

thePavement

the free magazine for homeless people

Issue 157 : Caring about care
August – September 2025



Cover: This issue's cover is by Bobby, a founding member of Steeldoortudios, the prison art project. The work, titled *Goldfish*, is acrylic on prison blanket. Bobby created the work by washing colour gradually until he saw forms of fish. He invites the viewer to play with their own shapes. © Steeldoortudios

The Pavement magazine

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Queen of Hearts © John Sheehy

Lonely Tears

by John Sheehy

Loneliness is crucial in its torturing
Sitting alone no one around
The Samaritans guaranteed
Always answer the phone
around the clock, Christmas
day and beyond
Finding it hard to refuse beggars
They're beaten up and robbed
Some are very lonely
Loneliness is persecution
Writing things down is helpful
Words, one word or two words
Music is very important, therapeutic
Harmonica, tin whistle, piano
In the art world so much jealousy
Music of the world, actors, filmmakers
Postcards help us out.

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

Caring about care

There's a myth doing the rounds that health is the great leveller. That no matter our socioeconomic differences, at the end of the day all we have is our health and bad health is indiscriminate. But that's a myth peddled by people who don't have to consistently face health inequalities. In reality, when dealing with our health and accessing care, we may all be in the storm, but we're on very different boats.

The overall picture can appear pretty grim, with privatisation, lack of funding and various other political choices (see recent budget cut decisions) actively working against vulnerable people in society, but there is hope. Shakir pens a special report on the declining state of NHS care for people experiencing homelessness and the campaign to fight back on page 12. Meanwhile, on page 18 Greta writes about the important role carers and health advocates can play for people trying to access healthcare.

Read about an inspiring reading group at HMP Guys Marsh, run by Denise Harrison, on page 24. While on page 27 you can learn about Steeldoostudios, a prison art project.

Elsewhere there is creative writing, an interview and some wonderful artwork – as well as all of the regular news, views and cartoons.

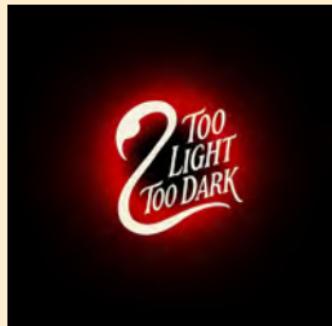
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Thank pod, a new listen

A new podcast has been launched by regular contributor to *the Pavement* Leon Eckford. Leon co-hosts *Too Light Too Dark* with a former colleague, Rhett Nicholl. The podcast revolves around a theme Leon has explored many times in his writing for the magazine: substance use and the many forms of recovery.

Early episodes of the podcast will include conversations around experience shaping recovery, healing family wounds and embracing discomfort and uncertainty.

- You can listen to the podcast on Spotify. Search “*Too Light Too Dark*”.





The three artists (centre) with team members from the library and Arts & Homelessness International. © Shaz Alisha

Archive art: An exhibition was held at the LSE Alumni Centre in London in early July to showcase artwork produced by three artists working in collaboration with Arts & Homelessness International and LSE Library. Archives in Absentia featured new works by Amerah Saleh, Bengy Speer and Gemma Lees, drawing inspiration from the library's archives and collections. The artists, working with LSE staff, produced work exploring homelessness through personal and historical lenses.

- Learn more about the artists and their projects here: blogs.lse.ac.uk/lsehistory/2025/06/25/lse-homelessness-initiative-artists-in-the-archives

131,140

households in temporary accommodation in England, as of March 2025, reports the *Evening Standard*.

169,050

children in temporary accommodation in England, the highest number since records began in 1998.

Spare change

In a first-of-its-kind trial that could shape the future of homelessness support in the UK, homeless people have been given a 'significant' amount of cash to spend. Using a model pioneered by an organisation called Greater Change, it provides personalised cash grants for specific purposes. Run by the Centre for Homelessness Impact (CFHI) and commissioned by the Ministry of Housing, Communities and Local Government, the randomised controlled trial saw former rough sleepers living in temporary accommodation randomly selected to receive financial support in August 2024. It is one of eight projects under a three-year programme, backed with £15m of government funding. Charity support workers were instructed on what to buy by participants of the scheme, meaning the cash didn't jeopardise benefits. The money was used for such things as furnishing homes, starting civil law courses, paying off debts, driving lessons and even contributing to wedding costs.

Race and housing

Heriot-Watt University has published a three-year research project, the first major study into homelessness and racism in more than two decades, finding that black people in England are almost four times more likely to face homelessness as white people and substantially less likely to get social housing, *the Guardian* reported in July. The team from the university's Institute for Social Policy, Housing and Equalities Research analysed 750,000 household outcome records from official homelessness data from 2019-20 to 2021-22, finding that 10% of Black families in the homelessness system gained access to social housing, compared with 24% of white families. With many experiencing "overt racism" from private landlords, recorded evidence showed people resorting to changing their name, accent and hairstyle to try to gain access to housing and other services.

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FOR THE LIST OF SERVICES

£6m

in funding London's Islington Council says it needs to keep a Finsbury Park homeless hostel operational.

20%

fall in number of people seen sleeping rough in the borough of Islington since November 2024, according to *MyLondon*.



Beverley showcasing her dress designs. © Paul Williams

Hats off: Spotlight on a rough sleeper accommodation programme in Cornwall that has helped one guest recover her passion for design. Beverley Stratford-Johns enjoyed a successful career as a dress designer in west London, before leaving the industry to focus on her family. A series of unfortunate events led to her facing homelessness. She upped sticks and moved to Cornwall, and after putting her name forward through the Rough Sleeping Accommodation Programme she finally secured accommodation in the innovative housing pods project in Newquay, through Cornwall Council. Here her support worker, Liz, encouraged her to follow her dreams again. Staff sourced a sewing machine for Beverley so that she could begin to design again. She now creates hats and headbands, and has also trained as a photographer and taken a vehicle maintenance course through the supported housing scheme.

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Final act?

The dreaded Vagrancy Act, a Victorian-era draconian act targeting people sleeping rough, is finally being repealed by the government. Déjà vu fans will enjoy this latest development, seeing as *the Pavement* has reported countless times on successive governments' intentions to can the act. Still, the government is adamant they really mean it this time, and that the act will be repealed in spring 2026 via the Crime and Policing Bill currently before the UK Parliament. In a statement, Crisis labeled the move a "landmark moment that will change lives."

