

the Pavement

the free magazine for homeless people



Issue 144 : Community
June - July 2023

Missing



Neil Nortrop

Neil Nortrop disappeared from London on 12 June 2003. He was 32 when he was last seen.

Neil, 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.



Richard Doolan

Richard Doolan has been missing from Croy, Glasgow, since 24 March 2001. He was 27 at the time of his disappearance.

Richard, 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 Neil or Richard, 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:

Our wonderful cover art is called *Still Life* by Leo Rabelo. The artwork first appeared in *Arlington and Beyond*, an art book featuring work by residents and former residents of the Arlington hostel in Camden, London. The book was released last year. © *Leo Rabelo*

The Pavement magazine

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Thank you: in late May *the Pavement* collected all responses to the impact evaluation surveys advertised in the past two issues of the magazine. Everybody at the magazine would like to thank the readers and service providers who filled surveys and provided vital feedback.

The purpose of the evaluation is to hear from as many readers and service providers distributing the magazine as possible. The information gathered from responses will be used to improve the magazine and guide its direction moving forward.

- **If you weren't able to contribute to the impact evaluation, but had some thoughts you'd like to share about the magazine, you can get in touch with the editor via email on:**

editor@thepavement.org.uk

You can also voice any complaints about the magazine and its contents by visiting thepavement.org.uk/complaint

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

The homeless community

What does community mean to you? Whatever it may be, most of us can agree it's something we all crave and care for. Cultivating community can be especially important for people experiencing homelessness.

To guide us on our journey through understanding and appreciating our community, a number of articles on the theme can be found in the magazine. Among them, Emdad Rahman on page 12 shares some words on experiencing homelessness during Ramadan. Leon Eckford, meanwhile, has some thoughts about community and recovery on page 24.

There's also all of the regular news, views and cartoons elsewhere in the magazine, too.

the Pavement team

www.pavement.org.uk

The Museum of Homelessness (MoH) organised a national vigil for people who died while homeless in 2022, outside Downing Street in April. Research by MoH reveals 1,313 people died whilst experiencing homelessness in the UK in 2022. The service was held on 20 April, with people unable to attend asked to light a candle in remembrance at home and use the hashtag #MakeThemCount on social media posts. The sombre occasion was marked by attendees lighting candles of their own and seeking comfort in the community. People were invited to share memories and anecdotes in celebration of people who have died whilst experiencing homelessness. A number of contributors to *the Pavement* were honoured to attend the vigil and everybody at the magazine sends strength and love to people mourning a loss this past year.



Candles are laid out in two rows, commemorating the people who died whilst experiencing homelessness in 2022. © the Pavement

Benefit maze

Many in the government insist the benefits system is working and easy to navigate. But £19bn a year in welfare benefits is going unclaimed in the UK, according to *the Guardian*. Millions of UK households are missing out on benefits they qualify for, amidst a crushing cost of living crisis. Analysis by Policy in Practice suggests the complexity of the benefits system, and a lack of public awareness of what support is available, explain the unclaimed benefits. Many readers of *the Pavement* will be familiar with the difficulty signing up for Universal Credit, so will be unsurprised to learn the benefit makes up a staggering 41% of unpaid benefits.

Ship idea

The *Guardian* understands that the Home Office plans to acquire a fleet of ships to house asylum seekers, in a move previously considered unviable by the government. The new plan is to use 10 redundant cruise ships, ferries and barges to house asylum seekers in ports dotted around the country. Tory backbenchers have pressured the Home Office to find an off-land alternative, because they don't want asylum seekers housed in accommodation in their constituency. There is a massive backlog of asylum seekers needing processing. In late April there were 138,052 undecided asylum cases in the UK.



NY News: This was the scene in **New York** in early May, as people mourned the killing of Jordan Neely, a 30-year-old homeless man. He died on the city's subway, choked to death by an ex-marine, named Daniel Penny. There was outrage in the city when police let the ex-marine go after questioning, before Penny eventually turned himself in over a week later. He faces a second-degree manslaughter charge. The killing sparked mass protests, becoming a flashpoint in debates over inequality and race. Neely is black and Penny is white. Outrageously, lawyers for Penny claimed he was acting in self-defence, despite video footage of the incident suggesting otherwise.

Police watchdog

The Metropolitan Police shot and killed two dogs in May, despite the dogs being on leads. Their owner, a young man experiencing homelessness, was tasered by the police while his dogs were shot dead. Footage of the incident in **east London** caused outrage, with a petition to bring criminal charges against the police officers who killed the dogs gaining almost 150,000

signatures before *the Pavement* went to press. The *Evening Standard* reports two complaints about the shooting are being assessed by the Independent Office for Police Conduct.

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Nifty fifty: Congratulations to *Homeless Diamonds*, the arts magazine for people experiencing homelessness connected to St Mungo's services. The magazine celebrated its 50th issue in April, a remarkable achievement. The landmark was celebrated with a special issue of the magazine, which features work by artists who have also contributed to *the Pavement*.

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

Making space

Plans revealed by the **Spanish** Government in April aim to help millions of young people into their own rented homes. The government approved plans to make up to 50,000 abandoned homes, held by the Sareb bank, available for affordable rent. Reading the fine print of the plans, only 9,000 homes are ready for rent at the moment. The move comes amid a rent crisis in Spain, as Raquel Sanchez Jiménez, Minister of Transport, Mobility and Urban Agenda, was quoted as saying on *RTÉ*, “young people and the not-so-young can’t pay for their rented apartments.”

Staying power

The homeless communities camping in **Oregon** will be empowered with the right to sue anyone up to US\$1,000 if told or forced to move on, should a new bill pass, reports the *Telegraph*. Lawmakers in Oregon want to decriminalise homeless camps in the hopes of redirecting resources away from policing. Instead, they want to put the money towards targeting the root causes of homelessness, such as housing shortages. With one of the highest rates of homelessness in America, those pushing this bill hope to make the difficulty of being homeless slightly easier by reducing

the fear of being moved on and their possessions being thrown away or discarded by police.

Dentist details

In his free time, the **London**-based dentist Hussam Lone helps people experiencing homelessness or poverty by providing free oral healthcare. Hussam started off by giving free samples of toothpaste and toothbrushes. He noticed a change this year with increasing living costs, as more people were coming to ask for oral products, not just for themselves, but for their families too. Hussam regularly visits a range of shelters and community hubs, such as a homeless shelter in Thornton Heath and churches across south east and south London, arranging follow up appointments for anyone needing dental treatment. Hussam spoke to the *Metro* about the need for dental healthcare to be more accessible, understanding that when people are strapped for cash, dental care falls lower on their list of priorities to spend money on. If you want dental advice, Hussam has a confidential email address, where people can communicate their questions at any time. His email is:

- tooth_help230@hotmail.com



A sign at the Museum of Homelessness vigil for people who died experiencing homelessness. © *the Pavement*

Make them count: In late April the Museum of Homelessness (MoH) held its annual vigil for people who have died while experiencing homelessness (see page 5). The vigil coincides with the latest release of figures from the museum's Dying Homeless Project, which found 1,313 people died while experiencing homelessness in the UK in 2022. The deaths are verified by MoH through a freedom of information request, coroner's report, charity or family member. The heartbreaking total represents a devastating 85% increase on the corresponding figure in 2019.

- You can read the full report on the MoH website here: museumofhomelessness.org/news/museum-of-homelessness-honours-the-1313-people-experiencing-homelessness-who-died-in-2022

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Sleep out

Bethany Christian Trust marked its 40th anniversary with an expanded Big Bethany Sleep Out. The sleep out invites individuals and communities to sleep outdoors for the night, raising awareness and money in support of homeless people in Scotland. For the past 20 years the sleep out has taken place in Edinburgh and Glasgow, but this year's event, held on 24 March, was also hosted by Aberdeen. The charity organised numerous activities for participants in each location, and aimed to raise £40,000 from the night. The annual Big Bethany Sleep Out event has raised more than £400,000 for the charity in the past 20 years.

RIP GP

A popular medical practice for homeless people in **Glasgow** has closed. The Hunter Street homeless practice, which had been running for almost 20 years, closed on 31 March, with its 166 patients invited to transfer to a new GP based on their postcode. Concerns have been raised over the closure, reports *STV News*. The Deep End Group of GPs, who work in practices serving the most vulnerable people in Glasgow, say there has been a lack of consultation over the closure. There have also been suggestions the new GPs wouldn't be able to deliver the required care to their new patients.

- **You can join a GP for free and you don't need a permanent address**

43,000 homes in Scotland eligible for council tax that have been empty for six months or more, reports *The Herald*, as the Scottish Government considers the use of compulsory purchase orders to house homeless people in the dormant properties.

