

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**

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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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© the Pavement

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.** ■



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stokoe

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

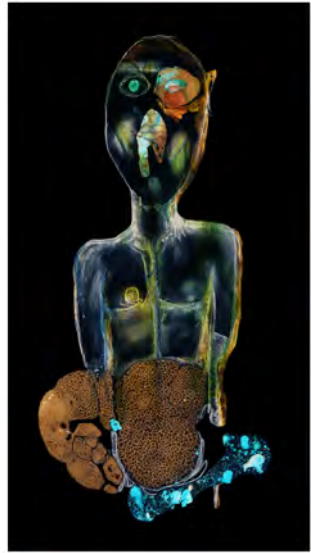
humanity to preserve in the face of Artificial Intelligence running amok.

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



KEY TO ALL SERVICES

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

Updates: web@thepavement.org.uk
Compiled: May 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

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
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
Wed: 8pm; Thu & every 2nd Sun: 7pm
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
Mon – Fri: 10am – 8pm (drop in);
1 – 3pm (lunch); 6 – 7:30pm (dinner)
10am – 4:30pm & 6 – 7:30pm
(advocacy)

Runs many other services, check website or phone number to find out more.

AC, AH, FF, IT, SF

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

H4TH (HELP FOR THE HOMELESS)

07966 062 495

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

194 Argyle Street, Glasgow, G2 8HA

Food distribution, hygiene packs, advice all available - call to check times.

FF, OL

KINDNESS STREET TEAM

07483330918; kindnessglasgow.co.uk

George Square, Glasgow, G2 1AL

Mon, Wed & Fri: 7pm

Hot food, clothing & sleeping bags

FF, CL

LODGING HOUSE MISSION

35 East Campbell St, Glasgow, G1 5DT

0141 552 0285; lhm-glasgow.org.uk

Mon – Fri: 9:30 – 11:30am & 1:30 – 3pm

Free Breakfast: 8 – 10am

Free Lunch: 12noon – 1:30pm

Narcotics Anonymous: Tue 7pm; Thu

6pm; Fri 9:30pm; Sun 6:30pm

We have an Intervention Worker who provides a range of services including emotional support, benefits checks, filling out forms and signposting to relevant organisations. Check website or call in for info on other services.

AH, AD, B, BA, BS, CA, CI, C, DT, T, F, FF, FC, IT, LS, MD, SS, TS, EO

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

QUEEN'S PARK GOVANHILL PARISH CHURCH

170 Queen's Drive, Glasgow G42 8QZ

0141 423 3654; qpgpc.com

Tues: 12noon (Lunch Stop – hot meal)

Thurs: 10am (Coffee Club & Food Bank)

Sun: 5pm (Club 170 – free take out meal, toiletries, clothing)

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

SOCIAL BITE (ROSE SREET)

131 Rose St, Edinburgh, EH2 3DT

0131 353 0250; social-bite.co.uk

Mon – Fri: 8 – 9:30am (breakfast)

Mon – Fri: 4 – 4:45pm (take away food)

Free food take-away.

FF

SOCIAL BITE (UNION ST)

516 Union St, Aberdeen, AB10 1TT

0131 353 0250; social-bite.co.uk

Mon – Fri: 8 – 9:30am (breakfast)

Mon – Fri: 2:15 – 3pm (take away food)

FF

SOCIAL BITE (GLASGOW) **[NEW]**

10 Sauchiehall St, Glasgow, G2 3GF

Mon – Fri: 9.30 – 11am (breakfast)

Mon – Fri: 4 – 5.30pm (take away food)

Wed: 4 – 5.30pm (Sit-in Social Supper)

FF

KEY	<i>A</i> Alcohol workers	<i>B</i> Barber
	<i>AC</i> Art classes	<i>BA</i> Benefits advice
	<i>AD</i> Advocacy	<i>BE</i> Bedding available
	<i>AH</i> Accommodation/housing advice	<i>BS</i> Bathroom/showers
		<i>C</i> Counselling

<i>CA</i> Careers advice	<i>EF</i> Ex-forces
<i>CL</i> Clothing store	<i>EO</i> Ex-offenders
<i>D</i> Drugs workers	<i>ET</i> Education/training
<i>DA</i> Debt advice	<i>F</i> Food
<i>DT</i> Dentist	<i>FF</i> Free food

STEPS TO HOPE

07949 838 666 (24/7 helpline)
www.stepstohope.co.uk
 St Cuthberts, 5 Lothian Rd, EH1 2EP
 Monday Munchies: 6pm
 Sunday Suppers: 5pm
FF

HELP & ADVICE**APEX SCOTLAND**

9 Great Stuart St, Edinburgh, EH3 7TP
 0131 220 0130; apexscotland.org.uk
 For offenders, ex-offenders and young people at risk of offending. Helping people move onto employment, training or further education. To find your local office please visit the website.
AH, BA, CA, ET, IT