Miscount

Over 10 times more women are sleeping rough in parts of England than official stats suggest, a report by Solace Women's Aid and Single Homeless Project has revealed. The figure relates to the 1,777 recorded women individually identified in the multi-agency Local Insights meetings across 37 local authorities – a stark contrast to the official snapshot. Numbers from the Women's Rough Sleeping Census, which is also supported by Crisis and Change Grow Live UK, indicate that the number of women sleeping rough in London is almost double official estimates.

Village people

The Greater Manchester Combined Authority (GMCA) has contributed £1.4m for the Embassy Homeless Village on the city's Bridgewater Canal. The £5m site, operated by homelessness support charity Embassy, will house up to 40 people at a time. Work on the project – which will include a village hall, outdoor green spaces and mini allotments – began in early 2025 and the first set of residents are scheduled to be welcomed in January 2026. Mayor of Greater Manchester Andy Burnham told the BBC: "This funding will be crucial in getting the project over the line and giving people the best support straight away."

13,231

people counted sleeping rough in London between April 2024 and March 2025.

21%

increase on figure for the previous year, according to the Combined Homelessness and Information Network.

Picture perfect

The My Glasgow project by Simon Community Scotland has unveiled 24 photographs of Glasgow, all taken by people experiencing homelessness. Participants were given disposable cameras and asked to capture the city within one week. After the final 24 photographs were put on public display as part of the Merchant City Festival, the charity is now inviting the public to help choose 12 images to feature in the first My Glasgow Calendar, which will go on sale in October. All finalists received a cash prize, and the final 12 will receive a further prize for being part of the calendar. Funds raised from the sale of the calendars will go directly to helping people experiencing homelessness.

Landlord woes

In an article published by *STV News* in June, it is reported that Edinburgh councillors have raised questions over the due diligence carried out into the award of homeless housing contracts worth up to £8m to a company run by a convicted landlord. William Lennie, director of Edinburgh housing firm Phoenix Properties Edinburgh Ltd, had pled guilty to charges of unregistered lets and unlicensed HMOs (houses of multiple occupation) in 2010. Previously Lennie was charged in

1985 for ghost tenants and DHS fraud, and had been charged with mortgage fraud around 2000. The two contracts, together worth almost £8m, are for households which “will be able to independently manage in their own accommodation”, and for those who will be able to receive a visiting service to help with “housing support skills”. The contracts were both signed on 1 May 2025, with the decisions being published on 30 May.

Law on your side

Amidst Scotland’s homelessness crisis, Law Society of Scotland posed in an article published in June that with a shortage of solicitors, “there is unmet legal need in the area of housing and homelessness,” suggesting this to be the greatest barrier to accessing justice for tenants and homeless people in Scotland. A report for the Scotland Housing and Property Chamber for 2022/23 records an 80 % increase in applications for eviction since 2019/20 and that around 60 % of landlords were represented in applications for eviction, in contrast to 7 % of tenants. Although the Scottish Legal Aid Board runs several grant-funded programmes that provide legal advice and representation to tenants and homeowners, these are funded for ➤

- ▶ 12 months at a time, meaning it provides little comfort by way of job security or business sustainability. The £2.3m grant-funding budget, used to fund 17 different services, has decreased over the years.

£106m spent by Glasgow City Council on temporary accommodation in 2024, a report by the *Herald* has found.

9,140 people housed in temporary accommodation in the city in 2024, according to the report.



© Glasgow City Mission

Successful mission: This winter, after running for 15 years, Glasgow City Mission transitioned into its new Housing Settlement Officer (HSO) model, providing targeted, sustainable solutions to the homelessness crisis. From 1 December 2024 to 31 May 2025, HSO delivered practical support and assistance with local community integration, advocating for individuals in temporary accommodation and helping them transition into stable housing. Weekly drop-ins were hosted within its city centre project to assist with applications, healthcare access and housing navigation. The HSO team engaged with 619 guests, supporting 51 individuals into permanent tenancies and 21 into temporary furnished flats. Prioritising safety during winter, it facilitated 233 emergency hotel stays for vulnerable individuals.

Health crisis

A report on the continued privatisation of the NHS, how damaging this is for homeless health services and what can be done about it. By *Shakir Razak*

They die in doorways, in hostels, in hospital corridors. The most vulnerable members of our society – those experiencing homelessness – are dying at rates that would likely trigger national emergencies if they affected any other population. Yet their deaths barely register in public consciousness, dismissed by some in power as inevitable consequences of “lifestyle choices”, rather than what they truly are: systematic healthcare failures driven by the stealth privatisation of our NHS.

This is not just another policy debate. This is a moral emergency. Every day that NHS services are carved up and sold off to private profiteers, more homeless people die preventable deaths. Every contract transferred from public to private hands means another vulnerable person losing access to the specialised care that could save their life. The evidence is overwhelming. The time for action is now.

The Soho Square scandal

The story of Soho Square General Practice reads like a horror story of modern healthcare. In 2016, Living Care Medical Services (a private

company) took over this crucial practice serving some of London’s most vulnerable populations, including significant numbers of homeless patients requiring specialised care.

Within months, the system began to collapse:

- The practice was losing £10,000 monthly under private management.
- All Chinese-speaking GPs were lost, abandoning vulnerable local migrant populations.
- By 2018, the Care Quality Commission rated the practice as “inadequate”.
- Patients were left without access to essential services.

This wasn’t an isolated incident – it was a preview of what happens when healthcare for the vulnerable becomes a commodity to be bought and sold.

The mortality maths of market medicine

The latest Oxford University research confirms what homeless health advocates have long known: “hospital privatisation almost

always results in worse quality care for patients." But for homeless populations, "worse quality care" can be a death sentence.

The *Lancet*'s devastating findings reveal the true cost:

- Each percentage point increase in NHS privatisation correlates with a 0.38 % increase in preventable deaths.
- For homeless populations – already dying at rates five to eight times higher than the general population – this represents a catastrophic acceleration of mortality.
- Under privatisation, homeless people face an 81 % higher risk of death compared to equivalent public services.

What does this mean in human terms?

