



# *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](mailto: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](mailto:116000@missingpeople.org.uk), or you can send a letter to 'Freepost Missing People'.

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

**missing  
people**

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

**A lifeline when someone disappears**

**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)  
© Drummond Street Artists

### *The Pavement magazine*

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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

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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

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We are always looking for volunteer journalists and photographers to create exclusive content that's written with our readers in mind. We particularly welcome those who've experienced homelessness. Or can you fundraise or donate so we can keep providing *the Pavement* for free? We also need London volunteers to help with distribution.

A big thank you to our readers and writers.

- [editor@thepavement.org.uk](mailto:editor@thepavement.org.uk)

# 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](http://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](http://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

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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

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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

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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

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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**

## Pet problems

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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](http://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](http://www.cafearth.org.uk)

## Life on a budget

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**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

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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

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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

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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*

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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

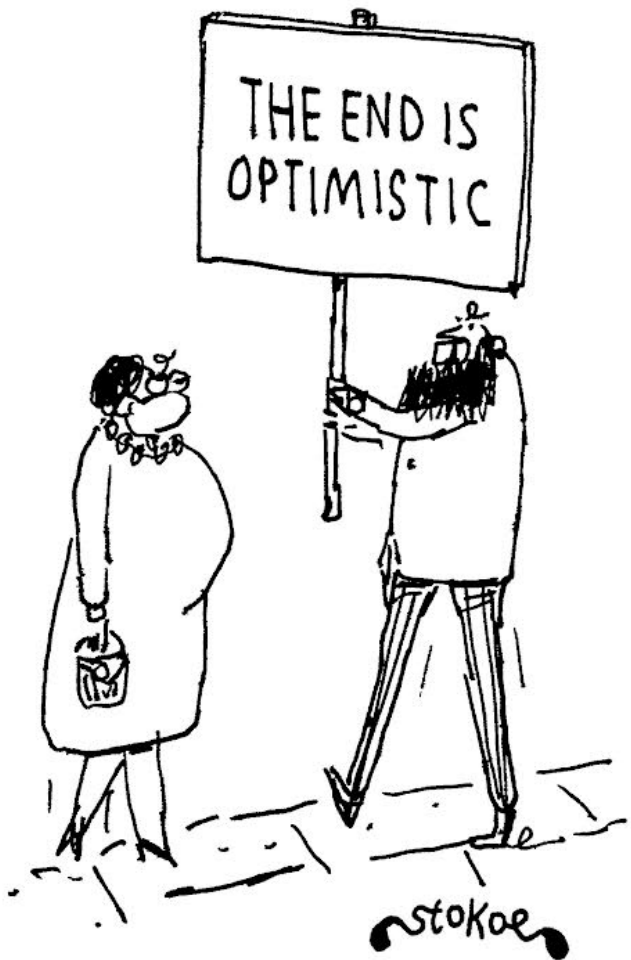
strong, John Smith is strong and so are YOU. ■

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"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](mailto:siobhan.page@simonscotland.org)
- Or Nic MacTaggart at City of Glasgow College, over email: [nicola.mactaggart@cityofglasgowcollege.ac.uk](mailto: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*

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

## 3. Citizens Advice Bureau

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

**If your application is rejected:**

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

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

# Housing in Scotland: Your Rights

Call Shelter Scotland for free housing advice

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

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

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

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

*My notepad...*

Make sure you read...

*the* **Pavement**

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



## Scotland List

### KEY TO ALL SERVICES

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

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

Compiled: July 2023

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

### Are your details incorrect?

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

### HEALTH & MENTAL HEALTH

#### ADVOCARD

0808 196 3525

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

[advocacysupport@advocard.org.uk](mailto:advocacysupport@advocard.org.uk)

Mon – Fri: 9am – 5pm

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

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

Text: **07920 207 564**

[AD, MH, SF](#)

#### BREATHING SPACE SCOTLAND

0800 83 85 87

[breathingspace.scot](http://breathingspace.scot)

Mon – Thu: 6pm – 2am

All Weekend: Fri 6pm – Mon 6am

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

[MH, AD, C](#)

#### CAMPAIGN AGAINST LIVING MISERABLY (CALM)

0800 58 58 58

[thecalmzone.net](http://thecalmzone.net)

Open 5pm – midnight, 356 days a year

Calm is leading a movement against suicide. Call, email or chat on website.