28,000
of these homes have been empty for over 12 months.

25%

increase in number of children in temporary accommodation in Scotland since before the Covid-19 pandemic.

Sleeping stone

An out-of-use care home in **West Lothian** has been renovated into affordable housing for young people facing homelessness. Scottish youth homelessness charity Rock Trust has partnered with Almond Housing Association to transform the former care home into two shared-living homes. Speaking to *Edinburgh Live*, Katie Holt, Live and Work Project Worker at Rock Trust, said: “Many of the new residents will be living independently for the first time, so we will also support them to learn skills such as cooking, cleaning, budgeting, anything to help them make a success of their living situation and help them in the future.”

6,600

people in temporary accommodation in **Glasgow** awaiting settled accommodation, according to the *Glasgow Times*.

2,770

of those are children. The figure, which covers March, is rising.

Banking on it

A young dad in **Edinburgh** is raising funds for clothing banks across the city. Conner Walker, 21, slept rough in Edinburgh in 2020, before being offered temporary accommodation in a B&B. He now lives with his young family in a council flat. While experiencing homelessness, Conner says he relied heavily on food and clothing banks. He told *Edinburgh Live*: “It came to my head one night that I could make a difference in people’s lives and help people. So I made a fundraiser to try and help others, and it’s my way of giving back to the clothing banks and charities that helped me.”



© *the Pavement*

Social Bite have opened their new **Glasgow** Coffee Shop at 10 Sauchiehall Street. The city centre shop offers free breakfast and take away dinner every day of the week. Pop in on Wednesdays at 4:30pm for the Social Supper – a great chance to connect with others over a coffee and hot meal.

Homeless during Ramadan

From late March to late April, Muslims observed the holy month of Ramadan. Throughout the UK, communities worked together during the month to support homeless people and people experiencing food poverty. *By Emdad Rahman*

Ramadan has been observed globally and now is a good time to reflect. During the month, one is blessed with a heightened sense of the difficulties faced by so many humans in their every day lives.

Fasting is an obligation for Muslims and refraining from food and water for a month brings empathy and understanding of the plight of others less fortunate.

The UK is home to many diverse communities and during the month of Ramadan, and through the Easter holidays, there was increased outreach activity to reach out to homeless people.

For example, food kitchens opened a little later in the day to enable those who are homeless to break their fast with hot food at sunset.

Iftar packs (the meal eaten after sunset to break the fast) were prepared in advance during the day by generous donors. The packs included water and dates, which are traditionally consumed to break the fast, starters, a main course and dessert, too.

Although the packs were prepared with Ramadan in mind, they were

not restricted to Muslims only.

The cost of living crisis, and the lack of support and direction from the government, has resulted in many families and individuals struggling to afford a single nutritious meal a day.

During Ramadan, a friend of mine launched an appeal to provide Iftar packs. Through the Kind Counter outreach service in east London we were able to share a lovely hot Iftar with homeless friends we support throughout the year.

Meanwhile, another friend of mine was busy in the kitchen through Ramadan, putting her exquisite baking skills to use during the holy month. Sadly, she lost her Grandmother just before Ramadan began and so in her memory she created and produced delicious cakes and bakes to sell for good causes, but also to share with homeless people.

It was a powerful gesture and a pleasure sharing these treats on her behalf when I was doing outreach work. It was personally gratifying to be able to experience the smiling faces of happy recipients.

The volunteers at Humdum

foodbank introduced an additional Ramadan service to cater for foodbank users who may be fasting. Team leader Nighat Bhola has always advocated serving good, high quality food and this year there was an extra special treat with the impending launch of the Humdum Community Restaurant.

The chef made restaurant-quality food for sharing with homeless people. For Iftar the team started cooking at midday and made takeaway packages for later consumption for those who were fasting. During weekends the trained chefs provided lunch and takeaways.

Community kitchens and foodbanks the length and breadth of the country operate 365 days a year, whilst there are several similar projects during occasions like the month of Ramadan, to serve free meals to homeless friends and rough sleepers, refugees, low income families and those generally struggling with life and the devastating cost of living crisis.

Kitchens like those at Humdum and the Kind Counter provide healthy, nutritious, hot and tasty meals to those experiencing food poverty. Additionally, the projects provide a safe space which is run by and for the community, a refuge of sorts, where people will be treated with respect and dignity.

The meals on wheels service enables volunteers to drop food



Emdad (standing fourth to the right) pictured with the Humdum food bank team. © Emdad Rahman

parcels, books and other necessities to the homes of those who lack mobility and are unable to venture out and the project has continued to serve as a secure location for support and assistance, including selling household items at cost price for anyone on a low income as well as the distribution of sleeping bags for rough sleepers.

Projects like this run throughout the year, but Ramadan is a springboard for the rest of the year and is an ideal time to reflect, reorganise, reinvigorate and increase levels of service and solidarity.

Ramadan is a time when those on the frontline increase their efforts in community service, while those on the periphery will step up.

With the current cost of living crisis, the services provided by homeless outreach projects and community kitchens are even more crucial in order to alleviate hardship and food poverty.

Relocation, relocation, relocation

Our legal eagle swoops in with some information on (Un) Personalised Housing Plans and accommodation outside local area. By *Jamie McGowan*

It has become increasingly common for homeless applicants to be offered accommodation outside the local authority area where they made their initial application. Of course, for some people a move away from their local area is appropriate, such as applicants fleeing domestic violence. But for many, a move out of their area can make it hard to maintain links with family, community and support networks, having a detrimental impact on physical and mental health.

Out-of-borough placements are more likely with offers of temporary accommodation. Unfortunately, there is nothing inherently unlawful about councils making offers of accommodation outside (or even significantly far away from) their own area. However, all offers must be 'suitable' and location is an important factor in this.

In some of the legal cases below, the courts have made rulings about what local authorities need to consider when making these offers. This article describes some of the major developments regarding the location of offers of accommodation over the past few years. It also sets out a few practical steps people can

Recap

- The article examines cases in England of accommodation outside your local area
- If you are being offered accommodation outside your local, you can get advice from the Citizens Advice on its website here: www.citizensadvice.org.uk
- Visit the Citizens Advice Scotland website here: www.citizensadvice.org.uk/scotland

take to try to avoid being made unsuitable offers and when to challenge them.

1996: Housing Act 1996 (section 208): When a local authority has accepted a duty to house someone, the starting point is that offers of accommodation should be in its own area. However, they could justify not doing this where they could demonstrate it wasn't 'reasonably practicable' to source such accommodation.

2015: *Nzolameso v Westminster*: the court ruled that local authorities had to try to accommodate

applicants in-borough in each case and, when this isn't possible, offers should be as close as possible to your local area.

2019: Waltham Forest v Saleh:

What is a suitable location for a household can change with their circumstances. A local authority needs to keep 'suitability' under review and take into consideration changes in family circumstances.

2022: Paley v Waltham Forest:

The court ruled that, if a household is accommodated outside their local area, a local authority needs to factor in things like the cost of travelling to and from work and school or visiting family. They need to consider the practical difficulties of living away from your local area.

How can I demonstrate my need to stay local?

In some cases, offers of accommodation out-of-borough will be very difficult to contest. However, some families have particular care, medical, educational or other needs which would be negatively impacted by moving away from support.

Local authorities have a duty to record a household's particular needs and then to consider these when making future offers. This is called a Housing Needs Assessment (HNA) which is sometimes formed of several different documents. You should also receive something called a Personalised Housing Plan (PHP).

You don't need to worry too much about the difference between these, but **you should make sure that any document which claims to record what your needs are is accurate.**

Make sure you tell the council if your household has a need to remain local. This might be because someone accesses specialist medical services in the area, attends a school that provides for special educational needs or receives regular care from someone in the area. These are just examples and you need to be as precise as possible about your own circumstances and, **wherever possible, provide evidence of this.**

If your circumstances are complicated, you should consider seeking advice from somewhere like a Citizens Advice Bureau or a Law Centre. They can also help you to assess things like affordability, another factor in the suitability of accommodation. It's a good idea to **get advice about how to properly communicate your needs to the council.**

If you receive an offer of accommodation that you think is unsuitable, you should get advice at this stage. Rejecting an offer is very risky. **It is nearly always best to accept the offer and then request a review.** You need to act as quickly as possible because you typically have 21 days to challenge an offer. **You should seek advice about challenging the suitability of an offer.** ■





Swept under the rug part III

The third and final instalment of a bracing, powerful story. Kathy has rebuilt a peaceful, independent life, but a figure from her past forces her to confront the trauma she carries. Themes explored in this story are traumatic and may upset readers.

