

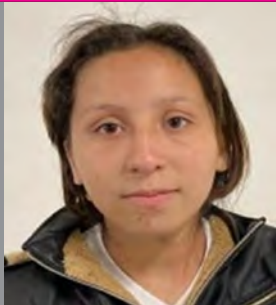
An abstract painting with thick, expressive brushstrokes in black, red, green, blue, and yellow on a white background. The composition is dense and layered, with some areas appearing more saturated than others.

the Pavement

the free magazine for homeless people

Issue 146 : Kind acts
October – November 2023

Missing



Senia Jareth Romero Miranda

Senia Jareth Romero Miranda has been missing from Luton, Bedfordshire, since 25 February 2023. She was 15 when she was last seen.

Senia Jareth, 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.



Vincent Barr (AKA Vinny or Bardo)

Vincent Barr has been missing from Glasgow, Scotland, since 18 September 2020. He was 54 at the time of his disappearance.

Vincent, 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.

If you think you may know something about Senia Jareth or Vincent, 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: Thanks to John Sheehy for this issue's cover artwork. John's work has been published in numerous publications, including the *Big Issue* and *Homeless Diamonds*. Much of John's art is created at the 240 Project, an art and wellbeing activity centre in west London for people affected by homelessness and exclusion. Visit its website here: www.240project.org.uk

Follow John on Instagram: [@johnsheehyart](https://www.instagram.com/johnsheehyart)

The Pavement magazine

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Cheers to a good cause

Guest columnist John Graham has the low-down on a North London pub's fundraising efforts.

Unlike many pubs in London, the King Willie or just The Willie as it's affectionately known by its regulars, is privately operated. Music-themed charity fundraising events are one of the pub's popular features. This year the pub's on track to have run 16 separate events, benefiting many worthwhile causes such as the Alzheimer's Society, BBC Children in Need, Age Concern and the National AIDS Trust, to name just a few. These events are always well supported.

A fundraiser was held earlier in the year for the St Cuthbert's Homeless Centre in Earl's Court. The event was organised by a local who had previously experienced homelessness. One of the prizes on offer at the fundraiser was an original print by *the Pavement's* good friend Ken Pyne (see his latest cartoon on page 16). The one-of-a-kind print raised £300 for St Cuthbert's.

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

Acts of kindness

In recent times there has been a whole movement, most visible online, dedicated to being kind. But what does it mean to be kind and what do kind acts look like?

We've all been on the receiving end of an act of kindness, although some have received more than others, and similarly we have all done kind deeds. They can often feel inconsequential, or insignificant, but they're not. Small acts of kindness can have big impacts.

So, what makes them so important? Mat Amp uses his column to explore the importance of kindness on page 20. Leon Eckford, meanwhile, has some pointers on projecting kindness on page 12.

Elsewhere in the magazine, Emdad Rahman identifies the connection between football and community, and how grassroots activists are becoming involved in the local football scene.

Inside you'll also find all of the regular news, views and cartoons. Thanks for reading.

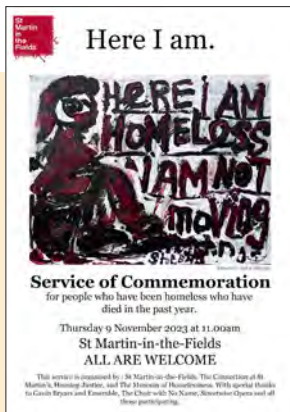
the Pavement team

www.pavement.org.uk

We remember

The annual service of commemoration for those who have died while experiencing homelessness will be held on Thursday 9 November this year. The service, which honours the memory of people who have died in the past year, is being held at St Martin-in-the-Fields, close to Trafalgar Square and Charing Cross station. All are welcome.

Everybody at *the Pavement* would like to thank St Martin-in-the-Fields, the Connection at St Martin's, Housing Justice and the Museum of Homelessness for organising the service. Condolences, love and strength to everybody who has lost somebody this past year.



Here I am.

HERE I AM HOMELESS I AM NOT MOVING

Service of Commemoration
for people who have been homeless who have died in the past year.

Thursday 9 November 2023 at 11.00am
St Martin-in-the-Fields
ALL ARE WELCOME

This service is organised by: St Martin-in-the-Fields, The Connection at St Martin's, Housing Justice, and The Museum of Homelessness. With special thanks to Gaulty Ryans and Ensemble, The Choir with No Name, Sincere Opera and all those participating.

The poster for the annual commemorative service at St Martin-in-the-Fields
© John Sheehy

Monitor musings

The Homelessness Monitor study, funded by Crisis, was released in late August. The study revealed that 290,000 eligible households sought help from local authorities on grounds of homelessness in 2021/22. A staggering 85 % of councils across England reported an increase in people experiencing homelessness. The report goes into detail on councils' struggle finding suitable accommodation, with an ever-dwindling supply of social housing stock affecting councils across the country. Commenting on the study's findings, Matt Downie, chief executive at Crisis, said: "The alarm bells are ringing loud and clear. The Westminster Government must address the chronic lack of social housing and increase housing benefit, so it covers the true cost of rents."

- **Read the Homelessness Monitor report here:**
www.crisis.org.uk/ending-homelessness/homelessness-knowledge-hub/homelessness-monitor/england/the-homelessness-monitor-england-2023

Europe update

New research by FEANTSA, the Federation of National Organisations Working with the Homeless, reveals that almost one million people are homeless on any given night in **Europe**, equivalent to the population of Newcastle. Importantly, this figure only accounts for the visible forms of homelessness, meaning the total number of people experiencing homelessness is likely to be much higher. Ireland has a comparatively high rate of homelessness, as compared with countries like Spain, Finland, Denmark and Poland. Despite pledges across EU member states to reduce homelessness by 2030, only Finland and Denmark have made recognisable progress, with many other countries' homelessness figures growing. Indeed, the number of people seeking accommodation services in Ireland has risen by 40 % in two years, demonstrating Ireland's inefficient and dysfunctional housing market.

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Streets Fest 2023
© the Pavement

Park life: The annual Streets Fest was held in Finsbury Park, London, in early September. The event brings outreach teams, homeless charities and organisations together, with visitors invited to learn more and connect with services. Streets Fest is organised by Streets Kitchen, Haringey Council and Islington Council, with support from a number of local services. If you didn't make it to this year's event, keep an eye on the Streets Kitchen instagram, [@streetskitchen](#), for information on Streets Fest 2024.

New asylum policies

The Home Office has released a new policy, a reduction of the “move on” period given to asylum seekers to find somewhere to live before being removed from their accommodation, making asylum seekers homeless. These changes mean that asylum seekers now have as little as a week to find accommodation after their claim is accepted. A support worker with Merseyside Refugee Support Network said that he hadn't seen

this level of demand during his 13 years of working within this line of work, highlighting the drastic pressure this new policy is putting on the refugee services. It is also set to put a strain on all wider services, including healthcare. In reaction to these changes, the Refugee Council organised an open letter, signed by 140 homeless and refugee organisations, calling on the Home Office to reverse these new policy changes to allow people more time to get on their feet.



