



the **Pavement**

the free magazine for homeless people

Issue 156 : Resilience
June – July 2025

Missing



Charlotte Stephens

Charlotte Stephens has been missing from Bromley, London, since 28 March 2025. She was 38 when she was last seen.

Charlotte, 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. Or, email us on 116000@missingpeople.org.uk.



Mark Kinson

Mark Kinson has been missing from Cardiff, South Wales, since 31 January 2025. He was 52 at the time of his disappearance.

Mark, 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.

If you think you may know something about Charlotte or Mark, 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: This issue of *the Pavement* features cover artwork by Michelle Christopher. The work, titled *I Remember*, resembles the light, pillow-like clouds of a summer morning or evening, with violet and pale yellow hues.

© Michelle Christopher

The Pavement magazine

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© John Sheehy

Behold Myself

by John Sheehy

I do write for myself, it helps me
I'm wondering why do I write
I'm trying to figure out
what I do want to write
I'm not into who do I write for
I do write for myself
it helps me kill time
defiance of elimination of depression
and anxiety, I'm writing about
my own experiences, instincts
I'm not writing about anyone else
here tonight, I'm not sure
what I want to write
I'm writing about myself
What's going on for me
at the time of writing.

TURN TO PAGES A – P
FOR THE LIST OF SERVICES

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

Resilience

Resilience comes in many forms and develops in many ways. Our writers and readers with lived experience of homelessness will know what resilience means. You may differ on precise definitions, or have found resilience in disparate ways, but you understand what it means to be resilient all the same.

Emma on page 28 sees resilience as optimism in an often gloomy world. Mat, meanwhile, delves into the times he has been resilient and how support is vital, even to those we think are the most resilient.

Alongside all of the regular news, views and cartoons there are stories on summer events (page 12), an outreach team in Norfolk (page 18) and the latest satirical scribbling from Chris Sampson on page 29.

the Pavement team
www.pavement.org.uk

Becoming an old woman

A short story on resilience, by *Natalie Peterson*

With regards to ageing, I've always felt ahead of my mind, making me age my brain before time.

On the surface, I don't feel young.

I feel worn down and strained, all this baggage is hanging me up.

The way I see it, it's the still of my face

I adore knowledge so much, what I wasn't taught.

Like that long awaited lunch, waiting to be bought.

You would've thought life is leading to my dying days.

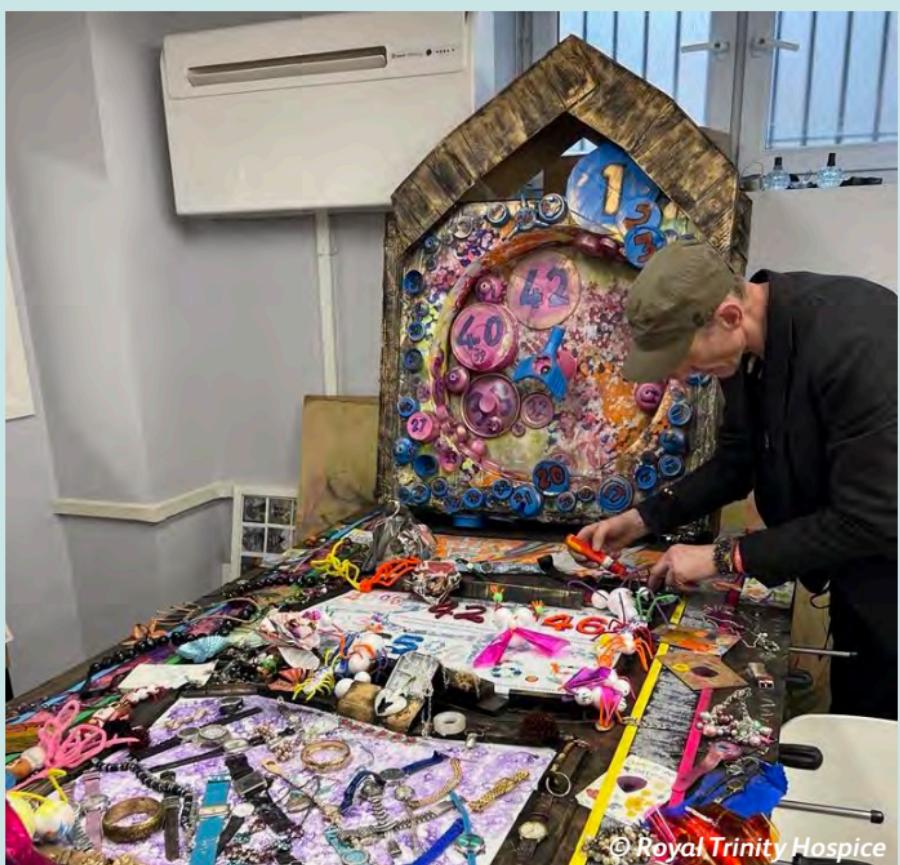
Of course, life does kill. Not necessarily at a frail stage.

When your brain keeps fogging and your bladder keeps spilling, you know the drill of that change.

Most bodily functions of mine are loose and/or dysfunctional.

Don't be like me, coming unprepared.

I'm now living, with a real life mare. But it's too confusing to stomach.



© Royal Trinity Hospice

A new art project led by Royal Trinity Hospice and guests of King George's Hostel in Westminster, London, confronts the subject of mortality. An art piece has been created by residents of the hostel, titled *The Other Little Ben*, highlighting guests' hopes and fears towards dying and death. Creative lead for the project was the *Pavement*'s good friend David Tovey, a multi-media artist with experience of homelessness. A total of 36 people staying at the hostel took part in creative workshops exploring themes surrounding the often-dreaded topic of death. A short film capturing the process of the workshops, leading up to the art piece being created, was shot by Rob Jewitt.

- You can watch the short film on YouTube here:
www.youtube.com/watch?v=hYFKNr6P6kg&t=5s

Revolving door

The for-profit housing provider Sparrow Shared Ownership has recruited the chief executive of Tower Hamlets Community Housing (THCH) as managing director. Anita Khan was chief executive of London's THCH for over three years. The appointment was reported on by *Inside Housing*, which is investigating the rapid growth of for-profit housing providers in the country backed by private capital. Sparrow Shared Ownership is owned by giant pension fund the Universities Superannuation Scheme. According to *Inside Housing*'s investigation, the 10 biggest for-profits own 40,000 homes in England.

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Farewell Francis

In late April 2025 the Vatican announced Pope Francis had passed away at the age of 88. In May, his successor Pope Leo XIV was confirmed. Onlookers will hope Leo follows the social awareness Francis espoused. Many will remember Francis fondly as a Pope alert to the difficult realities and struggles people across the world endured. He once turned down a formal dinner with politicians in favour of eating with homeless people instead (*The New York Times*, 2015). He also wrote at length about social inequality, regularly hosted lunches for hundreds of homeless guests and under his direction the Vatican built facilities such as showers, a laundry service and a health clinic for the use of local homeless people (*Reuters*, 2025). Let's hope that legacy is respected and built upon.

One in every **50** Londoners are currently experiencing homelessness.

One in every **160** people is homeless across England, research by London Councils, the collective of local government in London, indicates.



Poster for the Be The Change theatre project
© The Islington People's Theatre

The Islington People's Theatre is welcoming new participants to its Be The Change project. The project offers a range of free applied theatre and creative arts workshops run by professional facilitators every week to adults who are experiencing homelessness, or who are vulnerably housed, adults looking to support their mental health and adults in recovery. You don't need any acting experience to attend. Be The Change is run in partnership with the Margins Project and takes place at Lower Hall, Union Chapel, Islington, London, N1 2UN. The workshops are organised into blocks of 10 weeks, with each block focusing on a different theme. The current block of workshops started in early April and focuses on comedy. Sessions run every Thursday from 6:30pm – 8:30pm. The project is scheduled to run until May 2026.

- Visit the Be The Change website to find out more:
islingtonpeoplestheatre.co.uk/projects/be-the-change-2

Displaced

A woman and her 19-year-old daughter are sofa surfing in west **London**, after their local authority refused to rehome them unless they accepted a property in Hartlepool. The pair were evicted from their private rented home in March, with Hillingdon Council responsible for sourcing suitable accommodation for them. However, the council presented only one offer of a new home – 275 miles away. According to the *London Evening Standard*, the mother made the difficult decision to refuse the property, fearing such a drastic upheaval would affect the mental health of her daughter.

International news

A Brazilian street paper in Porto Alegre is helping turn rough sleepers into journalists. *Boca de Rua* (translation: Word on the Street) is a member of the International Network of Street Papers, an anti-poverty organisation supporting publications typically sold by people experiencing poverty or homelessness. *Boca de Rua* is a rare case in that it is both sold and written by some of Porto Alegre's homeless population. Sellers are responsible for content in the quarterly newspaper, with weekly editorial meetings to discuss what gets printed. Participants are then given about 50 newspapers to sell, keeping the money they make.

2.5% of private rentals are affordable on housing benefit in England, a Crisis study has found.

5.7m households in England rely on housing benefit to cover rent.

£2.1bn spent on temporary housing by local authorities in 2023-24, according to *The i Paper*.

