



the **Pavement**
the free magazine for homeless people

Issue 145 : Mental health
August – September 2023

Missing



Dean Patton

Dean Patton has been missing from Portrush, Antrim, since 25 July 2012. He was 24 at the time of his disappearance.

Dean, 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.



Finn Creaney

Finn Creaney has been missing from Pitcalnie, Scotland, since 25 March 2022. He was 32 at the time of his disappearance.

Finn, 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 Dean or Finn, 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: "My work is based on my mood and the expression of my depression," explains our cover artist Mary Vallely. The untitled artwork is from a show at the Old Diorama Arts Centre in London, by Drummond Street Artists, a collective of artists with experience of homelessness. The exhibition opens on 3 August and runs for the month of August. Follow them on Instagram: [@drummond_street_artists](https://www.instagram.com/drummond_street_artists)
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The Pavement magazine

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Editor: Jake Cudsi editor@thepavement.org.uk

Web editor: Kieran Hughes web@thepavement.org.uk

Designer: Marco Biagini scotland@thepavement.org.uk

Writers/Researchers: Mat Amp (deputy editor), Nicola Baird, Joshua Beutum, Chris Bird, Michelle Brennan, Sophie Dianne, Bellara Huang, Kieran Hughes, Ian Kalman, Jamie McGowan, Alastair Murray, Emdad Rahman, Garnet Roach, Chris Sampson, Bronagh Sheridan

Artwork: Chris Bird, Sophia Rose Byrne, Ken Pyne, Mike Stokoe

London Co-ordinator: Michelle Edgson
london@thepavement.org.uk

Scotland Co-ordinator Marco Biagini
scotland@thepavement.org.uk



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The Pavement in my pocket by Michelle Brennan

Whether you're on the street or in temporary accommodation, having *the Pavement* in your pocket keeps you well. I found so much information in it, e.g. where to find a hot meal, advice, clothing and showers.

I wrote and drew every day regardless of my situation and found hope in the fact that homeless people like me were being heard through their creativity in this publication.

It helped me hold on to my dreams of being able to return to a life where I could live well and be a musical and creative person again. I could get my life back. I wasn't alone. The support was out there. Now I'm having my writing published, my artwork appearing in a group exhibition. I have a producer who wants to work on my new recording and I'm regularly doing meditation seminars and card readings. My forever home is on the way.

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

Talking mental health

Our writers have tackled a difficult theme this issue. The vast majority of people encounter mental health problems, whether temporary or longer lasting, in their life. This doesn't make it any easier to write or talk about.

But as we collectively learn more about mental health and how it affects us, the importance of discussing it becomes clearer. Inside this issue of the magazine you'll find numerous articles exploring mental health. On page 14, Sophie touches on her own experience of mental health problems and how they have affected her family.

Meanwhile on page 12, Chris Sampson writes about his own mental health, how it has impacted him and how he retains his inner strength and resilience. There is also Groundswell health information on experiencing anxiety and how to face it on page 22.

Elsewhere, Jamie McGowan has the latest on the dreaded Section 21 (no-fault evictions) and a brief rundown of the Renters Reform Bill on page 28. All the regular news, views and cartoons are also included.

the Pavement team

www.pavement.org.uk

Wandering around Wonderland

Accumulate, the art school for homeless people, invited *the Pavement* to its summer exhibition, *Wonderland*, in July. The exhibition displayed works created in Accumulate workshops and classes by artists with experience of homelessness.

Included in the exhibition was painting, sculpture, collage, photography and fashion, among other art forms. At the end of the night prizes were handed out to participating artists, with the top prize being an art scholarship.

Works featured in the exhibition centred on the theme of Wonderland, with numerous artworks and prints sold to raise funds for the charity and artists.

- Find out more: accumulate.org.uk



Prints from the Accumulate
Wonderland exhibition
© *the Pavement*

Families on tour

North London's **Enfield** council failed to extend the bookings of up to 30 families staying in temporary accommodation in an Enfield Travelodge in late May, leading to many rooms being booked up by concertgoers, while families were hastily moved to new temporary accommodation. The council didn't recognise the Travelodge's proximity to the Tottenham Hotspur Stadium, where pop megastar Beyoncé performed in late May and early June. Travelodge rooms can only be booked for a maximum of 28 days, and the council neglected to re-book the rooms in advance, meaning they were snapped up by Beyoncé fans. Families told the *Guardian* the local authority routinely waits until the final day of their booking before making another one.

Rough rise

The Combined Homelessness and Information Network (CHAIN) released rough sleeping data for **London** during the year 2022-23 in late June. Figures show a 21% increase in the number of people recorded sleeping rough from 2021-22. In total, 10,053 people were recorded sleeping rough in the past year. Responding to the CHAIN figures, Crisis Chief Executive Matt

Downie said: "These figures are incredibly tragic and should serve as a wake-up call for the Government. At this rate, there's frankly no hope that they will hit their target of ending rough sleeping by 2024." According to CHAIN, 51% of people sleeping rough in London in 2022-23 had mental health needs.

Barking mad

Napoleon Bonaparte once said: "In politics, stupidity is not a handicap." Fast forward to 2023, and politicians appear to be falling over themselves to emphasise the line's timeless relevance. One of the latest to prove Napoleon right is Labour's Darren Rodwell, leader of **Barking and Dagenham** council. In June, Rodwell threatened to evict families if their children do not inform on people who commit knife crime. Rodwell has clarified that the council would offer support to families initially, before taking a "look at tenancy agreements". Speaking to *LBC*, London mayor Sadiq Khan opposed the plan, and warned of its "unintended consequences".

