tinyurl.com/bdcmzkfs)

Mon & Fri: 9:15am – 4:45pm

Tue & Tue: 9:15am – 7:45pm

Wed: 11am – 4:45pm

Drop in open, but with limited service.

Drop in to arrange further 1-to-1

support.

Needle Exchange Mon – Fri at the times stated above.

Range of addiction and recovery services open to men and women aged 16 and over who are aware they have a substance misuse problem and would like to start their recovery journey. Other services across Edinburgh available: call freephone number for information.

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

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

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

0808 164 4261

[bit.ly/3v1Cupl](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 email.

[OW](#), [OL](#), [MH](#), [AD](#), [A](#), [DW](#), [ET](#)

### KEY

[A](#) Alcohol workers  
[AC](#) Art classes  
[AD](#) Advocacy  
[AH](#) Accommodation/  
housing advice

[B](#) Barber  
[BA](#) Benefits advice  
[BE](#) Bedding available  
[BS](#) Bathroom/showers  
[C](#) Counselling

[CA](#) Careers advice  
[CL](#) Clothing store  
[D](#) Drugs workers  
[DA](#) Debt advice  
[DT](#) Dentist

[EF](#) Ex-forces  
[EO](#) Ex-offenders  
[ET](#) Education/training  
[F](#) Food  
[FF](#) Free food

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

The Quadrangle, 59 Ruchill Street,  
Glasgow G20 9PX  
0808 178 5901

[bit.ly/2P9nxSS](http://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 email.

We're here to listen – you can tell us as little or as much as you want.

We'll work with you on your own goals, whether that's cutting down your drug or alcohol use, stopping completely or just getting a bit of advice.

[MH, AD, A, DW, OL, OW](#)

### Are your details incorrect?

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

## EX-FORCES

### COMBAT STRESS

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

0800 138 1619

07537 173 683 (textline)

24hr, 365 days helpline

Confidential advice and support to veterans and their families.

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

### ROYAL BRITISH LEGION

0808 802 8080

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

Monday – Sunday: 8am – 8pm

Delivers information, advice and support to members of the British armed forces, reservists, veterans and their families across the UK. Visit one of their centres, call (free from UK landlines and main mobile networks) or use their online resources to find out more.

[AH, AD, BA, CA, DA, ET, IT, OW, TS](#)

### SSAFA FORCESLINE

0800 260 6767

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

Monday – Friday: 9am – 5pm

SSAFA helps combat homelessness among ex-Service personnel. Their London Homeless Division works with ex-Service rough sleepers. If you have gone AWOL, contact their Reclaim Your Life scheme and get your life back on track.

[AH, 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

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

FULL LIST  
AVAILABLE ON  
OUR WEBSITE



## SUPPORT IN MIND SCOTLAND (VETERANS COMMUNITY CAFE)

<https://www.supportinmindscotland.org.uk/veterans-community-cafe>  
0300 323 1545 (main info line)  
Weekly drop-in cafe for Veterans at Broughton St. Face-to-face groups currently on hold, but for other services email: [jsangster@supoportinmindscotland.org.uk](mailto:jsangster@supoportinmindscotland.org.uk)  
*MH*

## VETERANS UK

0808 1914 2 18  
[www.gov.uk/government/organisations/veterans-uk](http://www.gov.uk/government/organisations/veterans-uk)  
Mon – Fri: 8am – 4pm  
Free help and advice for veterans, and access to dedicated one-to-one welfare advice.  
Email: [veterans-uk@mod.gov.uk](mailto:veterans-uk@mod.gov.uk)  
*AH, DA, BA*

## REFUGEE SUPPORT

### POSITIVE ACTION IN HOUSING

98 West George Street, Glasgow  
G2 1PJ  
0141 353 2220; [www.paih.org](http://www.paih.org)  
Contact form online.  
Mon: 9am – 1pm (open)  
Tue: 2 – 4pm (destitution service);  
Wed & Thu: 10am – 12pm (destitution service, welfare rights), 2 – 4pm (EU drop-in); Friday: 9am – 4pm (open)  
Independent, multilingual homelessness and human rights charity dedicated to supporting people from refugee and migrant communities.  
Any other queries? Please email: [home@positiveactionh.org](mailto:home@positiveactionh.org)  
*AH, FF*

## SCOTTISH REFUGEE COUNCIL

[www.scottishrefugeecouncil.org.uk](http://www.scottishrefugeecouncil.org.uk)  
0808 196 7274  
Mon – Fri: 9am – 5pm  
Advice and support for refugees and asylum seekers. Can signpost you to charities all over Scotland  
*AD, BA, TS, OL*

## SHAKTI WOMEN'S AID

Norton Park, 57 Albion Road,  
Edinburgh EH7 5QY  
0131 475 2399; [shaktiedinburgh.co.uk](http://shaktiedinburgh.co.uk)  
Mon, Wed, Thu, Fri: 9:30am – 4pm  
Tue: 1 – 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

20/1 Westfield Avenue, Edinburgh,  
EG11 2TT  
[www.thewelcoming.org](http://www.thewelcoming.org)  
0131 346 8577  
Mon – Fri: 9am – 2pm (drop-in hours)  
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*