CHANGE MENTAL HEALTH

6 Newington Business Centre, Dalkeith Road Mews, Edinburgh, EH16 5GA
 0131 662 4359
www.changemh.org
 Mon – Fri: 9am – 5pm
 Support and action for all people affected by mental illness. This includes carers, friends and families.
MH

SIMON COMMUNITY SCOTLAND

www.simonscotland.org
 Helplines open 24/7
 Glasgow: 0800 027 7466
 Edinburgh: 0808 178 2323
 Accommodation and support services. See STREETWORK and ACCESS HUB.
MH, AH, AD, A, DW, OL, OW

ACCESS HUB (GLASGOW)

389 Argyle Street, Glasgow, G2 8LR
 0141 552 4164; simonscotland.org
 Mon – Fri: 9am – 5pm
 except Wednesdays: 10am – 8pm
 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
 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

WELLBEING FOR YOUNG PEOPLE

171 Wilton Street, Glasgow G20 6DF
 0141 945 3871; www.qcha.org.uk
 Mon – Sun: Open 24 hours
 Support for homeless 16–21 year olds. Referral via City Council: 0141 302 2744 (for out of hours: 0800 838 502).
AH, AD, BA, C, ET

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

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

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

FULL LIST
 AVAILABLE ON
 OUR WEBSITE



NIGHT SHELTERS

NIGHTSTOP (DEPAUL)

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:

Edinburgh:

55 Albany St, EH1 3QY

Phone: 0345 222 1425

Email: hello@rocktrust.org

West Lothian:

Kirkton North Rd, Livingston, EH54 6GU

Phone: 0345 222 1425

Email: 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.

AH

SAFE IN SCOTLAND

Formerly the Destitution Night Shelter
www.safeinScotland.com

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

Scottish Refugee Council: 0808 1967 274

Govan Community Proj: 0800 310 0054

British Red Cross: 0808 196 3651

AH,BS

ACCOMMODATION

BLUE TRIANGLE

Various locations
0141 221 8365; bluetriangle.org.uk
We provide safe hostel type accommodation for 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: 24hour

Emergency direct-access hostel for single people or couples, who are homeless and over 16. Referral only via City of Edinburgh Council:

0131 529 7036 or 0131 529 7125.

AH,BS,BE,CL,TS

CROSSREACH

(CUNNINGHAM HOUSE)

Cunningham House, 205 Cowgate, Edinburgh EH1 1JH

0131 225 4795

crossreach.org.uk

Ring or visit site for information.

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

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

LGBTQI+**DUNEDIN HARBOUR**

4 Parliament St, Leith,
Edinburgh, EH6 6EB
0131 624 5800
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

SAFFRON HOUSING

0141 422 1112
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 csd@southside-ha.co.uk.
AH, BA, DA, TS

**THE MUNGO FOUNDATION
(DE PAUL HOUSE)**

27 Cruden St, Govan, G51 3RP
0141 445 2800
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

EACH

each.education/homophobic-
transphobic-helpline
0808 1000 143 (helpline)
Helpline open Mon – Fri: 9am – 4:30pm
Helpline and support for young people
affected by homophobic bullying.
If you have been a target of this
bullying you can call our helpline,
or email: info@each.education
AD, C, LA

EQUALITY NETWORK

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
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

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



LGBT HELPLINE SCOTLAND

www.lgbthealth.org.uk
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
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

SHAKTI WOMEN'S AID

Norton Park, 57 Albion Road,
Edinburgh EH7 5QY
0131 475 2399; shaktiedinburgh.co.uk
0800 027 1234 (24hr domestic abuse)
0800 032 5968 (for urgent housing)
Mon, Wed, Thu, Fri: 9:30am – 4pm
Tue: 1 – 4pm
Support and information to Black Minority Ethnic (BME) women, children and young people experiencing and/or fleeing domestic abuse, forced marriage and anti-LGBTQI+ abuse. Also support BME LGBTQI+ people under 18years old.

AD, OL, SF

STONEWALL SCOTLAND

www.stonewallscotland.org.uk
0800 050 2020 (freephone helpline)
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.

C, LA, OL

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. Phone or email hello@switchboard.lgbt or message via the website. Bereavement help also.

LA, AD, MH

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

MENTAL HEALTH

ADVOCARD

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

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

Independent individual and collective advocacy services for people with mental health problems in Edinburgh.

AD, MH, SF

BREATHING SPACE SCOTLAND

0800 83 85 87; 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
 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
 Mon – Fri: 9am – 2pm

Emotional and practical support, information and advice for homeless people with mental health problems.

