



the Pavement

the free magazine for homeless people

Issue 159 : Resolutions
December 2025 – January 2026

Missing



Alexander James Flanagan

Alexander James Flanagan has been missing from Redditch, Worcestershire, since 19 August 2025. He was 45 at the time.

Alexander, 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.



John Keaveney

John Keaveney has been missing from Cork, Ireland, since 21 August 2023. He was 43 at the time of his disappearance.

John, 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 Alexander or John, you can contact our helpline anonymously on **116 000**, or you can send a letter to 'Freepost Missing People'.

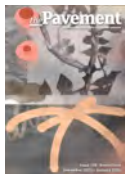
Our helpline is also available for anyone who is missing, away from home or thinking of leaving. We can talk through your options, give you advice and support or pass a message to someone. It's free and confidential.

**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: The mixed media artwork on the cover of this issue of the magazine is by Christopher Roberts, an interdisciplinary artist in London. Roberts creates his work using found objects and materials, digital software, paint, ink and dyes. Their work explores themes of memory, space and impermanence.
© Christopher Roberts

The Pavement magazine

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© John Joseph
Sheehy MacSheehy

Early morning

By John Joseph Sheehy MacSheehy

I have a lot of trouble sleeping.
I sleep very little in my bed.
The full moon troubles me,
draining the soul. I sleep, wake
up, sleep, wake up, sleep, wake up.
Nightmares thunder through me.
Nightmares
Nightmares
Other times dreams, forgotten
dreams, dreams of wonder
I go to the toilet a lot through the
night. I keep going back to sleep
to sleep.
To sleep
To sleep
Sometimes I'm awake before
midnight, otherwise I'm
awake at 1pm, 2pm, 3pm.
I hear the birds in their chorus.
Birds singing, singing, singing.
Singing, singing, singing.
I can hear the male blackbird calling.
The crows caw.
Caw
Caw
Caw.

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

Resolutions

Around this time of year people begin to make resolutions. The truth is, we can make them year-round. But another grim truth is how promises go unfulfilled by politicians and governments, and that the ability to fulfil these targets and desires are made difficult by systems and forces beyond many people's control.

That's not to say there isn't hope, though. Read Emdad's story on page 12 about the resolve and strength shown by people experiencing homelessness. On pages 18 and 22 Hayley and Rhonagh share details on some incredible community projects, while there are a number of articles tackling the theme elsewhere in the magazine.

Happy new year to all of our readers and here's to a 2026 full of resolutions.

the Pavement team
www.pavement.org.uk

On 13 November, members of *the Pavement* magazine attended the annual service of commemoration for people who have died while experiencing homelessness, held at a full St Martin-in-the-Fields, London. The service, this year themed 'Refuge', is organised by St Martin-in-the-Fields, The Connection at St Martin's, Frontline Network, Housing Justice and the Museum of Homelessness. Performances on the day included a moving rendition of composer Gavin Bryars' 'Jesus' Blood Never Failed Me Yet, as well as songs by The Choir with No Name and Streetwise Opera. In total, 100 names were read out at the commemorative service and a further 58 individuals whose names were unknown were remembered. There was also an opportunity to reflect on the people we have lost in the past year who work with the homeless community. Bonnie Williams, Chief Executive of Housing Justice, said: "The service is a poignant reminder of the life-limiting nature of homelessness and the impact it has on both physical and mental health".





© the Pavement

Vigil: In early October a record crowd gathered on the steps of St Martin-in-the-Fields, opposite Trafalgar Square in **London**. They were there to honour and remember the people who died while experiencing homelessness in the UK. The annual vigil, organised by the Museum of Homelessness, coincides with the release of its Dying Homeless project statistics for the year. The project has a simple goal: to number and, where possible, name the people who have died while experiencing homelessness in the past year. According to the latest report, 1,611 people died while homeless in the UK in 2024 – a 9% increase on last year's findings. Each death is verified by a freedom of information request, coroners' report, charity or family member.

- Find out more about the work the Museum of Homelessness does on its website: museumofhomelessness.org

CHAIN reaction

New figures from the Combined Homelessness and Information Network (CHAIN) quarterly report, released in October, have shown that between July and September 2025 an average of 23 people every day were forced to sleep rough for the first time in **London**. The data makes a dismal reading, with a reported 759 people living on the streets of the capital continually through July to September 2025, an 11 % rise on last year's figures over the same time period. Overall 4,711 people were recorded as sleeping rough in London in July to September.

The housing crisis

For the year 2025-26, England will sell eight times more council homes than it built the previous year. Analysis in the *i* paper has found that an estimated 18,500 council homes will be sold off in 2025-26, in contrast to the 2,260 built in 2024-25. Research by the thinktank Common Wealth highlighted that since 1980, 2.4m council homes have been sold off under right to buy, at a discount that Common Wealth calculated was valued at £194bn, accounting for house price appreciation, with 41 % of these homes now belonging to private landlords. In the late 1970s, council homes in England accommodated about 30 % of households. The

figure is about 6 % today, an 80 % decline. In 1979, Margaret Thatcher ran for prime minister on a manifesto which included introducing a new Housing Act. In 1980, Thatcher's Conservative government passed the Housing Act 1980, which gave people the right to buy their council homes. Common Wealth called for expanding "right of first refusal" powers in its November report, powers that enable local authorities to be the preferred buyer when ex-social homes and private rental homes enter the market.

Bank on it

A project run by Shelter, the government and HSBC to help people experiencing homelessness open bank accounts, will be expanded to include Lloyds, NatWest, Barclays, Nationwide and Santander. Commonly, people require a bank account to apply for work and rental accommodation in the UK, which can often be an issue for people experiencing homelessness. The scheme aims to secure people a bank account and provide additional support, such as accompanying individuals to face-to-face meetings at local bank branches. Since the pilot scheme launched in 2019, 7,000 accounts for people experiencing homelessness have been opened with HSBC, reported *the Guardian* in November.

Buenos Aires bulletin

The number of people experiencing homelessness in Buenos Aires, **Argentina**, is increasing at an alarming rate. According to municipal data, which is widely regarded as an underestimate, at least 4,522 people were living on the capital's streets in May 2025, a 38 % increase on the number in November 2023. Charities and homelessness campaigners point to the election of Javier Milei as president in December 2023, whose plan to tackle dizzyingly high inflation has been to implement a devastating austerity programme, as a cause. According to *the Guardian*, about 200,000 formal jobs have been lost, household debt is on the rise and there has been no improvement in living standards since Milei took power.