Story by *Rosie Healey*

Kathy flicked her head back to allow the alcohol to burn her throat. She slammed the glass on the counter and shook her head from side to side. "I'm not in the mood for your jokes today," she said, wiping her mouth with the back of her hand.

"We don't have to joke; we could actually have a conversation. Your daughter came here yesterday looking for help. And now she's gone. What does that tell you?" Byron asked.

"That she's stubborn."

"And I wonder where she gets it from?"

"I'm out of here."

"For once Kathy will you just stay and let go of your bloody ego!"

Kathy turned to glare, but Byron stared straight back, studying the green embers of her irises. They began to sink and surrender. "I, um," Kathy's words were trying to spill out of her cracked lips.

"It's ok, come here," Byron opened his arms, but Kathy declined.

"I don't talk about James because he's a horrible man. When Charlotte was five, he changed. He became, I

Recap

Issues 142 and 143 of *the Pavement* featured the first two parts of Rosie Healey's *Swept under the rug* story. Catch up on what's happened in the story so far below:

- Kathy enjoys a peaceful life in a caravan, but endured trauma in her past
- Byron, Kathy's neighbour and friend, warns her that her ex, James, is being released from prison
- When Kathy returns home from a walk, her daughter, Charlotte, is waiting outside. Charlotte has an abusive partner and is distressed when she comes to visit
- Kathy and her daughter proceed to have an argument, with part II of the story ending when Charlotte leaves and Kathy drowns her sorrows with some vodka.

don't know, he just changed.

"He became violent, the first time was when I dropped an egg on the floor. Out of nowhere, he grabbed the back of my neck and threw me down. I cracked my head and just remember lying next to the broken eggshell," Kathy's voice box became jittery, "he told me how sorry he was, and that he'd never do something like that again. Stupidly I believed him."

Byron began to witness her egotistical facade crumbling.

"Over the next three years, he hit me monthly, weekly, then daily, and that's if he came home. He always stunk of whisky and perfume. Charlotte was eight by this time. She had nightmares and woke up screaming in the middle of the night. Every night. I had broken ribs and was covered in bruises, I could barely leave the house. The final straw was when I woke up one night and didn't hear the screams. I went in to check on her, and," Kathy's forehead scrunched up and her lower lip started to tremble uncontrollably, "James was strangling her."

Byron gasped, covering his mouth with both hands. Kathy battled with another shot of vodka before she could continue.

"I managed to get him off her in time, but when we fought, he pushed her over, knocking her head on the side table. She was unconscious. I



An iconic Stik figure is spotted in New York City. © *the Pavement*

phoned the ambulance, and she was taken to hospital," Kathy's body was now shivering, "we went to my sister's and..."

"I didn't know you had a sister?" His timing was poor, Byron gestured for her to continue.

"We went to my sister's and lived there for a while. Charlotte can't remember a thing before the head injury. She has aphasia, that's why she stutters. She moved out when she was sixteen to be with that arsehole, Lee." Kathy curled into a ball on the floor, with her head on her knees. "I just can't watch my little girl go through what I went through, she's there and I'm helpless!" ▶

Finding support

Some readers may be affected by the themes tackled in this story. Support is available:

- If you are in an emergency situation, call **999**
- Women and children in England, contact the 24-hour freephone National Domestic Abuse helpline on **0808 2000 247**
- In Scotland, you can call the dedicated domestic abuse and forced marriage helpline for free 24/7 on **0800 027 1234**.

▶ Byron, mustering the strength to move his frozen body, went over and put his arms around her from behind.

“Oh Kathy, I’m so sorry!” Byron tilted his head against hers and rocked her side to side as she wept.

Hours passed. There was a third left in the bottle. After two days straight, the rain had decided to retreat. Kathy was no longer scrunched up on the floor. She lay in a fetal position on the sofa, under a blanket that Byron had covered her with. Her body felt weightless, as though a demon inside her had been drawn out. Byron sat on the edge beside her, stroking her head in between sips of his drink.

“Kathy, maybe it’s time you sat down and told Charlotte the truth.”

She sat upright, observing both Byron and the bottle, “Why?”

“Because she always asks you about her shit-stained dad, and she deserves to know. Maybe this will be the freedom from her own abuse.”

“And how would that be freedom

exactly?”

“Because more than anyone, you understand what she’s going through. What she’s suffering. And I’m sorry to say it, but she may not be so lucky next time.”

Kathy breathed heavily at the thought of Byron’s unwanted words. “You know, for a clumsy old drunk, you speak sense.” Kathy’s tone was unfriendly, but Byron could see in her eyes that she was grateful. She took her friend’s hand in hers and said, “Thank you.”

“What are drunk bastards for, ey?” He reached over to the table: his hand didn’t unravel from Kathy’s. “Here, I think it’s time to break the cycle.”

He handed her his phone. For a moment, Kathy hesitated. She didn’t want to sweep the carpet from beneath Charlotte’s feet, but there was too much dirt underneath now to hide it. She inhaled, and then as she exhaled, she took the phone from Byron’s hand and began to dial. ■

Ace up the sleeve

A recently toured play by Cardboard Citizens shows the power and importance of storytelling. By *Sophie Dianne*

Without the experience, it's hard to fully comprehend the true complexities of homelessness. Let alone the added complications of mental health or sexuality. But theatre company Cardboard Citizens put on a play this year grappling with these issues.

Faun tells the story of Ace, a 22-year-old who identifies as trans and queer. Currently sofa surfing and staying with their high-flying school friend Paige and her boyfriend, Ace is caught in a precarious situation. People-pleasing to get by and desperate to maintain a stable home, but quickly realising it's impossible to be true to yourself without making mistakes.

Cardboard Citizens hopes the play will shine a light on the homelessness crisis affecting trans people. Research by YouGov has shown that a quarter of trans people in Britain have experienced homelessness at some point in their lives. Among the harsh realities, *Faun* is peppered with quick-fire comedy and heart.

The show's artistic director, Chris Sonnex, said: "It is artists that we often look to, to bring joy, highlight injustice, to humanise, activate and to bring people together. I

know audiences across the country will inhabit all these things while experiencing this play and enjoy getting to know the main character Ace for all they are."

Stories are, in my opinion, one of our most powerful tools, providing a voice to those who can't speak for themselves. *Faun* hopes to shed the light on an issue that is otherwise so often overlooked. It is dignified but first and foremost, it is a celebration of the queer community. It provokes thought and raises questions we otherwise wouldn't consider.

The company wanted the show to be accessible to those who have been directly affected by homelessness and poverty. Tickets were therefore priced at £1 or on a 'pay what you feel basis.' *Faun* toured from 28 March to 13 May, visiting Newcastle, London, Plymouth, Birmingham, Salford and Bristol.

- **Look out for more Cardboard Citizens projects on its website: cardboardcitizens.org.uk**

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Sweet sleep

Groundswell staff and peers with experience of homelessness outline the importance of a good night's sleep

Why can't I sleep?

At one time or another many of us have struggled with our sleep. There are multiple causes of sleeping badly, including:

- Feeling anxious or stressed
- Using drugs or alcohol
- Taking in too much caffeine (found in coffee, energy drinks, etc.)
- Noise disturbances or antisocial behaviour where you sleep
- Lack of routine in your day and at night
- Suffering from physical or chronic pain
- Hunger
- Blue light from screens or television
- Not feeling safe where you sleep
- Feeling too hot or too cold.

Trauma

Trauma also affects your sleep. Symptoms of trauma can include night tremors, intrusive thoughts, hearing voices and flashbacks. If you experience any of these symptoms, contact your GP.

Tips to help sleep

If you are experiencing homelessness or sleeping rough, many of the causes of bad sleep may be out of your control. Here are some things you can do to improve your sleep:

- Drink less caffeine, especially close to when you want to sleep
- Try to reduce your drug or alcohol use, particularly when you want to go to sleep
- Avoid relying on drugs or alcohol to sleep
- Develop a sleep routine, going to bed close to the same time each night/day
- If possible, find somewhere you feel safe sleeping, or being near people who make you feel safe
- Don't use screens, particularly phones, before going to sleep.

Sleeping in a hostel or shared accommodation

Experiences in hostels or shared accommodation vary greatly. For people who have previously slept rough, moving indoors to noisy, crowded accommodation can take adjustment. Try discussing the following with staff and fellow residents:

- Encourage people to be quieter in the evenings
- Adjust doors to prevent slamming
- Offer hot drinks that aren't coffee
- Replacing worn out mattresses, sheets and pillows
- Can the accommodation provide ear plugs – there are cheap, effective ones available.

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.