In cities like Manchester, Birmingham or Leeds, every percentage point of privatisation could mean dozens of additional homeless deaths annually. Across England, we're talking about hundreds of preventable deaths each year among our most vulnerable citizens.

The American nightmare

The United States offers a chilling preview of where NHS privatisation leads. In American cities:

- Emergency department costs for homeless patients average \$18,500 annually.
- Frequent users of emergency services cost \$44,400 each per year.
- Homeless mortality rates are three to four times higher than in countries with universal healthcare.
- Medical bankruptcies and healthcare debt trap the most vulnerable in cycles of poverty and homelessness.

This is the future being built for the UK's homeless population: a system where poverty becomes a death sentence.

The inclusion health crisis

The 2024 Pathway and Crisis "Inclusion Health Barometer" reveals the devastating reality: "those who are most excluded in our society struggle to access health services due to inflexibility, discrimination and stigma." This isn't happening by accident, it's a predictable result of privatisation.

Specialist homeless health services are being systematically dismantled:

- GP practices serving homeless populations are being closed or privatised.
- Specialist mental health services are being cut as "non-profitable".
- Addiction services are being

- fragmented across multiple private providers.
- Outreach services are being eliminated as “cost-ineffective”.

The Finnish alternative

While England pursues privatisation, Finland demonstrates what's possible with proper public investment in services for the vulnerable. Finland's Housing First programme achieved:

- 75 % reduction in homelessness since 2008.
- €15,000 annual savings per person housed.
- Dramatic improvements in health outcomes.
- Reduced strain on emergency services.

The lesson is clear: public investment in comprehensive services costs less than managing crisis after crisis. But privatisation prevents this kind of coordinated, long-term thinking.

The profit motive vs. the Hippocratic oath

Private healthcare companies operate under a simple imperative: maximise profit, minimise cost. For homeless populations, this creates systematic incentives to:

- Avoid complex cases that require expensive, time-intensive care.

- Minimise staffing in areas serving difficult-to-treat populations.
- Focus on profitable procedures while neglecting preventative care.
- Reduce investment in specialised services for vulnerable groups.

The result is predictable: homeless people are systematically excluded from the care they need.

Privatisation by stealth

Recent analysis reveals that Labour's government has announced “a massive 20 %” expansion of private provision within the NHS, yet no political party has ever won an election on a platform of privatising services for the vulnerable. This fundamental transformation of the UK's healthcare system is happening without public consent or democratic mandate.

The privatisation of homeless health services represents the ultimate democratic betrayal – selling off care for those who have no voice in the political process.

The ripple effect

When homeless people die from preventable causes, the impact extends far beyond the individuals:

- Families lose loved ones who could have been saved with proper care.
- Public health systems become

- overwhelmed with preventable crises.
- Emergency services are stretched dealing with avoidable emergencies.
- Society becomes less compassionate as vulnerable people become invisible.

The privatisation of homeless health services is not just killing individuals, it's killing our collective humanity.

A campaign is born

In the face of this crisis, the HSP4NHS campaign stands as a beacon of resistance. This movement recognises that:

- Healthcare is a human right, not a commodity.
- The most vulnerable deserve the best care, not the cheapest.
- Public services must serve public need, not private profit.
- Democratic control over healthcare is essential for social justice.

The campaign demands:

1. Immediate moratorium on privatisation of services for vulnerable populations.
2. Reinvestment in specialist homeless health services.
3. Integrated care models that treat the whole person, not just profitable conditions, and give continuity of care.

4. Democratic oversight of all healthcare contracts and decisions.

The moment of truth

We stand at a crossroads. Down one path lies the continued privatisation of healthcare, the abandonment of the vulnerable and the transformation of the UK into a society where your bank balance determines whether you live or die. Down the other path lies a recommitment to the founding principles of the NHS – that healthcare should be free at the point of use, comprehensive in scope and based on need, not ability to pay.

The evidence is clear: privatisation is a false economy that costs everyone who's not personally invested, just like the water companies. Between April 2019 and March 2024, 74 children died with temporary accommodation as a contributing factor to their vulnerability, ill-health, or death. How many more children must die before we act? The evidence is overwhelming. The moral case is clear. The time for action is now.

- Learn more about the HSP4NHS campaign on its website: HSP4NHS.org



“I HAVE A SPENDING REVIEW EVERY DAY”



"I've joined TikTok, I needed you to fall flat on your face into this on the count of three..."

Caring for yourself

Help from another person, whether a carer or health advocate, can be of huge benefit to yourself. By *Greta Gillett*

I am disabled with both visible (I use a walking stick) and invisible (I have a serious and complex mental illness and am also neurodivergent with AuDHD) disabilities. I have a carer who is a dear friend I trust implicitly, they support me on bad days to be able to get something to eat, take my medication and drink plenty of water (my medication causes dehydration).

On good days and days in-between, my carer supports me to attend hospital appointments, therapy, college, seeing family and also doing fun stuff which is needed to get my mood up. That last one is vital, because I am a human being first with hobbies and passions.

It's truly a team effort having a carer in this form. He is one of the many unpaid heroes in this country. Although he does receive carer's benefit, it works out that more than half of his hours are 'voluntary'.

I have found my many appointments, whether for mental or physical health, have improved dramatically in comparison to all the years I went alone.

All of a sudden I'm having things explained to me properly, or my carer will ask people to explain things to both of us clearly. I find

Is advocacy for me?

Advocacy, and in particular homeless health advocacy, provides support to people in their attempts to address physical and mental health issues.

The Groundswell Homeless Health Peer Advocacy (HHPA) service, for example, sets clients up with an advocate trained to improve people's confidence in using health services and increase their ability to access healthcare independently.

Learn more about HHPA here: groundswell.org.uk/what-we-do/homeless-health-peer-advocacy

there is a confusion with doctors, often I can't fully understand them, so they used to either under-explain or patronise me. But now I'm able to go to see the doctor with confidence and leave feeling positive about the appointment.

This happens for a few reasons:

1. I am not alone and there is someone else checking what they say and how they treat me.
2. My carer is a man who happens to be 6'4" tall. The majority of



© Mike Stokoe

doctors I see are men and I've noticed they automatically have a little more respect for him, man-to-man, over me the patient (a lowly female!). Maybe it's a patriarchy thing!