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Prince charm offensive

A new royal charity set up by Prince William aims to eradicate homelessness. Homewards was announced in June, with a princely sum of £3m going towards initial funding for the five-year project. The £3m will be divided between six towns and cities across the UK. Fun facts: Prince William 'earns' an estimated £6m per year, according to the *Independent*, through the surplus profits of the Duchy landed estate, which he inherited after his father's accession to the throne. The Duchy is one of the largest landed estates in the UK and is valued at more than £1bn. King Charles, meanwhile, has a private fortune estimated at £1.8bn, the *Guardian* revealed in April.

75,000

people are homeless in Los Angeles, USA, according to the government's annual count.

50,156

of that number are people sleeping rough in the county.

Courting controversy

The Court of Appeals ruled in late June that the government's plan to send asylum seekers to Rwanda is unlawful. The judgment follows a four-day hearing in April, after a high court decision last December had initially deemed the scheme lawful. Prime Minister Rishi Sunak immediately outlined the government's intention to appeal against the latest judgment at the supreme court. A few days prior to the court's decision, the Home Office said the scheme would cost a staggering £169,000 per person.

Nowhere to go

Asylum seekers from Afghanistan are facing homelessness due to the housing crisis. The Local Government Association (LGA) has warned a housing shortage and long waiting lists could see thousands of people left homeless. The Home Office served 8,000 Afghan asylum seekers notice to leave their temporary bridging hotels by the end of August, according to the LGA. The notice was followed by information on where to find their next accommodation. However, the LGA warns that the short notice and lack of available housing will make it near-impossible for councils to find suitable accommodation for everybody.

New number

A new government-funded hotline has just opened for veterans who are homeless. This free-to-use service, called Op FORTITUDE, is being billed as a “first-of-its-kind hotline” dedicated to helping vulnerable veterans. Op FORTITUDE is part of a two-year £8.5m programme to meet the government’s pledge to end veteran rough sleeping by 2024. Hotline operators will refer callers to a network of support systems, including housing providers, charities and local authorities. At the time *the Pavement* went to press, housing providers including Alabare, ENTRAINSPACE, Erskine, Healthier Heroes, Launchpad, MySpace Housing, Royal British Legion Industries, Riverside Group, SSAFA (female-specific) and STOLL were accepting referrals from Op FORTITUDE.

- **Veterans experiencing homelessness or facing homelessness can call the new hotline every weekday 9am – 5pm on [0800 952 0774](tel:08009520774)**

Pet problems

A free veterinary service for homeless and vulnerably housed people’s pets in **Nottingham** have said that visits to the service have doubled in the past three years, owing to the cost of living crisis. Vets in the Community is a mobile drop-in clinic run by veterinary students at the University of Nottingham. Pets receive routine care, including microchipping and vaccinations. Faced with rising costs of living, users of the clinic have told the *BBC* that without the service, they would not be able to afford care for their pets. One of the regular users of the clinic said that without a permanent address, he has been unable to sign up with a regular vet, so this vet is crucial for the homeless community in his area. In London, there is a similar service called StreetVet, which has teams across multiple cities in the UK. StreetVet teams can often be found in Camden, Hackney and Soho.

- **Learn more about StreetVet on its website: www.streetvet.co.uk**

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© the Pavement

My my: Cafe Art launched its MyWorld charity at an open day for its MyLondon calendar in late June. The event raised funds for a MyMumbai project, similar to the MyLondon project, inviting people experiencing homelessness to go out and take photos of the city for a chance to have the images featured in a calendar. The calendars are sold to the public and profits go back to the photographers. The MyLondon project has earned participants more than £200,000 since 2012. At the open day event, guests were invited to choose from a shortlist of images to include in the new MyLondon calendar.

- **Learn more about the project on the Cafe Art website:**
www.cafearth.org.uk

Life on a budget

West Lothian's senior councillor responsible for housing, George Paul, has lamented the lack of funding provided to the council for the Rapid Rehousing Transition Programme (RRTP). The RRTP is a government initiative to find long-term, secure housing for people experiencing homelessness. West Lothian sought £3m in funding when the scheme was introduced in 2019, however the government could only supply £1.8m for the project, now entering its final year. Paul told *Edinburgh Live* in July that "the RRTP was never going to work because we never had the funding." However, Paul did note some of the scheme's successes, including reducing the number of 16-17-year-olds in West Lothian classed as homeless by 11% in the year 2022-23.

Time for action

The mother of a **Glasgow** man who died of an overdose while staying in temporary accommodation has demanded an inquiry into the hotel. Frankie tragically died of an overdose from street Valium while staying at the Queens Park Hotel in May. His mother, Linda, was set to meet Scotland first minister Humza Yousaf to discuss conditions in homeless hostels and similar temporary accommodation in late July. Linda

launched a petition in June to have a full inquiry into the accommodation and wants responsibility for poor-quality accommodation to be shared by hotel owners, Glasgow City Council and the Scottish Government. Quoted in the *Daily Record*, Linda says: "People are making an awful lot of money but that should come with responsibility to treat people like human beings, not just herding them into rooms and leaving them to their own devices."

Van-tastic cause

Industry groups Night Time Industries Association (NTIA) and The Scottish Hospitality Group (SHG) have teamed up to raise funds for **Glasgow's** Homeless Project Scotland (HPS), as the charity has to replace its van fleet with Low Emission Zone-friendly (LEZ) vehicles. Headlines were made earlier this year when Glasgow City Council issued HPS a parking ticket for its LEZ-unfriendly van. Feeling charitable, the council then allowed a two-month exemption for HPS's refrigerated van to be used for its soup kitchen on Argyle Street, but the charity's other two vans have been banned from the city centre. The SHG and NTIA launched a fundraiser in late June, with a target of raising £30,000 for the charity, reports *Glasgow Live*.

