



the **Pavement**

the free magazine for homeless people

Issue 160 : Progress
February – March 2026

Missing



David Whyatt

David Whyatt has been missing from Chesterfield, Derbyshire, since 28 November 2022. He was 63 at the time of his disappearance.

David, 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.



Lorraine Ridout

Lorraine Ridout has been missing from Cardiff, South Wales, since 31 January 2016. She was 57 at the time of her disappearance.

Lorraine, 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 David or Lorraine, 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: Our cover artwork for this issue is a painting taken from the annual Koestler Awards show on London's Southbank. *Waves* is by an unnamed inmate at HM Prison Five Wells. You can read more about the Koestler Awards show in our news section on page 9.

© Tom Carter

The Pavement magazine

- www.thepavement.org.uk
- x.com/thepavementmag
- facebook.com/thepavementmag
- instagram.com/thepavementmagazine

London/Scotland Issue 160 February – March 2026

Published by *the Pavement*

Registered Charity Number 1110656

www.thepavement.org.uk

Editor: Jake Cudsi editor@thepavement.org.uk

Web editor: web@thepavement.org.uk

Designer: Marco Biagini scotland@thepavement.org.uk

Writers/Researchers: Mat Amp (deputy editor), Nicola Baird, Chris Bird, Sophie Dianne, Joseph Hickman, Gemma Lees, Michael McKeon, Emdad Rahman, Garnet Roach, André Rostant, Chris Sampson, John Joseph Sheehy MacSheehy, Sheryle Thomas

Artwork: Michelle Christopher, Ken Pyne, John Joseph Sheehy MacSheehy, Mike Stokoe

London Co-ordinator: Sophie Dianne
london@thepavement.org.uk

Scotland Co-ordinator Marco Biagini
scotland@thepavement.org.uk

Contents

About us	4
Editorial	5
News	6 – 11
Progress	12 – 13
Pollution	14 – 15
Pyne cartoon	16
Stokoe cartoon	17
Interview	18 – 19
Health	20
Experience	21
Short story	22 – 23
Poetry	24 – 25
Mat's column	26 – 28
Stigma	29 – 31

The List (centre) A – P

the Pavement is written for your entertainment and information. Whilst every effort is made to ensure the accuracy of the publication, *the Pavement* cannot be held responsible for the use of the information it publishes. The contents should not be relied upon as a substitute for medical, legal or professional advice. *the Pavement* is a forum for discussion, and opinions expressed in the paper are not necessarily those of *the Pavement*.



***the Pavement* is a member of
IMPRESS**

The Independent Monitor of The Press. For more information on *the Pavement's* complaints policy and how to make a complaint visit:

thepavement.org.uk/complaint

the Pavement (print) ISSN 1757-0476
the Pavement (online) ISSN 1757-0484



© John Joseph
Sheehy MacSheehy

Flowers flower

By John Joseph Sheehy MacSheehy

Flowers flower
trees turn towards sky

birds take wing to a blown heaven
birds flying high, they know
how I feel, birdsong, song birds
a song from so long ago

sitting on branches, a lady listens
to the stream of the tiny shallow
spring time chimes into blossoming

the splurge of colour
red blue orange yellow purple

the lady in a pink dress
merges with god's blossoms
bare foot and brave against
the sun's remorseless glow

running through the wooded light
soft coating of pebbles, frogspawn
finds life
in this obliterating sunshine.

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

Progress

Progress isn't a straight line and it isn't always as rapid as you'd like it to be. Sometimes it's just about getting one foot in front of the other: taking that first (and often toughest) step forward. Inside the magazine you will find stories on the importance of that initial movement towards progress, for example in Emdad's story on page 12.

Nor is progress a simple thing. Mat calls for patience and reminds us all of the progress we've made and the progress we've still to make on page 26.

Meanwhile, Chris rails against stigma and unkind perceptions on page 29.

Read an interview by Sheryle with an author and activist from New York on page 18, before learning all about our artist in focus Gemma Lees, whose poetry can be found on page 25.

Elsewhere, you can find all of the regular news, views and cartoons across the magazine.