3. We work together as a team and the doctors can see that. If either one of us forgets something important to ask, the other one usually remembers.

It has made my experience with doctors so much less stressful. When you have a carer who supports you and you are spoken to rudely or bluntly by a health professional, you can always discuss this together with your carer afterward. When I would go to health settings alone I would usually just mull it over in my head and begin to question what really happened at every appointment.

If you are reading this and have disabilities, and believe you would benefit from having a carer but feel that it's not an option for you right now in terms of cost, I highly recommend exploring whether someone you trust can take on the role of carer for your appointments. Another option is seeing whether an advocacy scheme appeals to you.

Charities such as Groundswell run volunteer health advocacy services designed to help people attend, understand and feel confident about healthcare appointments.

With this help, I'm confident you will find the stressful and sometimes upsetting trip of going to the hospital a much better experience.

■
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Surviving and thriving

Traitors star Ash Bibi talks about her experience staying at a women's refuge earlier in her life, the lessons she learned and her efforts to help vulnerable women today.

Interview by Sophie Dianne

Ash Bibi is best known for donning a cape in the second season of the BBC's *The Traitors*. But she's now opening up about her childhood marked by violence and abuse. By recounting her traumatic experiences and eventual escape, she hopes to shine the light on critical issues surrounding domestic abuse that many women face today. I met with Ash and she shared her story of resilience.

Talk me through your childhood, what was going on?

I'm the eldest of five kids. If you take into consideration the culture and the time, being the oldest and a girl played a big role in how my life was going to be. There was always violence. I do remember thinking, at as young as four or five, "I shouldn't be here". There was a mixture of stuff, including the violence and a lot of repression. I do remember back in those days, the 90s, there was a bit of an epidemic. There were loads of young Asian girls running away. I was even assigned a police

officer when I did. I think I had a kind of resilience, I guess. There was this innate survival mode in me, that I was like "no, I can't be here, this can't be my life." I felt like I was constantly scared. I was scared that my dad would just ship me off to Pakistan. You hear those stories. And I knew, even though I was a child, I needed to leave. Otherwise, how am I going to survive? How am I going to get out?

So you reached a breaking point?

Yes, and my determination was "I'm going to have a life and I'm going to create a life for myself." A life I want to live, my way.

What can you tell us about your time at the refuge?

I don't remember exactly how long I was in the refuge, but I do remember there was nobody of my ethnicity. In fact, in the refuge there was only one other girl close to my age. I think she was 19 and she was from

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Bradford. She was running away from her pimp. She thought people would judge her because she'd been a prostitute and I remember thinking nobody should judge her. I thought to myself "she's nice," and decided that I wanted to be her friend.

Are you still in contact with any of your siblings?

I am now. When I first left home the school and the authorities helped me into the refuge and I tried to keep in contact. But I remember my Dad giving me an ultimatum: "you either come back home for good, or we don't want to know you." And I was just like, well, if that's the way that you want it. Then I didn't see my family for 14 years. I think the hardest thing for me was leaving my little sister, she was the youngest. She was five years old when I left. I think for a few years I really battled emotionally with that. I could have easily gone down a different path. When that kind of emotion and that kind of guilt build up, you want to turn to alcohol and drugs and that kind of stuff. But I also knew I wasn't in the position to be able to look after her. It was hard."

What advice would you give your younger self?

I think it would be practical stuff, like I wish I had finished school. I would also tell my younger self you don't need anybody else's love. You just need to love yourself. I think we take self-love for granted.

Finally, what made you decide that now was the right time to share your story?

This is something I've been thinking about. I mentioned it to a friend, like 20 years ago. The reason why it came about now is because last year marked the 30th anniversary of me leaving home. And it was last year that two or three of my close friends, including my sister, said I should use my platform to help other women and girls. And I was like, yes! Especially as, right now, it's a good time to talk about these types of things, because there's increasing attention around violence against women and girls. I'm not working on anything yet but would like to help with charity projects. If I can do something to help even one girl, then that's a really good thing. ■

Lonely together

Report on the increasing isolation and loneliness felt by young people in the UK. By Meera Mohanraj

In March 2020 the Covid-19 pandemic forced much of the UK's population into isolation. Now, five years later, there is an enduring epidemic increasingly plaguing the generation who came of age during this period. The issue of loneliness continues to affect people from various demographics to differing degrees, but the indicators of this problem can be traced to long before the pandemic.

Sociologist Ray Oldenburg popularised the concept of the 'third space' as somewhere to socialise outside of the domains of the home and workplace. One such place proven to be a fruitful environment for fostering community are youth clubs. Characterised as a free locale for young people to meet, engage in activities and safely spend time together outside of school, these precious pillars of working class social life are necessary for keeping adolescents securely occupied. Naturally, the Covid-19 outbreak temporarily eradicated the 'third space' for most, although such community hubs took a more irrevocable hit: as the Local Government Association observes, 17% of youth clubs in England and Wales closed as a direct result of the

Young and homeless?

There are numerous charities and organisations dedicated to supporting young people experiencing homelessness.

These include:

- Centrepoint is the largest youth homelessness charity operating in the UK: centrepoint.org.uk
- Depaul UK operates UK-wide, supporting young people at risk of or currently experiencing homelessness: depaul.org.uk

pandemic.

However, these closures didn't represent a sharp turn away from the norm, as the Institute for Fiscal Studies (IFS) records that around 30% of youth clubs in London had to be shut down between 2010 and 2019 because of cuts to local authority funding.

Young people are also increasingly vulnerable to experiencing homelessness. According to Centrepoint, 118,134 young people were homeless or at risk of homelessness in the UK last year. The youth charity Action for Children further notes that young people

experiencing homelessness are often “left without the support young people need to guide and mentor them through life. Instead, they’re forced to become an ‘adult’, alone, overnight.”

With a decrease in third spaces for young people and the prolonged period of social isolation caused by Covid-19, it is no surprise that there has been a subsequent increase in loneliness. According to the UK government’s Tackling Loneliness strategy review, reports of loneliness are higher for people aged 16-24. Youth clubs specifically target these groups to create a shared togetherness, particularly in areas where the social climate can be conducive to dangerous or incriminating activity. Whether coming from a broken home or a family struggling to make ends meet, the third space created by government-funded initiatives is a source of comforting leisure for much of the UK’s youth. In 2018, The Office for National Statistics found that “children in relative poverty had almost twice the odds of reporting feeling lonely”, yet it is these children whose spaces for interacting with one another in person are being erased.