[MH](#)

## CHANGE

0808 801051; [changemh.org](http://changemh.org)

Mon – Fri: 10am – 4pm

We provide transformational support for people ensuring that everyone has access to the support they need, when they need it, and in a way which works best for them.

*MH*

## GAMH

0141 552 5592

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

Mon – Thur: 9am – 5pm

Fri: 9am – 4:30pm

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

*MH, AH, AD, C*

## HEALTH IN MIND

0131 225 8508

[health-in-mind.org.uk](http://health-in-mind.org.uk)

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

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

*MH*

## HEARING VOICES NETWORK

[www.hearing-voices.org](http://www.hearing-voices.org)

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

*MH, C*

## HUNTER STREET HOMELESS HEALTH SERVICE

55 Hunter Street, Glasgow, G4 0UP

0141 553 2801 (call first);

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

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*

## MIND (NATIONAL)

0300 123 3393; [www.mind.org.uk](http://www.mind.org.uk)

[info@mind.org.uk](mailto:info@mind.org.uk)

Mon – Fri: 9am – 6pm

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

Legal support: 0300 466 6463;

[legal@mind.org.uk](mailto:legal@mind.org.uk)

*MH, AD, LA*

## NHS INFORM - SCOTLAND

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

Online health information service.

*MS, MH*

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

**PENUMBRA**

57 Albion Rd, Edinburgh EH7 5QY

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

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

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

SANEline: 0300 304 7000

Callback service: 07984 967 708

Mon – Sun: 4 – 10pm (365 days a year)

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

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

0300 111 5065;

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

Mon – Tue: 9am – 5pm

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

*AD***THE SANDYFORD INITIATIVE**

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

0141 211 8130;

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

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***YOUNG MINDS (NATIONAL)**

Text 85258 (24/7 support)

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

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

*AD, MH, MS*

*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



## FOOD

### BALVICAR STREET

Balvicar St, Glasgow, G42 8QU

Thurs: 7pm – 9pm

Soup run every week.

*FF*

### CARRUBBERS CHRISTIAN CENTRE

65 High St, Edinburgh EH1 1SR

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

Tue: 5:30 – 7:00pm

Soul Food serve food from the café door

Sundays: 9:00 – 10:00am

Free breakfast from the café door

*FF*

### CADOGAN STREET

39 Cadogan House, Glasgow G2 7AB

Directly opposite No.28, on corner

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](http://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*

### H4TH (HELP FOR THE HOMELESS)

07966 062 495

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

Cadogan Street, Glasgow

Thursdays: 8 – 10pm

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

*FF, CL*

### HOMELESS PROJECT SCOTLAND

194 Argyle Street, Glasgow, G2 8HA

0800 0147 160, 07828 584 544 (24/7)

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

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

*FF, OL*

### LODGING HOUSE MISSION

35 East Campbell St, Glasgow G1 5DT

0141 552 0285

[lhm-glasgow.org.uk](http://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*

#### 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

## 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](http://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](http://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](http://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

## STEPS TO HOPE

St Cuthberts, 5 Lothian Rd, EH1 2EP  
07949 838 666 (24-7)

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

Monday Munchies: 6pm  
Sunday Suppers: 5pm

FF

## HELP & ADVICE

### ACCESS HUB (GLASGOW)

389 Argyle Street, Glasgow, G2 8LR  
0141 552 4164; [simonscotland.org](http://simonscotland.org)

Mon – Fri: 9am – 5pm

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

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

### APEX SCOTLAND

9 Great Stuart St, Edinburgh, EH3 7TP  
0131 220 0130; [apexscotland.org.uk](http://apexscotland.org.uk)

For offenders, ex-offenders and young people at risk of offending, many of whom may also be homeless. To find your local office please visit the website.