***the Pavement* team**

www.pavement.org.uk

Winter pop-up

In mid-December last year, Streets Kitchen organised a solidarity pop-up for people experiencing homelessness in Highbury Corner, London. Inspired by its annual StreetsFest event, the pop-up similarly brought together a range of services for visitors to learn about and connect with.

Among the services in attendance were Single Homeless Project and SK Legal, the legal advice branch of Streets Kitchen.

Food and drink were also on offer, as well as festive-themed fun ahead of the holiday season.

Supported by Islington Council and with NHS services present, plans are underway to make the pop-up a regularly scheduled event in the calendar.

Members of *the Pavement* team were also in attendance, distributing copies of the magazine to visitors.



Services stationed at the Streets Kitchen solidarity pop-up in December.

© *the Pavement*

No vacancy

A Holiday Inn Express in **Manchester** refused two men from staying in their pre-booked hotel rooms after identifying them as homeless. Two Brews charity volunteer Amanda Thompson, who booked the rooms, told the BBC the men were refused entry because the hotel doesn't allow homeless people to stay, saying "it's company policy". Hotel staff were wrong, of course, and a grovelling apology has since been made by a spokesperson on behalf of Holiday Inn. According to the spokesperson, "this incident is not in keeping with our policy of welcoming all and should have been handled differently." The men were refused their rooms on an early January night this year, with the temperature outside a freezing -6c. Happily, the men were able to secure a room that night at a Travelodge in Moss Side.

New landlords

Homelessness charity Crisis is planning to purchase properties in the UK, saying it can no longer rely on access to ever-dwindling existing social housing stock. It will be the first time in the charity's 60-year history it will act as a landlord. Chief executive Matt Downie told *the Guardian* in late 2025 the charity will fundraise for the project, noting "We [Crisis] wouldn't be doing this unless the wheels had come off the homelessness and housing system." He went on to explain the project will pilot in **London** and **Newcastle**, aiming "to get to at least 1,000 homes in the first phase, with Housing First tenancy support teams in the two cities ready to go to support people. But the ambition is to move to something even bigger so that we can demonstrate that the solution to homelessness is housing."

48% increase in house prices across the EU between 2010 and 2023, reports *Eurostat*.

£300bn requested by alliance of 17 mayors of major cities in the EU to launch an affordable housing fund.

22% increase to cost of private rent in the EU over the same timeframe.

Homeless, Not Hopeless is a podcast that explores real stories from people who have experienced homelessness and are working to rebuild their lives. Through honest conversations, the podcast looks at what helps people move forward, whether they grew up feeling overwhelmed, took an unsteady path into adulthood, or had to restart after hitting a low point.

The podcast focuses on practical steps, support systems and the moments that shift someone's direction. The aim is for listeners to hear what has worked for others, notice where their own experiences resonate and see that although life doesn't start equally for everyone, progress and change are still possible. It's not about perfect answers, it's about exploring real journeys toward stability, confidence and independence.

Homeless, Not Hopeless is co-produced by staff and residents of the Single Homeless Project, combining lived experience and professional insight to offer an honest look at homelessness, recovery and resilience.

The podcast is available on Spotify and YouTube.

If you feel that your story or recovery journey could contribute to the podcast, ***Homeless, Not Hopeless*** will be happy to hear from you, please get in touch: AZajac@shp.org.uk



Passport plan

Camden Council in **London** will offer people sleeping rough 'personal passports', used to record information about themselves to share with services. The BBC says the passports were successfully trialled three years ago and will aim to prevent people from having to repeatedly disclose sensitive information, "an exhausting and confusing experience," a spokesperson for the council said.

TURN TO PAGES A – P
FOR THE LIST OF SERVICES

Old news

Older generations in the UK are beginning to feel the impact of the escalating housing crisis. A growing number of over-60s are approaching local authorities for homelessness support, with charities pointing to high private rents and lack of social housing affecting pensioners' ability to find homes. Quoted in *the Guardian*, Dan Holland, from the Salvation Army's homelessness services team, explained "not as many people now have a mortgage that they've paid off and a roof over their head that they can call their own. Lots more people are renting, relying on housing benefit which has been frozen, so it's not rocket science, eventually they will end up experiencing homelessness." Charities including St Mungo's and Crisis have reported cases of elderly people sleeping for months in their car, people with complex health problems facing homelessness and a rapid increase in over-55s staying in temporary accommodation.