This collaborative effort has brought together local budding creatives and given their work a platform. Ministry of Stories nurtures these underrepresented artistic

voices and encourages their writers to indulge in their eccentric ideas and unlock fantastical worlds. Exploring the artist within themselves can function as an escape for the children, but above all, the supportive atmosphere is a place they feel seen and appreciated for their individuality.

With youth clubs being underfunded, the work of charities engaging with young people is even more imperative. I volunteer with Ministry of Stories, an organisation which specifically helps children within a 500m radius of their base in Hoxton. Its current project, DreamState, will illuminate eight rooms at The Ditch in Shoreditch Town Hall with the work of over 100 young people between the ages of six and 16 to create an interactive experience for families.

Whilst not directly concerned with the ongoing loneliness crisis, charities and non-profit organisations like Ministry of Stories provide children with a sanctuary of unadulterated fun for no expense. In my experience, keeping young people safely stimulated and pushing them to develop their interests can give them a spirited sense of purpose that flourishes outside of the workshops. Making them aware of the power in their art sparks inspiration which can hopefully continue into adulthood, for they are never lonely in the company of their imagination. ■

Sparks in the dark

How a prison reading group sparked a revolution. By *Denise Harrison*

Earlier this year I agreed to spend 12 weeks in HMP Guys Marsh with nine men I'd never met and who I knew next to nothing about.

The idea was simple: take these men, with their wounds and their grief and their unresolved trauma and create a community rooted in addiction recovery, sustainable amidst the chaos and the craziness of daily prison life.

It was a pilot, a punt. It could have landed badly, and I and everyone involved could have been left wiping egg off our faces – only it didn't land badly, it was incredible, and what those 12 weeks have taught me (and hopefully them!) has been life-changing.

My name is Denise. Today I'm an award-winning writer, filmmaker and published author which is all kinds of cool, because nine years ago I was an end-stage alcoholic, sleeping on a borrowed sofa.

Detox saved my life back then – or that's what I thought at the time.

It took a traumatised, six stone scrap of a woman and it made me look like a human again. It got rid of all the nasties in my system and it gave me the time and space that I needed to process how it felt to be sober for the first time in years.

What treatment didn't give me, though, was even a basic

understanding of addiction or any of the tools that I needed to actually "do" recovery by myself. After leaving rehab and seeing good friends start to drop like flies, I realised very quickly that without these tools I'd probably be joining them.

So, I made it my mission to understand addiction, and I've spent the last nine years digging into trauma. Along the way I made my own recovery tools, and gradually this knowledge morphed into a book: *Finding Rat Park*. A book that has found its way into hostels, refuges and recovery groups.

And now HMP Guys Marsh...

To avoid the mountains of paperwork and the obligatory jumping through bureaucratic hoops needed to get this book read in prison, we decide simply to call it a reading group.

I agree to design and facilitate 12 weekly sessions (one for every chapter of the book). Then I catch a train, nine men I've never met before decide to take a chance on me, and the rest, as they say, is history.

To get the ball rolling I read a poem and talk about curveballs – things that knock us off track and steer us off course. I ask if anyone else has an example. One of the guys shares that his dad died of a heart attack in front of him after a heated



An artwork by Daren, a prisoner at HMP Guys Marsh. © Denise Harrison

argument and then 10 hours later his daughter was born, leaving him with a million conflicting emotions that had nowhere to go. Three months later his girlfriend left him, taking said baby as he struggled to come to terms with his grief, meaning that in a matter of months he'd pretty much lost everything. Now I think you'll agree that that's a fucking curveball.

We talk about trust issues. One of the group talks about childhood abuse resulting in him being taken into care. He thought it would be respite from the sexual assaults, until his social worker picked up where his family left off, a move that absolutely decimated him.

We talk people and relationships, and the importance of choosing the

people around you wisely, and 'A' decides to share his story. Meeting a woman he liked while on day release from D-cat, he went back to hers and experienced "first night nerves", which started with a vodka and coke, and ended with him waking the next morning in a virtual stranger's bed to find 15 years of recovery in tatters and a message on his phone advising him to report to the nearest police station as he was now on recall and going back to C-cat.

We watch social impact films and TED Talks (one of which we have to watch sideways, which is par for the course when you don't have any Wi-Fi). We discuss and debate. We drink tea and eat KitKats and week by week we read a new chapter, share

our stories and lay ourselves bare.

Incredible things start to happen in this room.

Walls come down and masks are left outside the door, as one-by-one, these men with all of their banter and their bravado, start to strip away the layers and begin to find out who they really are. Some for the first time ever. Sitting in this room, bearing witness to all of their hopes and their haunts, seeing how hard they work on their recovery in this place, their bravery and resilience knocks me sideways.

We had no idea what to expect when we started this project. I was just hoping that these guys showed up. Boy did they show up. For me, for the staff, for themselves and for each other.

Week-in, week-out, over the course of 12 weeks this fledgling reading group has morphed into a close-knit community that has each other's backs and will continue to flourish long after I leave. Between them all they've been writing a book, and now they have a book deal. I don't know who is more proud about that: me, the staff or them.

They are taking over a patch of land outside the wing and building their very own version of "Rat Park" – somewhere that they can sit quietly in nature away from the madding crowd. It's still very much in the design phase at the minute, but apparently it will have gnomes, a

phoenix and very possibly a bridge.

The guys will be graduating soon. We're having live theatre and food, the group has been busy putting on a talent show and I'm not going to lie, it's going to be emotional. I had no idea just how invested I would become or how hard it would be for me to leave this place.

But I'll be taking this thought with me when I go: I've worked with nine men who are different people now after taking this course. They have grown in knowledge and in confidence and they know now that as long as you have the right people around you, it's ok to feel vulnerable.

These guys didn't have an awful lot to look forward to when we met. Now they have hope and some solid plans for a brighter future.

While they still have work to do on themselves and their recovery, if the opposite of addiction really is connection, then I think that these guys are gonna be ok, because that is one thing that they have in abundance.