AH, BA, CA, ET, IT

### CHANGE

0808 801051; [changemh.org](http://changemh.org)

Mon – Fri: 10am – 4pm

We provide transformational support for people ensuring that everyone has access to the support they need, when they need it, and in a way which works best for them.

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





## 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. Domestic Abuse Helpline:  
0800 027 1234 (24/7).

C

## WELLBEING FOR YOUNG PEOPLE

171 Wilton Street, Glasgow G20 6DF  
0808 143 2002  
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

## 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

## 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

### 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

**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:

**Glasgow:**

472 Ballater Street, G5 0QW  
 Phone: 0141 418 6990

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

**Edinburgh:**

55 Albany St, EH1 3QY  
 Phone: 0131 557 4059

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

**West Lothian:**

20 Grampain Court, EH54 6QF  
 Phone: 01506 591860

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

We work with young people to plan and overcome barriers at the start of their journey with us. When relationships break down, we provide support and mediation to keep families together.

*AH*

**SAFE IN SCOTLAND**

Formerly the Destitution Night Shelter

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

24/7 accommodation for destitute asylum seekers. For Referral, phone:  
 Scottish Refugee Council: 0808 196 7274  
 Govan Community Proj: 0800 310 0054  
 British Red Cross: 0808 196 3651

*AH, BS*

**SAFFRON HOUSING**

0141 422 1112

[southside-ha.org/find-a-home/saffron-project](http://southside-ha.org/find-a-home/saffron-project)

Mon – Fri: 9am – 5pm

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

*AH, BA, DA, TS*

**SIMON COMMUNITY SCOTLAND**

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

24/7 : Glasgow: 0800 027 7466

& Edinburgh: 0808 178 2323

Accommodation and support services. See STREETWORK and ACCESS HUB for information about those services.

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

**STREETWORK CRISIS CENTRE**

22 Holyrood Road, Edinburgh EH8 8AF

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

Mon – Fri: 8:45am – 8pm

except Wednesdays: 10am – 8pm

Sat – Sun: 9am – 5pm

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

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

*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



## THE MUNGO FOUNDATION (DE PAUL HOUSE)

27 Cruden St, Govan, G51 3RP

0141 445 2800

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

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

AH,AD

## LGBTQI+

### BREATHING SPACE SCOTLAND

0800 83 85 87

[breathingspace.scot](http://breathingspace.scot)

Mon – Thu: 6pm – 2am

All Weekend: Fri 6pm – Mon 6am

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

MH,AD,C

### EACH

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

AD, C, LA

## National Domestic Abuse

0800 2000 247

24/7

### EDINBURGH RAPE CRISIS CENTRE

17 Claremont Cres, Edinburgh EH7 4HX

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

Open Monday – Sunday:

08088 01 03 02 (call): 5pm – midnight

07537 410 027 (text): 6pm – midnight

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

AD, C

### EQUALITY NETWORK

[www.equality-network.org](http://www.equality-network.org)

0131 467 6039

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

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

C, OL

### GALOP

[www.galop.org.uk](http://www.galop.org.uk);

020 7704 2040 (Hate Crime Helpline)

Mon – Tue: 10am – 4pm

0800 999 5428 (Domestic Abuse Help)

Mon, Tue & Fri: 10am – 5pm

Wed & Thur: 10am – 8pm

The LGBT+ anti-violence charity.

Offers support for LGBTQ+ people experiencing hate crime, sexual violence or transphobia. Online chat available.

AH,AD, C, MS, LA

*My notepad...*

## LGBT HELPLINE SCOTLAND

[www.lgbthealth.org.uk](http://www.lgbthealth.org.uk);  
[helpline@lgbthealth.org.uk](mailto:helpline@lgbthealth.org.uk)  
0300 123 2523 helpline open on:  
Tue & Wed: 12noon – 9pm  
Thu & Sun: 1 – 6pm  
Working to improve the health,  
wellbeing and equality of lesbian, gay,  
bisexual, transgender (LGBT) people in  
Scotland.