My London participant Wayne pictured with his photograph selected for the 2024 calendar © Paul Ryan

Picture perfect: The previous issue of *the Pavement* featured a story on the process to select pictures for the upcoming My London 2024 calendar. The selection process is now complete, with the 2024 calendar available for pre-order. A panel including past participants in the Cafe Art project was tasked with choosing 25 photos from more than 2,000 submitted for consideration. These 25 pictures were then put to the public, who voted for the winners.

- **Learn more about Cafe Art and its My London project on its website here: www.cafeart.org.uk**

Kip on the Kop

People were invited to stay the night at **Liverpool FC's** Anfield stadium in early September, to raise funds for the LFC Foundation's work with homeless people. Similar to other 'sleep out' events, people brought a sleeping bag and set fundraising targets, with the money going to

the LFC Foundation's Global Works project. Global Works runs sports-based employability sessions and mentoring for young people with experience of homelessness. The project also runs Liverpool Homeless FC, a 5-a-side football team for people affected by homelessness in the city.



© David Fussell

Uni days: A fresh start for film director David Fussell, who was accepted on to a BA honours film degree at **Falmouth** University in September. Having previously slept rough on Tottenham Court Road for 10 years, he will now live in student halls. Quoted in *Westminster Extra*, Fussell credited the Salvation Army with helping him organise the paperwork and application required to join the course. To support his film-making and studies, Fussell is also selling My London calendars, a project he has previously had his own photography featured in (see a winning entry by Fussell above). Speaking to *the Pavement*, Fussell explained: “Four years working only on my film-making and learning the business from professionals is what I need.”

781%

rise, since last year, in families being kept in temporary accommodation beyond legal limit of six weeks in **London**.

1,287

families in B&B accommodation for more than six weeks in April 2023, reports the *Evening Standard*.

146

families staying in B&B accommodation beyond legal limit during the same month in 2022.



Records, system broken

Official figures published by the Scottish government show there were 9,595 children homeless and living in temporary accommodation in Scotland, as of March 2023. It is a miserable record broken, representing the highest number of children experiencing homelessness since records began in 2002. Meanwhile, the total number of open homelessness cases increased by 15% from 2021-22 to 29,652. The trend continued with increases in homelessness applications and households reported rough sleeping. In better news, cost of living legislation introduced in October 2022 contributed to a decrease in households being made homeless from private rented accommodation.

No room

A *Glasgow Times* investigation found homeless people in the city are being turned away by the council and left to sleep rough. The council has a statutory duty to provide accommodation to people who approach the council as homeless, but on at least four nights in late August there were no available rooms. The *Glasgow Times* spoke to a homeless man who slept rough for four nights in a row. Speaking to the paper in late August, he said: "Last night I just walked around the city.

I'm shattered and my legs are killing me." Alan Hamilton, operations manager at Homeless Project Scotland, commented the lack of accommodation "is a breach of the homelessness legislation and it is not acceptable."

Bad to worse

As councils across Scotland desperately search for suitable accommodation for homeless people, a residential unit for homeless people in **Glasgow** is set to close. Eskdale House has space for 40 men, but is slated for closure in early October. Campaigners fear there is no suitable accommodation for the residents of Eskdale House to move into, leaving more people homeless and faced with sleeping rough. Quoted in the *Glasgow Evening Times*, campaign co-ordinator for the Scottish Tenants Association, Sean Clerkin, argued "it is clear that the large cuts to homeless services is severely damaging to homeless people in the city and must be reversed with more monies being given to deal with the growing housing and homeless emergency in Glasgow."

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Student digs

Students in **Edinburgh** have been made homeless and forced to sofa-surf, amid an accommodation crisis in the city. Purpose-built student accommodation (PBSA) rent stands at an average £230 per week in Edinburgh, according to *STV News*, with average monthly rents for students in the capital increasing by 30% since 2022. Meanwhile, the gap between demand and supply grows, with more students and fewer beds. Ellie Gomersall, president of the National Union of Students Scotland, has urged students facing homelessness to find support: “I would say to any student who is in that situation [having no accommodation] to reach out to your university, your college or student association.”

39,006

applications for homelessness assistance in Scotland between 2022 and 2023.

9%

increase compared to 2021-22, according to *STV News*.

Progress made

Positive news from **Midlothian**, where council reliance on temporary accommodation has dropped significantly. The number of people placed in temporary accommodation by the council has fallen by nearly 50% in five years, dropping from 1,082 people on 31 March 2018 to 587 on 31 March 2023. In that five-year span, 129 households have had their temporary accommodations converted to permanent, secure housing. Furthermore, the introduction of the Housing First initiative in Midlothian has seen 57 homeless applicants progress to permanent homes, reports *Scottish Housing News*.

B&B Limbo

An **Edinburgh** mum and her five children have had to live in a hotel room for two months, relying on dry and kettle-based food. *Edinburgh Live's* story detailed how the family had been awaiting a temporary home for 17 months, as of early September. Melanie, 40, has only spoken to her appointed housing officer with Edinburgh Council once in more than 18 months, and has been told the council can't afford two hotel rooms for her family, leaving the family of six crammed into one Travelodge room. ■

Being kind

Although we may have reasons not to feel like being kind, sharing kindness is good for you and the people around you. A study in being kind, by *Leon Eckford*

It's hard to be kind. For kindness to inform your daily personal operations takes discipline and expert emotional regulation.

I mean, life can be punishing to navigate and each individual experience is so unique, being informed by multiple factors dependent on strands of well-being attached to our thoughts and feelings, manifesting in our behaviours.

And if each one of us has our own mind and body, is it even possible to perceive something in the exact same way as others?

This is an epistemological question because it concerns what we are ultimately capable of knowing and what, conversely, we can never know.

What's kind to me, might be standard normalcy to another and on and on. A good way to analyse your kindness barometer is to ask yourself: Am I acting selfishly or selflessly? Try your very best to do the right thing. We all have a moral compass and intrinsically we often feel when we're into the red area of being a selfish twat.

Problems arise when that same

compass has been affected by what environment we've been raised in, who was responsible for cementing our values as primary care givers and what we've experienced from others during developmental years

I think that as human beings, with the same human nature, there's a strong likelihood that we can, and do, share the same perceptions as others, just that, ultimately, we can't know for sure if what we experience is ever exactly the same as what others do. Unless we somehow had the ability to assume the position of someone else and experience life from their mind and body, we can only presume that people, being people, are fairly alike, and hence would share certain qualities, hopefully resulting in a desire to be kind.

So how can we project this kindness?