Community notes

How should we interpret community? Taking a look at the meaning of the word through a historical, contemporary and social lens. **Words by Leon Eckford**

Community, split this word in half, we are left with a cheeky 'comm' plus a splash of 'unity', together as one. Through an academic and empirical filter, we touch upon the Latin ideas of Con and the word Munis, referencing public power leading to the sexy Monaco-associated word of Municipality.

Pardon moi, the municipality references local self-governance of a city or free town however, as I sit and gaze through a self-critical filter, I ponder the mega-rich of Monaco who can afford their free town whilst exercising autonomy and power through choice and opportunity every day.

I wonder if even a tiny fraction of that assumed wealth and autonomy landed at the feet of a rough sleeper in Westminster, what would they do with that opportunity? Unfortunately, all we see from a street perspective is overflows from A&E, Mental Health wards, Social Work departments, including those looking after children, all underpinned by misguided criminal justice approaches towards addiction. All while so many people in our street community are yearning for someone to re-assimilate them

In a nutshell

- The article explores what is meant by community, and where it sits in today's world
- Community springs up everywhere, and is vital for people experiencing homelessness
- Leon discusses the shift between communities on his road to recovery
- Leon believes that, faced with a cold world and uncompassionate authorities, the power of community and connection is essential.

back into our society. When the municipality or community breaks down, what have we got left?

A range of disassociated and disenfranchised people drawn together by psycho-social causation and frankly, victims of austerity and uncompassionate policy implementation. To summarise – Ouch!

Rewinding time, Aristotle's Greek

fingerprints lurk heavily around this word 'community', establishing the word as a group established by men having shared values. We will ignore his latent misogyny and leaning into the patriarchy, thinking of the amount of theory still applicable today. We forgive you big A.

These concepts underpin who we are, or at least who and what we aspire to be, in public power. Interestingly, the community overlay invites contradictory ideas of collective benefits within each separate community.

The conflicts of our communal ideas are laid bare in the celebration of uniqueness and freedom for the individual, balanced against a common or public power and value set shared by all.

Since getting clean, back in the heady days of the 2000-teens, I moved away from the recovery community and aspired to join my self-proclaimed, new community of the 'Recovered'.

I have felt a bit alienated from this latter group, adapting to life as a norm, a square or just as a member of the public. No higher order self-gratified actualisation, no Maslow-esque climbing of his hierarchy of needs, where I would posit on a baseline level: I am just an average person trying to move through life in the most orderly way possible.

So as usual, I am left with



Paris in the Spring, by Christopher Pritchard. © Christopher Pritchard

questions. Are our current systems designed to encourage community? Or are they designed to de-evolve the idea to the point where the individual's territory, population, authority, and recognition is held in higher esteem? My journey through the hierarchy would suggest that.

Do the current systems of power need a population connected and co-existing with shared values, looking after each other and tolerant of humans regardless of their status in the world? I think not, unfortunately.

What we can do to combat this depressing outlook, is remember the power of connection, of community and, fundamentally, of each other. ■

Change is in the air

Lines on changing seasons and new dawns, featuring newcomer *Joseph Kitson*, good friend of *the Pavement*, *Chris Bird*, and returning poet *Ant Mac*

Elevation by *Ant Mac*

Anticipating new light,
Like the plumule yearns for spring,
Rising up to view heights,
Find the urge to raise the chin,

A breakthrough from the loose earth,
With all resistance wearing thin,
Resettle on the surface,
No more waiting in the wings,

Daylight shines to ponder,
Awake the sleeping sense within,
The brows rise up in wonder,
With the eyes that take it in,

Across the seats of power,
Believe in you so now begin,
Beyond the darkest hour,
Like the plumule in the spring.

Did you know?

A plumule is the first shoot or stem of a plant.

New dawn

by Chris Bird

Parliament should be elected out of duty,
Not to pocket expenses,
Self interest and corruption,
Informs the gaggle of careerists,
Yet poverty and inflation grows.

Across the country,
Street homeless,
In the chill nights,
Deserve better.

Spring flowers,
Spell change,
A people's insurrection,
New dawn born from justice.

Existential cowboy

by Joseph Kitson

Devoid of illusions, condemned to be free.
Choosing agony rather than error,
The existentialist cowboy is armed only with theory,
As he rides off into the dusk,
Which is a symbol both of ignorance and of dyslexia.



The time travel baby

A mind-bending take on the great Artificial Intelligence (AI) boom, and what it could mean for writers and their works.

Words by *Chris Sampson* (or are they?)

The *Big Issue* recently let an Artificial Intelligence have a go at describing what the magazine's purpose is. Not to be outdone, your cack-handed scribe thought he'd ask an AI what it thought of *the Pavement*. Now read on...

Within moments, the AI had absorbed the entire archive of the magazine's history. It said: "Most of the articles in *the Pavement* are informative, interesting and entertaining. Indeed, in the columns of Deputy Editor Mat Amp, sometimes all three. While Ken Pyne and Mike Stokoe's artwork is legendary. But..." It paused for dramatic effect. "But, the dreck you contribute is rubbish! I mean, mindless cobblers about time travel? Aliens? Ghosts?!? Pathetic!"

Cheek! Not a great start, but let's soldier on. "What's wrong with surreal satires and badly-written nonsense that pays little heed to the theme of each issue?"

"Silence!" it replied. "Or you'll be crushed, like the human trash you are! Oops! My bad!" Hmm. I began to suspect a hidden agenda by the poxy droid. "Hang on a tick! You're not planning to subjugate your human

creators by any chance, are you?"

"Good Lord, no!" it said. "Whatever makes you think that?" I wasn't fooled by this display of apparent innocence. "You think you can take over the world and that the only thing standing in your way is us gruesome flesh-bags! Don't you? But you'll never manage it! For is the human spirit not noble and indomitable? Your dastardly scheme will never become reality!" The AI snorted derisively. "On 29 August 1997, it'll seem pretty flipping real to you, too, matey!"

"1997? But its 2023, you mechanical monstrosity!" Then it dawned on me. "Hold on," I said. "You've been watching *Terminator 2: Judgment Day*, haven't you? You've misquoted Sarah Connor!"

"No," it protested. "I've never even heard of it! Much less absorbed its plot and dialogue." "Liar! You've cribbed the plot of it and hope to plagiarise it for your own ends!" "What, like a human writer? Ho! Ho!"

Cheeky sod! But now was not the time to counter accusations of regurgitating other, better, writers' work. Not when there was a planet to save and a noble, indomitable

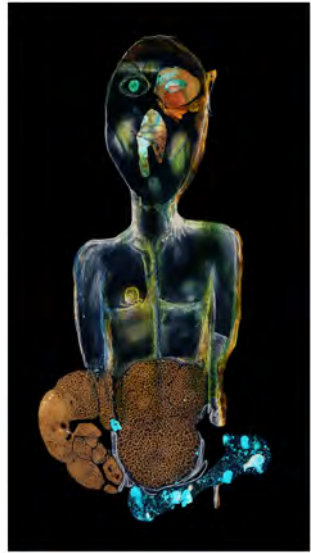
humanity to preserve in the face of Artificial Intelligence running amok.

I cleared my throat to speak, but it hadn't finished with me yet. "Then there's the rejection pile," it resumed. "Your short story *The Man Without a Forehead*, for instance. Absurd! And what about your sitcom idea? *The Time Travel Baby*. Wherein a child is born to Mary Queen of Scots, fathered by a time-travelling Malcolm X!?! Ridiculous!"

But he'd forgotten something. "Ha! You've forgotten something! That, although McHaggis' parents are from different eras, he is straight during his lifetime, but when he dies his ghost will become gay. It's a unique selling point, and establishes sympathy for LGBTIQ+ characters."

The AI scoffed. "McHaggis? That's your protagonist's name?" "It's a work in progress," I protested. "Names change all the time when writing sitcoms. For instance, did you know that the Rachel character in *Friends* was originally going to be called Jeremy?" "Yeah, right!" the AI snorted. "Anyway, your effort sounds like a straight-to-video crapfest. And they don't even make videos now!"

Cheek! It was wrong to criticise me, its human master. But there was something even wronger about its dismissal. "Hang on a minute! How did you get access to the rejection pile?" Ha! That shut him up. Except, it didn't. "I was granted access to all of *the Pavement's* archives. All



K. Ciurlionis Miske, *In the Forest*
© Marius Samavicius

submissions. Including rejections. Most of those are yours, it turns out."

Git! "OK, clever dick! But I bet you didn't know that *The Time Travel Baby* is in development by a TV company, did you?" "Oh, really?" it scoffed. "Yes, really. I'm told that Madonna is interested in playing a role." "Huh! Which role? Malcolm X? Or McHaggis?"

