

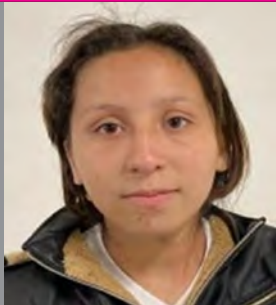
An abstract painting with thick, expressive brushstrokes in black, red, green, blue, and yellow on a white background. The composition is dense and layered, with some areas appearing more saturated than others.

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.

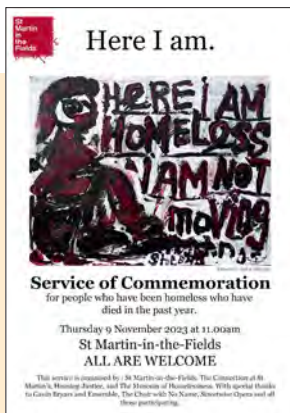
the Pavement team

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.

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 Gault Ripps 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

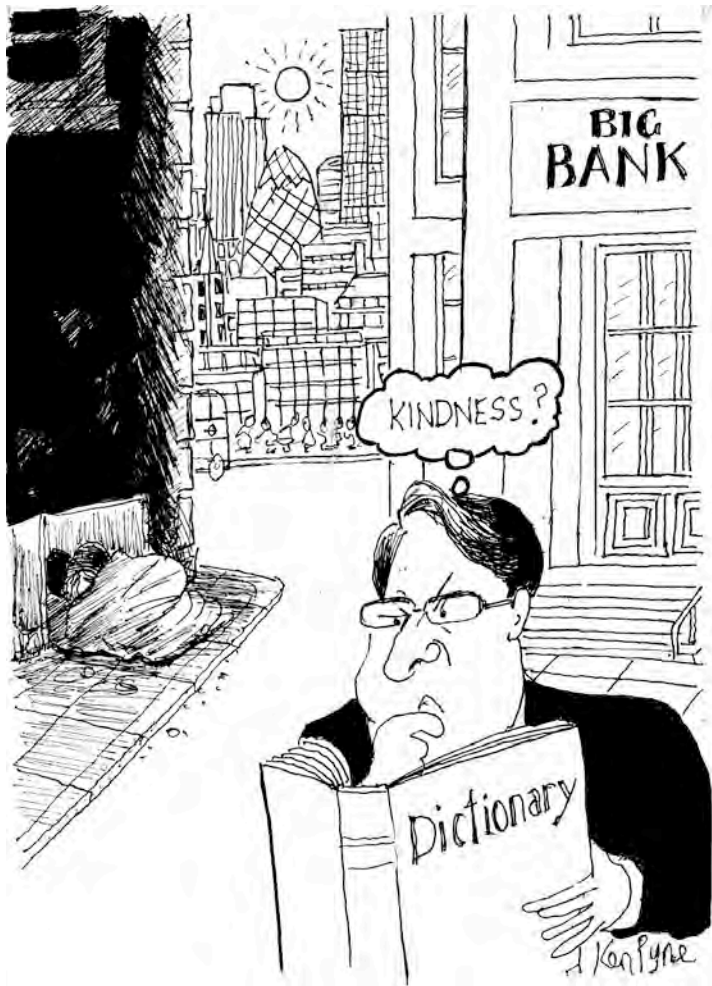
Android. One word of advice: let it access your location.