Calling security

Transport for **London** (TfL) spent £113,365 on hiring a security firm – believed to be MEC Security – to prevent people sleeping rough on Park Lane, between July and September 2025. *London Centric* revealed in October that security had been deployed to patrol the area and discourage people from sleeping rough there. In May 2025, Westminster City Council won a court order to remove a large encampment on Park Lane near Hyde Park Corner.

The strip where people made the encampment is in the Westminster district but is actually managed by TfL. TfL would not say for how long security will patrol the area.



© Too Light Too Dark

Podcast news: The latest episode of *Too Light Too Dark*, the podcast created and hosted by Leon Eckford – whose writing is regularly featured in *the Pavement* – features members of *the Pavement* magazine talking about their work and the history of the magazine. The podcast sheds light on people and groups working with homeless people and people in recovery, with past episodes including the People's Recovery Project and The Homeless Guide.

- You can listen to *Too Light Too Dark* on Spotify and Apple Music

A performance at *Recovery Re:Told*, an exhibition organised by the People's Recovery Project. © the Pavement



Shaping the narrative: The People's Recovery Project held an exhibition in early October, showcasing art made by people connected to its service. *Recovery Re:Told* was held at the the House of Annetta in east London from 7-12 October. Drawing on its work supporting people in their recovery from addiction, the People's Recovery Project aimed to highlight the creative output of its community members, with an array of performances and artworks, including spoken word, music and installations.

- Learn more about the People's Recovery Project on its website: thepeoplesrecoveryproject.org

£84m

additional government funding given to councils in England this winter to tackle homelessness, prioritising people sleeping rough and families facing homelessness.

£36.5m

provided to London councils by the Department for Housing, Communities and Local Government, reports the BBC.

1 in 50

Londoners are homeless, according to London Councils.



Funding boost

.....

An additional £1.6m in funding has been provided by the Scottish Government for the next year to tackle homelessness. According to *Scottish Housing News*, the majority of the funding (£1m) will go towards Discretionary Housing Payments, which help people move from temporary accommodation into settled homes. About £100,000 will be added to an emergency fund for outreach workers to use to help people sleeping rough. The extra funding was announced at Scotland's Annual Homelessness Conference in **Perth**, in late October.

Bad reviews

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A **Glasgow Evening Times** story published in November detailed Glasgow City Council's legal troubles around homelessness. Since April 2025, the council has had 2,365 threats of judicial review, challenging the council's use of unsuitable temporary accommodation for people experiencing homelessness. In these cases, people have been placed in unsuitable accommodation for more than seven days, or the council has failed to find suitable alternative accommodation. Of these threats, 31 made it to court, although these were resolved before any orders had to be made against the council.

Obituary

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On 3 September, Cyrenians, a Scotland-based charitable organisation providing services focusing on homelessness prevention, shared the deeply sad news that Viki Fox had passed away. Viki had been at Cyrenians for more than eight years, first as a volunteer and later as a full-time staff member. Some of her achievements at Cyrenians include her recent management of the Women's Recovery House services, as well as committed advocacy for recovery and trauma-informed practice in homeless services. It was while working at Cyrenians that Viki learned about *the Pavement* magazine. Over a number of years, Viki produced powerful articles exploring her experience of homelessness and substance use. A tireless advocate for homeless people, Viki also worked regularly with Homeless Network Scotland, St Martin-in-the-Fields and was a member of the Board of Trustees at Crisis. Viki will forever be remembered as a wonderfully kind, deeply empathetic and compassionate person, who brought all of these incredible qualities into her work with the homeless community. We were lucky to know her and share her words with you.



A picture on display at *Look Out!*. © The Salvation Army

Photo gallery: A photography group of residents at The Salvation Army's Strathmore Lodge Lifehouse in Dundee held an exhibition in October, showcasing the incredible work participants in the group produced. The group was given cameras in 2024 and tasked with capturing the city from their own perspective. In October 2025 the results, featuring mostly film and some digital photography, were put on display at Dundee Central Library. The exhibition, *Look Out!*, was open for two weeks from 9 October, with free entry for visitors. Ricky, a resident of Strathmore Lodge and member of the photography group, stressed the enjoyment of the project in a press release: "My favourite thing was going out on photo walks. Enjoying the sunshine and ending up with good memories that we could print."

8,771 people living in temporary accommodation in Glasgow in October, up from 8,170 in January 2025, according to figures printed in the *Glasgow Times*.

2,293 people staying in hotels and B&Bs, a 26% increase on January 2025. This type of temporary accommodation cost local authorities £29,671,439 between 1 April and 9 October, figures obtained by the Scottish Tenants Organisation reveal.

Resolutions and rays of hope

The turn of the year is a time of resolutions. Many people experiencing homelessness enter the new year with resolve and hope. *By Emdad Rahman*

Every year as the clock ticks towards midnight on New Year's Eve, most of us start scribbling resolutions. We swear we'll run more, eat less, sleep better and phone that distant cousin in Luton. But for many homeless friends, the rough sleepers, the families tucked away in hostels, or the people quietly sofa surfing, resolutions take on a very different meaning.

For so many, it's not about joining a gym or learning Italian. It's about survival. It's about making it through the coldest months with dignity intact and hope still flickering. When you're living day-to-day, a resolution can be as simple as: "I'll keep warm tonight," or "I'll get that housing appointment tomorrow." These are goals forged not from luxury, but from grit.

Back in October, I met a wonderful group of parents, teachers and pupils who had made their own resolution: to support those in need through their school's annual harvest collection. Their enthusiasm was contagious and when I saw the sheer scale of their generosity, I struggled under a mountain of tins, pasta and tea bags. Their kindness helped me top up supplies for a



Emdad on outreach in east London.
© Emdad Rahman

local foodbank dedicated to helping homeless people and also fuel my own winter street outreach for rough sleepers. That's the kind of resolution that keeps people alive, fed and connected.

Resolutions matter because they offer focus and light at the end of the tunnel. For people on the streets, that light can be faint, but it's there. For homelessness organisations and outreach volunteers, resolutions are the compass that keeps the mission true: be consistent, be kind, be present. It's about turning hope into habit, one act at a time.

Typical resolutions come and go like buses in the rain. We've

all broken one before February and usually while eating cake and pretending it's fruit.