- **To find out more about *Finding Rat Park* and to buy the book please visit theendlessbookcase.com/books/finding-rat-park**
- **With huge thanks to Niall Bryant, Kat Lawrence, Tracy Harrison, Emma Gillson, Sophie Tolley and all of the staff at HMP Guys Marsh. This couldn't have happened without you.**

Healing art

Get to know about the prison art project Steeldoorstudios. Written by team members of Steeldoorstudios

Steeldoorstudios began as one man's desire to communicate his thoughts and feelings beyond the cold stone walls which contained him. Having spent the vast majority of his life incarcerated in one institution or another, devoid of the ability to articulate his emotions, he became an insular and bitter individual. Throughout those decades, art and silence became his only bedfellows. Through fear and lack of trust he chose not to share what he produced in relation to his inner angst and turmoil as it evoked a sense of vulnerability he just wasn't ready for.

In 2020, after entering England's only fully therapeutic prison, his artwork came to the attention of a forward-thinking governor who went on to grant permission for Steeldoorstudios to be born as a website. Alongside his artist wife, who devised, created and maintains the site, they launched what is now a platform for other incarcerated people to express themselves within the therapeutic value of art. It is their hope this forum will not only assist in enabling those currently in carceral settings and post-release to find their



Blue Boy 4. © Steeldoorstudios

voice, but to also search for a more constructive and positive direction in life.

Going forward, the founders of Steeldoorstudios would like to combine their skills, offering art workshops to marginalised communities. Steeldoorstudios believes that the value of therapeutic art can change a person's life and offer them an avenue to express their inner thoughts, feelings and emotions. Within this medium there are no wrong answers, just the opportunity to feel the freedom of self-expression.

- For more information and to look at artwork created by the founders, please visit www.steeldoorstudios.com

In love and in hope

A contrasting pair of poems that take in a range of themes in a few short words, from hope to fear, loneliness to love. Words by *Mr. Pierre* and *Chris Bird*

Love's Art in my Heart

by *Mr. Pierre*

Love's Art in my Heart
 Love plays
 a major part in my heart
 opening the eyes of my heart
 Love plays
 a major part in my heart
 like love at the park
 Love plays
 a major part in my heart
 like connecting people together
 Love plays
 a major part in my heart
 like connecting all the dots of love
 Love plays
 a major part in my heart
 like every space of love driven by love
 Love plays
 a major part in my heart
 like red roses of love
 Love plays
 a major part in my heart
 like the breath of love who loves

Street Night

by *Chris Bird*

When the morning comes,
 Everything will be OK,
 The long night,
 Peppered with drunken shouts,
 Threats and football anthems,
 Cardboard bed, doorway haven,
 Chill air all around,
 And the craving to smoke,
 City dawn waits and waits,
 Until silence, until hope.
 When the morning comes,
 Everything will be OK.



© Chris Bird

TURN TO
 PAGES A – P
 FOR THE LIST
 OF SERVICES

Queen Victoria's voice

How did Queen Victoria really sound? Our intrepid time-traveller O'Haggis investigates. By *Chris Sampson*

1888: Queen Victoria's voice is recorded on a wax cylinder. It is misplaced sometime during WW1, but modern scholars think they have rediscovered it, in the ample attic space in Buckingham Palace.

Over the years the quality of the cylinder diminished until it becomes all but unintelligible. However, modern AI technology enables researchers to restore it to its original glory. Is it truly the voice of Queen Victoria? Here we offer a transcript of an exchange captured on the instrument:

Queen Victoria (QV) [surprisingly cockney]: "So, what's this thingybob, then?"

Equerry [fawningly]: "An apparatus that records the human voice, Your Majesty!"

QV: "Do wot? Turn it in! You're having a giraffe, ain cha? You're having a tin bath!"

Equerry: "I assure you that it is so, Your Highness."

QV: "Straight up? Well, let's see if it records this for posterity!"

[Rasping flatulence rings out]

QV: "Cor! Better out than in!"

Recap

Longtime readers of *the Pavement* will be familiar with O'Haggis, the time-travelling super sleuth with a knack for getting in all sorts of bother.

Past adventures include a daring prison escape and a UFO escapade with the late Prince Philip.

Equerry [coughs and splutters]:
"Yes, Your Majesty!"

QV: "Go on, whiff up! Get that down yer!"

Equerry [gasping]: "Yes, Ma'am!
Gasp! Ugh!"

QV: "Now, where's that igniter man gone?"

Equerry [puzzled]: "Majesty?"

QV: "You know, that little ponce who sets my wind aflame!"

Equerry: "Erm... I know not, Your Majesty."

QV: "Gawd help us! Now, where's that bleedin' matchbox gone?"

Equerry: "Here, Ma'am."

QV: "Hold onto yer sideboards,
Equerry, me old son!"

[Sound of a match being struck. Then an explosion.]

QV: "Argh! Oh, me ring-piece! It's ablaze! Oh, I'm done for! Lawks a-mercy!"

Equerry [splutters]: "Your Majesty! Oh! Guards! Footmen! Summon the Royal Physician! Immediately, I say!!"

[Sounds of footmen scuttling away, and QV collapsing.]

QV: "Ooh! Me Kyber*! It's red raw, I tell yer! Bloody Nora!"

Equerry: "Help is on its way, Ma'am! Your Doctor is –"

QV: "Too late! I'm a goner! Orf to join me beloved 'usband Prince Albert up in heaven, I am!"

Equerry: "Your Maj! Where's that blasted doctor?"

QV [croaking]: "Ooh, me 'aris*! Equerry!"

Equerry: "Yes, Majesty?"

QV [croaking]: "Why didn't you talk me out of it, you dappy sod?"

Equerry [wounded]: "But I only served you, your Majesty! I –!"

QV [croaking]: "You're a toilet, son. A dirty, dirty khazi!"

[Sound of Doctor arriving.]

Doctor [poshly]: "Here! I'm here! Now, what seems to be the matter, hmm?"

QV: "Lor! Love a duck! I'm done for, doc! I tried lighting me own farts and it must've blown back up me



© John Sheehy

Royal pooper! It feels like me innards are a-fire! Oh, I'm not long for this world!"

Doctor: "Stuff and nonsense, Your Majesty! Why, it'll be the work of a moment to apply a calming balm to the Royal rectum! Just let me unscrew the lid, and slip on my anus soothing gloves and –"

Equerry: "Too late."