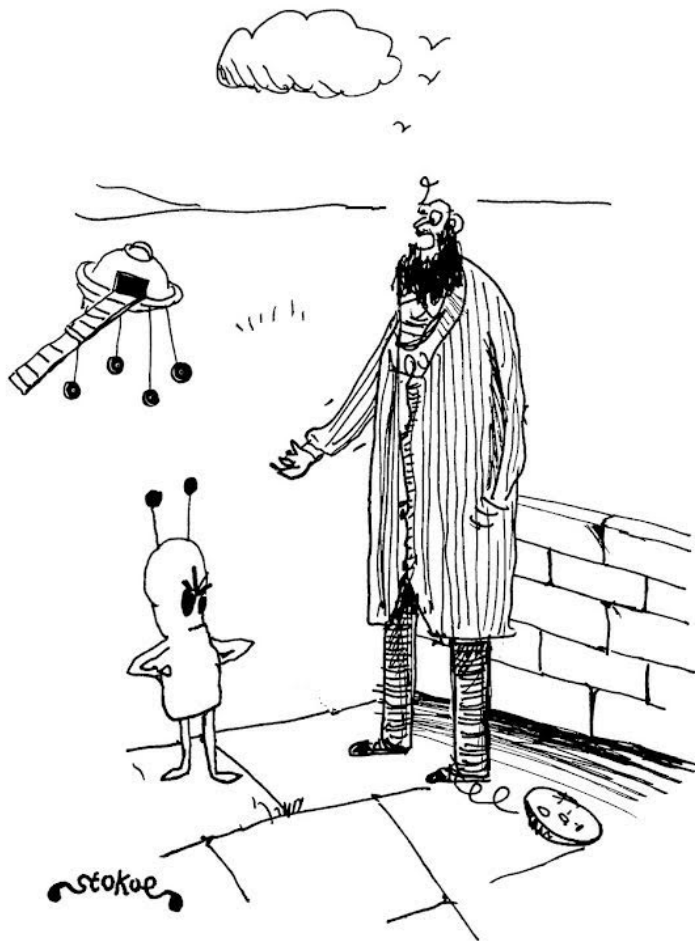
There is a directory split into areas and then you see a list of services. When I looked for night shelters, for example, not only did I see a list of them but also how far away they were. This is the brainchild of Nicola Tennant, who began work on it in 2019. I have known her for a few years and over 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!

Scotland 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

CHANGE

0808 801051

www.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](#)

EMMAUS GLASGOW

Emmaus House, 101 Ellesmere Street,
Glasgow G22 5QT

0141 353 3903

emmausglasgow.org.uk

Mon – Fri: 9am – 4pm

Accommodation and work for 23/24 homeless people. No drink or drugs, but Emmaus helps people with addiction problems to access local services.

[AH, CA, CL, ET, OL](#)

MOVE ON

0131 558 3740 (Edinburgh)

0141 221 2272 (Glasgow)

moveon.org.uk

Supports vulnerable young people and those affected by homelessness and enables them to access training, volunteering, education and work towards employment. Some steps to office, then elevator.

[CA, ET, IT](#)

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

HEALTH & MENTAL HEALTH

CAMPAIGN AGAINST LIVING MISERABLY (CALM)

0800 58 58 58; thecalmzone.net
Open 5pm – midnight, 356 days a year
Calm is leading a movement against suicide. Call, email or chat on website.

MH

GAMH

0141 552 5592; www.gamh.org.uk
Mon – Fri: 9am – 2pm
Emotional and practical support, information and advice for homeless people with mental health problems.

MH, AH, AD, C

HEALTH IN MIND

0131 225 8508
health-in-mind.org.uk
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
An online comprehensive explanation of the various approaches and treatments for depression.

MH

HEARING VOICES NETWORK

www.hearing-voices.org
A network for people who hear voices and see visions. For groups info email 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/2p27yunp>
Mon – Fri: 2 – 4pm
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
info@mind.org.uk
Mon – Fri: 9am – 6pm
Advice and support to empower anyone experiencing a mental health problem.
Legal support: 0300 466 6463;
legal@mind.org.uk

MH, AD, LA

NHS INFORM - SCOTLAND

www.nhsinform.scot
Online health information service.

MS, MH

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

PENUMBRA

57 Albion Rd, Edinburgh EH7 5QY
www.penumbra.org.uk
 Mon – Fri: 9am – 5pm
 Offers a wide range of mental health support. Use contact form on their website for help and signposting to services in various locations across Scotland.

MH, A, C, D, TS

SAMARITANS

Helpline: 116 123
 (Open 24hrs, 365days)
www.samaritans.org
 Whatever you're going through, free and confidential mental health support. You can take things at your own pace, they will listen carefully and talk things through on a confidential basis.