But for those struggling, keeping resolutions is hard when every day is unpredictable. You can't plan to "get fit" when you've slept on a bench. You can't "save money" when you don't have a pound to your name.

Winter, with all its frost and festivity, is a great time to reflect. There's something about shorter days and longer nights that makes us think more deeply. It's the season of truth and the time to acknowledge what's gone wrong and what we can still make right. The run up to Christmas magnifies everything. While families hang fairy lights, many of our homeless friends are just trying to stay visible... and alive.

This year, volunteering near Canary Wharf, I've seen how tensions have risen. The protests outside the Britannia Hotel over the summer became hijacked by those who used the moment to spread hate and division. Racism, verbal abuse and hostility towards both homeless people and volunteers have all increased. What's tragic is how these actions damage real community efforts and frighten away those who genuinely want to help.

One thing I've learned is that compassion is not seasonal. It's not something we switch on in December and pack away in January with the

tinsel. The best resolution we can all make, regardless of status, postcode, or profession is to stay kind. Because kindness is what fuels the world's volunteers. We're not superheroes. We're ordinary people who just refuse to walk past suffering without stopping.

Volunteers make the UK tick. They're the heartbeat of our cities, the bridge between hopelessness and hope. Whether it's handing out soup, running foodbanks, sharing books from a bicycle, or simply listening without judgment: every small act matters.

So as the year ends, take a quiet moment. Reflect. Reset. Resolve. Whether you're in a warm home, a hostel, or beneath the city skyline, the power of resolution lies not in what we promise but in what we actually do.

A short poem by Emdad on this issue's theme of Resolutions.

Resolutions of the Street

**Cold nights, brave hearts, a
promise to keep**

**Hope walks beside those who
barely sleep.**

**Through wind and frost,
compassion will bloom**

**For even in darkness, kindness
makes room.** ■

Déjà vu

On the illusion of choice and how the energy industry encapsulates so much wrong with the UK. By *André Rostant*

The British climate is getting consistently milder, which is of little consolation to those dying from the cold in their homes, among whom over 4,900, many elderly, did not survive the 2022/23 winter. Nor is heating the sole issue: research by the Tressel Trust raised the spectre of 14.1m people in the UK experiencing food insecurity in 2024. Median UK private rent is £16,248, while median UK take home pay is £29,500. By way of distraction, we are offered a pseudo choice of which company we want to oversee our freezing, from among a small select cartel...

Déjà vu

St Fergus, spires twinkling, extracts gas for Scottish Power that kettles might keep whistling in every home at every hour. Over the Channel at Gravelines the nuclear reactors broil. Across our country, wind turbines wave goodbye to gas and oil. You may object, "I live in Hackney, what has this to do with me; why should I care what happens in Scotland, or over the sea?" Then one day your snazzy ringtone heralds a caller who will enquire, "With your high bill, might you wish to change your energy supplier?" This is the happy

morning you are presented with the chance to have your boudoir lit by Electricité de France. You can turn your boiler tartan, Scottish Power will make it so. With this new deal so much cheaper, can you possibly say no? Naturellement, once you acquiesce, as fast as the French are able they will start off from Dunkirk with a pretty new copper cable to roll out under the channel, up the Thames and Barking Creek, and convey to you the sparkling Gallic energy you seek.

Not to be outdone, in Aberdeen folk will throw their cabers down, they will set to digging trenches and laying new pipe from the town, through Aberdeenshire, Angus, Northumberland, but they will pause at York for crustless sandwiches, tea, balm cakes, crumpets and small talk. With renewed zeal they will hustle their pipeline to complete until by way of Tottenham Hale, they have burrowed to your feet. So, when you toast your muffins in your Caledonian grill, romantic Highland dreaminess will give you an extra thrill. That same ringtone will tempt you with a new mobile provider, with zettabytes and yottabytes, with bandwidth ever wider. When you succumb, turn off your phone, look

up into the night where you will see that especially for you they have launched a satellite.

The Northern Lights dance as poor Scots lie freezing in their beds; the shadow of St Fergus gas plant falls on winter dead. Each year all o'er Britain's sceptred isle, nearly 5,000 die for want of heating, many alone, most old, most wondering why. Though ever in hot water, Andrew, sacrificial anode of the Royal Family still finds the time to summer nearby at Balmoral, with 50,000 acres to go hunting, shooting, fishing. A lifestyle few could e'er afford, but not for want of wishing. While up the road, Trump cheats cheerily on one of his golf courses; that's when he's not at Turnberry riding on his many horses. Yes, the people who own half of Scotland could all fit in a 747; this circumstance differs only slightly for residents of Devon. Over the whole UK, 1 % own 70 % of a land in which wealth inequality has grown by half in the last eight years: it's out of hand. We reel, dazzled by the cup and ball trick of consumer choice. A lot of us have come to think nobody listens to our voice.

Want to know what is going on? Just three publishers you will find control 90 % of UK print reach and nearly half of what flows online. They ensure that daily we are regaled with 20 brands of breakfast

oats, and those same reports lean heavily on scrutinising little boats. Go climb up lampposts with your flags, paint roundabouts red white, and haunt hotels where huddled migrants cower in confused fright. Chant the old refrain, that garbled mantra of some "native" revolution. Sadly nothing that you do comes even close to a solution. Those migrants don't own shares in British Gas; nobody can because, like council housing sold and not replaced that is now in landlords' hands, the democratisation of shareholding was an outright con. Somebody tell Sid most of our profitable public assets are now gone. The hands of friends of friends and corporations grasp on and on...

Though of late it barely snows, it rains a lot, which makes me wonder why we pay so much for water that simply falls out of the sky. As Tressel wrote, if all the air could be contained by a company, they'd charge us at the market rate, so enjoy breathing while it's still free! ■

**TURN TO PAGES A – P
FOR THE LIST OF SERVICES**



"RESOLUTION" SOUNDS TOO MUCH LIKE
HAVING TO KEEP YOUR WORD?"



"He's trying to make a difference..."

Community service

Learn about the project in York putting people experiencing homelessness at the centre of its mission. By *Hayley Johnson*, a team member of Lived Insights

What is Lived Insights?

Lived Insights, established in 2023, is a Community Interest Company (CIC) based in York, led by Astrid Hanlon and Miles Goring.

Having both faced homelessness, addiction and mental ill health, Lived Insights now uses those experiences to make a difference.