£345m overspend on temporary accommodation budgets by **London** councils in 2024-25.

Failing health

Glasgow City Health and Social Care Partnership (HSCP) is in hot water following an investigation into the closure of a GP service for homeless people. Hunter Street Health Service, which had 167 registered patients, was shut down abruptly in 2023. A whistleblower flagged the closure, raising concerns for patient safety. Fast forward to May 2025 and an investigation has criticised the HSCP for shutting the service down without a proper consultation. Scotland's Independent National Whistleblowing Officer ruled that the HSCP ignored long-term risks to patients once the service was removed. The Scottish Deep End Group of doctors, representing GPs working in deprived communities, called for the reinstatement of the service. A statement published in the *Daily Record* read: "We believe that the reinstatement of the specialist general practice should be considered as an option to ensure the provision of flexible, inclusive, tailored healthcare for people experiencing homelessness."

Safe space

The Herald reports on campaigners urging MSPs to support plans for more all-female safe and secure homeless centres in the country. A petition has been put forward to the Scottish Parliament, highlighting concerns that in hostels, hotels and bed and breakfast establishments used to house the homeless, the ratio of men to females has been as high as 14 to one. Laura Jones, of the Scottish Tenants Organisation, brought the petition forward and has raised concerns that women in some temporary accommodation settings may be exposed to an increased risk of sexual assault and exploitation.

Quick fix

Edinburgh Council has spent a combined total of £4.4m to use the Aaron Lodge Hotel, the Edinburgh Thistle Guest House and the Miju Hotel as temporary accommodation for people experiencing homelessness. "We need significantly more financial support from the

1,661

homeless households living in emergency B&Bs in Glasgow, according to *Yahoo News*.

28

people sleeping rough on the city's streets, says Glasgow city health and social care boss Pat Togher.

government to deliver sustainable, long-term solutions," Housing, Homelessness and Fair Work Convener Lezley Marion Cameron told *Edinburgh Live*.

Library closed

A library for homeless people in **Edinburgh** is still looking for a new home, after its lease on a premises at a Methodist Church in Nicholson Square was not renewed. The church's minister has said the decision was made amid concerns about the safety of tenants, visitors and staff. Streetreads Library, operated by homeless charity Simon Community Scotland, welcomed 250 regular users, who were free to spend as much time in the space as they wanted. One user, Michelle, told *BBC Scotland News* the library "gave us [guests] a community of like-minded people who were trying to change their lives and make a difference."

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£1m

for the Upstream Homelessness Prevention Fund in Scotland, a partnership looking to expand on existing successful approaches to preventing homelessness.

£4m

additional investment in homelessness prevention pilots in 2025-26 pledged by the First Minister, John Swinney SMP, in the Programme for Government, reports *Scottish Housing News*.

2.9

miles is the length of the queue if you lined up every person staying in temporary accommodation in **Edinburgh**, the tenants' union Living Rent calculated.

5,310

households currently in temporary accommodation in the capital, according to *Edinburgh Evening News*.

Summer in the city

Tips on how to survive and thrive this summer. By *Shakir Razak*

Summer's here – which means blazing pavements, restless nights and the scramble for shade. But it also brings free gigs, pop-up culture and a city buzzing with life. Here's how to make the most of it without burning out (or burning up).

First, stay safe: Find a shady patch in a park before the crowds do – early bird gets the tree. Crumpled tissue makes decent earplugs if the streets are too loud to sleep. Lastly, water is your best mate. Drink before you nap to dodge sunstroke. Most of the food chains have a policy to give you water, as long as you're polite.

Also, always check your local council's events or culture page for their programmes. Libraries will also have local event flyers.

London heaves with free events, no ticket, no hassle. Here's the lowdown.

London summer highlights

London Gallery Weekend

(6 – 8 June 2025): Over 150 galleries across the city open their doors for free, showcasing contemporary art from emerging and established artists. Perfect chance to enjoy some cool air conditioning while soaking up culture. More info:

- londongalleryweekend.art

Totally Thames Festival

(1 – 30 September 2025): A month-long celebration of London's iconic river featuring free art installations, historical walks, and performances along the waterfront.

- totallythames.org

Regent's Park Open Air Theatre

Free community tickets are released monthly for its acclaimed Shakespeare productions. Arrive early for the best chance.

- openairtheatre.com

West End Live (21 – 22 June 2025)

Two days of free performances from London's top musicals in Trafalgar Square. Show up early for the best views.

- westendlive.co.uk

BST Hyde Park Free Open House

(28 – 29 June 2025): While the main concerts require tickets, the festival village offers free entertainment, food stalls and live screens.

- bst-hydepark.com

Jazz in the Park: Various locations across London's Royal Parks host free jazz performances throughout summer. Check schedules at

- royalparks.org.uk



London under the sun
© the Pavement

Free Walking Tours: Daily tours covering everything from street art to hidden history. A great way to learn the city while staying mobile.

- walks.com

Thames Path Walks: Miles of scenic riverside walking with regular pop-up events and performances along the route.

- thamespath.org.uk

Outdoor Yoga in Hyde Park: Free Saturday morning sessions suitable for all levels. No equipment needed, just turn up.

- hydepark.org.uk

Notting Hill Carnival (24 – 25 August 2025): Europe's biggest street festival celebrating Caribbean culture with incredible costumes, music and food.

- nhcarnival.org

Summer in Scotland

Glasgow Mela (22 June 2025):

A vibrant celebration of world music and dance in Kelvingrove Park.

- glasgowmela.com

Merchant City Festival

(18 – 20 July 2025): Street performances, circus acts and a massive free cèilidh marking Glasgow's 850th anniversary.

- merchantcityfestival.com

Edinburgh Art Festival

(24 July – 24 August 2025):

Free exhibitions showcasing contemporary visual art across the city.

- edinburghartfestival.com

Fringe Free Shows

(1 – 25 August 2025): Hundreds of free comedy, theater and music performances daily during the world's largest comedy festival.

- edfringe.com

Bottom line

Summer's tough, but it's also when the city throws its doors open. Grab the free stuff, stay sharp and find your patch of shade. The streets might be unforgiving, but they're alive – make 'em work for you.

Stay cool. Stay safe. Stay out there. ■

Challenges

A perception-warping, thought-provoking piece on the different challenges people face across our society. By André Rostant

Jonathan is married, with a five-year-old child. He and his wife struggle to cope due to an unfortunate condition they share. Jennifer is a specialist who provides support, she lives in and helps around the house, largely managing the care of little Matilda. Never a quitter, Jonathan works three hours a day, four days a week, with the aid of Sharon who organises his schedule, assists him with admin and correspondence and makes sure he eats at the right times. Jonathan inherited his condition, so his parents knew what to expect. Fortunately, they found a place in a charitable school with small classes, supplemented by extracurricular and pastoral provision.

Like many in his predicament, Jonathan's lifestyle is underpinned by state support, a significant proportion of which comes in the form of housing benefit paid to his tenants. The condition in question is Unchallenged Entitlement Syndrome. His main income comes as dividends from investments anchored against the rentable value of a largely residential property portfolio. Jonathan proudly tells people he is a self-made man. He describes the money he gets as 'passive income'.

Cally is one of those tenants by means of whom Jonathan obtains his housing benefit. She lives in poverty, along with over two million fellow Londoners. Her rent is £515 a week, £490 of which is paid by the DSS. Like many of Jonathan's residential lettings, Cally's home is a former local authority property, snapped up during Thatcher's buy-to-let blitzkrieg on council housing. Cally occasionally skips meals and often sits in the cold with no heating.

Cally is a single mother with a three-year-old child, Kevin, but she cannot afford to stay at home to care for and raise him because the government would consider her economically inactive and stop her benefits. Consequently, she is obliged to send him to a nursery where economically active strangers scrape a living looking after him while she squeezes as much work as she can from a zero-hours contract as a barista in a local coffee shop. Her employer is subsidised by taxpayers to the extent that Universal Credit chips in much of the difference between the amount she actually needs to live on and what they pay her. The economically active nursery workers also need to claim Universal Credit, which is means-tested and

doles out the bare minimum income needed to get by.

Cally does not vote and is not interested in politics. Jonathan and his wife are enthusiastic supporters of their local Conservative Party branch. Cally does not believe in unions and has no time for hobbies. Jonathan is a Rotarian, a member of the National Residential Landlords Association and of the British Chamber of Commerce.

Why should we be tempted to blame either of them? Cally is not apathetic, she is just busy, addled by scrambling to make ends meet. There is no inference to be drawn from her being a single parent: reflect on the scenarios and impressions that information conjures in your mind, because they tell everything about you and nothing about Cally. Likewise, Jonathan is largely a product of the circumstance and opportunity he grew up with. Attributes with which we are born are beyond our control. Neither Jonathan nor Cally had any say in their background, their families. Each merely plays the cards life deals them as best they can, from their perspective.