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© Chris Bird

Listen and learn

From a supporting perspective, listening is the first key to opening the door to being kinder. Like really listening, not just hearing words and testimony.

Smiling

Smile at people and don't be too hurried not to give a little time and energy. I know both are precious commodities, however the chances are you've wasted years sat in front of the TV or burrowing down YouTube rabbit holes, so make the sacrifice and share a few minutes.

Manners

My Grandmother was right, saying please and thank you makes a huge difference – manners cost fuck all and for god's sake, give your seat up on the tube for the elderly and infirm, or just someone who needs it more than you.

Be kind to yourself

Finally, most importantly and a note to self here: remember self-compassion. We're all our own worst critics, so take some time out to remind yourself how unique, brilliant and special you are. ■

Community project

The Museum of Homelessness, based in London, is running a programme of community events and projects in the Autumn, and they want you to be involved. By the *Museum of Homelessness team*

The Museum of Homelessness is opening a permanent location at Manor House Lodge in Spring 2024. To prepare for opening, the team has organised a series of community programmes designed to involve homeless people in the museum and provide activities and support for people.

Everyone is welcome to join in the activities. There is no booking required and the lodge is accessible, with an accessible toilet, quiet space and ramps. The programmes run this October and November. For exact dates keep an eye on the Museum of Homelessness social media sites (@our_moh on Instagram). Below are some details of the different events and projects taking place.

Open garden

The museum is running drop-in gardening sessions and workshops. Together, organisers and people attending the sessions will redesign and transform the garden space at Manor House Lodge. The open garden project runs on Tuesdays 11am-3pm, with lunch provided.

Yoga

The Museum of Homelessness' resident yoga teacher, Lorraine, is running yoga classes for all levels and abilities at Manor House Lodge. The classes are open Thursdays 11am-12pm, with lunch provided.

Art workshop

The Museum is also running an art workshop and open studio. The workshop is an artist-led class exploring art using different methods and materials. The studio, meanwhile, provides visitors the time and space to make their own art. Both activities run on Thursdays, with the open studio on from 1-2pm and the creative workshop open from 2-4pm.

Music and singing

Weekly music workshops and singing sessions are open to all levels and facilitate the exploration of different instruments, themes and genres. Classes also involve breath-work and collaborative singing. The workshops are open Thursdays 5-7pm, with dinner provided at 7pm. ■

All activities are held at the Manor House Lodge in Finsbury Park, N4 2DE

Apt app

If you're looking for local services and support, there is a new app that can help connect you to what you're looking for.

By *Ian Kalman*

Where do you go if you need advice?

There is a plethora of services across the country. So, before you go anywhere you must find the appropriate organisation and make sure it is operating in your area. One of the more common problems we face nowadays is that some organisations are only looking at people in their area and are enforcing the local connection rule. This is mainly due to a lack of funding, or that the funding they get is based on the idea they will only deal with people in their local area.

The next step is to find the service and it's a maze out there. I would know. Once, I needed advice and a friend mentioned a service that had helped him, I made my way there only to be informed they could not help me as I did not meet their criteria, they never told me why but I was left high and dry, they did not even offer me the name of another service.

Well, now there is a solution for navigating the maze that confronts us. It is called Public Support UK, it has a website, you can look at publicsupport.uk or if you have a smartphone you can download the app, which is both on Apple and

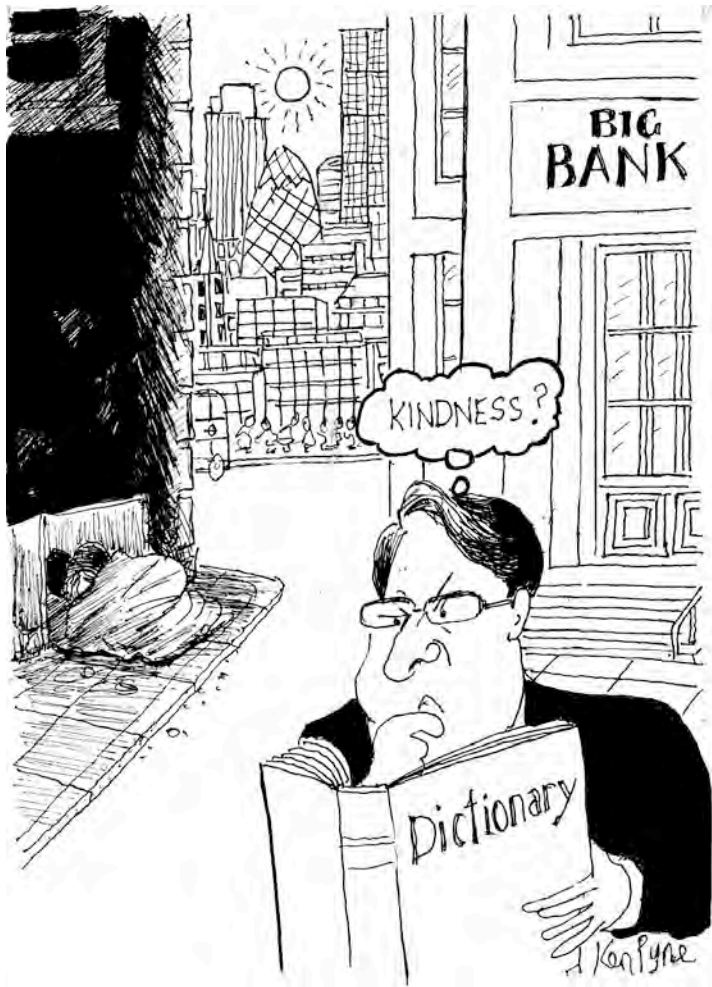
Android. One word of advice: let it access your location.