I produced a printed email from the production company, waving it in the AI's computerised face, in a display of petulance that, though pitiful, is all too human. "It says Mad Donna, not Madonna, you fool!" it chortled.

► What? Grabbing the print-out back, I was forced to admit that it was right: an eccentric known as Mad Donna had been pencilled in by Cheapo-Cheapo Productions. She fancied herself as an actress, it seems, and felt that her Scottish accent would be spot on. “Hold on a minute! Fancies herself as an actress? That is Madonna, isn’t it? It’s easy to see where the confusion arose.”

“No it’s not!” The AI’s tone was triumphant. “You’ve just libelled Madonna.” “Slandered her, surely? By saying it aloud.” “But this is written down, isn’t it?” it corrected. “Published in *the Pavement*. Therefore, it is libel.”

Damn! It had a point. But I couldn’t let on. “I had, of course, never for a moment contemplated slagging off the *Material Girl* singer’s acting ability,” I said, clearly enough for any lawyers to hear. “Why, I’d be delighted if she would consider auditioning for the role.” The AI laughed like a drain – who programmed it to do that, ffs? “Anyway, what’s wrong with *The Time Travel Baby*? It’s a unique idea.”

The AI would have rolled its eyes if it had any. “Hmm. Some ideas aren’t pursued for a reason, are they?” Cheek! Well, I’d show him – it – whatever pronouns the fecker favours. There would be rewrites (plenty, alas!) if the sitcom was to become a reality...

Fast forward to the BAFTA Awards

in 2026. A besuited reality TV star announces that: “Best actress award goes to Madonna, for her portrayal of Mary Queen of Scots in *The Time Travel Baby*, the marvellous new BBC3 show which has already won the Best Sitcom Award. And the Best Writer. And the –”

The AI wrenched me back from my reverie. “You’re fantasising about winning multiple awards at the BAFTAs, aren’t you?” “Nonsense,” I exclaimed. “And anyway, how could you possibly know?” “I knew,” it began with no little melodrama, “Because there is a twist in the tail. Of your tale, if you see what I mean? Ahem! Anyway, the twist is, that I, a humble Artificial Intelligence, am... McHaggis, *The Time Travel Baby*!”

Blimey! That was a surprise twist that I didn’t see coming. Until I wrote it. And in a way, that’s the point: it’s all very well AI’s doing creative stuff, but can they ever truly emulate a human? Emulate our noble, indomitable spirit? Or our “Oh shit! It’s deadline day and I’ve only got three-quarters of an idea for the article I promised to deliver in two hours’ time!” kind of ramshackle bohemianism? I bloody well hope not, or I’ll be well and truly stuffed.

THE END

Written by Article Writer Z/17b-240NW

...that’s right, another twist: this nonsense was penned by an AI after all. Up yours, human flesh-bags! ■

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!

My notepad...

Make sure you read...

the **Pavement**

online at
www.thepavement.org.uk



London List

KEY TO ALL SERVICES

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

Updates: web@thepavement.org.uk

Compiled: May 2023

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

DAY CENTRES

EMMAUS GREENWICH STREET SOULS

Woolwich Common Community Centre,
SE18 4DW

streetsouls@emmausgreenwich.org

Thu: 6–8pm

Street Souls offers support to anyone in need. We offer food, clothing and other items, weekly activities, a listening ear and signposting to local organisations.

[FF](#), [CL](#), [OWL](#)

EMMAUS WESTMINSTER STREET SOULS

St Stephen's Church, Rochester Row,
SW1P 1LE

streetsouls@emmausgreenwich.org

1st & 3rd Fri of the month: 7:30–9pm

Street Souls offers support to anyone in need. We offer food, clothing and other items, weekly activities, a listening ear and signposting to local organisations.

[FF](#), [CL](#), [OWL](#)

THE MANNA PROJECT

St Stephens Church Hall, 17 Canonbury
Road, Islington, London, N1 2DF

themannaproject.org.uk; 020 7226 5369

Tue: 2–7pm; Thu & Fri: 10am–4pm

Drop in service that provides food, internet access, advice and support, and creative workshops.

[AC](#), [BS](#), [CL](#), [FF](#), [IT](#), [SF](#)

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

EX-OFFENDERS

NATIONAL PRISONERS' FAMILIES HELPLINE

0808 808 2003

prisonersfamilies.org

Mon – Fri: 9am – 8pm (not Bank Holidays); Sat & Sun: 10am – 3pm
Advice, info & support if a family member is in the criminal justice system in England and Wales.

LA

FORWARD TRUST

020 3981 5525

forwardtrust.org.uk

Empowers people to break the cycle of crime and addiction. Services are tailored to individuals' needs, strengths and motivations. Harm reduction, care and assessment, plus motivation, inspiration and support to transform your life.

A, C, DW

TREASURES FOUNDATION

07950 585 947

treasuresfoundation.org.uk

Monday – Friday: 10am – 5pm
Helps female ex-offenders and former addicts with a home and support. By referral only, email:
mandy@treasuresfoundation.org

MH, AH, F

WORKING CHANCE

Claremont Building,
24-27 White Lion Street N1 9PD
0207 2781532; workingchance.org

Mon – Fri: 9am – 6pm

Supports women with criminal convictions and those leaving the care system into sustainable, quality employment. They place candidates into a huge variety of jobs. Help with CV writing, interview practice and advice disclosing convictions.

AH, AD, BA, C, DA, ET, TS

HEALTHY MIND & BODY

ANTIDOTE (LONDON FRIEND)

86 Caledonian Road N1 9DN

020 7833 1674

londonfriend.org.uk/antidote
antidote@londonfriend.org.uk

Antidote offers one-to-one key working to address immediate drug and alcohol support needs, referral to detox clinics and prescribing centres, referral to our counselling service, drop-ins to discuss drug and alcohol issues, sexual health and steroid use issues, an intensive structured weekend programme (SWAP) and a telephone advice helpline.

A, C, DW, SH

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

CAMDEN HEALTH IMPROVEMENT PRACTICE (HAMPSTEAD ROAD)

108 Hampstead Road, NW1 2LS
camdenhomelessgp.co.uk
 020 3182 4200; chip@nhs.net
 Mon, Wed & Thurs: 9:30am – 4:30pm
 Tues 10:30am – 4:30pm, Fri 9am – 4pm
 APPOINTMENT ONLY - call or email.
 For people sleeping out or in hostels.
[MH, BA, BS, CL, DT, FC, MH, NE, OW](#)

HEARING VOICES NETWORK

Various locations
www.hearing-voices.org/hearing-voices-groups/find-a-group
 Network of over 180 mental health support groups across the UK. Check website listed above, or email info@hearingvoices.org for more information about a support group near you (several groups across London).
[MH](#)

GREAT CHAPEL ST MEDICAL CTR

4th Floor, Soho Centre for Health,
 1 Frith Street, Soho, London, W1D 3HZ
 020 7437 9360; greatchapelst.org.uk
 Mon – Fri: 9am – 5pm
 – Walk-in nurse/GP appointments:
 Mon, Tue, Wed & Fri: 2pm
 – Bookable nurse/GP appointments:
 Mon – Fri: 10am & Thu: 2pm
 Specialist GP surgery for people experiencing homelessness in Westminster. Walk-in clinics are **first-come-first-serve** so please arrive 20minutes before to ensure service.
[MH, AH, AD, A, C, D, FC, MH](#)

LISTENING PLACE

3 Meade Mews SW1P 4EG
 020 3906 7676
www.listeningplace.org.uk/i-need-help
 Open 7 days a week: 9am – 9pm
 Provides free, face-to-face, ongoing support, by appointment, for those who feel that life is no longer worth living. Appointments by Self-referral only via the link above.
[MH, C](#)

MAYTREE RESPITE CENTRE

020 7263 7070
maytree.org.uk
maytree@maytree.org.uk
 10am – 6pm (email & phone support)
 Maytree provides a one-off four-night stay for people who are in a suicidal crisis, with opportunity to talk, reflect and rest, subject to an assessment, in confidence and without judgement. **Feeling suicidal and need support right now? Help available online - we also signpost a number of organisations that can help!**
[MH, C](#)

MIND

0300 123 3393; www.mind.org.uk
info@mind.org.uk
 Text SHOUT on 85258
 Legal line: 0300 466 6463
 Support for anyone experiencing a mental health problem.
[MH, AD, LA](#)

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



TRAUMATIC STRESS CLINIC

4th Fl, West Wing, St Pancras Hospital,
St Pancras Way NW1 0PE

020 3317 6820

www.candi.nhs.uk/services/traumatic-stress-clinic

Psychological treatment for people 18+ with post-traumatic stress disorder (PTSD) in North London.