What they have in common is the economic system in which we are all entangled. In this system it

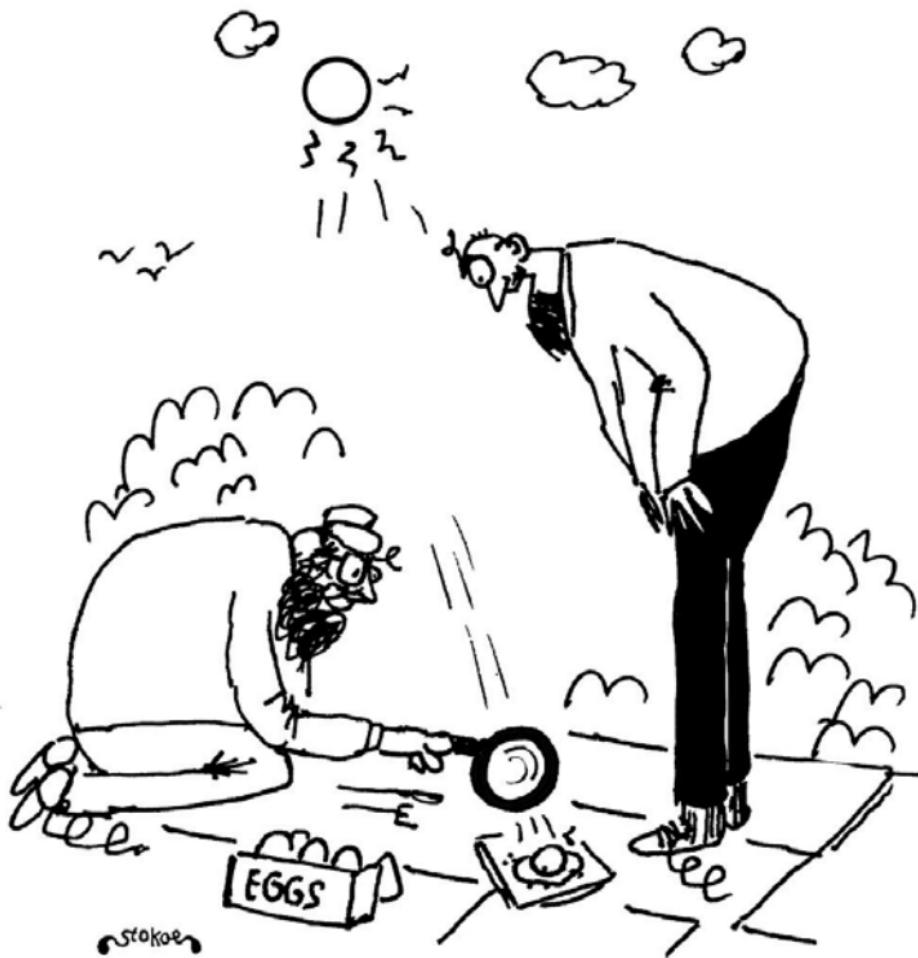
makes sense for Jonathan in London, whose friend Fred is in hospital with cancer, to go to Manchester and run a marathon, or travel thousands of miles to Africa and climb Mount Kilimanjaro to raise funds toward Fred's care. Our government thinks it also makes sense to cut disability payments while holding the tax on Jonathan's dividend income over £125,140 at 39.35 %, instead of the 45 % he would pay had he worked conventionally for the money. Had he made a mere £30,000 in dividends, his tax rate would be 8.75 %, as opposed to 20 % if he had been employed by someone else.

Jonathan has other challenges, though: the tax axe fell on his old primary school, and little Matilda's attendance will be £6,500 dearer this year, thanks to VAT.

It's all about money: what should be a simple emollient to trade and commerce has become the object of all activity. We need things like food, shelter, education, health. All our current economy is geared to offer are employment and investment opportunities, neither of which can cure Jonathan's condition.

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*"Ohhh, so this is the new air fryer
you were telling me about?"*

Mental health outreach

A day in the life of an outreach worker supporting homeless people's access to mental health services. By Richard Wink

Under overcast skies and the persistent squawk of hungry seagulls, I walk along the promenade on Great Yarmouth's seafront. It's part of our team's daily outreach work. My jaunty stride hits the pavement hard. At certain points I will stop and look out towards the sea. At the beginning of my walk, just past the Venetian Gardens near the promenade, I will occasionally spot a tent across the sand dunes. To check to see if I can see what I think I've seen, I'll get out a pocket telescope that I picked up on a whim online.

Squinting through the lens, I've not seen this tent before, so I walk across the dunes. Sand fills my trainers. When I get closer, I can see that the tent door is open, but no one is inside. All I can see is a scrunched-up grey hoodie, a sleeping bag and a couple of cider bottles. The job is like this, chasing shadows, often missing meeting with a person. I tuck a leaflet with contact details for our team under the tent, it flaps a bit in the strong cross breeze.

I get out my phone, take a picture and mark the location. I'll circulate this information to other teams who support homeless people in the local area to hopefully find out if anyone

In a nutshell

Richard works with the People Sleeping Rough Team in Great Yarmouth, Norfolk. The team does morning outreach connecting people sleeping rough with health services, especially ones providing mental health support.

The team are proactive on outreach, aiming to reach as many under-served people within the community as possible. This is achieved through meeting people where they are, building trust, motivational interviewing and crisis intervention where necessary.

knows who is sleeping here, and then maybe visit again later in the week. Part of the job is sharing information, making sure this person is known and someone is checking they are ok.

I work for the People Sleeping Rough Team based at Northgate Hospital. Our role is to support homeless people, and those with a dual diagnosis presentation, to access mental health support. The team is me, a psychological therapist, two mental health nurses and a peer support worker.

We attempt to work using Levy's pre-treatment model. The outreach work that the team does proactively engages the service user. We are happy to meet with people where they are, they are, including visiting the camping site of someone who is street homeless, seeing them at a hostel, or meeting somewhere in the community such as the local library.

We endeavour to work towards building a therapeutic relationship, initially through rapport building, trying to develop an understanding of our service user's frame of reference. We aspire to build trust as we often work with people who are distrustful of services or organisations like the NHS.

When the relationship is established, we use motivational interviewing techniques to set goals and help encourage positive change. This work is sometimes shared with professionals in the third sector such as the local addiction support service Change Grow Live. We also promote safety by applying crisis intervention and harm reduction strategies in the hope of providing the opportunity for positive change.

Later in the afternoon I meet with a service user for a therapy session back at Northgate Hospital. I reflect with this person how far they've come over the last year since we

first met. This person was sleeping rough in the same dunes where I was earlier in the day. We made initial contact, worked with them to find temporary accommodation over winter at a B&B, and then, with added support from the local council, they were able to rent a room in the town centre. It sounds so simple when we gloss over these events, but there were challenges, many missed appointments, lapses with substance misuse, issues with the police. Change is not a linear process, but it is now occurring for this person.

As a team we just try to be consistent, we attempt to put a framework around the chaos and help people to make positive changes in their lives. There are battles to fight, and bumps along the way, but I think we are building a reputation as a group of people who care in our community, and that improves trust and positive engagement.

- **Richard Wink is a psychological therapist for the Rough Sleeping Team in Great Yarmouth, Norfolk.**

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Protect Trans+ lives!

The government and press are misrepresenting the law and scapegoating vulnerable communities. We must fight back, write members of The Outside Project

For over eight years, The Outside Project has been providing crisis housing services for LGBTIQA+ people in London who are homeless and/or fleeing domestic abuse – people who are predominantly Trans+ (people who are transgender, non-binary, agender, genderfluid or elsewhere on the gender spectrum). This winter, we ran the UK's first Trans+ winter night shelter in Hackney due to huge demand. The devastating abuse our community faces – fueled by LGBTIQA+ phobia and hatred from press and politicians – is only compounded by systemic failures to protect us. In recent years, this failure has transformed into serious harm: over the past five years, anti-Trans hate crimes have increased by 186%.

We are deeply concerned by April's Supreme Court ruling on the Equality Act and subsequent statements made by the Equalities Minister and the Prime Minister. The ruling unconscionably permits the exclusion of Trans people from single-sex services under certain conditions. It does not require exclusion, however. Any service choosing to exclude Trans+ people must demonstrate that it is doing

so as a "proportionate means of achieving a legitimate aim". That means there must be a real, lawful and justifiable objective for a service to be Trans+ exclusive relating to a specific risk; that it is the least discriminatory and harmful option, and – crucially – that the benefit to others must outweigh the negative impact on the person excluded.

Press coverage and politicians' statements are intentionally misleading the public on this detail, and on the legality of Trans+ exclusion overall. Statements that trans women should not use women's toilets, for example, are extremely alarming and absolutely not supported by law. While we are reassured by Refuge's public statement committing to continue supporting Trans+ people in their services, and by our continued protections under the Equality Act, widespread explicit support for Trans+ rights is urgently needed.

Scapegoats

There has been no mention of trans men, non-binary, or intersex people in statements following the ruling – and no guidance at all for

services that support women. The manufactured outrage towards trans women specifically is just one of many ongoing strategic moral panics targeting marginalised groups, including Muslims, migrants and benefit claimants. All have been demonised in order to distract us from, or blame them for, harms caused by austerity and an economic system that oppresses us all.