Safe home

Edinburgh-based charity Cyrenians has partnered with the Women in Safe Homes Fund (WSHF) to lease up to 30 homes in the city, helping women and children fleeing domestic abuse. The housing initiative sees WSHF buy properties and then lease them to local housing charities for women leaving abusive

relationships. Cyrenians will offer tenants additional support to deal with trauma. Amy Hutton, director of services at Cyrenians, told *STV News*: “We expect over the lifetime of the fund – the next seven years – to be able to offer accommodation to in the region of 200 women and children.”



A game at a previous edition of the Homeless World Cup
© Homeless World Cup

Champion spirit: Five football clubs from Scotland’s top division donated towards funding the Ukraine team’s participation in the 2023 Homeless World Cup, held in Sacramento, **USA**, in July. Aberdeen, Celtic, Hearts, Hibernian and Rangers have come together to cover Ukraine’s travel costs for the 18th edition of the annual tournament. Commending the clubs for their donations, Mel Young, Homeless World Cup President, said, “I’m proud of the five Scottish clubs and the generosity they have shown by coming together to support Ukraine. This demonstrates how impactful football and sport can be in making a difference to the lives of so many.”

Lost in music

A deep dive into the music soundtracking our writer's day-to-day. What does it mean and how does it relate to mental health?

By *Chris Sampson*

In the run-out grooves of the *Annihilation of Authority 7"* single, there is a message scrawled onto the vinyl by someone at the pressing plant where it was made. You don't see it at first, only when the light catches it. It reads:

"He who makes peaceful revolution impossible makes violent revolution inevitable"

– *John F Kennedy*

Most likely you'll never have heard of, let alone heard, *Annihilation of Authority* by Poopy Nappy. Lucky you. I've heard it untold times. An earworm? No, much more than that. An essence-worm, if that makes any sense. I felt it seep into my very soul.

So there I was: not so much lost in music but trapped in it; in that one song in particular. The badly recorded lo-fi bassline! The tinny drums! The slightly-untuned guitars and scrawny vocals! And the lyrics! Awful, really. Chris Hideous – not a "singer" as such, more an interpreter of noises – also penned the words, concerned with slagging off the Powers That Were. At the time of composition that was the Thatcher



A vibrant scene, by Chris Bird
© Chris Bird

government of the early 1980s.

Only 100 copies were ever printed, sold at chaotic gigs where crowds of 50 were seen as a good turnout; a poxy band's one poxy addition to yer cultcha ov the Arts an' all that...

So, how did I escape *Annihilation of Authority* to become the well-

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balanced individual and wordsmith (ahem!) you know today? Well, I never really did. See, the song permeates my waking mind, and haunts my dreams. It “means something” to me, clearly.

Its message is simple but none the worse for that: Get Rid of Bastard Tories! – as worthwhile a point today as it was 40 years ago. Did it bring Thatcherism crashing down? Nah, gawd bless ya! Course not, not a chance. But what songs like that do, however unpleasant and unpopular they may be, is soundtrack the emotions inspired by the lyrics, or even the song’s title. And given that successive UK governments have continued with the problem (i.e. self-centred c***ishness) for 40-odd years, it is vital to keep resistance in the hearts of those opposed to the aforementioned political scumbaggery.

OK, you might say, this is all very well, but what’s it got to do with mental health issues? Some old punk song? So what? Well, the thing is, there is no such song as *Annihilation of Authority*; no such group as Poopy Nappy.

I’m the only one ever to have “heard” it, and then only in my mind. Is that mental enough for you..?

Lost in music (Version)

In the run-out grooves of the imaginary *Annihilation of Authority 7”* single, there is a message scrawled onto the vinyl by someone at the pressing plant where it was made. You don’t see it at first, only when the light catches it. It reads:

“He who makes peaceful revolution impossible makes violent revolution inevitable”

– John F Kennedy

The point is that as we limply watch governments legislate against our right to protest, erode our freedoms, try to deport us to Rwanda and try to turn us into good little consumers, that instinct of resistance comes closer to the surface, bubbles away, informing our outlook.

One day, we sense, we won’t watch limply. They will push us too far and we will start to push back. Like as not, *Annihilation of Authority* will not be the soundtrack of that rebellion – it could be *Agadoo* for all I know – but it doesn’t really matter. The pushback is coming.

Vive la resistance...

THE END

Family affair

When a family member is suffering, people can go above and beyond to provide support and succour, even when dealing with their own problems. Story and poem by *Sophie Dianne*

When your life is so heavily dictated by a mental health disorder, it's hard to push past it. You're surviving with constant tunnel vision. Surrounded by people trying to break through, their words like whispers, you can hear them, but you can't engage. Fighting for at least one minute's peace. We don't mean to be selfish. It's just hard. And having to comprehend the mental health of a loved one? That's just another level of complexity.

As someone with a diagnosed anxiety disorder, I don't always cope well listening to others with similar experiences. Often relying on self-preservation and distance. However, over the past few months my reaction has been different. And why was that? To put it bluntly, because a close relative almost died. For the purpose of privacy, I won't disclose any personal details.

John Smith (not their real name) had been battling depression for many years but this summer things took a turn. Substance abuse had become a crutch and he was surviving on a diet of cocaine and £800 worth of gin.

I'll never forget the phone call I

received. Thinking back on it now, it still doesn't feel real. I didn't allow myself to run away. My gut instinct demanded I help my family. I realised the reason I normally 'run' was out of grief. To feel this particular sadness is one thing, but to recognise it in a loved one is an entirely different feeling. It was a twisted empathy.