“We felt our voices were not heard at a painful time,” says Astrid. “Now, we want to make sure nobody else feels invisible. Change happens when people with lived experience are listened to.”

The CIC’s goal is to ensure York’s support services listen to the people who use them, making help more relevant, effective and compassionate. At Lived Insights, we believe those who have faced tough challenges know best what needs to change. We listen to their stories, share them with decision-makers and make sure their voices shape services that work.

Our work

We work on housing, health and social welfare projects. In the ‘York Housing Resettlement Review’,

we interviewed over 100 people to understand the challenges of navigating homelessness services and helped the council design services that better meet people’s needs.

With local partners, we helped shape York’s Drugs and Alcohol Strategy by drawing on feedback from people in recovery. Their personal experiences with the services highlighted what works, what doesn’t and what matters most.

For the ‘Food Insecurity Project’, we partnered with the community, involving people connected to food provision schemes as co-researchers. By listening to their experiences, we were able to propose improvements to better address food insecurity.

Community café

Beyond research, we create spaces for communities to connect. Our weekly drop-in community café at St Denys, Walmgate provides a welcoming, safe environment for people to share stories and experiences. We also run working circles that bring community groups and local authorities together to

drive meaningful change, ensuring services are designed with people, not just for them.

For those who want to get involved, opportunities include joining working circles or contributing as a community researcher. Every story shared and perspective heard brings us closer to fairer, more compassionate support systems across York.

“Support systems are fractured. That’s why we do the work we do and why I’m proud of my involvement,” says Miles.

What’s next?

We’re excited about what’s ahead. Upcoming projects include partnering with Healthwatch York and members of the York Poverty Truth Commission on a lived experience research project to strengthen the local welfare safety net and delivering lived experience training for the Swift programme – a North Yorkshire initiative offering advice, support and opportunities for migrants, including asylum seekers.

We aim to grow ‘Roundhouse Connection’ to build a mental health lived experience network and gather more insight into food insecurity across North Yorkshire.

We are guided by a simple belief: those who live it know it best and they should lead change in their own communities.



The community research café in session. © Lived Insights

Get involved

Lived Insights provides a range of services to people in York. Some of the work it is involved in includes: community engagement; training; research; working circles and a community research café open from 1–3pm every Monday at St Denys Community Hub, Walmgate, YO1 9QD.

- Learn more about Lived Insights and how to get involved at www.livedinsights.org
- If you’d like to work with Lived Insights email contact@livedinsights.org

Winter ready

Top tips from the Groundswell team on how to best prepare for the cold winter months

Spoken from experience

Groundswell staff with experience of homelessness highlight the essentials.

- Keep dry and try to keep warm
- Get vaccinated for flu and Covid-19
- Keep engaging with services
- Let people know what you need
- Find out where local services are.

More tips from Groundswell

- Register with a GP and talk to them if you have a health problem (it is free to register and you don't need a permanent address)
- If you are sleeping rough, ask a service you are connected to about SWEP, the Severe Weather Emergency Protocol. You have the right to additional assistance if you are sleeping rough.

Groundswell exists to enable people who have experience of homelessness to create solutions and move themselves out of homelessness – to the benefit of our whole society. Our vision is of an equal and inclusive society, where the solutions to homelessness come from the people with experience of homelessness.

Turn the page

A new book focuses on a recovery project in prison and the processing of trauma. By Denise Harrison

Earlier this year I asked nine men in prison if they'd like to write a book. Which sounds like a bit of an ask to be fair, given that for many prisoners, expectations are low and opportunities like this rarer than rocking horse shit.

Luckily for them, my bar's set a little higher.

I also have a brilliant publisher who agreed to roll with the idea when I pitched it – and the full support of HMP Guys Marsh who introduced me to these men in the first place. This meant that for these guys at least, this book was destined to be more than just a pipedream.

Over the course of the next 12 weeks the book began to take shape and, as word spread and confidence grew, more and more men asked to join the project. Men who showed up. Men who dug deep and men who absolutely and without exception bared their souls and have done themselves proud.

The book is a mix of hopes and haunts, poetry and prose and I only hope that you love it half as much as we do.

We've decided to call it "Sparks in The Dark", because this book is living proof that good things can come out



The cover of Sparks in the Dark.
© Steeldoorstudios

of the crappiest conditions and the shittiest of situations.

So if you believe in second chances; if you've ever wanted to understand what transformation looks like from the inside out; if you've ever needed hope that change is possible, then this book is for you.

- Sparks in the Dark is available to purchase online now at theendlessbookcase.com/books/sparks-in-the-dark

Scratch that

A volunteer at Arts & Homelessness International's first Scratch Night explains what the event is. By *Rhonagh O'Donnell*

In mid September 2025, I was lucky enough to volunteer on the first ever Scratch Night, hosted by Arts & Homelessness International (AHI), in collaboration with One Roof ODAC.

Arriving at the multipurpose Old Diorama Arts Centre (ODAC), there's a warm, relaxed welcome from the second you enter the door. The place feels very alive.

The Drummond Street Artists group has created the most vibrant, compelling exhibition in the foyer, which ran up to 18 October. All the paintings were for sale – and 100 % of profits go directly to the artists, some of whom I had the joy to meet at the Scratch Night.

The centre itself has fantastic facilities and helpful, fun staff. The core AHI team: Matt Peacock, Samra Said and Katie Langford, instantly make you feel at ease. It was great to get stuck in.

This Scratch Night gives people with lived experience of homelessness the chance to try out any creative work in progress. There's no pressure to have something polished before performing. The bare bones of ideas, in any medium, are welcome.

It's a place to witness – and be part of – some incredible creativity.

What, where and when

What: Arts & Homelessness International, working with One Roof ODAC, is running free, welcome-to-all 'scratch nights' where people with lived experience of homelessness are invited to workshop artistic projects they are working on. These can range from spoken word recitals, to interpretative dance.

Where: Scratch Nights will be held at Old Diorama Arts Centre, 201 Drummond Street, London NW1 3FE.

When: The next Scratch Night is scheduled for 27 February 2026. Dates and times for future Scratch Nights can be found on the ODAC website: olddiorama.com or by emailing samra@artshomelessint.com

It's a place to chat (if you feel like it), enjoy some food and meet some like-minded souls.

The joy is, you can contribute as little or as much as you like, either as an audience member or a participant.