In reality, there is no credible evidence that trans women pose a threat to cisgender women (people whose gender matches the gender they were assigned at birth) in single-sex services. To the contrary, records and data show that trans women experience disproportionately high rates of violence, abuse and sexual assault, particularly in institutional or gender-inappropriate settings. It shows that Trans+ migrants are subjected to exploitation and oppression in the form of the erasure and disbelief in the asylum system and barriers in accessing healthcare, housing and employment. The UN, Stonewall, Galop and the TransActual UK Trans Report further document harm, retraumatisation and disengagement from services when Trans+ people are misgendered or excluded. Frontline services consistently report that Trans+ inclusion does not compromise safety – but that exclusion does.

We are deeply concerned about the implications for trans women living in domestic abuse

and homelessness services and those who will understandably fear approaching services at all. At The Outside Project, we categorically oppose referring trans women to men's housing services, knowing that would endanger some of the most marginalised women in our community, including trans women seeking asylum, and damage trust built through our work. As a by-and-for, survivor-led organisation, we reaffirm our commitments to: provide trans-inclusive services and advocate for and with Trans+, non-binary, intersex and gender-diverse people across all our work and partnerships; challenge rhetoric and policies that endanger or isolate Trans+ people; and promote community-led, trauma-informed approaches.

We are urgently seeking clarity from local authorities on the protections they have in place for Trans+ individuals residing in single-sex services, and the provision they will make to ensure Trans+ people facing homelessness or fleeing domestic abuse are supported safely and appropriately. We are also publicly calling on local authorities to publicly affirm the safety and dignity of Trans+ service users and uphold protections for Trans+ people across their services, including by collaborating with LGBTIQA+ and Trans-led organisations and prioritising support for black, brown and migrant trans women.

Room for growth

Vulnerability, perseverance and the ability to welcome support are all forms of resilience – an especially important lesson for men in these times, writes *Leon Eckford*

As men, it's often perceived as our given right to be strong, brave, impulsive and resilient. Our genetics seem to push us towards these frontiers as providers. Rewinding time to our ancestral roots, that was what was expected. Our women would be around the fire, tending to the children, cooking, cleaning and awaiting our return with a speared animal ready for spit roasting. At least, that's what we're told.

Fast forward to sitting at the dinner table with my grandparents. Although we had modern conveniences in the '90s, the roles seemed similar according to my youthful and somewhat naive perception. Marks and Spencer were usually the one's spit roasting the animal whilst my grandmother snuck into the press to finish her Bacardi and Coke. Meanwhile my grandfather couldn't wait to get back through to watch a newly installed cable TV set-up.

Today, are the gender specifics so oriented by evolutionary psychology? A fundamental question arises: are we naturally inclined to fall into the classic male and female roles? And where does societal imprinting affect these roles and a more



© Natalie Peterson

progressive and tolerant viewpoint? It's interesting to grab some popcorn and watch on social media as the ideologies clash.

Endurance is the cornerstone of our evolution. It's the ability to adapt, to face adversity head-on and to emerge stronger. Think about the times you've faced personal challenges: whether it was losing a job, going through a breakup, or dealing with a health crisis. Each of these moments tested your strength and forced you to dig deep within yourself to find the courage to keep going.

In modern society, men are sometimes expected to be the pillars of strength, the ones who don't show vulnerability. This expectation can be

both empowering and burdensome. On one hand, it drives men to achieve great things, to push through challenges and to be dependable. On the other hand, it can lead to a suppression of emotions, creating a facade of invulnerability.

The pressure to conform to these societal expectations can have significant effects on male mental health. Men are less likely to seek help for mental health issues due to the stigma associated with appearing weak. This can lead to a buildup of stress, anxiety and depression. According to the World Health Organization, men are less likely to access mental health services compared to women, which can exacerbate these issues.

Fortitude, however, is not just about enduring hardship; it's about growing through it. It's about recognising when to seek help and understanding that vulnerability is not a weakness, but a strength. Think about a friend or family member who has faced significant adversity and come out stronger on the other side. Their journey is a testament to the power of fortitude.

Consider those who work in homelessness services, walking alongside trauma and the people who these organisations are supporting. Littered with adverse childhood experiences, sometimes the helper needs help, leaving

those who are needing help still compromised.

These experiences, whilst unfortunate, can forge an incredible strength and empathy. Working with individuals facing homelessness requires a deep well of fortitude. It involves confronting harsh realities daily yet finding the strength to offer support and hope. Those who have endured trauma and challenging upbringings often develop a profound understanding of suffering, which can make them more compassionate and resilient.

You can't have an easy life and a great character. It's the trials and tribulations that forge our strength, much like the heat and pressure that create diamonds. The path we tread, with its ups and downs, shapes our character and fortitude. It's not the journey or the destination, it's who you become between these two points. In these moments of struggle we discover our true strength and capacity for growth.

In conclusion, while societal expectations on men can be challenging, they also provide opportunities for growth and fortitude. By embracing vulnerability and seeking support, men can build stronger mental health and lead more fulfilling lives. Resilience is not just about enduring, it's about thriving in the face of adversity.

Teflon mofo

We are all deserving of support and helpful services, no matter how resilient and tough we are. By Mat Amp

If you want to know what it means to be truly resilient, then go and live on the streets or in a homeless hostel. Try and cope with mental health issues or battle addiction when you don't have a safe and secure place to call home.

Until it happened to me, I had very little personal experience of what it is like to live without the basic resources that are part and parcel of having a home.

Saying that, I had seen other people dealing with acute poverty. At the age of eight I moved to Lagos, Nigeria – the biggest and busiest black city in the world – from the parochial market town of Hereford. It was in Nigeria where I discovered the true meaning of the word resilience. Many people there struggle to survive, with no access to social security and very little in the way of an effective or affordable healthcare system.

When I was expelled from school for the third time, at the age of 15, my dad made me get a job so that I wasn't sitting around the house doing jack shit. That was how I found myself welding the joins on oil tankers under a corrugated metal roof for fuck all squared a month. The intense humidity could be brutal

and I only made the mistake of turning up for work with a hangover once. It was an apprenticeship, so I was only working for four hours a day, but it felt like 10. And the amount people were earning stunned me. I couldn't understand how the hell people were supporting their families on the amount they were getting paid.

In Nigeria I saw a lot of people struggle hard day-to-day. There is a palpable buzz in the air in Lagos, which gives the city an atmosphere like nowhere else. People there are incredibly resilient, and they have to be, just to survive.

The stigma around people who have experienced homelessness can sometimes include the view that we are to be pitied because we are not capable of keeping a roof over our own heads. The *Daily Mail*-reading moral majority have a tendency to load any kindness they may deem us worthy of with a brand of self-righteous judgement, designed to give themselves an 'aren't we good people for giving to this pitiful mob' award.

But when you've had to struggle just to fill your stomach or get a decent night's sleep, when you've had to cope with the stress and



A leafy scene captured by Mat Amp © Mat Amp

anxiety of having to survive on the street, it can give you a kind of resilience.

This is quote from a bit of a wanky intellectual paper, but you get the point:

“The findings revealed that resiliency in homelessness is an inherent quality and a developed response shaped by the interplay of innate capacities and environmental challenges. It uncovered a need to reassess societal value judgements. Resiliency among people without housing suggests strengths that go unrecognised by conventional measures.” – From *Resiliency in Persons Experiencing Homelessness: A Concept Analysis Using the Evolutionary Framework*, written by Christian Ketel and Samereh Abdoli.

In other words, having to cope with challenging shit in difficult circumstances gives us the ability to deal with things in a way that goes largely unnoticed and unmeasured.

Somewhere deep down in my subconscious I must have told myself that the type of homeless services I hated were designed to engage “the typical homeless type of person”. I used to go into homeless services thinking “I don’t belong here...” but now I realise that nobody does. I realise that these type of services aren’t really designed for anybody. In other words, they aren’t fit for purpose if that purpose is to help people to recover from homelessness.

The type of services I’m talking about are places where the staff are burnt out, everything is broken

and scabby looking and people look like they're living in a country that is going through a civil war. Confronted with this type of service, we understandably shut down, going into ourselves in order to shut out the challenging reality we are confronted with.

For the last six months I've been visiting services as an inreach worker. One of the boroughs we work in is Westminster, a place that is notorious for these type of services. I won't mention names but one of the services we go to has improved dramatically over the past six months. It has installed several computers and employed a few health professionals to deliver podiatry, homeopathy and dental support. Previously, staff tended to remain behind their glass petition in the hallway, but recently there has always been someone 'on the floor' with us. The impact has been dramatic. When I started working there the atmosphere crackled with hopelessness. It wasn't conducive to open communication, especially when you're encouraging people to talk about their health issues. Now people generally greet us with a smile and are far more open to talking with us about accessing primary health care.

I can remember how it felt to walk into a service that feels like it has given up on all hope of trying to help you in the long-term. At the time I

already felt hopeless and ashamed and it exacerbated those feelings. At some point I started to think that the shame I felt over finding myself homeless was driven by the fact that somewhere deep down inside, I must have judged people for being homeless. If I hadn't, in some shape or form, have looked down on people experiencing homelessness, why the fuck would I be ashamed of being homeless myself?

But I have realised that the shame and hopelessness I felt wasn't just the result of my own preconceived prejudice. It is difficult to have any faith in yourself when the services you have to use just to survive give you the impression that society has given up on you.