There are many reasons for substance abuse, and in this time of austerity it has only made things increasingly difficult. As a family we have experienced two deaths that have left a giant hole. When I think about that, in consideration with John Smith's individual challenges, I can see why he fell into such a deep depression. I absolutely hate the journey that we're going on as a family. But I'm thankful that John Smith knows how much he is loved and wants to get help. He has since started attending AA, initially sceptical but understanding of how much it can achieve. When he was first admitted to hospital it felt like the end. He still isn't well, but I'm glad to see how far he has already come.

In closing, I've attached a poem I wrote. I comforted myself by writing poetry. It didn't erase the problem. It simply helped me deal with it so I could provide support. I was determined not to let John Smith down:

Memories and Missiles

Gripped by fear, she laid there.
She craved some peace and tranquility, but that was slowly becoming a memory.
Something she had tried to grasp had slipped away. Serpent-like.
Life was a battleground inside her head.
With memories, thoughts and feelings flying around like missiles.
She knew in order for it to stop, she must retreat to base camp,
Running with her helmet on.
But all she could hear in the background was noise.
Every single nonsensical thought, seemingly insignificant to others but not to her.
To her they were as deep as the trenches.
She struggled through the mud, remembering how it felt to run with him.
This boy who had always protected her.
But she knew their roles had now reversed.
She had to shield him from the poison,
It seeped into his bloodstream and lied to him.
Pretending to bring comfort, but instead causing destruction.
She wrapped her arms around him.
The war wasn't over.
But they had won this battle. Together.

Dealing with mental health never ends. But having the right coping mechanisms in place is essential. These can give you or loved ones healthy motivation. Every time I have a panic attack, I remind myself that my anxiety isn't who I am. I am

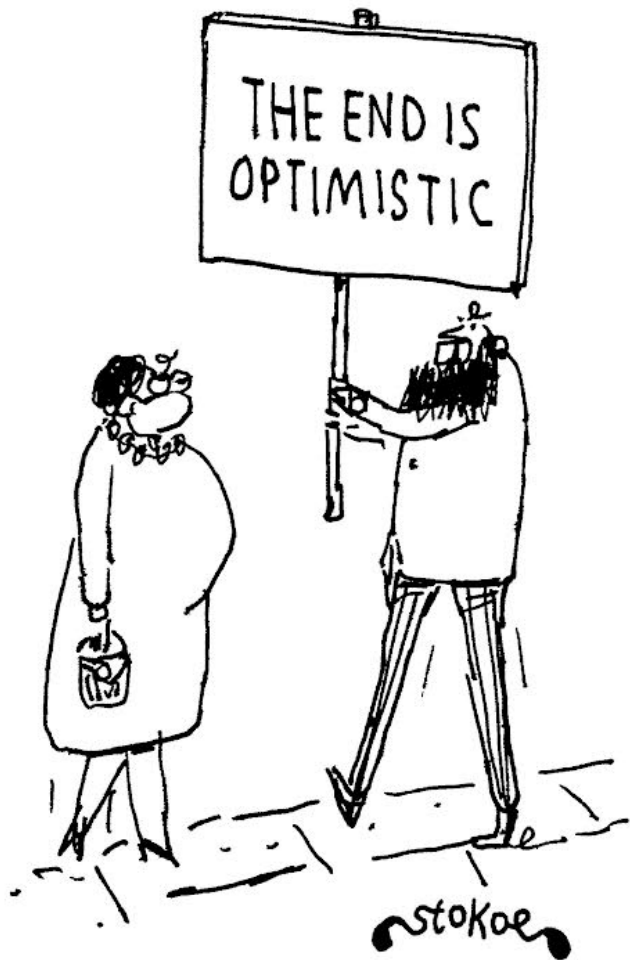
strong, John Smith is strong and so are YOU. ■

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Ken Payne

"I'M TRYING TO FIND A SOLUTION FOR HOUSING THE HOMELESS?"



Breaking bread

Words on working in outreach and seeing the link between homelessness and mental health, as well as the importance of cooperation between grassroots outreach groups. By *Emdad Rahman*

The cost of living crisis has intensified the problem of food insecurity and it is the poorest people who are the worst affected. As a consequence, thousands of people are experiencing hunger and malnutrition, mental health difficulties and social isolation.

Homelessness and mental health are very much interconnected and often go hand in hand. People experiencing homelessness are more likely to have mental health problems, and those with mental health problems are more at risk of becoming homeless. The relationship between homelessness and mental health is complex and multifaceted.

As part of a new drive to connect with our local homeless population, I have been working closely with Lisa Gonsalves, the Community Food Coordinator for Barking and Dagenham. We have started to share fresh bread with rough sleepers and local homeless people.

The Homeless Bread Run drive is also supporting local families struggling to buy essentials, as the steep price rise in the cost of so many staple food items is causing people to buy and eat less.

We have no budget, but our work

Get to know

Emdad names a few outreach services operating in east London. Find out some more information on them below:

- The Homeless Bread Run hands out bread to people in east London, specifically in Barking and Dagenham
- The Kind Counter offers food outside East End Cycles, 116 Mile End Road, E1 4UN every Tuesday and Saturday, 12:30 – 1:30pm.

reflects how teaming up with folks who share a vision can make a small and positive difference.

Through the Kind Counter we've sourced jam, butter and plastic knives to help with spreading on sandwiches. On the rounds, I have heard accounts of how traumatic an experience homelessness is and how it exacerbates mental health issues. The instability and insecurity of being homeless can cause stress, anxiety and depression, and can make it difficult to maintain



Emdad (left) with members of the Barking Bread Run team
© Emdad Rahman

relationships, employment and other aspects of daily life. Homelessness can also lead to substance abuse, which can further worsen mental health.

In essence, sharing and breaking bread together has offered tremendous insight into how mental health affects homeless people.