C, MH

SANE (NATIONAL)

www.sane.org.uk
support@sane.org.uk
 SANEline: 0300 304 7000
 Callback service: 07984 967 708
 Mon – Sun: 4 – 10pm (365 days a year)
 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
 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
 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
 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

Tue: 5:30 – 7:00pm

Soul Food serve food from the café door

Sundays: 9:00 – 10:00am

Free breakfast from the café door

FF

CADOGAN STREET

39 Cadogan House, Glasgow G2 7AB

Directly opposite No.28, on corner

Wed: 8pm; Thu & every 2nd Sun: 7pm

Soup, sandwich and hot drinks.

Can direct to other services.

FF, OL

GLASGOW CITY MISSION

20 Crimea Street, Glasgow G2 8PW

0141 221 2630

glasgowcitymission.com

Mon – Fri: 10am – 8pm (drop in);

1 – 2pm (lunch); 6:30 – 8pm (dinner)

11am – 1pm & 2:15 – 4:15pm (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

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

Food distribution, hygiene packs,

advice all available. Based in Glasgow.

Emergency line: 0800 999 2477

FF, OL

LODGING HOUSE MISSION

35 East Campbell St, Glasgow G1 5DT

0141 552 0285

lhm-glasgow.org.uk

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

Free Breakfast: 8 – 10am

Free Lunch: 12noon – 1:30pm

Narcotics Anonymous: Tue 7pm;

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

We have an Intervention Worker who

provides a range of services including

emotional support, benefits checks,

filling out forms and signposting to

relevant organisations. Check website or call in for info on other services.

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

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

Tues: 12noon (Lunch Stop – hot meal)
Thurs: 10am (Coffee Club & Food Bank)
Sun: 5pm (Club 170 – free take out meal, toiletries, clothing)

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

SOCIAL BITE (ROSE SREET)

131 Rose St, Edinburgh, EH2 3DT
0131 353 0250; social-bite.co.uk

Mon – Fri: 8 – 9:30am (breakfast)
Mon – Fri: 4 – 4:45pm (take away food)
Free food take-away.

FF

SOCIAL BITE (UNION ST)

516 Union St, Aberdeen, AB10 1TT
0131 353 0250; social-bite.co.uk

Mon – Fri: 8 – 9:30am (breakfast)
Mon – Fri: 2:15 – 3pm (take away food)

FF

SOCIAL BITE (GLASGOW) [NEW]

10 Sauchiehall St, Glasgow, G2 3GF
Mon – Fri: 9.30 – 11am (breakfast)
Mon – Fri: 4 – 5.30pm (take away food)
Wed: 4 – 6pm (Sit-in Social Supper)

FF

STEPS TO HOPE

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

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

Mon, Tue, Thur & Fri: 9am – 5pm

Wed: 10am – 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

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

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
Mon – Fri: 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
0141 945 3871
www.qcha.org.uk
Mon – Sun: Open 24 hours
Support for homeless 16–25 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
www.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:

Edinburgh:

55 Albany St, EH1 3QY
 Phone: 0345 222 1425
 Email: hello@rocktrust.org

West Lothian:

20 Grampain Court, EH54 6QF
 Phone: 0345 222 1425
 Email: westlothianadmin@rocktrust.org
 We work with young people to plan and overcome barriers at the start of their journey with us. When relationships break down, we provide support and mediation to keep families together.

AH

SAFE IN SCOTLAND

Formerly the Destitution Night Shelter
 www.safeinScotland.com

24/7 accommodation for destitute asylum seekers. For Referral, phone:
 Scottish Refugee Council: 0808 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
 Mon – Fri: 9am – 5pm
 Accommodation and support for single minority ethnic homeless people (16–25) with low support needs. Referral only via GP or social worker. Phone or email csd@southside-ha.co.uk.

AH, BA, DA, TS

SIMON COMMUNITY SCOTLAND

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;

www.simonscotland.org
 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

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

0808 1000 143 (helpline)

Helpline open Mon – Fri: 9am – 4:30pm

Helpline and support for young people affected by homophobic bullying.

If you have been a target of this bullying you can call our helpline, or email: info@each.education

AD, C, LA

National Domestic Abuse

0800 2000 247

24/7

EDINBURGH RAPE CRISIS CENTRE

17 Claremont Cres, Edinburgh EH7 4HX

www.ercc.scot

Open Monday – Sunday:

08088 01 03 02 (call): 5pm – midnight

07966 067 301 (text): 6pm – midnight

0131 556 9437 (call-back service)

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.