What I have learned over the past 15 years from being homeless myself and working for a charity that is fuelled by our voice – the voice of those with experience of the issues we are talking about – is that I am not different, but I am unique. We all are. None of us end up homeless because we deserve it and none of us are 'the type' of people who end up homeless. We may have issues in common, but we are all individuals with our own stories and none of us deserve to be homeless.

No matter what anybody tells us, we are individuals with our own stories and our resilience means that they are stories that cannot be erased. ■

What is resilience?

Feeling isolated and without support, we need resilience, but we also find resilience and strength in community and connection.

Words by *Greta Gillett*

I am resilient. You, dear reader, are resilient. We are also strong, fearless and brave. Often these words have different and complicated connotations.

I'm brave because I spoke up in court about abuse, I'm strong because I walked miles while pregnant to the food bank, I'm resilient because I kept going despite feeling incredibly overwhelmed by being failed by multiple different systems. All of this put a huge amount of responsibility in my lap.

I am a woman, a mother, a daughter, a part of society. And yet, because of the decimation of community spaces (youth clubs, day centres, etc.) by Thatcher and subsequent governments (special mentions to Blair and Cameron), there is a pressure to pull yourself out of the hole you are in.

Many people take that first step towards a better future, despite their struggles in the present, because they are resilient. Not necessarily because they have someone supporting them or are able to get on the housing list or able to apply for work or benefits.

Yet community is key to survival.

Even though in my hardest and darkest times I have essentially been alone and not had support, especially state support, someone sending me a text or a charity helping me with a form meant I was able to move onto the next step. I was able to move forward. Being truly alone made me want to give up because everything seemed so damned difficult.

Many times I phoned helplines (Samaritans, Domestic violence support lines and various mental health phone lines, for example) just for some human connection, following weeks where a friendly nod as I was being served in my corner shop was my only human contact.

Connection saved me, connection reminded me I'm not alone and connection reminded me people do care. I was very aware that many of the helplines are run by volunteers who weren't trying to fix me and chastise me, they only wanted to listen and support me.

If you are reading this feeling alone, go connect somehow, somewhere. Sit in a library or find a free event at a local community centre, there is hope in simple connections and that is resilience. ■

Optimism as resilience

Why optimism is one of the strongest forms of resilience we have.
By Emma Ireland

"The fact is, it's hard to be happy about much of anything when you are a homeless person," says Loki from Invisible People, a nonprofit organisation advocating for homeless people, and yet so many people experiencing homelessness have more optimism and resilience than most could imagine having. Resilience as an idea manifests in many different ways, some physical, some mental, but arguably the most profound and essential form of this inner strength is the ability to remain optimistic.

Pessimism is a privilege. Sitting in despair is not a place people experiencing homelessness can afford to be. Fundamentally, life needs hope to thrive and that's not a privilege everyone can give up when things get hard. Christian Ketel and Samereh Abdoli, two professors in nursing, found in their research that homeless people were especially resilient as a product of the environment: it is not a static trait that we are, or are not, born with. That powerful internal compass that guides us through hardships is stronger than ever for people experiencing homelessness, they are the most resilient of us all because they have to be.



© Chris Bird

Being optimistic and resilient isn't about ignoring our realities, it's a complex adaptive process that certainly doesn't happen overnight and is not linear. Pessimism may be a privilege, but it's not one that is so easily given up when that privilege is taken from us. It is okay not to be optimistic every day, sometimes life is hard and that shining light isn't always easy to see in the dark. If you're in a tough spot, you've likely had that light on for a long time without even knowing it. Ultimately, being optimistic is not just a coping mechanism: it is the very essence of resilience in its most potent form. ■

Prince Philip: UFO hunter

Another O'Haggis misadventure of royal intrigue. From the mind of *Chris Sampson*, who doesn't expect a knighthood anytime soon

There had been a D-Notice on the story since 1959. "Not to be opened until 2059" read the yellowing file, "Bottom Secret".

O'Haggis cast his gaze over the dossier. D-Notice? Meaning: *Desist. Or else!* he thought, in italics.

Of course, there was a way around the order if you worked for the Chronology Preservation™ Agency. And so our time-travelling hero nipped into the future, to avoid violating the Official Secret's Act. Now in 2059, the dossier could be legally opened. He took it into a quiet corner and began to read its contents.

It featured a newspaper report from 1959: "Arts Project Must Be Renamed, Clergy Insist" ran the headline from the *Plumshire and Thereabouts Gazette*. It went on to explain that: "A local arts project planned for sacred spaces has been forced to change its name, as its original title, *Youth Art In Churches*, has been deemed to be sacrilegious by the local Archbishop; and by others to be a practical joke by a mischievous, flatulence-obsessed local man, Thomas McWilliams."

O'Haggis couldn't see anything to warrant prohibiting the story for a century. Until the last line:

Catch-up

- O'Haggis is a time-travelling sleuth working for the Chronology Preservation™ Agency, an organisation tasked with tidying up time anomalies
- Previous issues of the magazine have printed such whacky O'Haggis missions as the time he chased Adam Ant's nose stripe, a stay in prison and numerous altercations with toffs from times past.

"McWilliams, a Throdger from Cuckleshott Village, has been summoned to Buckingham Palace to discuss the matter with HRH Prince Philip."

Ah! Now O'Haggis understood the D-Notice: He knew from his travels to the future that despite sounding like an old-fashioned profession Throdging was, or would be, a skill lost to humanity by the mid-22nd Century. And since it wouldn't even be invented until 2054, Mr McWilliams had no business being employed as one in 1959.

The late Prince Philip's involvement was easier to figure out:

after the Roswell Incident of 1947, when a UFO allegedly crashed in New Mexico, USA, Philip had developed a keen interest in the subject. He was kept abreast of British UFO cases, with several witnesses invited to Buck House to tell what they'd seen and share photo evidence.

McWilliams was one such, it transpired; the Church arts story an obvious smokescreen, harnessing the prudishness of the 1950s to divert attention. So, O'Haggis thought in *italics*, *McWilliams had seen a UFO, had he? Hmm.*

The file also contained a report by the Prince's enigmatic equerry, Montmorency 'Monty' Critchley, who evidently enforced the secrecy surrounding the controversial subject. Noting that the topic of UFOs was also of interest to another royal, Louis Mountbatten, Critchley had drawn up a plan to deflect attention from his regal masters. The equerry had suggested that the naturally kind-hearted, altruistic Prince Philip should develop an intolerant, rude persona, sprinkling xenophobic remarks into his interviews and being dismissive of commoners.

Naturally, HRH had protested, but eventually saw that making borderline racist comments to embarrass his wife [the now late Queen Elizabeth II], and pretending to be a boorish, arrogant, bullying type was the perfect cover. It

would keep the tabloids busy, while behind closed palace doors, he and Mountbatten could continue their studies into the paranormal, *UFOlogy* and so on.

With a jolt, O'Haggis realised from further reading of the dossier that Thomas McWilliams' own account of a supposed encounter with otherworldly beings in his village in 1959 was what had led the so-called Throdger to learn the term. McWilliams claimed he had actually met with a time-traveller from O'Haggis' own Chronology Preservation™ Agency.

Furthermore, to judge from his description of the 'alien', McWilliams had stumbled upon none other than... O'Haggis himself! *It seems I'm to be sent on a mission to 1959 at some point*, he italicised, and *I'll evidently be carrying this report with me, which would explain the Throdging reference!*

Yes, he had the dossier already. Bloody Nora! McWilliams could have only learnt of Throdging from his future, and, assuming it to be an extraterrestrial pastime, had concluded that O'Haggis was a bug-eyed fiend from beyond the stars. Absurd of course, he was actually the love child of Malcolm X and Mary Queen of Scots, which is obviously much more plausible. Ahem!

But could O'Haggis close the time-loop and get on with his usual daft adventures? He swiftly nipped

back to 1959, to the day before the original encounter and minus any Throdging info, and, disguised as a 1950s toff, soon tracked down McWilliams to Cuckleshott Village.

With the forelock-tugging deference of his era and class, the latter accepted a shiny farthing from an insistent Lord O'Haggis without question and, being a filthy prole, obviously could think of nothing better to do with it than get pissed in the Crooked Billet, his local pub.

Thus, he had a hangover the next day, and didn't meet O'Haggis, as in the original history, nor learn of Throdging, nor assume he'd seen aliens. So, having nothing to report, Prince Philip would never hear of the case and would never invite McWilliams to Buckingham Palace. And so the temporal paradox was avoided. All thanks to the British Class System. Oh, and time travel.

Phew! Italicised O'Haggis! Another pointless mystery resolved by preventing it in the first place!

As for Prince Philip, in public he continued to epitomise everything wrong with Royalty, embarrassing the Queen with bigoted outbursts and showing an ostensible coldness toward their son, Charles, who of course now bears the title C 3 P O [Charles 3rd Palace Overlord], or 'King', if you prefer.

Among the monarch's regal duties is the granting of knighthoods and other honours, so he is now the

one denying any such accolade to scribblers of absurd sci-fi nonsense, especially those who insinuate anything iffy about the Royal Family, alas!