MH, AH, AD, C

HEALTH IN MIND

0131 225 8508
health-in-mind.org.uk

Tuesday – Friday: 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

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

MH

HEARING VOICES NETWORK

www.hearing-voices.org/groups/scotland-hvn

No longer runs in Scotland but provides list of alternative services via link above.

MH, C

HUNTER SREET COMPLEX NEEDS

55 Hunter Street, Glasgow, G4 0UP

0141 553 2801 (call first);

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

Call ahead for opening hours.

Specialist, highly personalised services for Homelessness, Alcohol and Drug Recovery, Mental Health and Justice Services in the Gallowgate area.

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

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

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

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

FULL LIST
 AVAILABLE ON
 OUR WEBSITE



MIND (NATIONAL)

0300 123 3393

www.mind.org.uk

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

MH, AD, LA

NHS INFORM - SCOTLAND

www.nhsinform.scot

Online health information service.

MS, MH

NATIONAL SELF-HARM NETWORK

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

0131 475 2380

Mon – Fri: 9am – 5pm

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

SAMARITANS

Helpline: **116 123**

(Open 24hrs, 365days)

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

support@sane.org.uk

SANEline: **0300 304 7000**

Callback service: **07984 967 708**

Mon – Sun: 4 – 10pm (365 days a year)

No-one affected by mental illness should face crisis alone. Information on schizophrenia, depression and bi-polar disorder in Bengali, Chinese, Gujarati, Punjabi & Urdu as well as English.

C

CHANGE MENTAL HEALTH

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

0131 662 4359

www.changemh.org

Mon – Fri: 9am – 5pm

Support and action for all people affected by mental illness.

MH

SURVIVORS OF BEREAVEMENT BY SUICIDE (NATIONAL)

0300 111 5065;

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

My notepad...

YOUNG MINDS (NATIONAL)

Text SHOUT to 85258 (24/7 support)
www.youngminds.org.uk/young-person/find-help

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

AD, MH, MS

RECOVERY

BETHANY CHRISTIAN TRUST

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

www.bethanychristiantrust.com

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

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

COCAINE ANONYMOUS (SCOT)

PO Box 26812, Glasgow G1 9AB

0141 959 6363 (24/7);

www.cascotland.org.uk

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

C

CROSSREACH (RANKEILLOR INITIATIVE - EDINBURGH)

205 Cowgate, Edinburgh EH1 1JJ
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, SF

DRINKLINE SCOTLAND

0800 7314 314

drinkaware.co.uk

Mon – Fri: 9am – 8pm;

Sat & Sun: 11am – 4pm

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

A, C, OL

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

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

GLASGOW COUNCIL ON ALCOHOL

14 North Claremont St, Glasgow G3 7LE

0141 353 1800;

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

HUNTER STREET COMPLEX NEEDS SERVICE

55 Hunter Street, Glasgow, G4 0UP

0141 553 2801 (call first);

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

Call ahead for opening hours.

Specialist, highly personalised services

for Homelessness, Alcohol and Drug

Recovery, Mental Health and Justice

Services in the Gallowgate area.

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

NARCOTICS ANONYMOUS (NA)

0300 999 1212

ukna.org

Helpline open 10am – midnight.

Online meetings available

D

SCOTTISH FAMILIES AFFECTED BY ALCOHOL & DRUGS

08080 10 10 11

www.sfad.org.uk

Mon – Fri: 9am – 11pm (helpline).

We are here to support you if you

are concerned about someone else's

alcohol or drug use. We can chat, offer

advice and information, and link you

either into our own services or services

local to you. Bereavement service also

available. Email: helpline@sfad.org.uk

C

SECOND CHANCE PROJECT SCOTLAND

402 Sauchiehall St, Glasgow G2 3JD

secondchanceproject.co.uk

0141 336 7272

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/](https://www.facebook.com/secondchanceprojectglasgow/)

[secondchanceprojectglasgow/](https://www.facebook.com/secondchanceprojectglasgow/)

ET, DW, A, 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



SMART RECOVERY

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

TURNING POINT SCOTLAND (ALCOHOL & DRUG CRISIS)

80 Tradeston Street, Glasgow, G5 8BG
0141 420 6969
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
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
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

Are your details incorrect?

Please send changes to:
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

WE ARE WITH YOU (NE GLASGOW RECOVERY HUB)

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

bit.ly/3v1Cupl; 0808 164 4261

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](#)

WE ARE WITH YOU (NW GLASGOW RECOVERY HUB)

The Quadrangle, 59 Ruchill Street,
Glasgow G20 9PX

bit.ly/2P9nxSS; 0808 178 5901

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](#)

EX-FORCES

COMBAT STRESS (NATIONAL)

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

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](#)

SCOTTISH VETERANS RESIDENCES

53 Canongate, Edinburgh EH8 8BS

0131 556 6827

www.svronline.org

Monday – Friday: 7am – 5pm;

Ring first. Accommodation for homeless
ex-service men and women, including
ex-merchant mariners. Can accept
married couples.