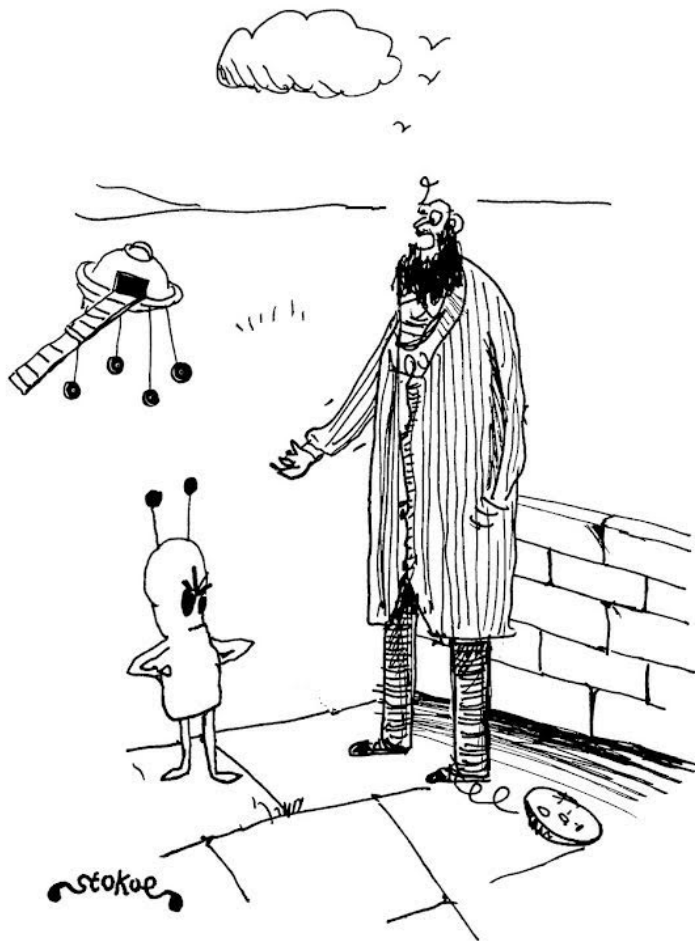
There is a directory split into areas and then you see a list of services. When I looked for night shelters, for example, not only did I see a list of them but also how far away they were. This is the brainchild of Nicola Tennant, who began work on it in 2019. I have known her for a few years and over that time she has often told me she was working on the app. I once commented that she is app-addicted but now looking at it I can see her time was not wasted. I would recommend it to anyone.

- Visit the Public Support UK website here: publicsupport.uk

See the List

If you are looking for homeless services in your area, check out the List of services in the centre pages of the magazine. You can also check out a larger database of services on *the Pavement's* website, here: www.thepavement.org.uk/services





“I’ll be your leader for a small fee”

Common goals

A report on a community football tournament, leading our writer to think about the connection between the grassroots game and kind acts. By *Emdad Rahman*

Football can have a transformative power in combatting homelessness. The world's most popular sport possesses a unique ability to bring people together and create positive change. It is a powerful tool in addressing one of society's most pressing issues and through various initiatives is making a difference in the lives of homeless people, offering them hope, empowerment and a path to societal reintegration.

I was recently invited to compete in the Inner London Football League World Cup, where I was honoured to take charge of Bangladesh. The third edition of the grassroots tournament saw us crowned World Cup winners for the second time.

The players who made up the squad are rather special and steeped in the ways of selfless community service. Apart from being outstanding footballers they have spent the best part of their lives helping those in need.

Football and kind acts go hand in hand and when fused together the results are inspirational.

I selected players for the World Cup purely based on footballing ability, but as the squad came together, I couldn't help but notice

the number of grassroots activists within the squad.

Supporting homeless people was a vibrant thread stitched colourfully within the fabric of our squad. Our players were involved in several grassroots projects including two foodbanks, two street kitchens, street outreach for rough sleepers, medical advocacy, water distribution, Ramadan Iftar meal sharing to coincide with Muslims breaking fast and also two winter projects.

These are individuals who spent the fasting days during the Islamic month of Ramadan sharing food, water, snacks and sweet treats with homeless people and those who are experiencing hard times.

There are numerous football groups doing great work in the east London community.

Docklands Football Club started a charity initiative where players washed cars and repaired bicycles, with donations going to the benefit of rough sleepers and a local community organisation offering overnight shelter during the harsh winter months. Assistant manager Abdul Aziz owns the HFC restaurant opposite the East London Mosque, regularly providing the Kind Counter

street kitchen with hot meals.

Working with Anwar Uddin from the FA, Howard Gould and now Robbie Minchin from Leyton Orient FC, the club has used the matchday experience at its Brisbane Road home to host homeless friends in the club's community hub. The experience includes, lunch, tea and snacks, a team scarf and match programme.

The Inner London Football League has a motto: "Unity in the community," and chairman Rashid Ali has joined executive members Abdul Hussain and Nanu Miah to provide and share hot food and drinks during the winter.

Football has become a catalyst for creating inclusive communities where homeless people feel a sense of belonging. There are organised tournaments and leagues for homeless individuals. These events provide opportunities for social interaction, skill-building and personal growth.

By participating in football programmes, homeless individuals are not only able to improve their physical health, but also develop crucial life skills such as teamwork, discipline and self-confidence. These events challenge societal stereotypes surrounding homelessness, fostering empathy and understanding among spectators.



The winning Bangladesh team at the Inner London Football League World Cup
© Emdad Rahman

Football acts as a universal language, allowing people from diverse backgrounds to connect and work towards a common goal. This collective effort promotes a sense of social responsibility, encouraging individuals, communities and policymakers to take action and address homelessness at its core. Together we can make significant strides in addressing homelessness and building a more compassionate society.

Back at the Inner London Football League World Cup, Bangladesh beat a fabulous Nigeria side 6-2 in the final and broke scoring records throughout, playing with the strength of lions and the poise of deadly striking cobras.

If anyone deserved to win it was these boys. This special victory is dedicated to all those who, for various reasons, find themselves homeless. ■

No act too small

What constitutes an act of kindness? And will a true act of kindness please stand up? Asks *Mat Amp*

Just about every time I sit on a panel at an event focused on homelessness I get asked the question, "Is it right to give cash to someone begging on the street?" What people seem to want to know is whether or not this is a true act of kindness.

It is such a difficult question because first you have to define exactly what it is that makes something a true act of kindness.

Recently someone told me that they thought there was no such thing as a true act of kindness. He wasn't just referring to the obvious cases of manipulation. You know, when people give something to someone else to get something immediate and specific in return, or those times when people make a show of giving in order to improve their moral standing in the community.

No, he was referring to every act of giving, to every act of kindness. When I pointed to the numerous acts of human kindness that have no obvious reward he brushed me away by saying "the reward is the way giving makes you feel. It makes you feel good within yourself so surely all acts of giving are nothing more than an act of self-gratification."

It took me a while to get my head around this logic and form a counter-response because although his argument felt flawed to me, it was difficult to dispute.

But then it hit me. You may derive pleasure from an act of kindness but the pleasure is derived from the brain's production of four primary chemicals: dopamine, oxytocin, serotonin and endorphins, sometimes referred to as – one of the best acronyms of all time – D.O.S.E.

At a glance it seems like these chemicals are some form of pre-programming, forcing us to be happy in response to acts of kindness and generosity. And while these chemicals do drive a positive emotional response, they are not the reason we want to share in the first place. They are simply our reward for doing so.

It's my opinion that there is a bigger, more primal impulse at work here. We want to share with each other because it strengthens the community, tribe, family or whatever we belong to. Giving presents can be a symbolic expression of this desire, whereas mowing an elderly neighbour's lawn is this desire in practice. And sure, while the big



Our reporter-in-the-field Mat Amp snapped a picture of the infamous ‘skip house’ in Bermondsey, London, a renovated skip designed and lived in by an artist protesting the cost of living crisis © Mat Amp

picture may be that we give to people so that they will give to us, it’s not in the selfish and immediate way that my friend’s argument supposes.