Anyhoo. With Philip's secret identity as a UFO hunter preserved, none outside the Chronology Preservation™ Agency would ever know of his and Mountbatten's noble sacrifices as they covertly fought battles with sausage-faced beings from alien planets, bent on conquering the Earth.

*

By order of C 3 P O, this chronicle must end with a full rendition of *God Save The King*, and certainly, absolutely not the Sex Pistols' version of *God Save The Queen*.

*

Note: So, what is Throdging, then, I hear you ask? Ah! You'll have to wait until 2054 to find out, my friends. And, to be honest, much like the next effort by your humble scribe, it won't really be worth waiting for.

*

THE END

P.S. Prince Philip and Louis Mountbatten were genuinely interested in UFO cases and did apparently invite alleged witnesses to Royal palaces to discuss what they claimed to have seen. See? This guff is researched, and not the absurd drivel it often appears to be. Ahem!

My notepad...

Make sure you read...
***the* Pavement**
online at
www.thepavement.org.uk



thePavement

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: June 2025

This is a partial list, tailored for this issue of *the Pavement*. Full list at thepavement.org.uk/services.php

Scotland List

Are your details incorrect?

Please send changes to:
web@thepavement.org.uk

DAY CENTRES

LHM360
(THE LODGING HOUSE MISSION)
35 East Campbell St, Glasgow G1 5DT
0141 552 0285; www.lhm360.org
Mon – Fri: 8:30 – 3pm
Free Breakfast: 8:30 – 10am
Free Lunch: 12noon – 2pm (starts at 1:30pm on Fridays and Bank Holidays)
Offering classes in our Learning Centre, workshops, emotional support, benefits checks, filling out forms and signposting to relevant organisations. Phone or drop-in for info on other services like Narcotics Anonymous.
AH,AD,B,BA,BS,CA,CI,C,DT,ET,T,F,FF,IT,LS,LF,MD,SH,TS

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);
Mon & Wed: 2 – 4pm (project workers)
Numerous activities, services and classes for homeless people and those struggling with money.
AC,AH,FF,IT,SF

The List

MARIE TRUST

29 Albion Street, Glasgow, G1 1LH
0141 286 0065; themarietrust.org
Mon – Fri: 10am – 4pm
Drop-in, no appointment necessary.
We offer crisis intervention, IT access, training kitchen, creative workshops and food provision among other services.
C, ET, F, FF, IT, LF, SF

NIDDRY ST WELLBEING CENTRE

25 Niddry St, Edinburgh, EH1 1LG
0131 523 1060
www.salvationarmy.org.uk/niddry-street-wellbeing-centre
Mon – Fri: 9:45am – 1pm (drop-in)
Mon: 10am (20min mindfulness group)
Mon: 1pm (Women of Worth Group)
Tue: 10am & Thu: 1pm (Here and Now)
Thu: 2pm (Move, Breathe, Relax)
Fri: 1:30pm (Movie Club)
Our service is open access. Simply come in and speak to the team about what we do and how we can help.

C, LF, MH

STREETWORK CRISIS CENTRE (EDINBURGH SUPPORT HUB)

22 Holyrood Road, Edinburgh EH8 8AF
0808 178 2323;
www.simonscotland.org
Mon – Sun: 9am – 5pm
Closed 12noon – 1pm for lunch, except Wednesdays: closed 12noon – 2pm
'A one-stop shop' for a whole range of support. Please just drop in - you do not need an appointment.

A, AH, B, BA, BS, ET, LA, MS, FF, OL, OW, SF, TS

SIMON COMMUNITY ACCESS HUB

74-80 Brown Street, Glasgow, G2 8PD
0141 552 4164; simonscotland.org
0800 027 7466 (Glasgow helpline)
Mon – Sun: 9am – 5pm
except Wednesdays: 10am – 5pm
Drop in to get help with benefits, health, finances, legal advice, access to the digital world and more.
A, AD, AH, B, BA, ET, LA, MH, MS, OL, OW, TS

THE CONNECT HUB

0141 418 6980; simonscotland.org
Our vision is for women to be supported in a safe place and able to access pathways for development that supports their wellbeing and growth. Women-only service – for more information please email:
connecthub@simonscotland.org

AC, AH, BS, C, CS, ET, IT, LA, MD, MH, OL, TS

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

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

CASTLECLIFF (CITY OF EDINBURGH COUNCIL)

25 Johnston Terrace, EH1 2NH

0131 225 1643

Monday – Sunday: 24 hours

Emergency direct-access hostel for single people or couples, who are homeless and over 16. Referral only via City of Edinburgh Council:
0131 529 7125 or 0800 032 5968 (emergency out of hours).

AH, BS, CL

CROSSREACH (CUNNINGHAM HOUSE)

205 Cowgate, Edinburgh EH1 1JH

0131 225 4795 (open 24/7)

crossreach.org.uk/our-locations/cunningham-house

Ring or visit site for information. Short-term supported residential accommodation for single homeless people (18–65) who have additional support needs. Please contact City of Edinburgh Council for referral.

AH, BA, TS

DUNEDIN HARBOUR

4 Parliament St, Edinburgh, EH6 6EB

0131 624 5800

tinyurl.com/vvx5fxt

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 7125 or 0800 032 5968 (emergency out of hours).

AH, A, BA, CA, D, ET, LF, MH, 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

SAFE IN SCOTLAND

Formerly the Destitution Night Shelter

www.safeinscotland.com/referrals

24/7 accommodation for destitute asylum seekers. Please do not come directly to venue without referral. Use website above to refer, or phone: Govan Community Proj: 0800 310 0054 Scottish Refugee Council: 0808 1967 274 British Red Cross: 0344 871 11 11

AH, BS

SIMON COMMUNITY SCOTLAND

www.simonscotland.org

Glasgow: 0800 027 7466 (open 24/7)

Edinburgh: 0808 178 2323 (open 24/7)

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

MH, AH, AD, A, D, OL, OW

THE MUNGO FOUNDATION (DE PAUL HOUSE)

27 Cruden St, Govan, G51 3RP

0141 445 2800

www.themungofoundation.org.uk/service/de-paul-house

Support and accommodation for young adults (ages 16–21). Referral only via Social Work Care Manager.

AH, AD, LF, OL, TS



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

Sundays: 9 – 10am

More Than A Meal: a service where breakfast is served and clothing distributed to those who need it.

FF

CADOGAN STREET

39 Cadogan House, Glasgow G2 7AB

(Directly opposite No.28, on corner)

07966 062 495

Thu: 8pm

Soup, sandwich and hot drinks provided by H4TH and Glasgow University.

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);

Mon & Wed: 2 – 4pm (project workers)

Numerous activities, services and classes for homeless people and those struggling with money.

AC, AH, FF, IT, SF

KINDNESS STREET TEAM

George Square, Glasgow, G2 1DH

kindnessglasgow.co.uk; **07483 330 918**

Mon & Wed: 7pm

Pop-up soup kitchen.

FF

MISSIONARIES OF CHARITY (HOPETOUN CRESCENT)

18 Hopetoun Cres, Edinburgh, EH7 4AY

0131 556 5444

Mon, Tue, Wed & Fri: 3:45 – 4:45pm

Sundays: 3:30 – 16:30pm

FF

QUEEN'S PARK GOVANHILL

PARISH CHURCH

170 Queen's Drive, Glasgow, G42 8QZ

0141 423 3654; qpgpc.com

All year round:

Sun: 5pm (Club 170 – free takeout meal, toiletries, clothing – all year round)

Thurs: 10:30am – 12noon (Food Bank)

And between September – June:

Tues: 12noon (Lunch Stop)

Thurs: 10am (Coffee Club)

CL, FF

SOCIAL BITE – ABERDEEN

516 Union St, Aberdeen, AB10 1TT

0131 353 0250; social-bite.co.uk

Mon – Fri: 8 – 9:30am (breakfast)

Mon, Tue, Wed, Fri: 3:15 – 4pm (take away food)

Thu: 3:15 – 5pm (Sit-in Social Supper)

FF

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

SOCIAL BITE – EDINBURGH

131 Rose St, Edinburgh, EH2 3DT
0131 353 0250; social-bite.co.uk
 Mon – Fri: 8 – 9:30am (breakfast rolls)
 Mon – Fri: 4 – 4:45pm (evening scran)
 Thu: 4 – 5pm (Mixed Social Supper)
FF

SOCIAL BITE – GLASGOW

10 Sauchiehall St, Glasgow, G2 3GF
0131 353 0250; social-bite.co.uk
 Mon – Fri: 8 – 9:30am (breakfast)
 Mon, Tue, Thu, Fri: 5 – 6pm (dinner)
 Wed: 4:45 – 5:45pm (Mixed Supper)
 Wed: 6:15 – 7pm (Women's Supper)
FF

STEPS TO HOPE

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

HEALTH**THE ACCESS PLACE**

6 South Gray's Close, Edinburgh, EH1 1NA
edinburghaccesspractice.scot.nhs.uk
0131 529 5015
 Mon – Fri: 9am – 1pm; 2pm – 5pm
 Tuesday: opens at 10am
 GP surgery specialising in the complex needs of those experiencing homelessness. Register online or on phone.