Doctor: "What?"

Equerry [mournfully]: "She's dead! Alas! O, sovereign of the Empire on which the sun shall never set! O, Queen of Queens! O –"

Doctor: "O, Queen of Hearts, Tarts and – it seems – Farts? Yes, I think we've got the idea. But what shall we do now, Equerry?"

Equerry: "Well, the Queen has died! We must alert the other members

of the Royal Family! We must fly the Union Jack at half mast! There's a Royal Funeral to organise and souvenir tea towels to manufacture!"

Doctor: "Hmm. Or we could replace her."

Equerry [outraged]: "What?! What are you suggesting, man?"

Doctor [abruptly non-posh]: "I'm saying, why don't you dress up as the Queen and carry on, pretending to be her for, ooh, I dunno, another 13 years or so."

Equerry: "You want me to impersonate the Queen? Have you taken leave of your senses, man?"

Doctor: "Nah. You see, old Queen Vic here was supposed to die in 1901. So, we can't have her snuffing it in 1888 – especially not in a lighting-her-own-guffs fatality – now, can we?"

Equerry: "Well, no. But what do you mean, she was supposed to die in 1901?"

Doctor: "Ah! Well, that's the original history, y'see. In the future that I come from, Queen Vic copped it in 1901, not 1888. So, one of us is gonna have to dress up as her for 13 years so that history won't notice. And, let's face it, it's gonna be you, Equerry. Besides, we can't let it be known that she spoke in a Cockney brogue, can we?"

Equerry: "What? Egad, sir! You claim to be from the future?"

Doctor: "Yep. Truth be told, I'm not

even a quack. I'm from the year 2025. And I work for the Chronology Preservation™ Agency. This is just another mission for me. My name is O'Haggis."

Equerry: "But...! This is fantastical, sir! You expect me to believe...?"

Doctor: "You suit yourself, pal. Now, with any luck, that wax cylinder you've left running –"

Equerry: "Oh! I'd forgotten about that contraption!"

Doctor: "No worries. With any luck, it'll be stuck on a shelf and left to rot, and the sound quality will deteriorate until some bright spark in the 21st Century decides to clean it up so they can hear what happened here today, as we speak."

Equerry: "You mean, it has to be preserved, forgotten about, then rediscovered and cause you to travel back in time in the first place?"

Doctor: "Yup. That's about the size of it. Now, go get Vicky's clobber on and start acting regally."

THE END

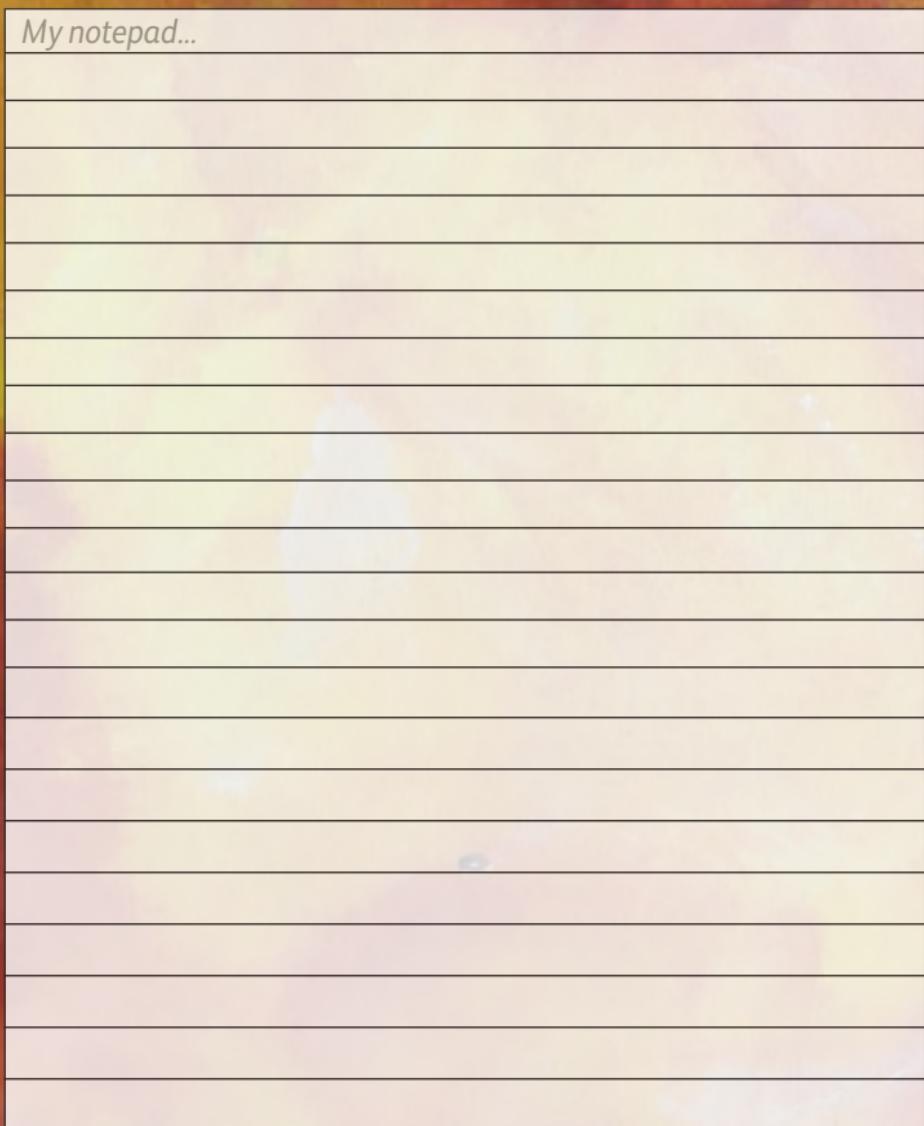
Notes:

Queen Victoria's voice really was recorded on wax cylinder in 1888.

* **Khyber** = Khyber pass, rhymes with arse.

* **Aris** = Aristotle = bottle = bottle and glass, rhymes with arse.

My notepad...



Make sure you read...

thePavement



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
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Updates: web@thepavement.org.uk

Compiled: August 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

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.

[AD, AH, MH, MS, OL](#)

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.

C, MH

CHANGE MENTAL HEALTH

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

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. Call or use contact form on their website for help and signposting to services in various locations.