Over the last 50 years or so we have built a world culture based on the awful supposition that we are all better off if we put ourselves first. After all, nobody knows what we need better than ourselves.

The American author Ayn Rand was massively influential in putting the self at the centre of modern

American culture. She believed that unfettered self-interest is the ultimate expression of human nature, the guiding principle by which one ought to live one’s life. Altruism, on the other hand, she saw as self-destructive.

“You can fake virtue for an audience... It’s easier to donate a few thousand to charity and think oneself noble than to base self-respect on personal standards of personal achievement. It’s simple

to seek substitutes for competence – such easy substitutes: love, charm, kindness, charity. But there is no substitute for competence,” she writes in the *Ayn Rand Novel Collection*.

What she’s saying is that people use giving as a lazy way of trumpeting their own achievements. And for some people she ain’t wrong. Acts of philanthropy accompanied by massive publicity can be insincere, old-school charity at its worst. Where she loses me is when she starts talking about love, charm and kindness as substitutes for personal achievement. Charm perhaps, but true love and kindness are ways of sharing at its deepest level.

She totally fails to recognise the power and impact of sharing and working together.

The friendships we form throughout our lives are built on a cycle of giving and taking, appreciation and forgiveness that are the expression of mutual support. The absolute expression of mutual kindness is the love we feel for those we shack up with. Or at least it should be if we’re doing it right.

I mean nobody, other than the purest of rank narcissists, would see the expression of true love as selfish. Your partner’s joy and happiness become yours as you give and take emotional, spiritual and practical support. But the fact that you also share their puzzles and their pain is

proof to me that there is far more to giving than self-gratification.

‘Giving makes us happy, therefore giving is selfish’ is the type of reductive thinking that ignores the complexity of the human condition.

Where I think we go wrong, and where Rand was right, is the way we award people for giving. ‘Isn’t he kind because he gave a shit-load of money to a charity. Isn’t that person kind because they spent six months building a school in Africa!’

Acts of kindness are a lot more than massive gestures and for me at least, true acts of kindness are often the small things that we do when nobody is watching or rewarding us.

Giving should be something we do for the sake of it and as part of an ongoing cycle of give and take. Our reward should come from being part of the process itself and in belonging to the strong communities we build if everyone does their fair share of both giving and taking.

And so back to that question. Should people give to people who are begging on the street? That is a question that only you can answer.

“True acts of kindness are often the small things that we do when nobody is watching or rewarding us.”

Lost

One night of regret and pain looking for shelter in London, struggling to find kindness. *By Jason Electricity*

It was almost 7pm as I walked up to the glowing entrance of a shelter catering for street homeless men in Willesden, north London in reserved hope and unspoken relief. The temperature registered -2c. I felt exhausted, tired, cold and angry having spent days experiencing broken and disturbed sleep in doorways on the Strand.

A fellow rough sleeper, wandering past one night, had mentioned this place not requiring a referral. I believed him. I needed respite from the capital's volatile streets.

Light snowflakes were falling as I reached the front of the unadorned construction. I strolled in. The reception area, furnished in Spartan austerity, smelt of a combination of body odour, strong bleach and purposeful neglect. Everything noticeable rang dated and untouched. I wanted to leave straight away.

A grey-haired man with furrowed lines etched across his forehead, standing behind a high wooden counter, used a hand to beckon me forward. Prominent blue eyes betrayed a world-weariness and his demeanour carried the impression of uncompromising indifference as I stepped over feeling ill-at-ease.

"You come for a bed, I assume?"

an irritated voice shot. His tone rattled me. "Yes," I said in mounting humiliation. The grumpy bastard squinted then barked for my name and date of birth. I hesitated, finding his attitude difficult to contend, so gave false information.

Seeing my nervous dithering, he glared and declared valid ID was a necessary requirement before allocation of a bed. Any confidence I maintained vanished.

A sudden panic struck my body at the realisation my lie had backfired. The hostile receptionist eyed me in impatient expectation as I rummaged through a plastic bag in ostentatious pretence, seeking a document to verify my identity. In reality, I did not possess real identification papers. I did not even own a bank card.

As the antagonist waited in sullen apathy, a frozen resignation dawned at the prospect of returning to winter outside. The inevitable tough consequences and subtle strangulation of rough living smashed their chains through the proud walls of personal preservation.

The streets howled in hellish unison for me. The tormenting memory of my duplicitous and calculated conduct still scars the narrative. ■

A guide to self-advocacy

What is self-advocacy and why is it important? The Groundswell health team share views on how to get the support you want

What it means

In short, self-advocacy is about having a say in your healthcare, speaking up for yourself and deciding what you want to do, now or in the future.

Self-advocacy means:

- Understanding your strengths and weaknesses
- Setting yourself personal goals
- Making decisions about the choices you have
- Making sure the people who make decisions about your treatment involve you in the decisions
- Ensuring you have the support to help meet your needs.

Take notes

If you prefer information written down so you remember it, take notes during appointments or ask health professionals to write something down for you.



Ask for help

Health services can be overwhelming, don't be afraid to ask for help or support.

Why self-advocacy is so important

It can be frustrating to walk out of an appointment and realise you didn't get what you wanted. Many readers may have had bad experiences with health professionals, or anxiety surrounding health problems, making it harder to get what you want from health services.

Being a self-advocate

These tips will help you to be your best self-advocate:

- Speak up about the things that are important to you
- Ask people for explanations if you don't understand
- Make time to explain what you want or need, and share your feelings about decisions or treatment
- Using a diary to keep a record of your appointments will help you organise how to get there on time
- Stay informed. If you read about a health issue, medication or treatment option online or in a leaflet, you can ask a health professional to learn more
- If something doesn't seem right to you, let people know
- Talk clearly and speak how you would like to be spoken to, without aggression.

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.



Getting creative

Creative writing and poetry taking in a range of themes and settings, from *Chris Bird*, *Tracey Charrier* and *David Wishart*

She is gone *by David Wishart*

Describe me a picture
In a bending circling line
That tells me what I already knew
But would not could not say
Before Christmas
That I was thine
And you were mine
Together in glass of wine warmed pain
Decanter of blue
Sweet red sweet blue
Sweet red sweet blue
Yet could not would not say

The Shining Golden Star *by Tracey Charrier*

I went for a walk in the street one night and looked up at the dark blue sky,
It was ever so bright, the power it had felt very warm and not loose, or tight.

I looked up at it and it made me feel so special because the way it was so
alight it looked like a golden star inside of me. It was like a lovely golden star.

When I went home it stayed in me that feeling all I had to do, was go out and
look up at the sky and see that gold star, then I knew that I started healing. To
stop me crying.

Step by step

by Chris Bird

The crowd surged.