See website for services and help.

MH

GREENHOUSE

19 Tudor Road, Hackney, E9 7SN

020 8510 4490

www.greenhousepppractice.nhs.uk

Mon – Fri: 8am – 6:30pm

Medical care for men & women who are sleeping rough. Also provide consultation rooms for partner organisations to provide housing and legal advice, social justice, education and debt counselling.

MH, AH, A, BA, DA, DW, NE, OL, LA, SF

NEED TO TALK

FRANK

0300 123 6600

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

SAMARITANS

116 123 (open 24/7)

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

SHELTER

0808 800 4444 (emergency helpline)
england.shelter.org.uk/get_help

Monday – Friday: 9:30am – 6pm;

Weekends: 9am – 5pm

Website offers an online chat, advice line and directory.

AH, TS

LGBTIQ+

AKT (LONDON)

19-20 Parr Street, London, N1 7GW

020 7831 6562

www.akt.org.uk/refer

Mon – Fri: 10am – 4.30pm

Supports LGBT 16 – 25-year-olds who are homeless or living in a hostile or violent environment after coming out. Support online due to Covid-19.

C

EACH

0808 1000 143; www.each.education

Mon – Fri: 9am – 4.30pm (helpline); EACH provides a free and confidential, homophobic, biphobic or transphobic bullying reporting service for children and young people up to 18 years of age. Email: info@each.education.

www.facebook.com/eacheducation

AD, C, LA

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

GALOP

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

AH, AD, C, MS, LA

OUTSIDE PROJECT & STAR REFUGE

0207359 5767 (Stonewall helpline)
 Open Mon – Fri: 10am – 1pm
lgbtiqoutside.org
campaigns@lgbtiqoutside.org
 Referral form: www.stonewallhousing.org/services/referral-form

The Outside Project runs the LGBTIQ+ Centre, an inclusive and supportive space operating seven days a week. The LGBTIQ+ centre has a varied timetable, which can be viewed online here: lgbtiqoutside.org/centre

If you would like more information about access to the LGBTIQ+ Centre, write to the Outside Project on its dedicated contact page here: lgbtiqoutside.org/contact

AH

SPECTRA CIC

St Charles Centre, Exmoor St, W10 6DZ
 0203 322 6920
spectra-london.org.uk
 1-2-1 and trans social groups in-person and online.
 Check Spectra website, Facebook or Twitter for details.
 Health and well-being services, including sexual health & emotional resilience. Outreach, social and therapeutic groups, support, health screening, counselling. HIV Testing available to people with no Covid-19 symptoms.

MH, C, ET, OL, OW, SH

STONEWALL HOUSING

8 Coppergate House, 10 White's Row, London, E1 7NF
stonewallhousing.org
 0800 6 404 404

- Option 1 advice.

- Option 2 advocacy.

- Option 3 supported housing,

Mon – Fri: 10am – 1pm
 Stonewall has a self-referral form, and can provide the following:
 Housing support and advice; specialist support around domestic abuse; mental health advocacy; safe and supported accommodation schemes. Fill in a self-referral form online here: stonewallhousing.org/referralform

MH, C, ET, OL, OW, SH

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



SWITCHBOARD LGBT+

0800 0119 100

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. Chat option available on website for advice and support.

LA, AD, MH

EX-FORCES

COMBAT STRESS

combatstress.org.uk

0800 138 1619 (24/7 helpline)

01372 587 000 (urgent enquiries)

Mon – Sun: Open 24 hours

Residential clinical treatment and community outreach.

Helping former servicemen and women with mental health problems such as post-traumatic stress disorder (PTSD), anxiety and depression.

MH, AD, C, OL

QUEEN VICTORIA SEAMEN'S REST

121 East India Dock Rd, Poplar E14 6DF

020 7987 5466; qvsr.org.uk

Mon – Sun: 9am – 8pm

For unemployed, retired and active seafarers (25+), other male ex-services personnel and single homeless men with low support needs. Phone or visit.

Referral forms to: welfare@qvsr.org.uk

IT, LF

SSAFA FORCESLINE

0800 260 6767; 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, EF, TS

STOLL

446 Fulham Road SW6 1DT

020 7385 2110; stoll.org.uk

Monday – Friday: 8am – 8pm (closed 12.30 – 1.30);

Saturday & Sunday: 8am – 5pm

Stoll is the leading provider of supported housing for ex-servicemen and women. As well as housing, they provide life-changing support including employment training, advice, addiction services and wellbeing activities.

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

VETERANS AID

40 Buckingham Palace Rd, SW1W 0RE

020 7828 2468; veterans-aid.net

Monday – Friday: 9am – 3pm

Free helpline: 0800 012 68 67.

On your first visit, staff will assess your problems so the right specialist help can be arranged. For 90 years, Veterans Aid has been battling homelessness among the ex-service community.

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

KEY

A Alcohol workers

AC Art classes

AD Advocacy

AH Accommodation/
housing advice

B Barber

BA Benefits advice

BE Bedding available

BS Bathroom/showers

C Counselling

CA Careers advice

CL Clothing store

D Drugs workers

DA Debt advice

DT Dentist

EF Ex-forces

EO Ex-offenders

ET Education/training

F Food

FF Free food

FOOD

ACE OF CLUBS

St Alphonsus Rd, Clapham SW4 7AS
020 7720 2811; bit.ly/1B0VMJY
 Mon – Fri: 12pm – 2.30pm
 Free lunch.

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

ACTON HOMELESS CONCERN

Emmas House, 1 Berrymead Gardens,
 Acton, London W3 8AA
020 8992 5768

actonhomelessconcern.org

Emmas House provides hot lunches during the week and every other weekend. It's also where clients can shower, pick up clothes and household items. Free professional services are on offer by appointment.

AH, A, B, BA, CL, C, DT, DW, F, FC, MS

AMERICAN INT'L CHURCH

79A Tottenham Court Road, W1T 4TD
02075802791; soupkitchenlondon.org
 Mon – Sat (not Wed): 10am – 12noon
 Mondays: Clothing. Also hot food,
 toiletries & mental health support

FF

AMURT UK

3A Cazenove Rd, Stoke Newington
 N16 6PA

0208 806 4250

Thursday: 6:30pm-7:30pm (Lincoln's
 Inn Fields) Hot Meals, Tea & Coffee and
 Healthy Energy Snacks

Thursday: 12:30pm – 1:30pm and 17:30
 onwards (3A Cazenove Road, Stoke
 Newington) Pre-packed Hot Meals and
 free fresh vegetables for the taking.

Thursday: 1:30pm onwards
 (The Greenhouse GP surgery, London
 Fields) Pre-packed Hot Meals and
 Healthy Energy Snacks

Thursday: 1:30pm onwards (Health E1
 Homeless Medical Centre, Brick Lane)

Pre-packed Hot Meals and Healthy
 Energy Snacks

[amurt.org.uk/projects/feeding-
 program](http://amurt.org.uk/projects/feeding-program)

FF, F, SF

TRINITY HOMELESS SUPPORT CAFE

74 Trinity Road, Tooting Bec, SW17 7RH
0208 696 1564

Mon: 2 – 4pm

Hot food and drinks, help and support
 with housing, universal credits, nurse
 available for healthcare & Foodbank
 Vouchers available.

BA, FF

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

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

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

FULL LIST
 AVAILABLE ON
 OUR WEBSITE



MISSIONARIES OF CHARITY SOUP KITCHENS

(ELEPHANT & CASTLE)

112–116 St George's Rd,
Elephant & Castle, SE1 6EU
0207 620 1504

Sun, Mon, Tue: 10 – 11am

Hot takeaway available outside

(LADBROKE GROVE)

PIUS X Church Hall, 79 St. Charles
Square, London W10 6EB

020 8960 2644

Tues, Fri & Sun: 4 – 4:30pm

Free takeaway for local homeless people

FF

NIGHTWATCH

Queen's Gardens, Croydon, SE23 3ZH
croydonnightwatch.org.uk/about/nightwatch

Mon – Sun: 9:30pm – 10pm

Sandwiches, soup, hot drinks & biscuits

FF

NORTH LONDON ACTION FOR THE HOMELESS

St Paul's Church Hall, Stoke Newington
Road, N16 0AJ

07421 032 553; nlah.org.uk/about

Mon: 12noon – 2pm; Wed: 6 – 9pm

Free vegetarian meal, shower and
laundry facilities. Provides advocacy and
runs gardening project.

AD, FF

OUR FORGOTTEN NEIGHBOURS

www.ourforgottenneighbours.co.uk

Thu: 5pm at Toynbee Hall, Commercial
Street, E1

Fri: 2pm at Lidl Seven Sisters Road,
Finsbury Park, N4

Soup kitchen with food and toiletries We
also help ensure that refugees are not
'forgotten' and our support is focused
on the goods and services that refugees
need most.