Host David Tovey welcomed a

number of performers who had signed up ahead of the event. More were inspired on the spot to take part. The spirit of connection in the room was special.

After each person shared their piece, Calum Perrin (an Associate alumni of AHI) led informal feedback chats in a supportive structure.

Calum used something called Critical Response Process as a guide, a feedback method developed by artist Liz Lerman. The idea is it motivates the performer to go and take their next steps in developing their work. It's relaxed, refreshing and really useful.

Philip Bayes performed a monologue about housing. He delivered it in the style of a speech to the House of Commons. It was brilliantly detailed and based on lived experience. It's a piece you hope will get heard by those who can enact change.

Alain English performed some excellent new poetry, with powerful physicality.

Nell Hardy, Founder of Response Ability Theatre, led her co-creatives in what was unbelievably their first time performing the opening song to their next play: *COMPLEX*. The harmonies were mesmerising.

ODAC's keyboard was put to wonderful use by Dr Mehdi, whose first composition began as a piece of classical music, developing into



© Natalie Pearson

a song. He sang in Farsi, letting us know the meaning behind the lyrics afterwards.

A number of other artists spontaneously performed new poetry and music – including a very honest, topical poem written only that morning.

The evening culminated in a merry jam session, which left us feeling on a high.

The strength of community was deep. It was an important evening, full of life, light, creative expression and good chats.

The AHI x One Roof ODAC will now be a regular event on the calendar – trust me, you won't want to miss it.

• If you would like to get involved in a Scratch Night, as a guest or a participant, please email: samra@artshomelessint.com ■

Sharing and caring

How sharing his experiences has helped our writer recognise and work through events and trauma from his past. By *Mat Amp*

Over the past few years, I've talked and written a lot about the stuff that used to torment me. As a result it has become increasingly easy for me to share issues that spent years trapped inside my subconscious, fueling its nightmares with the sharp double-barrelled whiplash of shame and regret.

But the process of writing about the difficult shit I have been through, as well as having an encouraging and unjudgmental forum to share it through, has helped me turn haunting issues into experience. It's been transformative.

Instead of continuing to be paralysed by the fear and shame that impacted my life in the wake of experiencing homelessness, I have confronted what has happened in my life by talking and writing about it.

Because my parents died when I was young, being homeless was something that I dreaded. I always knew that there was no safety net for me. There was no family home to fall back on and the bank of mum and dad was effectively closed.

And of course, losing them inflicted a lot of trauma on me. A lot of trauma that, until recently, didn't just remain untreated and

unresolved but, to a large extent, unrecognised.

Looking back on things now, a bit of grief counselling would probably have helped, but this was the 1970s – a time when traditional communities had started to dissolve but progressive therapies had yet to develop.

And when I found myself orphaned at the age of 17, I was living in this country, somewhere I didn't grow up or have a network of family and friends. Without a penny or a place to live, I was fortunate enough to connect to the squatting scene, which proved a massive safety net for me, as it was for so many people back then.

To the average *Daily Mail/Sun/Telegraph/Express* reader (basically everyone who didn't either read the *Guardian* or the *Socialist Worker*) squatting was tantamount to home invasion by hippies. Drip-fed by the voices of privatisation, many people came to view squatters with a twisted kind of envy. Free housing? How dare they?

To me, squatting was a coalition of creative types, abused kids and all sorts from all backgrounds, which, in a country divided hard along class lines, was what I'd call a successful

social experiment.

This is what I loved about the UK at the time. The numerous DIY cultures during the late '80s and '90s, magnified by the mass downing of E's, spawned a culture of connection that meant for a while it became cool to be kind.

I started to find an identity in that culture and I loved London because, as a mixed-race kid, I felt like I belonged.

There was so much about the place and that culture I loved but I got lost in getting high. We put on parties where everyone got high, I bought a house with the money I got from other people getting high, while some of those people would come to get high or buy stuff to take away in order to get high somewhere else.

Some of that drug use was straight-up fun but some of it was what we would now call self-medicating.

I would never have started healing from the traumatic experience of losing my parents if it wasn't for the therapeutic embrace of drugs like LSD, Ketamin and 'shrooms and of course the DMT. Even the mainstream world is starting to wake up to the efficacy of tripping our tits off as a means of treating depression and trauma.

But the thing about self-medicating and where it goes horribly wrong is addiction. That's when the drugs you do to expand

your mind like LSD, mushrooms, ketamin and DMT meet the narcotics like smack and crack.

Sometimes though, I think smack gets a bad ride. A fellow heroin addict once said to me "we don't have a drug problem mate, what we have is a money problem." And there is a lot of truth in that. People who use narcotics but still manage to successfully go about their lives, will often take great pleasure in telling us that they are a functioning addict, you know, like they are really clever. What they actually mean by this is that they have ready access to the poison of their choice. And so it was for me. Whilst I had plenty of money my heroin addiction wasn't really a problem. In fact, in some way it was helping me to deal with a world that I often found difficult to navigate. I was a functioning addict, but when I lost everything I became a junky.

You know the old adage, what goes up must come down and so it was. When, after 25 years, I finally came down, I fell fast. And it was not in anybody's description or definition a smooth or easy ride. Dude, it was proper bumpy as fuck.

At times, it has been hard to accept that I lost everything. Regret is a motherfucker, though, and if you can find a way of feeling different about the difficulties in your past and what those difficulties are costing you now, then grab it and hold on. ►



Tracey's memorial. © Sheryle Thomas

► For me, I hold on to the storytelling. I love thinking about my problematic past openly and writing or talking about the way it makes me feel. I love it when people read what I've written and comment on it. The things I generally write about in this magazine and things that we are traditionally encouraged to hide from others because we are repeatedly told that they are not things to be proud of.

But I'm not showing off. I'm sharing them for a host of other reasons and anyway, I don't think they are things to be ashamed of either. ■

In loving memory

by Sheryle Thomas

Late in 2025, I was invited to a memorial service to celebrate the life of Tracey O'Brien.

The local community had gathered around together to light lanterns and to plant a tree. A local resident said Tracey was amazingly and inspiringly positive and kind.

It is always a tragedy when a life is lost through homelessness, but the comfort in this memorial service was that she was well-loved and respected in the community and will be truly missed.