*C, MH, OL*

## LGBT YOUTH SCOTLAND

[www.lgbtyouth.org.uk](http://www.lgbtyouth.org.uk)  
[info@lgbtyouth.org.uk](mailto:info@lgbtyouth.org.uk)  
Advice and information for LGBT youth  
in Scotland. See website for local youth  
groups. Online chat and one-to-one  
Digital Support available.

*C, SH*

## RAPE CRISIS SCOTLAND

46 Bath Street, Glasgow G2 1HG  
08088 01 03 02 (call)  
07537 410 027 (text)  
[rapecrisisscotland.org.uk](http://rapecrisisscotland.org.uk)  
Monday – Sunday: 5pm – midnight  
Free, confidential helpline for anyone,  
women and men, affected by sexual  
violence, no matter when or how it  
happened. We can also put you in  
touch with local rape crisis centres or  
other services if you need longer-term  
support.  
Interpreters are available if your first  
language is not English.

*C, OL, SH*

## SHAKTI WOMEN'S AID

Norton Park, 57 Albion Road,  
Edinburgh EH7 5QY  
0131 475 2399; [shaktiedinburgh.co.uk](http://shaktiedinburgh.co.uk)  
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](http://www.stonewallscotland.org.uk);  
0800 0502020 (freephone)  
Mon – Fri: 9:30am – 4:30pm  
Help, information and support for LGBT  
communities and their allies.  
At Stonewall, we stand for lesbian,  
gay, bi, trans, queer, questioning and  
ace (LGBTQ+) people everywhere. We  
imagine a world where all LGBTQ+  
people are free to be ourselves and can  
live our lives to the full.

*C, LA, OL*

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

**SWITCHBOARD LGBT+**

0300 330 0630; [switchboard.lgbt](http://switchboard.lgbt)  
 Mon – Sun: 10am – 10pm (helpline)  
 For LGBT+ people who have experienced hate crime, sexual violence or domestic abuse. Supports people who have had problems with the police or have questions about the criminal justice system. Phone or email [hello@switchboard.lgbt](mailto:hello@switchboard.lgbt) or message via the website. Bereavement help also.

*LA, AD, MH*

**RECOVERY****BETHANY CHRISTIAN TRUST**

65 Bonnington Rd, Edinburgh, EH6 5JQ  
 0131 561 8930;  
[www.bethanychristiantrust.com](http://www.bethanychristiantrust.com)  
 Supports individuals and families to help them tackle long-term homelessness problems including addictions, debt, lack of furniture, unemployment and social isolation. Welcome Centre & multiple other services across Edinburgh - call for information.

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

**COCAINE ANONYMOUS (SCOT)**

PO Box 26812, Glasgow G1 9AB  
 0141 959 6363 (24/7);  
[www.cascotland.org.uk](http://www.cascotland.org.uk)  
 Fellowship of people who help each other to stay off cocaine, crack and other drugs. Contact them to find your nearest meeting. It is patterned very closely after Alcoholics Anonymous.

**C**

**CROSSREACH (RANKEILLOR INITIATIVE - EDINBURGH)**

205 Cowgate, Edinburgh EH1 1JH  
 0131 225 4901  
<https://bit.ly/30N3eA2>  
 Mon – Fri: 9am – 5pm (phone for referral)  
 For those in the early stages of recovering from substance use, we can provide temporary accommodation in shared flats while you get back on your feet again.

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

**CROSSREACH MOVE ON (WHITEINCH - GLASGOW)**

0/5, 13 Victoria Park Drive South, Whiteinch, Glasgow G14 9RN  
 0141 959 5069;  
<https://bit.ly/2MKuzU>  
 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](http://drinkaware.co.uk)  
 Mon – Fri: 9am – 8pm;  
 Sat & Sun: 11am – 4pm  
 Free, confidential helpline for people worried about their alcohol intake or anyone concerned about them.