Conversely, mental health issues can increase the risk of homelessness. Conditions such as schizophrenia, bipolar disorder and severe depression can make it difficult to maintain employment and stable housing, and can strain relationships with family and friends. The lack of access to mental healthcare and social support can also contribute to homelessness in those with mental health issues.

In addition to mental healthcare, providing stable housing is essential to ending homelessness. Programmes that offer permanent supportive housing, which combines

affordable housing with wraparound services such as mental healthcare, substance abuse treatment and job training, have been shown to be effective in reducing homelessness and improving mental health outcomes.

Collaboration between government agencies, healthcare providers and social support organisations is also crucial. Coordination and integration of services can help ensure that individuals receive the comprehensive care and support they need to overcome homelessness and mental health problems.

Homelessness and mental health are two crises that are deeply interconnected. Addressing one without addressing the other is not a viable solution. By working together, we can help ensure that everyone has access to the care and support they need to live healthy, fulfilling lives. ■

Making community home

A few words on communities new and old, and what it means to feel part of one. *By Mat Amp*

Recently I made a short film as part of the Listen Up project I work on with the charity Groundswell. The film is about my old home on Brixton Hill. What I talk about in the film is just how much I loved that place because it was part of a community based around the Windmill pub.

The awful thing about what people term 'gentrification' is the way that people from communities in central London have been priced out the areas they grew up in. The steep rise in the cost of housing, coupled with the selling off of social housing has meant that communities in London have died.

My old house in Brixton Hill, next door to the Windmill pub, was on an estate where people knew each other in a way that wasn't in the slightest bit invasive. If you were short of money you could get an interest-free loan from the pub landlord or one of the neighbours. Both my neighbours had my phone number so if the music was too loud they could just text us and we would turn it down.

For the first five years we were at that place, we had in excess of £15,000 worth of electrical equipment in the house. People



An untitled artwork by Homeless Diamonds artist *Sophia Rose Byrne*
© *Homeless Diamonds*

knew that as well because we were constantly taking it in and out of the house as we rented out sound systems for parties. The security in the house was appalling but nobody ever robbed us because there was a genuine respect on that estate for each other. I knew a guy on the estate who had been jailed several

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times for burglary but he would never have robbed anything from someone who lived on the estate.

It reminds me of our old house in Nigeria. We didn't live in a gated community. In fact, we lived in the poorest area of Ibadan. We employed a nightwatchman, but he had nothing to do because people didn't steal from anyone who lived in the neighbourhood. Meanwhile all the people I knew who lived in gated communities with security guards and checkpoints were robbed repeatedly.

That house in Nigeria was a beautiful place to live. My dad lived on the top floor, myself and my brothers, my adopted brother and a few friends who needed a place to stay were on the first floor with several artists who worked and lived in studios there. The cook lived on the ground floor with a welder from the factory my dad ran along with their families. They would invite me for dinner when my dad was away, and I learned so much about sharing and decent hospitality from the way we lived.

My dad had a few quid, but he shared everything with an openness of heart that created one of the most energetic and amazing communities I have ever seen. It was a privilege to

be part of it and like I said, it taught me so much about sharing. Everyone with any money in Nigeria had a driver, a cook and a nightwatchman but my dad didn't treat them like employees. They were part of the family.

Nowadays my local in Bermondsey is the closest I have to a local community. It took me 30 minutes to get to know the landlord there and he's always up for a chat. Sometimes it's invaluable to know that I can drop in there and shoot the shit.

And one last thing before I sign off: **Don't knock the internet.** For people with mental health issues who find face-to-face connection difficult, the internet provides access to a community that is understanding, non-judgemental and supportive. It has also allowed me to connect with people from the past that I otherwise would have lost forever.

Community is about connection and *the Pavement* magazine is a focus for the community of people who have experience of homelessness. The fact that someone is bothered to put the effort in to collating, printing and distributing the magazine makes us feel part of something – part of *the Pavement* community. ■

Guide to anxiety

Anxiety can be common in people experiencing homelessness and disadvantages including dependence on drugs, alcohol or experiencing trauma such as abuse. Groundswell staff have advice on what anxiety is and how to treat it

What is anxiety?

Anxiety affects people in many ways, but there are common symptoms you can identify. Here are some signs that you may have anxiety:

- Experiencing feeling of unease or worrying thoughts
- These thoughts and feelings being hard to control
- The feeling of anxiety becomes constant.

What to do?

Feeling anxiety too strongly or too often can be overwhelming.

You can learn ways to cope with anxiety:

- If you feel you are suffering from anxiety, contact your GP. If you don't have a GP, join one. You don't need a fixed address or ID to see a GP
- Try to understand your triggers. What makes you feel anxious?
- Practising ways to cope with anxiety is important. It will take time and everyone is different, but coping mechanisms can relieve anxiety.

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.



Ways to help

Practise these ways to cope with anxiety. Try practising when you feel less anxious, this will make it easier to use them when you are anxious.

- **Physical activity:** staying active makes your body produce calming natural chemicals and release nervous energy
- **Meditation:** find a quiet space and focus on a single thing, such as your breathing, or an object. Some people find this will clear their mind and help them think clearly
- **Prioritising yourself:** find a safe, quiet place for yourself when things are overwhelming. Talk to people about how you feel and make sure you stay hydrated and eat when you can.

Support available

There are services offering support for anxiety. Below are some helplines:

- Mind mental health charity infoline: **0300 123 3393** open 9am – 6pm Monday – Friday (not on bank holidays)
- Talk about anything to the Samaritans for free on **116 123**, open 24/7
- SANEline, the out-of-hours mental health helpline: **0300 304 7000** every day between 4.30 – 10.30pm
- Call the national helpline for people with anxiety, Anxiety UK, on **03444 775 774** open 9.30am – 5.30pm Monday – Friday

Alternatively, if you would prefer not to talk, try these text support numbers:

- Text SHOUT to **85258** for confidential 24/7 support
- Anxiety UK can be texted on **07537 416 905** open 9.30am – 5.30pm Monday – Friday.