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

HUNTER STREET COMPLEX NEEDS

55 Hunter Street, Glasgow, G4 0UP
0141 553 2801 (call before visiting)
 Specialist, highly personalised services for Homelessness, Alcohol and Drug Recovery, Mental Health and Justice Services in the Gallowgate area. Referral only via Glasgow City Council (**0141 287 0555**) or other homeless service.
A, D, FC, LA, MH, MS, SH, SF

NHS INFORM - SCOTLAND

www.nhsinform.scot
 Online health information service.
MS, MH

THE SANDYFORD INITIATIVE

2-6 Sandyford Place, Sauchiehall Street, Glasgow, G3 7NB
0141 211 8130;
www.sandyford.scot
 Mon – Fri: 8:45am – 12:30pm & 1 – 4pm
 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.

AD, C, MH, MS, OL

MENTAL HEALTH

CAMPAIGN AGAINST LIVING MISERABLY (CALM)

0800 58 58 58; thecalmzone.net
Open 5pm – midnight, 365 days a year
Calm is leading a movement against suicide. Call, email or chat on website.

MH

GAMH

Glasgow
0141 552 5592; www.gamh.org.uk
Mon – Thu: 9am – 5pm; Fri: 9am – 4:30pm
Emotional and practical support, information and advice for homeless people with mental health problems.

C, ET, MH

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 addiction and mental health support needs. You can self-refer or ask your GP for help.

C, MH

HELP FOR DEPRESSION

tinyurl.com/2s4jfvu5
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

C, MH

MIND (NATIONAL)

0300 123 3393 (Infoline)
www.mind.org.uk; info@mind.org.uk
Mon – Fri: 9am – 6pm
Advice and support to empower anyone experiencing a mental health problem.
Support line: 0300 102 1234
Legal support: 0300 466 6463
Welfare benefits: 0300 222 5782
AD, LA, MH

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.

A, C, D, MH, TS

SAMARITANS

116 123 (Helpline open 24hr, 365days)
www.samaritans.org/scotland
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

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

SANE (NATIONAL)www.sane.org.uksupport@sane.org.uk

SANElife: 0300 304 7000

Callback service: 0300 124 7900

Mon – Sun: 4 – 10pm (365 days a year)

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

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

0300 111 5065

uksobs.org

Open every day: 9am – 7pm

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

C, MH**YOUNG MINDS (NATIONAL)**www.youngminds.org.uk

020 7089 5050

Text SHOUT to 85258 (24/7 support)

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.

C, MH**RECOVERY****THE ACCESS PLACE**6 South Gray's Close, Edinburgh, EH1 1NA
edinburghaccesspractice.scot.nhs.uk

0131 529 5015

Mon – Fri: 9am – 1pm; 2pm – 5pm

Tuesday: opens at 10am

GP surgery specialising in the complex needs of those experiencing homelessness. Phone or visit website for information on how to register.

MS**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 and multiple other services across Scotland – call for information.

A, AH, CA, C, D, FF, OW**COCAINE ANONYMOUS (SCOT)**

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

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 List

CROSSREACH (RANKEILLOR INITIATIVE - EDINBURGH)

10 Palmerston Pl, Edinburgh, EH12 5AA
0131 225 4901

<https://bit.ly/30N3eA2>

Mon – Fri: 9am – 5pm (phone for referral)
For those experiencing homelessness, including those in recovery from substance use, we provide temporary accommodation in shared flats combined with support to help you determine and pursue your goals. Phone for referral.

A, AH, BA, C, CA, D, ET, MH, OL

CROSSREACH MOVE ON (WHITEINCH - GLASGOW)

0/5, 13 Victoria Park Drive South, Whiteinch, Glasgow G14 9RN
0141 959 5069; <https://bit.ly/2MKuxzU>

Mon – Fri: 8am – 10pm;
Sat & Sun: 9am – 5pm
Temporary furnished accommodation and support to adults in recovery from substance misuse, who have achieved a period of stability through residential or community rehabilitation. Service is mainly for people living clean, but some methadone, etc, users who are stable will be considered.

A, AH, C, D, ET, MH, TS, SF

DRINKAWARE

0800 7 314 314 (Drinkline Scotland)
drinkaware.co.uk

Mon – Fri: 9am – 9pm;
Sat & Sun: 10am – 4pm
Free, confidential helpline for people worried about their alcohol intake or anyone concerned about them.

A, C, OL

FRANK

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

24 hrs, 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.

D, 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 & Sat: 9am – 5pm

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-to-1 support.

A, C, OL, SF

NARCOTICS ANONYMOUS (NA)

0300 999 1212; ukna.org
Helpline open 10am – midnight.
Online meetings available.

D

NORTH EAST RECOVERY COMMUNITY – GLASGOW

20 Broad Street, Glasgow, G40 2QL

0141 554 5235

<https://tinyurl.com/kjb6abs4>

NERC run six successful recovery cafes – a safe and confidential place for those recovering from addiction. We offer a running group and an arts and crafts group across the North East of the city. Check website for information on your local recovery cafe.

AC, MD, MH

Calling
all...

Authors!

An independent publisher, The Endless Bookcase, has a grant from the Arts council to publish a series of up to five new authors who are homeless or have an experience of homelessness, under the new imprint, Unheard Voices.

Fiction, poetry or creative non-fiction is welcomed. No writing experience is necessary at this stage. Full support given with share of sales proceeds.

Interested?

Contact Jason Electricity (Series Advisor) on jasonelectricity@gmail.com or Neil Deuchar (Series Editor) at neildeuchar@theendlessbookcase.com

Get
your
writing
published...

 unheard
voices

Supported using public funding by
**ARTS COUNCIL
ENGLAND**



SECOND CHANCE PROJECT

63 Carlton Place, Glasgow, G5 9TW

0141 336 7272

secondchanceproject.co.uk

Mon – Fri: 9am – 5pm

Three-stage day treatment programme for people with drug and/or alcohol problems. Self-referral.

A, C, D, ET

SMART RECOVERY

smartrecovery.org.uk/online-meetings

Our SMART Recovery Programme can help if you are looking to change your harmful addictive behaviour and lead a balanced and fulfilling life.

C, D

TURNING POINT SCOTLAND

(ALCOHOL & DRUG CRISIS)

80 Tradeston Street, Glasgow, G5 8BG

0141 420 6969;

tinyurl.com/4y6e8yxe

Mon – Sun: 24 hours

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, MS, NE, SF, OL

TURNING POINT SCOTLAND

(ALCOHOL & DRUG RECOVERY)

112 Commerce Street, Tradeston,

Glasgow, G5 8DW

0141 948 0092

tinyurl.com/wzuzuwmzbz

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, MS, NE, SF, OL

TURNING POINT SCOTLAND

(NORTH EAST RECOVERY HUB

EDINBURGH)

5 Links Place, Leith, Edinburgh, EH6 7EZ

0131 554 7516

tinyurl.com/jxkywdhb

Mon & Wed: 9am – 5pm

Tue & Thu: 9am – 8pm

Fri: 9am – 4:30pm

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, C, D, MS, NE, SF, SH, OL

KEY

A Alcohol workers

AC Art classes

AD Advocacy

AH Accommodation/
housing advice

B Barber

BA Benefits advice

BE Bedding available

BS Bathroom/showers
C Counselling

CA Careers advice

CL Clothing store

D Drugs workers

DA Debt advice
DT Dentist

EF Ex-forces

EO Ex-offenders

ET Education/training

F Food
FF Free food

WE ARE WITH YOU (NE GLASGOW RECOVERY HUB)

24–28 Broad Street, Bridgeton, G40 2QL

0808 164 4261; bit.ly/3v1Cupl

Mon – Fri: 9am – 7pm

Sat & Sun: 10:30am – 2:30pm

(out-of-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.

A, C, D, MH, OL, OW

WE ARE WITH YOU (NW GLASGOW RECOVERY HUB)

The Quadrangle, 59 Ruchill Street, Glasgow, G20 9PX

0808 178 5901

tinyurl.com/mvrwwyk4

Mon – Fri: 8am – 8pm

Sat – Sun: 9:30am – 3:30pm

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.

A, C, D, MH, OL, OW

HELP & ADVICE

APEX SCOTLAND

15 Calton Road, Edinburgh, EH8 8DL

0131 220 0130; apexscotland.org.uk

For offenders, ex-offenders and young people at risk of offending. Services across Scotland – to find your local office please visit our website.

AH, BA, CA, D, LA, ET, IT

CHANGE

0808 8010 515; changemh.org

Mon – Fri: 10am – 4pm

We ensure that everyone has access to the support they need, when they need it, in a way which works best for them.

MH

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)

07401 288 595 (text or WhatsApp)

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



The List

ROCK TRUST YOUTH HOUSING

55 Albany Street, Edinburgh, EH1 3QY
rocktrust.org/youth-housing-hub
0345 222 1425

Mon – Thu: 9am – 5pm; Fri: 9am – 4pm

Wed: 9:30am – 12:30pm &

Fri: 9:30 – 11am (drop-in for advice)

Our aim is to end youth homelessness by ensuring that every young person has access to expert youth specific services to assist them to avoid, survive and move on from homelessness.