*A, C, OL*

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

*LS* Luggage storage  
*MD* Music/drama  
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*MS* Medical services  
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*SH* Sexual health  
*TS* Tenancy support

FULL LIST  
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## FRANK

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

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

Live online chat available daily 2 – 6pm

Honest drug advice for young people.

Find local drug treatment centres.

*DW, OL*

## GLASGOW COUNCIL ON ALCOHOL

14 North Claremont St, Glasgow G3 7LE

0141 353 1800;

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

0808 802 9000 (freephone helpline)

Mon – Thu: 9am – 9pm;

Fri: 9am – 5pm; Sat: 9am – 1pm

GCA is an accredited counselling

service and provides individual, free

and confidential counselling for people

experiencing alcohol-related difficulties

and those affected by someone else's

alcohol use. Group and 1-1 support.

*A, C, OL, SF*

## HEALTH IN MIND

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

Monday – Thursday: 9am – 5pm

A range of mental health and wellbeing

services for people with housing and

mental health support needs. You can

self-refer to most services or ask your GP

to refer you. Phone for information.

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

## HUNTER STREET HOMELESS HEALTH SERVICE

55 Hunter Street, Glasgow, G4 0UP

0141 553 2801 (call first);

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

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](http://ukna.org)

Helpline open 10am – midnight.

Online meetings available

*D*

## SCOTTISH FAMILIES AFFECTED BY ALCOHOL & DRUGS

08080 10 10 11

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

Mon – Fri: 9am – 11pm (helpline).

We are here to support you if you

are concerned about someone else's

alcohol or drug use. We can chat, offer

advice and information, and link you

either into our own services or services

local to you. Bereavement service also

available. Email: [helpline@sfad.org.uk](mailto:helpline@sfad.org.uk)

*C*

### KEY

*A* Alcohol workers

*AC* Art classes

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housing advice

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*EO* Ex-offenders

*ET* Education/training

*F* Food

*FF* Free food

**SECOND CHANCE PROJECT**

402 Sauchiehall St, Glasgow G2 3JD

**0141 336 7272**[secondchanceproject.co.uk](http://secondchanceproject.co.uk)

Mon – Fri: 9am – 5pm

Three-stage day treatment programme for people with drug and/or alcohol problems. Training & counselling. Self-referral. See also: [facebook.com/secondchanceprojectglasgow/](https://www.facebook.com/secondchanceprojectglasgow/)  
*ET, DW, A, C*

**SMART RECOVERY**[smartrecovery.org.uk/online-meetings](http://smartrecovery.org.uk/online-meetings)

Zoom meetings listed on the website.

Use their call-back service between

9am – 5pm: request by email:

[support@smartrecovery.org.uk](mailto:support@smartrecovery.org.uk)*C, D***TURNING POINT SCOTLAND  
(ALCOHOL & DRUG CRISIS)**

80 Tradeston Street, Glasgow, G5 8BG

**0141 420 6969; [bit.ly/3HGJCi5](https://bit.ly/3HGJCi5)**

Monday – Sunday: 24 hours

Turning Point Scotland Glasgow Alcohol and Drug Crisis Service offers integrated health and social care which provides low threshold, direct access services for people experiencing a crisis due to alcohol or other drug use including people who may be experiencing homelessness.

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

*A, C, D, LF, MS, NE, SF, AD, AH, FC***TURNING POINT SCOTLAND  
(ALCOHOL & DRUG RECOVERY)**

112 Commerce Street, Tradeston,

Glasgow G5 9NT

**0141 948 0092**[bit.ly/3xer4AX](https://bit.ly/3xer4AX)

Monday – Sunday: 24 hours

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

*A, C, D, LF, MS, NE, SF, AD, AH, FC***TURNING POINT SCOTLAND  
(NORTH EAST RECOVERY HUB  
EDINBURGH)**

5 Links Place, Leith, Edinburgh EH6 7EZ

**0131 554 7516**[tinyurl.com/bdcmzfkfs](https://tinyurl.com/bdcmzfkfs)

Mon &amp; Fri: 9:15am – 4:45pm

Tue &amp; 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, A, C, C, D, LF, MS, NE, SH, SF*

*FC* Foot care  
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*TS* Tenancy support





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

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

0808 164 4261; [bit.ly/3v1Cupl](https://bit.ly/3v1Cupl)

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

For your recovery from alcohol and drug  
use. Individual support and tailored  
interventions, including outreach,  
Call the helpline or email.