Splitting into two banks of figures the mass of people swept along the pavements.

Reflections of the huge drift of faces carried to the windows of shops and cafes.

Every cafe was full, each seat occupied.

Frenetic movements rushed headlong from doorway to doorway.

Motorbikes and cars screeched and groaned from congested roads.

Buses stalled packed full of stern faces.

Lines of figures emerged from alleys and backstreets funnelling into central plazas and squares.

Balconies on the tall blocks were full of people looking across the skyline.

Many apartment rooftops were also full of people crouching beside ramshackle tents and cardboard boxes.

The parks were no different.

From the branches of trees crows watched with a mixture of disdain and curiosity.

Banks of commuters, beggars, students, housewives and workers moved along grey paths.

Street cats elected to leap onto low branches to escape the trudge of feet on stone pavements.

At the same time radio voices seeped into the walls and floors of the houses and apartments of the city.

Words swirled upward from mechanical tones and expressions.

"Amnesty Saviour Machine," hissed a fading voice beside me.

I waited uncertainly.

"Religious relapse rat gang," whispered a distant voice.

As soon as this wavering voice blurred into silence another took its place.

"Viciously inbred united," hissed a voice.

I let the voice roll out pointlessly.

It fragmented.

Waking up in the park my sleeping bag was creased and vaguely damp.

I looked over at the small, bedraggled tent beside me where my 'friends' slept.

They were silent.

I checked my cigarette packet but of course it was empty.

In the distance crows screeched at one another with obvious irritation.

"They sound like junkies..." I thought to myself.



Codename: McHaggis

Operative MQS-X (Malcolm Scots-Little) is the lovechild of Mary Queen of Scots and Malcolm X. He travels through time not so much righting wrongs but making helpful suggestions, under the codename McHaggis. A story by *Chris Sampson*

Case 1: Stephen C Foster, 1854

"I reek of faeces with the shite brown hair," quoth the poet Stephen C Foster. "Hmm," McHaggis intoned. "Not sure that's going to be very catchy, is it? What about... 'I Dream of Jeannie with the light brown hair' instead? "Good Lord!" Foster ejaculated (no, not that, wash your mind out! It's a literary term: 19th century books are full of ejaculations). "Yes," Foster resumed. "That's much better!"

And so it was that Foster's poem became well known, and even inspired the 1960s US sitcom *I Dream of Jeannie*, starring Barbara Eden as a witch or something, and a pre-*Dallas* Larry Hagman as her dope of a master (before he was killed playing an equally dappy sod by undercover Nazi paratroops in *The Eagle has Landed*). All thanks to McHaggis.

TURN TO PAGES A – P
FOR THE LIST OF SERVICES

Case 2: The Clash, 1980

"Daddy was a Big Knobber," warbled Joe Strummer, over a tune reminiscent of *The Revolutionaries* song *MPLA* from 1976. "Hmm," McHaggis intoned. "When you've quite finished nicking dub tunes, what about... 'Daddy was a Bank Robber' instead?" "By jingo!" exclaimed Strummer (he'd been to public school, y'know), "That's just the ticket!" And so it was that the song emerged. All thanks to McHaggis.

Yet, after some dozen or so similar cases, McHaggis yearned for something a little more adventurous. He approached his line manager, Timey McTime-Face (identity changed to protect deities that not everyone can agree on, or even that he/she/preferred pronoun exists at all) and requested a more serious time job: "Can't I stop Hitler from happening or something?" he asked in a mixture of Scots and Nebraskan accent (inherited from his respective parents), which I forgot to mention when he was quoted earlier.

"Join the queue," McTime-Face



Thanks to David Tovey for capturing the scene at London's Streets Fest in September with this painting of the event. © David Tovey

scoffed. "Every time traveller wants to kill off Hitler, Mussolini, Imperial Japan and Jacob Rees-Mogg, but it can't be done." "Oh? Why?" "No one knows for sure, but under the rules of sci-fi, no one's allowed to get rid of c***s like Hitler." "Hmm," pondered McHaggis. "Is that because if they did, then the biggest bastards in history would instead be the European empires who enslaved and murdered millions of Africans, Indians, and other less white people over hundreds of years? You know, like the French Empire, the Spanish, the Dutch, the Portuguese... even Belgium had the Congo, for

chrisstakes... Oh, and the British Empire. Let's not forget Blighty's crimes. Is that the reason?"

McTime-Face changed the subject, to avoid British embarrassment. "Do you know," he mumbled, "We might be able to let you kill off the fuhrer after all. But not before the war..." he added, mysteriously. And so it was that McHaggis was dispatched to 1945. Not to Hitler's Berlin bunker as you'd expect, no siree! He was sent back to 1945 New York.

For McTime-Face had confided to McHaggis the truth of Hitler's final days which, if publicised, would certainly put a stop to all those ▶

► conspiracy theories about Hitler escaping Berlin at the last minute to live out his days in, variously, South America, Africa, the Middle East or whatever other theory has been proposed. Ahem. As the internet is powered by people who believe things without a shred of proof, McHaggis was sworn to secrecy.

Which, obviously, he reneged on or I wouldn't have heard tell of it and share it with you here now. Ahem.

Case 3: Adolf Hitler, 1945

To avoid capture by the invading Soviet Red Army (about whom he'd been quite rude), Hitler fled his bunker, clutching shoe polish and a clarinet (he'd never got round to mastering the instrument; too busy dictating, but, fortunately, jazz doesn't much care for tunes) and headed west. He blacked-up with the boot polish, and tootled some ersatz jazz on his clarinet, which caught the ear of a passing unit of American GI's, who were glad to hear the sounds of home in this land of Oompah music.

"Howdy!" said the fuhrer in his best American-accent-cribbed-from-cowboy-films voice. "Can y'all tell me when's the next plane or cruise ship back to New York? I've got a gig with Louis Armstrong next week." The GI's were fooled, and took him back to the States with them. One or two even apologised to Hitler for the way black folks were treated in America.

"Oh, that's OK," he laughed. "I can safely say that I'm accustomed to racism after living in Nazi Germany, too!"

Of course, soon as he got to New York, the furtive fuhrer scarpered, clobbered real jazz musicians with his clarinet, washed off the shoe polish and grew his moustache from the familiar Charlie Chaplin scrubbing brush one to a big, walrussy one, like Jimmy Edwards (look him up!).

He made his way to the Bronx, where he chummed up with a guy of German heritage, called Frederick Christ Trump (yes, Christ, I kid you not).

We might surmise the influence on Fred's son, Donald, who, incidentally, was born on 14th June 1946, of this other Germanic emigre. But that would be libellous and as The Donald is rich and able to afford top lawyers, it's probably best that we don't. Ahem.