Information hub

Get to know the Hub, a project run by The Simon Community and in partnership with City of Glasgow College. Students are offered the chance to learn a variety of important skills, in a supportive, educational space. Written by staff at *The Simon Community*

The Hub at The Simon Community is now entering its third year of running college courses with the help of City of Glasgow College. Classes run from the end of August to the end of June, and all are welcome. They offer all sorts of courses from Digital Skills to Improving Wellbeing. You don't need any qualifications to join, but you will have some when you leave!

Past students have loved working with the team. Amanda really enjoyed the course, learning new things and meeting new people. She said that keeping her mind busy helped her, distracting her from her own head and the challenges she faced daily. Learning about hacking and email scams was a high point for her, as was the weekly IT check-in. Kevin explained that the class was a great introduction to getting back into education, with small classes and down-to-earth lecturers. He's moved on to permanent employment now and says that the classes were an important part of his journey. Laura recommends the course, as she says that it is welcoming to all, no matter their age group, gender, ethnicity or homeless



Members of the Hub's class of 2022
© The Simon Community

status. She felt the course was set out in an easy way for everyone to be successful and most have been! This year's students see the course as an important stepping stone and are really excited about getting their qualifications.

The classes are run by the Community and Widening Access Department at City of Glasgow College, the largest Further Education College in Scotland. They are keen to help those facing barriers to education and the Hub courses are part of their mission to change lives and shape futures. Anna, one

Want to find out more?

- Contact Siobhan Page at the Hub via email: siobhan.page@simonscotland.org
- Or Nic MacTaggart at City of Glasgow College, over email: nicola.mactaggart@cityofglasgowcollege.ac.uk
- You can also pop along to the Hub at The Simon Community at 389 Argyle Street, Glasgow between 9am and 5pm, seven days a week (except Wednesday, when the hub opens at 10am), and sign up in-person.

of the experienced lecturers there, sees her role as more of a facilitator than a teacher. “The Hub is perfect for this kind of class,” she says. “It provides a safe and welcoming environment for all students.” The course is supported by Social Work students who have their placement there. “It wasn’t what I expected, in a good way,” said Chantelle, who is in her first year of studying Social Care at City of Glasgow College. “I learnt more from being with the class than I did from my textbooks. I had no idea what to expect and it has really helped me understand all the different things that affect those experiencing homelessness.”

“It is a start to a better future,” says Angie, a member of Street Team at The Simon Community. “All the folks who attend the classes are making steps in the right direction. The fact that they embrace the structure shows that they are looking for a better path. Structure is an addict’s best friend, and the college

classes help with this.”

“A lot of the people we support don’t have anyone to talk to and the classes help with that,” says Skye, another full-time member of the Hub staff. Nicola MacTaggart, curriculum head for the Community and Widening Access department, comments that “Our Education hub has provided a wonderful opportunity to develop person-centred programmes that cater to the unique needs of each individual. We are proud to have welcomed learners from The Simon Community, not only offering them the chance to participate in classes within our hub, but also inviting them to join our weekly Singing Sessions and access all of the facilities within our college.”

The Hub is a great space for these kinds of classes, sharing experiences and starting your journey in education. The courses are flexible and you learn at your own pace – making it more accessible for everyone. ■

Book club

Ready yourselves for new reading material, as *the Pavement* previews two new titles centred on experiences of homelessness and mental health problems

Beggar Bee Nameless by Stephen K Easterbrook

Billed as a literary fiction novel, *Beggar Bee Nameless* is the latest title released by Arkbound Publishing, an independent publisher based in Glasgow and Bristol. Author Stephen K Easterbrook is from Manchester, and has set his debut novel in the city.

The story focuses on the homeless community in Manchester, as a Deceased Affairs Officer investigates the death of a man who had been sleeping rough. Rather than surrender to gloom and despair, however, *Beggar Bee Nameless* explores a wide-ranging number of themes, including friendship and human spirit.

Readers are introduced to a homeless friend of the deceased, Gracie, and we follow her on a journey through the homeless community of Manchester. The book also takes place at the height of the spice epidemic which affected so many homeless people in Manchester.

Readers of *the Pavement* interested in *Beggar Bee Nameless* can read a review of the book in the next issue of the magazine. The book is released 20 August 2023.



The front cover of *Beggar Bee Nameless* © Tasmin Briers

Transmissions

by Chris Bird

A must-have book released by the Write-London collective in June 2023. Chris Bird, whose art and words often grace the pages of *the Pavement*, has had a collection of his art, poetry and short stories published.

Regular readers of *the Pavement* will be well aware of Chris's exceptional storytelling and brilliant art. The book, titled *Transmissions*, is ideal for long-term fans of Chris, and is the perfect introduction to people previously unaware of his work.

Many of the poems and stories touch on Chris's experience of homelessness, mental health problems and substance abuse. The book is edited by Tom Mallender and Naino Masindet. Mellander summarises the experience of editing the book and working with Chris in a short editor's note prefacing the book: "Assisting Chris to tell his story in his words, and to bring to life the London he experienced while in the twin grip of undiagnosed schizophrenia and heroin addiction, has been one of the most rewarding and artistically interesting [projects] I have been a part of."

Read an exclusive excerpt from *Transmissions* by Chris Bird below:

Smoke

I thought about the city skyline.
Tower blocks, spires, skyscrapers and domes
scratched out on the side of a lit cigarette.
Grey shadows became ashes, wide swerving entities
of smoke stretching away like autobahns.
If you watch the embers long enough,
the strength of heroin overwhelms.