Poet's story

Lines on adversity, trauma, resilience and healing. Plus a tribute to jazz legend John Coltrane. Poems by *Joseph Hickman* and *Chris Bird*

The Man Who Walks Through Smoke

by *Joseph Hickman*

He was born beneath a roof that forgot how to sing,
its rafters sagging with unshed rain.
Silence raised him –
a cold nurse with splintered hands –
and fed him shadows for supper.

His childhood was a locked orchard;
the trees bore fruit,
but every apple bruised itself in falling.
Touch became a language of ghosts,
and trust was a candle trembling in the wind.

In his teenage years he chased the reflection
of warmth in other faces,
but love, for him, was always a mirage:
a well that turned to dust
as soon as he knelt to drink.
He kissed like a drowning man
clutching mirrors,
cutting his lips on the need to be seen.

At 18 he opened his veins to the night.
Liquor and powder wrote hymns

where his blood should have been.
He danced with strangers
in the hollow between heartbeat and oblivion,
each one-night stand a prayer
to forget the name he carried.

Now, in the dim hour between yesterday and never,
he sits among his ruins.
A man built from echoes,
his reflection fractured into a thousand silvers.
Identity drifts through him
like smoke through the ribs of a broken house.

He asks the dark, "Is there still light in me?"
and somewhere, deep within,
a seed: small, stubborn,
still dreaming of green,
turns over beneath the ash.

For even scorched earth remembers the shape of what once bloomed.
And dawn, though late,
always finds the courage
to touch the burnt horizon.

One morning,
he finds a feather caught on his
windowsill –
white, soft, trembling
as if it, too, had survived a storm.
He does not know why he keeps it,
only that it hums
with something like forgiveness.

Days stretch into cautious hours.
He learns to breathe
without apology.
The bottle gathers dust,
its mouth a mute witness
to the quiet work of healing.

In the mirror,
his eyes begin to thaw.
Ice melting into water,
water remembering the sea.

He walks beneath trees again,
hearing their whispers:
“You are not your scars.”
Their leaves fall gently on his
shoulders,
like hands that do not want to hurt.

He does not yet call it redemption.
He calls it trying.
He calls it waking up without
flinching.

And in time,
when the night presses close,
he no longer hides.
He lights a single match,
holds it in his palm,

and watches how even the smallest
flame
makes the darkness
step back.

John Coltrane

by Chris Bird

Midnight glimpses round,
Smoking down,
Dripping from his skin comes the
shade,
The cigarette haloes blow away,
And the saxophone glistens,
Like a sharp smile of joy.

He breathes,
Cool as dusk, soft as ashes,
Blowing crystal, glinting, scolding,
Streaming against drumbeat pour.

New night sky colours flowing,
Riot blossom of light,
Scattering jade and turquoise.

And the man,
Like a statue in spellbound blue,
Just looks,
Silent and distant,
As the cloudy moon.

TURN TO
PAGES A – P
FOR THE LIST
OF SERVICES

A load of bother

Time-travelling detective O'Haggis embarks on a trip to the near future, where totalitarianism and pre-loved orgasms for sale mark a troubled era. Story by *Chris Sampson*

Disclaimer: Any similarities to any near future that Britain may experience are purely coincidental. We hope!

"Roll up! Roll up! Orgasms! Get yer lovely second-hand orgasms here!"

Well, that's something you don't hear every day, thought O'Haggis. He was at The Ejaculatorium, a black market bazaar where escaped orgasms came (no pun intended) to rest and recuperate before their vintage experiences were sold to modern, 21st Century genitalia.

The peddler continued: "This one is so old, it's said to be one of Lord Byron's!"

"Ew!" O'Haggis winced. "Didn't he sleep with his own sister?"

"More than likely, knowing the gentry," the peddler admitted. "But this orgasm dates from his pre-incest days. Honest...!"

O'Haggis shuddered. The Chronology Protection Agency™ operative knew better than to buy pre-loved orgasms from black market vendors, no matter what claims were being made for them.

O'Haggis' latest mission was to 2032 and, now there, he turned his back on the filthy salesman and secreted himself in an alleyway, to



© Chris Bird

get his bearings and reflect on info vital to understanding what was happening if this was a story, for example. It's called exposition, he recalled, helpfully.

He thought-explained that three years had passed since New Labour had lost the 2029 General Election. Reform UK had swept to power on loud promises of ending migration to the UK – with lots of quieter plans against other minorities hidden in the small print of their manifesto.

Now, the party had begun deporting anyone with anything approaching a foreign-sounding

name. And so even leader Farage had been ousted, and was forcibly extradited to Belgium, where his ancestors hailed from.

His replacement was Clarkson, once sacked for racism by his former BBC employers. His first diktat as Prime Minister was that the Beeb be forced to carry advertisements, his second to scrap the licence fee, and his third that it must, by law, show nothing but repeats of Top Gear on BBC4 ad infinitum. The intelligent programmes that BBC4 had previously shown were now banned, its archive celluloid footage incinerated, along with books by authors disapproved of by the state.

Migrant crossings were now unheard of, since small boats were now routinely fired on by the navy, and by toffs with shotguns, and by party members who had voted for the party for just such an opportunity.

On being elected, the party had adopted what it had tried to pretend was a 'Swiss-style' model of gun ownership. However, to no one's great surprise, this had swiftly degenerated into a USA-style cult of pro-gun rights. Consequently, American-style massacres were now normalised in Britain, too. And picking off migrants was – if not legalised – then viewed favourably by the authorities.

Homelessness had finally been solved, claimed the propaganda. In

truth, homeless people had been rounded up and forced to work in labour-but-not-Labour Party camps, without concern for any physical or mental health issues that may have arisen after sleeping rough. They were paid zero-hour wages and housed in ramshackle huts without heating, other than any scrap wood they could forage and burn themselves. For all eco-friendly measures were now scrapped, with wind farms and solar powers ritualistically burnt publicly, under the surveillance of chain-smoking, gas-guzzler-driving party activists.

Defying the 10pm curfew was now a capital offence and hangings were commonplace, now that the noose was restored as state punishments for civic disobedience.

The technology that allowed the sales of pre-loved orgasms was owned by moguls like Leon Skum, an anagram of the billionaire entrepreneur whose foreign origins had been conveniently ignored by the ruling party, in contravention of its own rules.

Other examples of creeping Americanisation contrary to the flag-waving regime's stated 'Britain First' policies were evident, though pointing out hypocrisy was likely to get you a trip to the gallows.