C

EQUALITY NETWORK

www.equality-network.org

0131 467 6039

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

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

C, OL

GALOP

www.galop.org.uk;

0800 999 5428 (Domestic Abuse Help)

Mon – Thu: 10am – 8:30pm

Fri: 10am – 4:30pm

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;
helpline@lgbthealth.org.uk
0800 464 7000 helpline open on:
Tue, Wed & Thu: 12noon – 9pm
Sun: 1 – 6pm
Working to improve the health,
wellbeing and equality of lesbian, gay,
bisexual, transgender (LGBT) people in
Scotland.

C, MH, OL

LGBT YOUTH SCOTLAND

www.lgbtyouth.org.uk
info@lgbtyouth.org.uk
Advice and information for LGBT youth
in Scotland. See website for local youth
groups. Online chat and one-to-one
Digital Support available.

C, SH

RAPE CRISIS SCOTLAND

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

C, OL, SH

SHAKTI WOMEN'S AID

Norton Park, 57 Albion Road,
Edinburgh EH7 5QY
0131 475 2399; shaktiedinburgh.co.uk
Mon – Fri: 9:30am – 5pm
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
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+

0800 0119 100; switchboard.lgbt
 Mon – Sun: 10am – 10pm (helpline)
 For LGBT+ people who have experienced hate crime, sexual violence or domestic abuse. Supports people who have had problems with the police or have questions about the criminal justice system. Phone or email hello@switchboard.lgbt or message via the website. Bereavement help also.

LA, AD, MH

RECOVERY**BETHANY CHRISTIAN TRUST**

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

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

COCAINE ANONYMOUS (SCOT)

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

C

CROSSREACH (RANKEILLOR INITIATIVE - EDINBURGH)

205 Cowgate, Edinburgh EH1 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

DRINKAWARE

0300 123 1110
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
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



FRANK

0300 123 6600, www.talktofrank.com
82111 (text line)

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

Live online chat available daily 2 – 6pm

Honest drug advice for young people.

Find local drug treatment centres.

DW, OL

GLASGOW COUNCIL ON ALCOHOL

14 North Claremont St, Glasgow G3 7LE

0141 353 1800;

www.glasgowcouncilonalcohol.org

0808 802 9000 (freephone helpline)

Mon – Thu: 9am – 9pm;

Fri: 9am – 5pm; Sat: 9am – 1pm

GCA is an accredited counselling

service and provides individual, free

and confidential counselling for people

experiencing alcohol-related difficulties

and those affected by someone else's

alcohol use. Group and 1-1 support.

A, C, OL, SF

HEALTH IN MIND

0131 225 8508

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

HUNTER STREET HOMELESS HEALTH SERVICE

55 Hunter Street, Glasgow, G4 0UP

0141 553 2801 (call first);

<https://tinyurl.com/2p27yunp>

Mon – Fri: 2 – 4pm

Call ahead for opening hours.

Specialist, highly personalised services

for Homelessness, Alcohol and Drug

Recovery, Mental Health and Justice

Services in the Gallowgate area.

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

NARCOTICS ANONYMOUS (NA)

0300 999 1212

ukna.org

Helpline open 10am – midnight.

Online meetings available

D

SCOTTISH FAMILIES AFFECTED BY ALCOHOL & DRUGS

08080 10 10 11

www.sfad.org.uk

Mon – Fri: 9am – 11pm (helpline).

We are here to support you if you

are concerned about someone else's

alcohol or drug use. We can chat, offer

advice and information, and link you

either into our own services or services

local to you. Bereavement service also

available. Email: helpline@sfad.org.uk

C

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
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		<i>C</i> Counselling	<i>DT</i> Dentist	<i>FF</i> Free food

SECOND CHANCE PROJECT

402 Sauchiehall St, Glasgow G2 3JD

0141 336 7272

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

Zoom meetings listed on the website.