I pulled out a broken fag from my pocket.
Laid some cardboard on the pavement and sat.
The traffic choked the wide avenue.
Tube stations gorged on commuters.
Junkies filling up with grey smoke.
This was my skyline.



The front cover of *Transmissions*,
featuring artwork by Chris Bird
© *the Pavement*

Renter reform recap

The Renters Reform Bill was finally published in the Spring. Our writer details what comes next and how the Bill will impact people. By *Jamie McGowan*

On 15 April 2019 the Government pledged to abolish Section 21 evictions. Four Prime Ministers, three Housing Ministers, and 52,800 Section 21 eviction notices later, the Renters (Reform) Bill (RRB) is finally here. By 'here' I mean published. It still has several parliamentary stages to go through, during which there will be opportunities for it to be debated and amended.

However, there are some key features of the Bill which are now unlikely to change (much), including the flagship abolition of Section 21s. For tenants, this is broadly good news and hopefully this article will explain why. However, there are certain provisions (some of which are unlikely to go anywhere) which mean the protection the Bill will offer renters is not as strong as it could be. These are also set out.

Ending Section 21s

Section 21 'no-fault' evictions are currently the most common way in which people become homeless in England. The Scottish equivalent provision was abolished in 2016. In Wales, although a very similar

provision still exists, the notice period a landlord must give in order to use this option has been extended from two to six months. So England is, again, playing catch-up.

It is worth pointing out that abolishing Section 21 would not, as it is widely being reported, mark the end of 'no-fault' evictions. 'No-fault' means a tenant has not breached the tenancy agreement but can be evicted anyway. This will still be possible under the RRB in certain circumstances, such as a landlord wanting the property back for a family member to live in (hardly the tenant's 'fault').

It is, however, true to say that this would mark the end of 'no reason' evictions and that is a positive step. As discussed further below, I believe that some of the reasons a landlord will still be able to rely on in order to evict someone will undermine the protections offered by the bill. However, it's probably fair to say that the abolition of Section 21 will represent a major landmark on the road to a private rented sector that can provide genuine stability for tenants.

In a nutshell

- The Renters Reform Bill has been published and is one step closer to being law
- The Bill will go through parliament, meaning it can be amended. However, some key details likely won't change
- Section 21 'no-fault' evictions will finally be abolished
- Abolishing Section 21 will not bring an end to 'no-fault' evictions. Landlords will still be able to evict tenants, even if tenants haven't breached the tenancy agreement. An example of a 'no-fault' eviction that will survive the Bill is landlords evicting tenants for family members
- The Bill will establish a private rented sector ombudsman, and restores tribunal reviews of private rents.

Remaining no-fault reasons

There are two grounds under the RRB which would enable a landlord to recover possession of a rented property without the tenant having done anything wrong. Firstly, because they require it as accommodation for themselves or a close family member or, secondly, because they intend to sell it.

The problem with these proposals is that they do not require a lot of proof. To use the second reason for example, a landlord must simply demonstrate an 'intention' to use the property to live in or sell before they are able to gain possession. It does not stipulate what evidence should be used to demonstrate this.

In Scotland, where a similar ground has existed since they abolished no-reason evictions, this has been abused by landlords. Research from last year found that nearly one third of landlords who had obtained possession in order to sell the property had not actually done so within a year. There is every possibility that we will see similar behaviour in England.

Amended 'fault' reasons

One common reason for evictions currently is anti-social behaviour (ASB). This ground isn't altered much but the definition of ASB is tweaked from the current: behaviour 'likely to' cause nuisance or annoyance, ►

▶ to that which is simply ‘capable of’ doing so. There are many experienced housing lawyers who are not particularly concerned by this change, but it does seem to have a broader meaning.

Another common existing reason for evicting tenants is rent arrears. The RRB proposes a number of amendments regarding rent arrears grounds, some good and some concerning.

The good news is that the Bill proposes that if a tenant is being evicted for rent arrears, but can show that they have an amount of Universal Credit which is owed but has not yet been paid to them, the court should acknowledge this when calculating the level of arrears.

The bad news, in my view, is what the Bill calls Ground 8A. This entitles a landlord to a possession order when a tenant has fallen into eight weeks’ arrears on three separate occasions during the previous three years. Even if they have subsequently been brought down to zero on each occasion.

The existing law (Ground 8) requires a tenant to be in two months’ arrears when the notice is served and on the day of the hearing. This new Ground 8A would require a judge to ignore the level of arrears on the day of the hearing and simply ask whether it fell below eight weeks’ rent on three occasions in the past three years. This is a harsh provision

and, coupled with a cost-of-living crisis, it is a significant point of concern.

Extra bits

Finally, on a more cheerful note, the Bill includes provisions for a landlord database and portal, the establishment of a private rented sector ombudsman and restores tribunal reviews of private rents. All of these (depending on the details) have the potential to help crack down on the worst excesses of the ‘wild west’ private rented sector.

The Bill would also give tenants the right to request to keep a pet which a landlord could not then ‘unreasonably’ refuse. This might seem like one of the more frivolous points, but there are more households in the UK (62%) with pets than without, and this will be a welcome development for many.

We will have to see what happens to the Bill if and when the Government allocates it time to be debated and, eventually, voted on. For now, all the groups who are part of the Renters Reform Coalition and others who worked so hard to get the Bill to where it is should be congratulated. I very much hope that they will keep the pressure on the Government to make sure it becomes law – and hopefully with some of the existing loopholes tightened up!