But what of Hitler's fate? Well, Malcolm X was jailed between 1946 and 1952. Rumour has it that while doing stir, he received a visit from someone claiming to be his son. It is said he laughed, delighted, at the visitor's news, which apparently included details of the death of a very, very bad racist indeed... ■

TURN TO PAGES A – P
FOR THE LIST OF SERVICES

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!

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: September 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

A NEW START

YOUR PLACE

81 Barking Road, Canning Town E16 4HB

0207 476 6062

www.your-place.org.uk/

For people affected by homelessness, drug & alcohol misuse, mental health, domestic abuse & offending. Accommodation and varied services. Email info@caritananchorhouse.org.uk
Opening times: 24/7

MH, AH, A, AC, BA, CA, C, DA, DW, ET, IT, MD, SF

SHP - TRANSFORMING LIVES

245 Gray's Inn Road WC1X 8QY

0204 509 8300

www.shp.org.uk/

Monday-Sunday: 9am – 5pm; Provides innovative accommodation and support services to 3,000 of London's most vulnerable people. To discuss referral, call 020 7520 8660.

AH, AC, BA, CA, DA, ET, IT, OW, TS

WORKING CHANCE

Monday-Friday: 9am – 6pm;
Referral form online:

workingchance.org/get-support

Supports women with criminal convictions and those leaving the care system into sustainable, quality employment.

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

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

NEED TO TALK

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
Also counselling services for 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
Monday – Friday: 9:30am – 6pm;
Weekends: 9am – 5pm
Website offers an online chat, advice line and directory.
Emergency helpline is open 8am-8pm
Monday – Friday
AH, TS

HEALTHY MIND & BODY

ANTIDOTE (LONDON FRIEND)

86 Caledonian Road N1 9DN
020 7833 1674
londonfriend.org.uk/antidote
antidote@londonfriend.org.uk
Antidote hosts Drop-in clinics in-person on Monday 11am to 1pm and online Thursday 6pm to 8pm.
Email for more information
Drug and alcohol support, 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 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

HEARING VOICES NETWORK

www.hearing-voices.org/hearing-voices-groups/find-a-group
Network of over 180 mental health support groups across the UK. Check website listed above, or email info@hearingvoices.org for more.
MH

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

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

MAYTREE RESPITE CENTRE

020 7263 7070

maytree.org.uk

maytree@maytree.org.uk

10am – 6pm (email & phone support)

Maytree provides a one-off four-night

stay for people who are in a suicidal

crisis, with opportunity to talk, reflect

and rest, subject to an assessment, in

confidence and without judgement.

Staying at Maytree House is REFERRAL

ONLY

MH, C

MIND

0300 123 3393; www.mind.org.uk

info@mind.org.uk

Text SHOUT on 85258

Legal line: 0300 466 6463

Helpline and legal line open Monday –

Friday 9am-6pm

Support for anyone experiencing a mental health problem.

MH, AD, LA

TRAUMATIC STRESS CLINIC

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.

Referral only: Referrals have to come through iCope, core teams and secondary care mental health services

See website for services and help.

MH

GREENHOUSE

19 Tudor Road, Hackney, E9 7SN

020 8510 4490

www.greenhousegppractice.nhs.uk

Mon – Fri: 8am – 6:30pm

Appointment only.

Housing advice is Mon-Fri 9am-4:30pm

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

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



DAY CENTRES

ALL PEOPLE ALL PLACES

Pymmes Park Visitors Centre,
Edmonton, N18 2UF

Best entrance to the park is just off
Victoria Street and the closest station is
Silver Street overground.

Open Tuesday, Wednesday & 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 which include toiletries and a
sleeping bag.

We have an immigration solicitor visit
our day centre once a month.

Enable Drug and Alcohol Service drop
in once or twice a week and speak
to clients who want to have a chat
about their substance misuse, they
also sometimes run men's groups and
discuss mental health and tools to
manage emotions. Washing machine/
dryer available to use.

A, D, FF, CL, L, OW, LA, OW

EMMAUS GREENWICH STREET SOULS

Woolwich Common Community Centre,
SE18 4DW

streetsouls@emmausgreenwich.org

Thu: 6 – 8pm

FF, CL, OW, L

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, OW, L

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

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

TREASURES FOUNDATION

07950 585 947

treasuresfoundation.org.uk

Monday – Friday: 10am – 5pm

Helps female ex-offenders and former addicts with a home and support.

By referral only, email:

mandy@treasuresfoundation.org*MH, AH, F***WORKING CHANCE**www.workingchance.org

Mon – Fri: 9am – 6pm

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

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

Get housing advice by emailing gethelp@akt.org.uk*C***EACH**0808 1000 143; www.each.educationMon – 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***GALOP**www.galop.org.uk

0800 999 5428 is the National Helpline for LGBT+ Victims and Survivors of Abuse and Violence. Helpline is open Monday – Thursday, 10am to 8:30pm; Friday, 10am to 4:30pm

Support with domestic abuse; hate crime; sexual abuse, rape and violence; conversion therapy
Online chat available.*AH, AD, C, MS, LA***OUTSIDE PROJECT & STAR REFUGE**

0207359 5767 (Stonewall helpline)

Open Mon – Fri: 10am – 1pm

lgbtiqoutside.orgcampaigns@lgbtiqoutside.orgReferral form: www.stonewallhousing.org/services/referral-form

The Outside Project runs the LGBTIQ+ Centre, an inclusive and supportive space operating seven days a week. See LGBTIQ+ centre timetable here:

lgbtiqoutside.org/centre
& lgbtiqoutside.org/contact*AH**FC* Foot care
IT Internet access
L Laundry
LA Legal advice
LF Leisure facilities*LS* Luggage storage
MD Music/drama
MH Mental health
MS Medical services
NE Needle exchange*OL* Outreach worker links
OW Outreach workers
SF Step-free
SH Sexual health
TS Tenancy support

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

SWITCHBOARD LGBT+

0800 0119 100

switchboard.lgbt

Mon–Sun: 10am – 10pm (helpline)

For LGBT+ people who have experienced

hate crime, sexual violence or domestic

abuse. Supports people who have

had problems with the police or have

questions about the criminal justice

system.

Chat option available on website for

advice and support.

LA, AD, MH

EX-FORCES

COMBAT STRESS

combatstress.org.uk

0800 138 1619 (24/7 helpline)

01372 587 000 (urgent enquiries)

Mon – Sun: Open 24 hours

Residential clinical treatment and

community outreach.

Helping former servicemen and women

with mental health problems such as

post-traumatic stress disorder (PTSD),

anxiety and depression.

MH, AD, C, OL

QUEEN VICTORIA SEAMEN'S REST

121 East India Dock Rd, Poplar E14 6DF

020 7987 5466; qvsr.org.uk

Mon – Sun: 9am – 8pm

For unemployed, retired and active

seafarers (25+), other male ex-services

personnel and single homeless men

with low support needs. Phone or visit.