The *Big Issue* had been banned and the *Pavement* magazine had been renamed *the Sidewalk* by its new, American owners. Now

that “filthy beggars” had been removed from Britain’s streets, it now ignored homelessness issues and concentrated on pumping out pro-MAGA propaganda to those whose hands it was forced into on the streets. Failure to take a copy resulted in a week in the stocks for first offenders, then public hangings for any who resisted.

The resistance itself was comprised mostly of former editors, deputy editors, cartoonists, feature writers and scribblers of absurdist time-travel tales, who printed and distributed *Resist!* pamphlets from underground safehouses, and sought to sabotage the despotic state by blowing up right-wing munitions dumps and derailing troop trains, like the French Resistance of World War Two (but much more heroically and without berets, obv).

Perhaps most heroic of all was the ‘fearless’ (it says here) satirist who lampooned the ruling party as Deform UK! Yup, that’d show ‘em! He was captured, but bravely never betrayed his fellow resisters, even under torture, and not because the befuddled fool couldn’t remember their names. Ahem!

Knowing he would never tell them anything, the state decided to make an example of him and he was – you guessed it – publicly hanged.

The black marketeer who O’Haggis had seen in The Ejaculatorium on his arrival in 2032

operated illegally, and ran the risk of having all profits confiscated by the state, before being publicly hanged in a town square or former charity shop.

The latter had all been firebombed on election night, as with help centres for immigrants, disabled people, LGBTIQ+ people and other minority groups, who were now all fair game for party members to shoot out of hand.

O’Haggis had been sent to 2032 to conduct a feasibility study for his employers. The Chronology Protection Agency™ wanted to know if it was worthwhile preventing this dystopia from happening. Would it, they wondered, fall apart swiftly due to infighting between members of its ruling elite? Would common sense (or at least the modicum thereof that we accept as normal today, pre-2029) return after the far-right revolution had burned itself out? If so, how high would the death toll be, and was that acceptable ‘collateral damage’? Or must it be thwarted before it even began?

If the electorate knew now what they’d really be voting for, then would they still elect their own oppressors? If they were given a glimpse into that future, would British voters retain enough integrity to alter its tragic course down the sewers of nationalism that O’Haggis witnessed in 2032?

We can only hope. ■

My notepad...

Make sure you read...

the **Pavement**

online at

www.thepavement.org.uk



KEY TO ALL SERVICES

A	Alcohol workers
AD	Advocacy
AH	Accommodation/housing
B	Barber
BS	Bathroom/showers
C	Counselling
CA	Careers advice
CR	Creative activities
D	Drugs workers
DT	Dentist
ET	Education and training
FA	Financial advice
FC	Free clothing
FF	Free food
IT	Internet access
L	Laundry
LA	Legal advice
LF	Leisure facilities
MH	Mental health
MS	Medical/health services
NE	Needle exchange
OW	Outreach workers
S	Signpost to other services
SF	Step-free access
SH	Sexual health advice
TS	Tenancy support

Updates: web@thepavement.org.uk
Compiled: December 2025

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

Are your details incorrect?

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

NIGHT SHELTERS

EDINBURGH: RAPID RE-ACCOMMODATION CENTRE [BETHANY]

ELS House, 555 Gorgie Road, EH11 3LE
07919 557 673

bethanychristiantrust.com

Open 24/7: October 2025 – April 2026

Free accommodation, food and support for people sleeping rough. Referral via Edinburgh City Council, other local services or you can show up and self-present and the staff will help you.

AH, FF, S, OW

GLASGOW: GLASGOW CITY MISSION – WINTER PROJECT

07513 567671

www.glasgowcitymission.com/what-we-do/winter-project

1st December 2025 – 31st March 2026

This year we will run an Overnight Welcome Centre in a designated hotel in Glasgow city centre along with a daytime team of Housing Settlement Officers (HSOs) who will move our guests out of this accommodation and into a home of their own. Call first or email owc@glasgowcitymission.com.

AH, FF, S, OW

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

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, FA, TS

DUNEDIN HARBOUR

4 Parliament St, Edinburgh, EH6 6EB

0131 624 5800; tinyurl.com/vvx5fxtpt

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.

A, AH, CA, D, ET, FA, 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, BS, D, ET, FA, IT, LA, FF, OW, S, TS

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, S, TS

KEY

A Alcohol workers

AD Advocacy

AH Accommodation/housing

B Barber

BS Bathroom/showers

C Counselling

CA Careers advice

CL Clothing storage

CR Creative activities

D Drugs workers

DT Dentist

ET Education/training

FA Financial advice

FF Free food

IT Internet access

L Laundry

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.

AD, B, BS, C, CA, CR, D, DT, ET, FA, FC, FF, IT, LA, LF, 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, AD, C, CA, CR, D, ET, FF, IT, LF, MS, MH, OW, S, 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.**

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

NIDDY ST WELLBEING CENTRE

25 Niddy St, Edinburgh, EH1 1LG

0131 523 1060

www.salvationarmy.org.uk/niddy-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, 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, except

Wednesdays: 10am – 5pm

'A one-stop shop' for a whole range of support. Please just drop in - you do not need an appointment.

A, B, BS, ET, IT, LA, MS, FC, FF, S, OW, SF, TS

LA Legal advice
LF Leisure facilities
MH Mental health
MS Medical services

NE Needle exchange
OW Outreach workers
S Signposting to other services

SF Step-free
SH Sexual health
TS Tenancy support & housing advice

↓ FIND OUR
↓ FULL LIST
↓ 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, B, ET, FA, LA, MH, MS, S, OW, TS

THE CONNECT HUB

0141 418 6980; simonscotland.org
connecthub@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.

BS, C, CR, CS, ET, IT, LA, MH, S, TS

FOOD

BALVICAR STREET

Balvicar St, Glasgow, G42 8QU
 Thurs: 7pm – 9pm
 Soup run every week.
FF, SF

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, S, SF

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, AD, C, CA, CR, D, ET, FF, IT, LF, MS, MH, OW, S, SF, TS

KINDNESS STREET TEAM

George Square, Glasgow, G2 1DH
kindnessglasgow.co.uk; **07483 330 918**
 Mon & Wed: 7pm
 Pop-up soup kitchen.
FF, SF

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

KEY	<i>A</i> Alcohol workers	<i>BS</i> Bathroom/showers	<i>CR</i> Creative activities	<i>FA</i> Financial advice
	<i>AD</i> Advocacy	<i>C</i> Counselling	<i>D</i> Drugs workers	<i>FF</i> Free food
	<i>AH</i> Accommodation/housing	<i>CA</i> Careers advice	<i>DT</i> Dentist	<i>IT</i> Internet access
	<i>B</i> Barber	<i>CL</i> Clothing storage	<i>ET</i> Education/training	<i>L</i> Laundry

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)

FF, SF

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: 4:15 – 5pm (take
away food)

Thu: 4:15 – 6pm (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 scan)

Thu: 4 – 5pm (Mixed Social Supper)

FF, SF

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 (scan)

Wed: 4:45 – 5:45pm (Mixed Supper)

Wed: 6:15 – 7pm (Women's Supper)

FF, SF

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, C, D, FF, OW, SF, TS

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 needs
of those experiencing homelessness.