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
ET	Education and training
F	Food
FF	Free food
FC	Foot care
IT	Internet access
L	Laundry
LA	Legal advice
LF	Leisure facilities
LS	Luggage storage
MD	Music/drama
MH	Mental health
MS	Medical/health services
NE	Needle exchange
OL	Outreach worker links
OW	Outreach workers
SF	Step free access
SH	Sexual health advice
TS	Tenancy support

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

NEED TO TALK

ALONE IN LONDON FOR YOUNG PEOPLE (DEPAUL)

Endeavour Centre, Sherborne House, 34 Decima Street, London SE1 4QQ
Depaul UK supports homeless young people. **0207 939 1220**: central office. **0207 278 4224**: mental health support and housing advice.
Free counselling service for young people aged 11 to 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

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
Emergency helpline is open
8am-8pm Monday – Friday
AH, TS

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

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

themanna.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

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

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

WORKING CHANCE

workingchance.org

Mon – Fri: 9am – 6pm

If you are in England or Wales you can fill out a referral form online here:

workingchance.org/get-support

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

Antidote hosts Drop-in clinics in-person:

Monday 11am to 1pm

and online Thursday 6pm to 8pm.

Email for more information.

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

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

GREAT CHAPEL ST MEDICAL CTR

4th Floor, Soho Centre for Health,

1 Frith Street, Soho, London, W1D 3HZ

020 7437 9360; greatchapelst.org.uk

Clinic times/types:

Monday

GP & Nurse: bookable clinics from 10am

GP: walk-in clinic, Nurse: bookable clinic from 2pm

Tuesday

GP & Nurse: bookable from 11:30am

GP: bookable, Nurse: Walk-in from 2pm

Wednesday

Nurse: bookable from 10am

GP: bookable, Nurse: Walk-in from 2pm

Thursday

GP: walk-in, Nurse: bookable from 10am

GP & Nurse: Bookable from 2pm

Friday

Nurse: Walk-in from 10am

GP & Nurse: Walk-in from 2pm

MH, AH, AD, A, C, D, FC, 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



MAYTREE RESPITE CENTRE

020 7263 7070

maytree.org.uk

maytree@maytree.org.uk

10am – 6pm (email & phone support)

Staying at Maytree House is REFERRAL

ONLY providing 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

Helpline and legal line is open

Monday – Friday 9am-6pm

Legal line: 0300 466 6463

MH, AD, LA

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.greenhousepractice.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

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.

Get housing advice by emailing

gethelp@akt.org.uk

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)
 Monday – Thursday, 10am to 8:30pm
 & Friday, 10am to 4:30pm
 The LGBT+ anti-violence charity.
 Offers support for LGBTQ+ people
 experiencing hate crime, sexual violence
 or transphobia.
 Hate crime helpline is Monday – Friday
 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 & 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.ssafo.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

At our centre on St Alphonsus Road, we provide for the immediate needs of those in need with safety, food, warmth, clothing, laundry and showers. Free lunch.

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

ACTON HOMELESS CONCERN

Emmaus House, 1 Berrymead Gardens, Acton, London W3 8AA

020 8992 5768

actonhomelessconcern.org

Emmaus 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

FF, F, SF

TRINITY HOMELESS SUPPORT CAFE

Holy Trinity Church, Upper Tooting.

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)

On Wednesdays, we have an NHS nurse
in from 12 – 2.

Our free lunch service is from

Monday – Friday, 12-2pm.

We offer the options of takeaway and
sit-in.

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

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: Opens at 5pm, dinner served
at 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
Drop in centre, 6am – 11am Mon – Sun
Free breakfast, 8am – 10am Mon – Sun
Men's showers, 7am – 10am Mon – Fri
Men's Clothing, 7am – 10am Mon – Fri
Women showers, 6am – 10am Mon – Fri
Advice centre, 8am – 3pm Mon – Fri
Computer suite, 8am – 3pm Mon – Fri
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

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

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

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

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

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
 Drop-in centre is open Mon – Friday:
 12.30pm – 3:30pm
 Access to a range of services including:
 Hot meals, showers and laundry facilities, employment support, training opportunities, numerous daily activities including Arts and Crafts, Life skills, Health and well being treatments

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

ALL PEOPLE ALL PLACES

Pymmes Park Visitors Centre, Edmonton, N18 2UF.
Best entrance to the park is just off Victoria St and the closest station is Silver Street overground.
Day centre offering a warm and safe space for people who are homeless or at risk of homelessness.
Open Tuesday, Wednesday and Thursday 8am – 2pm
Breakfast and lunch available to those who need it, alongside hot drinks and a welcoming staff team. Access to our service is on a drop-in basis, with casework offered by appointment.
Change of clothes available, and we also create 'care packages' for rough sleepers, incl toiletries & sleeping bag.

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

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 & psychotherapy are employed in a loving community to transform from chaos to constructive living. 1.2.1 counselling, relapse prevention and life skills, group therapy, 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 & advice for people with or affected by HIV.
MH, AD, BA, CA, C, FF, F, IT, MS, OW, SH

STREET STORAGE

streetstorage.org; **07932 830 440**
 Street Storage are running two additional drop-in sessions.
 Tottenham Court Road unit:
 Wednesdays 9am - 12noon
 Fridays 9am - 12noon
 Haggerston unit:
 Mondays, Tuesdays, Thursdays and
 Fridays 10am - 4pm
 Wednesdays 1pm – 4pm
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
AH, AD, BA, DA

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



BARBER

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

OTHER NATIONALS

AZIZIYE MOSQUE

117-119 Stoke Newington Rd N16 8BU
020 7254 0046, bit.ly/201x7Rn
Monday-Sunday: 11am-11pm; Drop-in for advice and support on housing, family, substance use etc. Turkish & Arabic, interpreters available for other languages.
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