Use their call-back service between

9am – 5pm: request by email:

support@smartrecovery.org.uk

[C, D](#)**TURNING POINT SCOTLAND
(ALCOHOL & DRUG CRISIS)**

80 Tradeston Street, Glasgow, G5 8BG

0141 420 6969; bit.ly/3HGJCI5

Mon – Sun: 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

Mon – Sun: 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

Mon & Fri: 9:15am – 4:45pm

Tue & Tue: 9:15am – 7:45pm

Wed: 11am – 4:45pm

Drop in open, but with limited service.

Drop in to arrange further 1-to-1 support.

Needle Exchange Mon – Fri at the times stated above.

Range of addiction and recovery services open to men and women aged 16 and over who are aware they have a substance misuse problem and would like to start their recovery journey. Other services across Edinburgh available: call freephone number for information.

[A, A, C, C, D, LF, MS, NE, SH, SF](#)

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

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

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



WE ARE WITH YOU (NE GLASGOW RECOVERY HUB)

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

0808 164 4261; bit.ly/3v1Cupl

Mon – Fri: 9am – 7pm

Sat & Sun: 10:30am – 2:30pm

(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

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

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

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

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

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

EX-FORCES

COMBAT STRESS (NATIONAL)

combatstress.org.uk

0800 138 1619

07537 173 683 (textline)

24hr, 365 days helpline

Confidential advice and support to veterans and their families.

[MH](#), [AD](#), [C](#), [OL](#)

ROYAL BRITISH LEGION

0808 802 8080

www.britishlegion.org.uk

Mon – Sun: 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 (open 24hrs)

www.svronline.org

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

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[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

Monday – Friday: 9am – 5pm

SSAFA helps combat homelessness among ex-Service personnel.

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

AH, C**VETERANS COMMUNITY CAFE**

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

[facebook.com/](https://www.facebook.com/groups/1184591528228376)[groups/1184591528228376](https://www.facebook.com/groups/1184591528228376)

Weekly drop-in cafe for Veterans running from 6 –9pm.

MH**VETERANS UK**

0808 1914 2 18

www.gov.uk/government/organisations/veterans-uk

Mon – Fri: 8am – 4pm

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

Email: veterans-uk@mod.gov.uk**AH, DA, BA****PETS****PDSA PET HOSPITAL (EDINBURGH)**

2B Hutchison Crossway, Edinburgh EH14 1RR

0131 443 6178; 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**SF****PDSA PET HOSPITAL (GLASGOW EAST)**

Muirfauld Drive, Tollcross, Glasgow G31 5RT

0141 763 0800; 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**SF****PDSA PET HOSPITAL (GLASGOW)**

1 Shamrock Street, Glasgow G4 9JZ

0141 332 6944; 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**SF**

FC Foot care
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REFUGEE SUPPORT

POSITIVE ACTION IN HOUSING

98 West George St, Glasgow, G2 1PJ

0141 353 2220; www.paih.org

Mon – Fri: 9:30am – 4pm

Housing advice:

Tue: 2 – 4pm; Wed: 10am – 12noon

Destitution Surgery:

Mon: 10am – 12noon; Thu: 2 – 4pm

Welfare Rights:

Mon 2 – 4pm; Thu: 10am – 12noon

Digital Assistance:

Tue: 11 am – 1pm; Wed: 2 – 4pm

Homeless enquiries & Digital Skills:

Fri: 9:30am – 4:30pm

Self-referral form available

online. Independent, multilingual

homelessness and human rights charity

dedicated to supporting people from

asylum seeker, refugee and ethnic

minority communities. Any other

queries? Please email:

home@positiveactionh.org

AH, FF

SAFE IN SCOTLAND

www.safeinScotland.com

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

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

Mon – Fri: 9:30am – 5pm

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

THE WELCOMING

20/1 Westfield Avenue, Edinburgh,

EG11 2TT

www.thewelcoming.org

0131 346 8577

Mon – Fri: 9am – 2pm (drop-in hours)

We welcome New Scots to Edinburgh,

build community and learn together.

We support New Scots to learn English,

find jobs and access local services; offer

opportunities for friendship, sustainable

living, creativity, health and well-

being; connect locals and New Scots

through social and cultural exchange;

and collaborate with others to share

knowledge and influence positive change.

AD