A, AH, C, D, MH, TS

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DA Debt advice
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EF Ex-forces

EO Ex-offenders

ET Education/training

F Food
FF Free food

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

SANE (NATIONAL)

www.sane.org.uk

support@sane.org.uk

SANEline: 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, MH

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. Register online or on phone.

AD, AH, MH, MS, OL

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

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



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

CROSSREACH (RANKEILLOR INITIATIVE - EDINBURGH)

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

tinyurl.com/4a3c3sm5

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.

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

CROSSREACH MOVE ON (WHITEINCH - GLASGOW)

0/5, 13 Victoria Park Drive South, Whiteinch, Glasgow, G14 9RN
0141 959 5069; 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. 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

KEY

A Alcohol workers

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DA Debt advice

DT Dentist

EF Ex-forces

EO Ex-offenders

ET Education/training

F Food

FF Free food

STEPS TO HOPE - HOPE HOUSE

07949 838 666 (Open 24/7)

www.stepstohope.co.uk

We operate Hope House - a 10 bedroom residential recovery programme which is peer led. This Educational activity programme focuses on the 12 Steps which brings about change within those who desire a clean and sober life. Also runs two soup kitchens per week at St Cuthbert's.

A, AH, C, D, FF, OW, SF**NARCOTICS ANONYMOUS (NA)**0300 999 1212; ukna.org

Helpline open 10am – midnight.

Online meetings available.

D**NORTH EAST RECOVERY
COMMUNITY – GLASGOW**

24 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, LF, MD, MH**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. Training, counselling and self-help. Lots of support to develop alternatives to misuse and prevent relapse. 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/4y6e8yx

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**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

The List

TURNING POINT SCOTLAND (ALCOHOL & DRUG RECOVERY)

112 Commerce Street, Tradeston,
Glasgow, G5 8DW
0141 948 0092
tinyurl.com/wzzuwmbz
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 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

WE ARE WITH YOU (NE GLASGOW RECOVERY HUB)

24–28 Broad Street, Bridgeton, G40 2QL
0808 164 4261; bit.ly/3v1CupI
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

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

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, C, CA, CL, DT, ET, 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.

A, AC, AD, AH, C, CA, D, ET, EF, EO, F, FF, IT, LF, MS, MH, OL, OW, SF, TS

MARIE TRUST

29 Albion Street, Glasgow, G1 1LH

0141 286 0065; themarietrust.org

Mon – Fri: 10am – 4pm (drop-in)

We offer IT access, asylum and refugee support and legal education among other services. We regret to inform you that we will no longer be offering our Housing and Welfare Service, or the Training Kitchen and Cafe.

AC, AD, C, CA, ET, EO, F, IT, MH, SF, TS

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.

BS, C, CL, F, FF, L, LF, MH

EDINBURGH SUPPORT HUB (STREETWORK CRISIS CENTRE)

22 Holyrood Road, Edinburgh EH8 8AF

0808 178 2323; 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, IT, LA, MS, FF, OL, OW, SF, 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



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

0141 221 8365; bluetriangle.org.uk
We provide safe hostel type accommodation for people who are homeless or at risk of homelessness. Various services around Scotland, for men and women aged 18 – 40.

AH, AD

CASTLECLIFF HOSTEL

25 Johnston Terrace, EH1 2NH
0131 225 1643
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.

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, DA, TS

DUNEDIN HARBOUR

4 Parliament St, 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 7125 or 0800 032 5968
(emergency out of hours).

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

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.
Referrals: hello@simonscotland.org
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.

A, AD, AH, B, BA, BS, ET, IT, LA, MS, FF, OW, TS

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**



The List

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 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

CADOGAN STREET

39 Cadogan House, Glasgow G2 7AB
(at corner of Blytheswood Street)
0141 353 3903 (Emmaus)

Wed: 7 – 8pm

Soup, sandwich and hot drinks provided by Emmaus, H4TH and Glasgow University. Can direct to other services.

FF,OL

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

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.

**A,AC,AD,AH,C,CA,D,ET,EF,EO,F,FF,IT,LF,
MS,MH,OL,OW,SF,TS**

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

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)

F,FF,SF

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 – 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

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 (scran)
 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: 6 – 8pm
 Sunday Suppers: 4 – 7pm
A, AH, C, D, FF, OW, SF

WOMEN**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

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

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

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

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

FULL LIST
AVAILABLE ON
OUR WEBSITE



YOUNG PEOPLE

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
Mon: 1 – 3pm (drop-in)

Wed: 9:30am – 12:30pm (drop-in)

Fri: 9:30 – 11am (drop-in for advice)

A friendly space in the heart of the city where we welcome young people aged 16–25 who are affected by or at risk of homelessness. We offer advice around housing, benefits, employment, wellbeing and food provisions.

[AH](#), [BA](#), [C](#), [ET](#), [MH](#), [TS](#)

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-OFFENDERS

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](#), [ET](#), [IT](#), [LA](#)

KEY

A Alcohol workers

AC Art classes

AD Advocacy

AH Accommodation/
housing advice

B Barber

BA Benefits advice

BE Bedding available

BS Bathroom/showers
C Counselling

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](#)

ROYAL BRITISH LEGION

0808 802 8080; 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

Accommodation for homeless ex-service men and women, and 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](#)

EF Ex-forces

EO Ex-offenders

ET Education/training

F Food

FF Free food

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****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.uk0800 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, LA, MS, OL**LGBT HELPLINE SCOTLAND**www.lgbthealth.org.ukhelpline@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**lgbtyouth.org.uk/get-support

Mon: 4 – 6pm; Wed & Thu: 4 – 8pm

(live chat available online)

We are Scotland's national charity for LGBTQ+ young people, aged 13-25.

We support young people in all aspects of their lives through the provision of amazing youth work. Visit website to find a local group.

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



The List

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, LA, 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)

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

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

govancommunityproject.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, ET, FF, 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](#)

EF Ex-forces

EO Ex-offenders

ET Education/training

F Food

FF Free food

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.

Referrals: hello@simonscotland.org
 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, OL, TS

THE WELCOMING

20 Westfield Ave, Edinburgh, EH11 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

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MH Mental health

MS Medical services

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OL Outreach worker links

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FULL LIST
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 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](#)