AH, ET

WELLBEING FOR YOUNG PEOPLE

171 Wilton Street, Glasgow G20 6DF
0141 945 3871
qcha.org.uk/qc-wellbeing/young-people
Mon – Sun: Open 24 hours
Support for homeless 16 – 25 year olds.
Referral via City Council: **0141 287 0555** (for out of hours: **0800 838 502**).
AH, AD, BA, C, CA, DA, ET, TS

EX-FORCES

COMBAT STRESS (NATIONAL)

combatstress.org.uk
0800 138 1619
07537 173 683 (textline)
helpline@combatstress.org.uk
24 hr, 365 days helpline
Confidential advice and support to veterans and their families.

C, MH, OL

KEY

A Alcohol workers

AC Art classes

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AH Accommodation/
housing advice

B Barber

BA Benefits advice

BE Bedding available

BS Bathroom/showers
C Counselling

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, phone or use their online resources to find out more.

AH, AD, BA, CA, DA, ET, IT, MH, OW, TS

SCOTTISH VETERANS RESIDENCES

53 Canongate, Edinburgh, EH8 8BS
0300 131 6755 (open 24hrs)

www.svronline.org

Ring first. Accommodation for homeless ex-service men and women, including ex-merchant mariners. Enquiry form on website.

AH

SSAFA FORCESLINE

0800 260 6780; www.ssafa.org.uk

Mon – Thu: 9am – 5pm

Fri: 9am – 4pm

SSAFA helps combat homelessness among ex-Service personnel.

AH, C

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 one-to-one welfare advice.

Email: veterans-uk@mod.gov.uk

AH, DA, BA

EF Ex-forces

EO Ex-offenders

ET Education/training

F Food

FF Free food

LGBTIQA+**EACH**

0808 1000 143 (helpline)
each.education/homophobic-transphobic-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

C, ET, LA, OL

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-to-1 support and produce guidance.

C, OL

GALOP

www.galop.org.uk
 0800 999 5428 (Domestic Abuse Help)
help@galop.org.uk
 Mon & Tue: 9:15am – 8pm
 Wed – Fri: 9:15am – 4:30pm
 Helpline closed 1 – 2pm for lunch.
 The LGBT+ anti-violence charity.
 Offers support for LGBTQ+ people experiencing hate crime, sexual violence or transphobia. Online Galop chatbot available on website 24/7.

AH, AD, C, MS, LA, 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

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

STONEWALL SCOTLAND

www.stonewallscotland.org.uk

info@stonewall.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

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.

C, MH, OL



ASYLUM SEEKER & REFUGEE SUPPORT

CENTRAL & WEST INTEGRATION NETWORK

Garnethill Multicultural Centre
21 Rose Street, Glasgow, G3 6RE
www.cwin.org.uk

0141 573 0978

Mon, Tue, Thu & Fri: 10am – 4pm

Fri: 2 – 3:30pm (open drop-in)

Supports asylum seekers, refugees, migrant workers and black and minority ethnic people to access resources that improve their standard of living. English/ESOL classes, art and music classes, community meal, and weekly drop-in.

AC, AD, ET, F, FF, MD, OL

GOVAN COMMUNITY PROJECT

31 Garmouth Street, Glasgow, G51 3PR
govanchurch.org.uk

0800 310 0054

Mon – Thu: 10am – 1pm

Advice, advocacy, food service and other support for refugees and people seeking asylum across Glasgow.

English/ESOL classes and support too.

Moss Heights Bike Library works in the same way as a regular library, but instead of books we are lending bikes. Along with hiring a bike, it is also a hub for bike related activities. Call for details.

AD, FF, ET, LA, OL

POSITIVE ACTION IN HOUSING

98 West George St, Glasgow, G2 1PJ

0141 353 2220; www.paih.org

home@positiveactionh.org

Mon – Thu: 9:30am – 4pm

Housing advice drop-in

Mon & Tue: 10:30am – 1pm

Independent, multilingual homelessness and human rights charity dedicated to supporting people from asylum seeker, refugee and ethnic minority communities. Self-referral at: paih.knack.com/room-for-refugees#self-referral

AH, BA, CA, FF, LA, TS, OL

SAFE IN SCOTLAND

Formerly the Destitution Night Shelter

www.safeinscotland.com/referrals

24/7 accommodation for destitute asylum seekers. Please do not come directly to venue without referral.

Use website above to refer, or phone:

Govan Community Proj: **0800 310 0054**

Scottish Refugee Council: **0808 196 7274**

British Red Cross: **0344 871 11 11**

AH, BS

SCOTTISH REFUGEE COUNCIL

www.scottishrefugeecouncil.org.uk

0808 196 7274

Mon, Tue & Thu: 9am – 5pm

Wed: 2 – 5pm

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

AD, AH, BA, ET, TS, OL

KEY

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B Barber
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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

SHAKTI WOMEN'S AID

57 Albion Road, Edinburgh, EH7 5QY
0800 027 1234 (24h Domestic Abuse help)
0131 475 2399; shaktiedinburgh.co.uk
 Mon & Wed – Fri: 9:30am – 4pm

Tue: 1 – 4pm

Support and information to Black Minority Ethnic (BME) women, children and young people experiencing and/or fleeing domestic abuse, forced marriage and anti-LGBTQI+ abuse.

AD, AH, LA, OL, SF

THE WELCOMING

20 Westfield Ave, Edinburgh, EG11 2TT
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 wellbeing; connect locals and New Scots through social and cultural exchange; and collaborate with others to influence positive change.

AD, BA, DA, ET, F, LA, MH

ART & CREATIVITY**GIVIN' IT LALDIE**

1 Errol Gardens, Glasgow, G5 0RA
givinitlaldie.org.uk
givin.it.laldie@gmail.com
0141 280 0053

Phone open Tue – Thu: 9am – 5pm
 Our music sessions are FREE & open to everyone – no auditions, no experience and no ability to read music required! We use music to build and strengthen our community, to connect people and to lift lives and improve wellbeing – why not come along and have a go?

MD

GOVANHILL BATHS

126 Calder St, Glasgow, G42 7QP
govanhillbaths.com
0141 433 2999

Whether you're looking to be more active, meet new people, try something relaxing or increase your self confidence we hope to have something for everyone to take part in.

All our Wellbeing Programme activities are FREE and open to adults living within a mile of Govanhill who are not currently employed (or are on low income) and not in full-time education. Refugees and asylum-seekers are welcome to attend from anywhere in the city.

Weekly gardening sessions at nearby People's Pantry community garden.

AC, FF, MD, 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
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AVAILABLE ON
OUR WEBSITE



LHM360

(THE LODGING HOUSE MISSION)

35 East Campbell St, Glasgow G1 5DT

0141 552 0285; www.lhm360.org

Mon – Fri: 8:30 – 3pm

Whether it's a workshop in Cooking, Crafts, Music, Digital Photography, Drama, Fitness Classes, attending the Women's Group or playing a game of football – there's something on offer for everyone.

[AH](#), [AD](#), [B](#), [BA](#), [BS](#), [CA](#), [CI](#), [C](#), [DT](#), [ET](#), [T](#), [F](#), [FF](#), [IT](#), [LS](#), [LF](#), [MD](#), [SH](#), [TS](#)

PLATFORM – EASTERHOUSE

The Bridge, 1000 Westerhouse Road

Easterhouse, Glasgow, G34 9JW

platform-online.co.uk/whats-on

0141 276 9661

Platform is the arts centre at the heart of The Bridge community space in Easterhouse, offering a year-round programme of Pay-What-You-Like arts, craft and music classes. Check website for details about this month's activities.

[AC](#), [MD](#)

TURN THE TABLES – DJ SCHOOL

www.turnthetables.co.uk

hello@turnthetables.co.uk

We support those who have experienced homelessness by delivering DJ workshops.

[MD](#)

DENTIST / MOUTH CARE

THE ACCESS PLACE – EDINBURGH

22-24 Spittal St, Edinburgh, EH3 9DU

edinburghaccesspractice.scot.nhs.uk

0131 537 8323

Mon, Tue & Wed: 12:30 – 4pm

For anyone who is drug dependent or registered homeless and who has difficulty accessing dental care.

[MS](#)

THE ACCESS PLACE – LEITH

Leith Community Treatment Centre,

2nd Floor 12 Junction Place, EH6 5JQ

edinburghaccesspractice.scot.nhs.uk

0131 536 6286

Thursdays: 9:45am – 3pm

[MS](#)

GLASGOW DENTAL HOSPITAL

378 Sauchiehall Street, Glasgow, G2 3JZ

0141 232 6323

tinyurl.com/27nh65ds

Mon – Fri : 8:30am – 4:30pm

This is not a walk-in facility and access is by appointment only in daytime, and via NHS 24 in the evenings by dialling 111. Call 0141 232 6323 for help.

[MS](#)

NHS LOTHIAN EMERGENCY DENTAL CARE

services.nhslothian.scot/dentists/emergency-dental-care

Patients not registered with a dentist, call: 0131 537 8801 or 0131 537 8802

Mon – Fri: 9am – 6pm

After 6pm, call NHS 24 on 111.

If you are registered with a dentist, please contact your own surgery for advice or to arrange treatment.

[MS](#)