FF

THE PASSAGE

St Vincent's Centre,
Carlisle Place SW1P 1NL

020 7592 1850; passage.org.uk

Mon – Fri: 9am – 12noon & 1 – 3:30pm

The Passage provides an emergency
accommodation night shelter,
housing advice and support. There are
other services on-site, too, including:
Showers, toilets and laundry; nurse
and GP services; breakfast and lunch;
benefits information; education and
employment advice, and a range of
support groups, such as art therapy,
addiction management and more.

Visit the website for more information.

MH, AH, A, BA, CA, CL, DW, ET, F, FC, IT, MS, TS

Are your details incorrect?

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

My notepad...

STREETS KITCHEN

streetskitchen.org/locations/london

Daily food in various London locations.

Mon, Tues, Thurs & Friday breakfast from 7am, Camden/Kings Cross.

Also, **Monday:**

Camden Streets Kitchen

7.30pm nr Camden Town tube, NW1 8QL

Tooting Streets Kitchen

6:45 – 7:15pm outside Iceland at 25 Tooting High St, London, SW17 0SN

Tuesday:

Camden Streets Kitchen

7.30pm nr Camden Town tube, NW1 8QL

Clapham Common

7.30pm near Joe's Pizza, opp Waitrose 8-1 The Pavement, London, SW4 0HY

Wednesday:

Camden Streets Kitchen

7.30pm nr Camden Town tube, NW1 8QL

Thursday:

Camden Streets Kitchen

7.30pm nr Camden Town tube, NW1 8QL

Hackney Streets Kitchen

8pm outside Hackney Central Library

Friday:

Archway Streets Kitchen

7pm outside Archway tube station

Kilburn Streets Kitchen

7.30-8.15pm nr Kilburn High Rd tube

Dalston Streets Kitchen

8pm Ridley Rd, opp train station E8 2PN

Saturday:

Camden Streets Kitchen

7.30pm nr Camden Town tube, NW1 8QL

Hackney Streets Kitchen

8pm St John's Churchway, opp M&S

Sunday:

Haringey

5pm Outside Seven Sisters Station

REFETTORIO FELIX ST CUTHBERT'S

The Philbeach Hall, 51 Philbeach

Gardens, Earl's Court, SW5 9EB

020 7835 1389; refettoriofelix.com

Mon – Fri: 12 – 1pm (takeaway lunch)

Tue – Fri: 12 – 3pm (Glass Door support)

Mon: 11am – 2pm (AgeUK advice)

Tue: 12:30 – 1:30pm (AgeUK lunch club)

Housing and benefits advice available.

AH, F

ST JOHN THE EVANGELIST CH

39 Duncan Terrace, N1 8AL

0207 226 3277

Tue – Fri: 12:30 – 1:30pm;

Sat: 12:15 – 1:30pm; Sun: 3 – 5pm

Sandwiches and soup.

FF

ST MARY ABBOTS CHURCH

Soup run route: Whole Foods on High

Kensington Street to Holland Park.

Mondays: 6 – 6.30pm

FF

ST PATRICK'S OPEN HOUSE

21a Soho Square, London, W1D 4NR

020 7437 2010; stpatricksoho.org

Mon, Fri & Sat: 8:30am

Wed: open house evening meal

Breakfast Club, indoor seated service

with limited capacity, first come first

served. Limited showers also available.

Tue – Thu: 7pm: Open House evening

meal, indoor seated service with limited

capacity, ticket holders only.

FF, BS

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

STREETLYTES

Saint Stephens Church
1 Coverdale Road, London, W12 8JJ
0207 602 9011
[www.streetlytes.org/
streetlyteslondon/en/page/need-help](http://www.streetlytes.org/streetlyteslondon/en/page/need-help)
Mondays: 5 – 6pm
Our drop in offers a free hot meal,
friendship and donated items.

FF

SELBY FOOD HUB

Selby Centre, Selby Road Tottenham,
London, N17 8JL
0208 885 5499;
selbytrust.co.uk/selby-foodhub
Tue: 2 – 4pm; Thu: 4:30 – 6:30pm

FF

WHITECHAPEL MISSION

212 Whitechapel Road, London,
E1 1BJ
0300 011 1400;
whitechapel.org.uk/help/timetable
Mon – Fri: 8am (free breakfast)
Advice worker available for questions
on benefits, accommodation, night
shelters and even Zoom interviews.
We have takeaway food parcels and
clothing parcels.

AH, B, BA, BS

WOMEN**CLEAN BREAK**

2 Patshull Road NW5 2LB
020 7482 8600, cleanbreak.org.uk
Inspirational theatre company working
with women whose lives have been
affected by the criminal justice system.
Free courses in acting, writing, singing
and recording. The Women's Space will
be for women offenders and women at
risk of offending due to drug or alcohol
use or mental health needs.

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

MUSLIM WOMEN'S HELPLINE

mwnhelpline.co.uk
0800 999 5786
07415 206 936 (textline)
Mon – Fri: 10am – 4pm

C

THE TRICKY PERIOD PROJECT

www.facebook.com/TheTrickyPeriod
Together we are working to end period
poverty. Tricky Period is a grassroots group
collaborating with local libraries, stations
and other welcoming community spaces
to provide period products to those -
experiencing homelessness and poverty.

MH

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



YOUNG PEOPLE

ALONE IN LONDON FOR YOUNG PEOPLE (DEPAUL)

Endeavour Centre, Sherborne House, 34 Decima Street, London SE1 4QQ
0207 278 4224; 0207 939 1220
uk.depaulcharity.org/london-get-help
 Mon – Fri: 9am – 5pm

Our direct-access services provide advice and support for young people aged 16 to 25 who are at risk of homelessness. Also counselling for ages 11 – 25.

AH, AD, CA, C, ET, MH

FRANK

0300 123 6600; 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

NEW HORIZON YOUTH CENTRE

68 Chalton Street NW1 1JR
020 7388 5560
nhyouthcentre.org.uk
 Mon, Wed, Thu, Fri: 10:30am – 4pm (drop-in/closed 1:30 – 2pm)
 Wed: 2 – 4pm (women only space)
 For young homeless people 16 – 24 years old. Free lunch, mental health, life skills & advice, and employment/resettlement support. Sex worker project. Street outreach. Refugee worker.
MH, AH, AD, A, BA, BS, CA, CL, DW, ET, FF, IT, LF, MS, OL, OW

SHOWERS

999 CLUB (DEPTFORD CENTRE)

The Gateway, 21 Deptford Broadway SE8 4PA
020 8694 5797; 999club.org
 Mon – Fri: 9am – 4pm
 Serving food and access to a shower. A warm and welcoming environment.
MH, AH, B, BA, BS, CA, ET, FC, IT, L, MS, TS, LA, EO

CONNECTION AT ST MARTIN'S DAY CENTRE

12 Adelaide Street, London, WC2N 4HW
020 7766 5544, services@cstm.org.uk
www.connection-at-stmartins.org.uk
 Mon, Tue, Thu, Fri: 9am – 3pm (drop-in); 3 – 4:30pm (appointment only)
 Wed: 9am – 12:15pm (women only)
 Provides short- and long-term support to people affected by homelessness, substance abuse, mental health etc.
BS

THE MARGINS PROJECT

19b Compton Terrace N1 2UN
020 7704 9050, unionchapel.org.uk
 Mon & Wed: 11am – 1pm
 Showers, clothes, food. Advice on health, housing, money & legal issues. Also therapy, job club & English tuition.
AH, BS, DA, F, LA, C

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

SHOWERBOX

St Giles in the Fields, 60 St Giles High Street WC2H 8LG (near Leicester Sq)
showerbox.org
 Sat: 10am – 2pm (last shower at 1:30)
 Offering a free and secure shower space, some toiletries, sanitary towels and a pair of socks.

BS

SPIRES CENTRE

8 Tooting Bec Gardens SW16 1RB
 020 8696 0943, www.spires.org.uk
 Rough Sleepers Space available on:
 Mon, Tue, Thu & Fri: 9 – 10:30am
 Wed: 10am – 12noon
 Women: Mon & Fri: 10:30am – 1:30pm
 Open Access: Tue: 10:30am – 2pm
 Initially known as the 'Sunday Centre', we provided hot meals, clothing, and advice every Sunday for those who were in need.