Register online or on phone.

AD, MH, MS, S

NHS INFORM – SCOTLAND

www.nhsinform.scot

Online health information service.

MS, MH

THE SANDYFORD

6 Sandyford Place, 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, S

LA Legal advice
LF Leisure facilities
MH Mental health
MS Medical services

NE Needle exchange
OW Outreach workers
S Signposting
to other services

SF Step-free
SH Sexual health
TS Tenancy support &
housing advice

↓
↓
↓
FIND OUR
FULL LIST
ON OUR
WEBSITE

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

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

KEY	<i>A</i> Alcohol workers	<i>BS</i> Bathroom/showers	<i>CR</i> Creative activities	<i>FA</i> Financial advice
	<i>AD</i> Advocacy	<i>C</i> Counselling	<i>D</i> Drugs workers	<i>FF</i> Free food
	<i>AH</i> Accommodation/housing	<i>CA</i> Careers advice	<i>DT</i> Dentist	<i>IT</i> Internet access
	<i>B</i> Barber	<i>CL</i> Clothing storage	<i>ET</i> Education/training	<i>L</i> Laundry

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, MH, MS, S, TS

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, TS

LA Legal advice
LF Leisure facilities
MH Mental health
MS Medical services

NE Needle exchange
OW Outreach workers
S Signposting to other services

SF Step-free
SH Sexual health
TS Tenancy support & housing advice



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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, C, CA, CL, D, ET, FA, MH, S

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 – DRINKLINE

0800 7 314 314; 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, S

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, S

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, S, SF

STEPS TO HOPE – HOPE HOUSE

07949 838 666 (Open 24/7)

www.stepstohope.co.uk

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.

A, AH, C, D, FF, OW, SF

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...



ARTS COUNCIL
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**ARTS COUNCIL
ENGLAND**



unheard
voices

NARCOTICS ANONYMOUS (NA)

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

D

NORTH EAST RECOVERY COMMUNITY

24 Broad Street, Glasgow, G40 2QL
0141 554 5235; 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. Check website for information on your local recovery cafe.

CR, LF, 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, FA, ET

SMART RECOVERY

0330 053 6022
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, S, SF, SH

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, S

KEY

<i>A</i> Alcohol workers	<i>BS</i> Bathroom/showers	<i>CR</i> Creative activities	<i>FA</i> Financial advice
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<i>B</i> Barber	<i>CL</i> Clothing storage	<i>ET</i> Education/training	<i>L</i> Laundry

TURNING POINT SCOTLAND (NORTH EAST RECOVERY HUB EDINBURGH)

5 Links Place, Leith, Edinburgh, EH6 7EZ
0131 554 7516

tinyurl.com/jxykwdhb

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](#), [S](#)

WE ARE WITH YOU (NE GLASGOW RECOVERY HUB)

24–28 Broad Street, Bridgeton, G40 2QL
0808 164 4261; tinyurl.com/574ddkbp

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](#), [OW](#), [S](#)

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](#), [OW](#), [S](#)

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](#), [S](#)

[LA](#) Legal advice
[LF](#) Leisure facilities
[MH](#) Mental health
[MS](#) Medical services

[NE](#) Needle exchange
[OW](#) Outreach workers
[S](#) Signposting to other services

[SF](#) Step-free
[SH](#) Sexual health
[TS](#) Tenancy support & housing advice

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↓ ON OUR
↓ WEBSITE

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, S, SF, TS

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)
 For young people aged 16–25 affected by homelessness. We offer advice around housing, benefits, employment, wellbeing and food provisions.

AH, C, ET, FA, 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, C, CA, ET, FA, TS

ASYLUM SEEKER & REFUGEE SUPPORT

CENTRAL & WEST INTEGRATION NETWORK (CWIN)

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.

AD, CR, ET, FF, S

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, S

KEY

A Alcohol workers	BS Bathroom/showers	CR Creative activities	FA Financial advice
AD Advocacy	C Counselling	D Drugs workers	FF Free food
AH Accommodation/housing	CA Careers advice	DT Dentist	IT Internet access
B Barber	CL Clothing storage	ET Education/training	L Laundry

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

[CA, FA, FF, LA, TS, S](#)

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 – Fri: 9am – 5pm

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

[AD, ET, FA, S, 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, ET, FA, LA, MH](#)

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.

[CA, D, ET, FA, IT, LA, TS](#)

[LA](#) Legal advice
[LF](#) Leisure facilities
[MH](#) Mental health
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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, S

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

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, S

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, S

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.

AD, C, LA, MS, S, TS

KEY	<i>A</i> Alcohol workers	<i>BS</i> Bathroom/showers	<i>CR</i> Creative activities	<i>FA</i> Financial advice
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LGBT HELPLINE SCOTLANDwww.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, S***LGBT YOUTH SCOTLAND**lgbtyouth.org.uk/get-supportinfo@lgbtyouth.org.uk

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, S***STONEWALL SCOTLAND**www.stonewallscotland.org.ukinfo@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, S***ART & CREATIVITY****GIVIN' IT LALDIE**

1 Errol Gardens, Glasgow, G5 0RA

givinitaldiedie.org.ukgivin.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?

*CR***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.

CR, FF, MH

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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.

AD, B, BS, C, CA, CR, D, DT, ET, FA, FC, FF, IT, LA, LF, 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.

CR

TURN THE TABLES – DJ SCHOOL

www.turnthetables.co.uk

hello@turnthetables.co.uk

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

CR

DENTIST / MOUTH CARE

THE ACCESS PLACE – SPITTAL ST

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.

DT, 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

DT

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.

DT

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.

DT