Online enquiry form on website.

[AH](#)

[FC](#) Foot care
[IT](#) Internet access
[L](#) Laundry
[LA](#) Legal advice
[LF](#) Leisure facilities

[LS](#) Luggage storage
[MD](#) Music/drama
[MH](#) Mental health
[MS](#) Medical services
[NE](#) Needle exchange

[OL](#) Outreach worker links
[OW](#) Outreach workers
[SF](#) Step-free
[SH](#) Sexual health
[TS](#) Tenancy support



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, C

VETERANS COMMUNITY CAFE

Stafford Centre, 103 Broughton St, Edinburgh, EH1 3RZ

www.facebook.com/groups/1184591528228376/

Weekly drop-in cafe for Veterans

running from 6 – 9pm.

MH

VETERANS UK

0808 1914 2 18

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

AH, DA, BA

PETS

PDSA PET HOSPITAL (EDINBURGH)

2B Hutchison Crossway, Edinburgh EH14 1RR

0800 917 2509; www.pdsa.org.uk

Mon, Wed, Thu & Fri: 9am – 6pm

Tue: Open 24 hours

Sat: 9am – 12noon

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

SF

PDSA PET HOSPITAL (GLASGOW EAST)

Muiryfauld Dr, Tollcross, Glasgow, G31 5RT

0800 917 2509; www.pdsa.org.uk

Mon – Fri: 9am – 6pm

Sat: 9am – 12noon

Veterinary surgery offering medical care for pets and other animals. Please use the Freephone number or website to check eligibility.

SF

PDSA PET HOSPITAL (GLASGOW)

1 Shamrock Street, Glasgow G4 9JZ

0800 917 2509; www.pdsa.org.uk

Mon – Fri: 9am – 6pm

Sat: 9am – 12noon

Veterinary surgery offering medical care for pets and other animals. Please use the Freephone number or website to check eligibility.

SF

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	

REFUGEE SUPPORT

POSITIVE ACTION IN HOUSING

98 West George St, Glasgow, G2 1PJ

0141 353 2220; www.paih.org

Mon – Fri: 9:30am – 4pm

Housing advice:

Tue: 2 – 4pm; Wed: 10am – 12noon

Destitution Surgery:

Mon: 10am – 12noon; Thu: 2 – 4pm

Welfare Rights:

Mon 2 – 4pm; Thu: 10am – 12noon

Digital Assistance:

Tue: 11am – 1pm; Wed: 2 – 4pm

Homeless enquiries & Digital Skills:

Fri: 9:30am – 4:30pm

Self-referral form available online.

Independent, multilingual homelessness and human rights charity dedicated to supporting people from asylum seeker, refugee and ethnic minority communities. Any other queries? Please email: home@positiveactionh.org

AH, FF

SCOTTISH REFUGEE COUNCIL

www.scottishrefugeecouncil.org.uk

0808 196 7274

Mon – Fri: 9am – 5pm

Advice and support for refugees and asylum seekers. Can signpost you to charities all over Scotland

AD, BA, TS, OL

SHAKTI WOMEN'S AID

Norton Park, 57 Albion Road,

Edinburgh EH7 5QY

0131 475 2399; shaktiedinburgh.co.uk

0800 027 1234 (24hr domestic abuse)

0800 032 5968 (for urgent housing)

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.

AD, OL, SF

THE WELCOMING

20 Westfield Avenue, Edinburgh, EG11

2TT

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

FC Foot care
IT Internet access
L Laundry
LA Legal advice
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SF Step-free
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FULL LIST
AVAILABLE ON
OUR WEBSITE



SURVIVORS OF DOMESTIC VIOLENCE

EDINBURGH RAPE CRISIS CENTRE

17 Claremont Cres, Edinburgh EH7 4HX

www.ercc.scot

Open Mon – Sun

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. Text: **07537 410 027**

AD, C

GLASGOW WOMEN'S AID

4th Floor, 30 Bell St, Glasgow G1 1LG

0141 553 2022

glasgowwomensaid.org.uk

Monday – Friday: 9:30am – 4:30pm

Advice and support for women experiencing domestic violence and their children. Scottish Domestic Abuse Helpline: **0800 027 1234** (open 24/7).

C

Are your details incorrect?

Please send changes to:

web@thepavement.org.uk

RAPE CRISIS SCOTLAND

46 Bath Street, Glasgow G2 1HG

08088 01 03 02 (call)

07537 410 027 (text)

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

SEXUAL HEALTH

THE SANDYFORD INITIATIVE

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

www.sandyford.scot

0141 211 8130

Mon – Fri: 8:45am – 4:15pm

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