Referral forms to: welfare@qvsr.org.uk

IT, LF

SSAFA FORCESLINE

0800 260 6767; www.ssafa.org.uk

Monday – Friday: 9am – 5pm;

SSAFA helps combat homelessness

among ex-Service personnel.

Their London Homeless Division works

with ex-Service rough sleepers. If you

have gone AWOL, contact their Reclaim

Your Life scheme and get your life back

on track.

AH, EF, TS

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

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.
[MH, AH, AD, A, BA, CA, C, DA, DW, EF, ET, MD,](#)
[OW, TS](#)

FOOD**ACE OF CLUBS**

St Alphonsus Rd, London, SW4 7AS
020 7720 2811
aceofclubs.org.uk
 Mon-Fri: Lunch Served between 12
 midday – 2.15pm - £1 contribution
 from all guests is encouraged
 Mon-Thurs: Access to Caseworkers
 (appointment only) 12 Midday –
 2.30pm (drop in)
 Mon, Wed, Fri: Access to showers
 (appointment only) 9.20 – 11.40am
 Mon-Fri: Access to IT suite (first come
 basis) 12 midday – 2.30pm
 Mon & Thurs: NHS Nurse (appointment
 only) 11.30am – 2.30pm
 Weds: NHS Dentist (appointment only)
 11am – 2.30pm
 Every other Thurs: Refugees/Asylum
 Seekers & Migrant Support (every other
 Thursday)
 Mon-Fri: Laundry service, i.e. Service
 Wash available throughout the week,
 £2 per load
[AH, B, BA, BS, BE, CL, ET, F, MS, OL](#)

AMURT UK

3A Cazenove Rd, Stoke Newington
 N16 6PA
0208 806 4250
 Thursday: 6:30pm-7:30pm (Lincoln's
 Inn Fields) Hot Meals, Tea & Coffee and
 Healthy Energy Snacks
 Thursday: 12:30pm – 1:30pm and 17:30
 onwards (3A Cazenove Road, Stoke
 Newington) Pre-packed Hot Meals and
 free fresh vegetables for the taking.
 Thursday: 1:30pm onwards
 (The Greenhouse GP surgery, London
 Fields) Pre-packed Hot Meals and
 Healthy Energy Snacks
 Thursday: 1:30pm onwards (Health E1
 Homeless Medical Centre, Brick Lane)
 Pre-packed Hot Meals and Healthy
 Energy Snacks
[amurt.org.uk/projects/feeding-
 program](http://amurt.org.uk/projects/feeding-program)
[FF, F, SF](#)

TRINITY HOMELESS SUPPORT CAFE

Holy Trinity Church, Tooting Bec,
 W17 7RH
0208 696 1564
 Mon: 2 – 4pm
 Hot food and drinks, help and support
 with housing, universal credits, nurse
 available for healthcare & Foodbank
 Vouchers available.
[BA, FF](#)

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

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

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

FULL LIST
 AVAILABLE ON
 OUR WEBSITE



MISSIONARIES OF CHARITY SOUP KITCHENS

(ELEPHANT & CASTLE)

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

Sun, Mon, Tue: 10 – 11am

Hot takeaway available outside

(LADBROKE GROVE)

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

020 8960 2644

Tues, Fri & Sun: 4 – 4:30pm

Free takeaway for local homeless people

FF

NIGHTWATCH

Queen's Gardens, Croydon, SE23 3ZH
[croydonnightwatch.org.uk/about/
nightwatch](http://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.

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
Services for refugees.

FF

THE PASSAGE

St Vincent's Centre, Carlisle Place
SW1P 1NL

020 7592 1850

www.passage.org.uk

Mon – Fri: 9am – 12noon &
1 – 3:30pm

Accommodation, 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.

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:**

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

Stockwell Streets Kitchen

7.30pm next to Stockwell tube, SW4 6TA

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

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

ST PATRICK'S OPEN HOUSE

21a Soho Square, London, W1D 4NR

020 7437 2010; stpatricksoho.org

Mon, Fri & Sat: 8:30am

Wed: open house evening meal

Breakfast Club, indoor seated service

with limited capacity, first come first

served. Limited showers also available.

Tue – Thu: 7pm: Open House evening

meal, indoor seated service with limited

capacity, ticket holders only.

FF, BS

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

| | |
|--------------------------|------------------------------|
| CA Careers advice | EF Ex-forces |
| CL Clothing store | EO Ex-offenders |
| D Drugs workers | ET Education/training |
| DA Debt advice | F Food |
| 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
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
Mon – Fri: 8am (free breakfast)
Drop in day 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's 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

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

ST PATRICK'S OPEN HOUSE

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

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
www.watw.org.uk
 Showers, laundry, food, care packages.
 Drop-in centre is open Monday to 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

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 (ODAAAT) is a quasi-residential men only (18+) rehab. 12 steps, counselling and psychotherapy are employed in a loving community to transform from chaos to constructive living. 1.2.1 counselling, yoga, psychotherapy, relapse prevention and life skills, group therapy and aftercare, family contact. Also takes self-referrals: www.hopeworldwide.org.uk/recovery-services
BA, CA, C, DA, DT, EF, EO, F, FF, IT, L, MH

POSITIVE EAST

159 Mile End Rd, Stepney, E1 4AQ
020 7791 2855; positiveeast.org.uk
Mon – Fri: 10.30am – 5pm (phone line)
Option 1 - psychological help.
Option 2 - housing & benefits.
Option 3 - sexual health questions.
Support for people affected by HIV.
MH, AD, BA, CA, C, FF, F, IT, MS, OW, SH

| | | | | |
|------------|--|-----------------------------|--------------------------|------------------------------|
| 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 |

STREET STORAGE07932 830 440; streetstorage.org

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

Or for Hillingdon, call 01753 475111.

[AH, AD, BA, DA](#)**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.

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

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

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OUR WEBSITE



REFUGEE SUPPORT

JOINT COUNCIL FOR THE WELFARE OF IMMIGRANTS

115 Old Street EC1V 9RT

jcw.org.uk; 020 7251 8708

Mon, Tue, Thu: 10am – 1pm

The helpline is confidential and advice is free. Calls cost up to 13p per minute from landlines, 3p to 55p from mobiles.

If you have no documentation & would like free legal advice, phone the specialist helpline: 020 7553 7470

[AD, LA](#)

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](#)

UNITY PROJECT

www.unity-project.org.uk/contact-us

Unity Project exists to support migrants who have no recourse to public funds (NRPF).

We run weekly casework sessions every Tuesday where we provide appointments and workshops for people with NRPF to help make 'Change of Conditions' applications for recourse to public funds. This means that people can access the welfare safety net in times of crisis or hardship.

We also provide emergency material supplies to those we assist. Contact Unity Project on its website:

www.unity-project.org.uk/contact-us

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](#)