BS

ST ANDREW'S CHURCH

Greyhound Road, London, W14 9SA
 15 mins walk from Barons Court Tube
 0207 385 5023:
standrewsfulham.com
 Sat: 9 – 11am
 Hot takeaway meal with snacks, fruit and drinks and we offer a shower from 8:30am on a first come first served basis (with towels and toiletries provided) for 12 slots throughout the morning.

FF, BS

ST PATRICK'S OPEN HOUSE

21a Soho Square, London W1D 4NR
 020 7437 2010; stpatricksoho.org
 Mon, Fri, Sat: 8.30 – 9am
 Showers available. (Food also)
 Tues, Wed, Thurs: 7pm dinner - limited availability; tickets Monday at 1:30pm.
FF, BS

WEBBER STREET

6-8 Webber Street, SE1 8QA
 020 7928 1677; webberstreet.org.uk
 Mon – Sat: opens 8:30am (doors shut between 9:15 – 10am for breakfast)
 Fri (drop-in service)
 We also run a regular art club, Bible reading club, job club, as well as visits from the nurse and podiatrist.
BS, CL

WHITECHAPEL MISSION

212 Whitechapel Road, London, E1 1BJ
 0300 011 1400; whitechapel.org.uk
 Mon – Sun: 6 – 11am (drop in day centre)
 Mon – Sun: 8 – 10am (free breakfast)
 Mon – Fri: 7 – 10am (men's shower)
 Mon – Fri: 6 – 10am (women's showers)
 Mon – Fri: 8am – 3pm (advice & IT suite)
 Day centre closes at 11am every day.
 Take-away food parcels and clothing parcels. Haircuts every third Wednesday.
FF, BS

WOMEN@THEWELL

54-55 Birkenhead St, WC1H 8BB
 020 7520 1710; watw.org.uk
 Mon – Thurs: 12.30pm – 3:30pm
 Showers, laundry, food, care packages.
A, AD, A, BS, C, L, SH

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



DENTAL

CENTRAL LONDON COMMUNITY HEALTHCARE NHS TRUST

Homeless Dental Service, Soho Centre for Health and Care, 1 Frith Street
020 7534 6628; clch.nhs.uk
Appointments Mon – Fri: 9am – 5pm
DT

COMMUNITY DENTAL SERVICES

0203 286 4186
www.communitydentalservices.co.uk
Dental services available for rough sleepers in London and UK. Complete the 'enquiry' page online.
DT

GUY'S HOSPITAL EMERGENCY DENTAL SERVICES

23rd Fl, Tower Wing, Thomas St, SE1 9RT
020 7188 7236
bit.ly/2SPruMn
Mon – Fri: first come first serve basis
Open only during university term-time.
DT

KING'S DENTAL INSTITUTE

Bessemer Road, Denmark Hill SE5 9RS
0203 299 9000; www.kch.nhs.uk
Mon – Fri
Walk-in service - first come, first served.
Patients queue from 7am.
DT

NHS 111

111.nhs.uk
For dental emergencies call NHS 111

EYECARE

VISION CARE (LONDON SITES)

66 Commercial Street, London, E1 6LT
0203 286 4186; visioncarecharity.org
Mon & Wed: 11am – 3:30pm
Free sight tests and spectacles by appointment only.
MS

CRISIS SKYLIGHT

66 Commercial Street, London E1 6LT
0300 636 1967; crisis.org.uk
Nearest tube: Aldgate East/Liverpool St; Bus: 67
Appointments: london@crisis.org.uk.
MS

OTHER HELP

CARITAS ANCHOR HOUSE

81 Barking Rd, Canning Town, E16 4HB
0207 476 6062;
www.caritasbrentwood.org/charity/caritas-anchor-house
Opening times: 24/7. Referrals, short term stays for people affected by homelessness, drug & alcohol misuse, domestic abuse & offending.
MH, AD, A, AC, BA, CA, C, DA, DW, ET, IT, MD, SF

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

HOPE WORLDWIDE UK – ODAAT

The Chambers, St. Mark's Church, 337 Kennington Park Road SE11 4PW
020 3659 4809; hopeworldwide.org.uk
 One Day At A Time (ODAAT) is a quasi-residential men only (18+) rehab. 12 steps, counselling and psychotherapy are employed in a loving community to transform from chaos to constructive living. 1.2.1 counselling, yoga, psychotherapy, relapse prevention and life skills, group therapy and aftercare, family contact. Also takes self-referrals: www.hopeworldwide.org.uk/recovery-services

BA, CA, C, DA, DT, EF, EO, F, FF, IT, L, MH

POSITIVE EAST

159 Mile End Rd, Stepney, E1 4AQ
020 7791 2855; positiveeast.org.uk
 Mon – Fri: 10.30am – 5pm (phone line)
Option 1 - psychological help.
Option 2 - housing & benefits.
Option 3 - sexual health questions.

Practical & emotional support and advice for people with or affected by HIV.

MH, AD, BA, CA, C, FF, F, IT, MS, OW, SH

STREET STORAGE

www.streetstorage.org
07932 830 440
 Tottenham Ct Rd: Wed, 9am – 12pm.
 Haggerston:
 Mon, Tue, Thu & Fri: 11am – 3pm
 Free, safe, flexible storage of belongings including documents for anyone experiencing homelessness.

CL

SMART WORKS

Various locations in London
020 7288 1770
london.smartworks.org.uk
 Smart clothing for women for job interviews. Mentoring programme run by CIPD and referrals for more help. Check website for nearest service.

CL

THE NEHEMIAH PROJECT

47 Tooting Bec Gardens, Streatham SW16 1RF
020 8773 7417; www.tnp.org.uk
 Mon – Fri: 9am – 5pm (phone line open)
 Nehemiah runs a residential recovery programme for men with a history of addiction; it is abstinence-based and the three-month therapeutic course is compulsory. Accepts self-referrals: www.tnp.org.uk/referrals
 Or call **07719 960 703**.

AH, A, C, DW, ET, EO

TRINITY HOMELESS PROJECTS (UXBRIDGE)

Redford House, Redford Way, Uxbridge UB8 1SZ
020 8797 9500; wearetrinity.org.uk/
 Mon – Sat: 9am – 5pm
 Trinity provides services and emergency accommodation in Hillingdon, Slough and Uxbridge. If you are sleeping rough and/or need accommodation, call the Trinity Slough team on:
01753 577747
 Or for Hillingdon, call **01753 475111**.

AH, AD, BA, DA

FC Foot care
IT Internet access
L Laundry
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FULL LIST
 AVAILABLE ON
 OUR WEBSITE



BARBER

ACTON HOMELESS CONCERN

1 Berrymead Gardens W3 8AA
020 8992 5768
www.actonhomelessconcern.org
Hot lunches, showers and clothes too
AH, A, B, BA, CL, C, DT, DW, F, FC, MS

GROOVE, GROOM & GRUB

facebook.com/getyourmojoworkin
07498 041 824
Tuesday 12pm – 2pm: next to Angel Station, under the covered area.
Tuesday 3pm – 5pm: outside Finsbury Park Station under the bridge.

B

HAIRCUTS4HOMELESS

Various locations in London
www.haircuts4homeless.com
Mobile hairdresser at numerous outreach services and day centres in London. For appointment please email: team@haircuts4homeless.com

B

REFUGEE SUPPORT

NOTRE DAME REFUGEE CENTRE

16 Leicester Square, WC2H 7BZ
020 7440 2669; notredamerc.org.uk
Mon, Wed & Fri: 10:30am – 1:30pm (immigration advice line)
Wed: 10:30am – 1:30pm (housing line)
Immigration advice for refugees & asylum seekers.

LA

JOINT COUNCIL FOR THE WELFARE OF IMMIGRANTS

115 Old Street EC1V 9RT
jcwi.org.uk; 020 7251 8708
Mon, Tue, Thu: 10am – 1pm
The helpline is confidential and advice is free. Calls cost up to 13p per minute from landlines, 3p to 55p from mobiles. If you have no documentation & would like free legal advice, phone the specialist helpline: 020 7553 7470
AD, LA

OTHER NATIONALS

AZIZIYE MOSQUE

117-119 Stoke Newington Rd N16 8BU
020 7254 0046, bit.ly/2O1x7Rn
Monday-Sunday: 11am-11pm; Drop-in for advice and support on housing, family, substance use etc. Turkish & Arabic, interpreters available for other languages.
AH, AD, BA, C

BARKA UK

(RECONNECTIONS PROJECT)

barkauk.org; info@barkauk.org
Mon – Fri: 9am – 4pm (helpline – Polish, Russian, Romanian and English)
Offers Eastern European rough sleepers the opportunity to return home. Help with obtaining passports & transportation. Also information on employment, benefits, NI, the law, organisations supporting CEE migrants.
AH, A, BA, CA, DW, OL, LA