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

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

The Quadrangle, 59 Ruchill Street,  
Glasgow G20 9PX

0808 178 5901

[bit.ly/2P9nxSS](https://bit.ly/2P9nxSS)

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

For your recovery from alcohol and drug  
use. Individual support and tailored  
interventions, incl outreach workers.  
Call the helpline or email.

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

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

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

## Are your details incorrect?

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

## EX-FORCES

### COMBAT STRESS (NATIONAL)

[combatstress.org.uk](https://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](https://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](https://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](#)

## 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

**SSAFA FORCESLINE**

0800 260 6767

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

Monday – Friday: 9am – 5pm

SSAFA helps combat homelessness among ex-Service personnel.

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

AH, C

**SUPPORT IN MIND SCOTLAND  
(VETERANS COMMUNITY CAFE)**<https://www.supportinmindscotland.org.uk/veterans-community-cafe>

0300 323 1545 (main info line)

Weekly drop-in cafe for Veterans at Broughton St. Face-to-face groups currently on hold, but for other services email: [jsangster@supoportinmindscotland.org.uk](mailto:jsangster@supoportinmindscotland.org.uk)

MH

**VETERANS UK**

0808 1914 2 18

[www.gov.uk/government/organisations/veterans-uk](http://www.gov.uk/government/organisations/veterans-uk)

Mon – Fri: 8am – 4pm

Free help and advice for veterans, and access to dedicated one-to-one welfare advice.

Email: [veterans-uk@mod.gov.uk](mailto:veterans-uk@mod.gov.uk)

AH, DA, BA

**PETS****PDSA PET HOSPITAL (EDINBURGH)**

2B Hutchison Crossway, Edinburgh EH14 1RR

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

Monday – Friday: 8:30am – 5:30pm

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

SF

**PDSA PET HOSPITAL  
(GLASGOW EAST)**

Muiryfauld Drive, Tollcross, Glasgow G31 5RT

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

Monday – Friday: 8:30am – 5:30pm

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

SF

**PDSA PET HOSPITAL  
(GLASGOW)**

1 Shamrock Street, Glasgow G4 9JZ

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

Monday – Friday: 8:30am – 5:30pm

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

SF

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

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

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

FULL LIST  
 AVAILABLE ON  
 OUR WEBSITE



## REFUGEE SUPPORT

### POSITIVE ACTION IN HOUSING

98 West George St, Glasgow, G2 1PJ

0141 353 2220; [www.paih.org](http://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](mailto:home@positiveactionh.org)

*AH, FF*

### SAFE IN SCOTLAND

24/7 accommodation for destitute asylum seekers.

For Referral, phone:

Scottish Refugee Council:

0808 196 7274;

Govan Community Project:

0800 310 0054;

British Red Cross:

0808 196 3651.

Or contact us using the website referral form.

*AH, BS*

### SCOTTISH REFUGEE COUNCIL

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

0808 196 7274

Mon – Fri: 9am – 5pm

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

*AD, BA, TS, OL*

### SHAKTI WOMEN'S AID

Norton Park, 57 Albion Road,

Edinburgh EH7 5QY

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

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

20/1 Westfield Avenue, Edinburgh,

EG11 2TT

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

0131 346 8577

Mon – Fri: 9am – 2pm (drop-in hours)

We welcome New Scots to Edinburgh, build community and learn together.

We support New Scots to learn English, find jobs and access local services; offer opportunities for friendship, sustainable living, creativity, health and well-being; connect locals and New Scots through social and cultural exchange; and collaborate with others to share knowledge and influence positive change.

*AD*