Moved on

A long-standing homeless encampment at Adelphi Terrace in Westminster has mysteriously disappeared, raising concerns for the people who were staying there. In December, the *Big Issue* published a story about the encampment, featuring powerful portrait photographs of 11 people living there. In total, the magazine counted 30 tents at the encampment late last year. The photographer for the story, Marc Davenant, set up an urgent meeting with Westminster Council on 23 December to discuss the welfare and safety of the people living at the encampment, as he had heard the site would be cleared on 1 January. Before the meeting, however, Davenant was stunned to learn the encampment had already been cleared. He managed to track down a few of the residents at The Connection and one sleeping rough in the area. Two of the more vulnerable members of the encampment have not been seen or heard from since the site was cleared.

200,000 families and individuals experiencing hidden homelessness in Britain, new research by Crisis has found.

30% rise in hidden homelessness figures since 2020.



The Night Owls and Abstractions exhibition. © Piers Allardycy

Awards season: The 2025 annual Koestler Awards show took place in London's Royal Festival Hall on the Southbank between October and mid-December. The exhibition was titled *Night Owls and Abstractions*, featuring around 200 artworks created by people in criminal justice settings. The works featured in the exhibition were selected from a pool of more than 7,500 entries and include creative writing, painting, sculpture, music and other artforms. Planning for this year's awards show is already underway, with the theme 'Roots'. The deadline for entries is Friday 17 April, 2026 and is open to anybody in custody in a UK prison, young offender institution, secure training centre, secure children's home, immigration removal centre, or high or medium security psychiatric hospital or unit; any current client of the National Probation Service, a youth justice service, or the Scottish Criminal Justice Social Work Service; any UK citizen currently in a prison overseas.

- Enter the 2026 Koestler Awards national competition here: koestlerarts.org.uk/get-involved/koestler-awards/enter-the-koestler-awards



New homes

At the start of the new year 16 families experiencing homelessness in Scotland have been given homes in **Glasgow** and **Edinburgh**, as part of a Home Group Scotland collaboration with local authorities in the cities. Six families have moved into homes in South Queensferry, while 10 have secured a home in Tillycairn, Glasgow. According to *Scottish Housing News (SHN)*, a further eight families will move into Farrier Fields, Edinburgh in March 2026. Bryony Willett, director of the housing association Home Group Scotland, told *SHN*: "Being able to provide affordable housing like this is why we work in social housing. Through these, and previous partnerships, we have been able to provide new homes to local families desperately in need of a place to call their own."

Dying shame

More than 100 people died while staying in temporary accommodation in Scotland during 2024-25, the *Daily Record* reported in late December 2025. Overall, 118 people died while living in temporary accommodation. Meanwhile, figures show 17,240 households were staying in council-funded properties in March 2025, a record high. Anas Sarwar, leader of Scottish Labour, said "the SNP ought to be ashamed of this record." He added that "more than 100 people [have been] robbed of the chance to live out their days in a home of their own."

Responding to Sarwar's comments, SNP Housing Secretary Màiri McAllan defended the party's record: "This government has delivered more than 141,000 affordable homes. In the last four years of the Labour-led government in Scotland, only six new council houses were built compared to the last four years, under this Government, when 8,572 new council houses were built."

£4.1bn

to be invested in funding affordable housing over the next four years by the Scottish government.

36,000

affordable homes aiming to be delivered by the SNP by 2030, including 70% at social rent, reports *Inside Housing*.

Expert advice

An expert from Heriot-Watt University has warned a return to dormitory-style night shelters in Scotland poses a risk to people experiencing homelessness. Research by Professor Beth Watts-Cobbe suggested so-called “shared air” shelters can lead to worse health outcomes and users being exposed to violence and drug harm. The research comes as pressure to open more night shelters in Scotland mounts. Dormitory-style homeless shelters have been gradually phased out following the onset of the Covid-19 pandemic, to the point that Homeless Project

Scotland runs the country’s only continually active night shelter. Its chief executive, Colin McInnes, told the Press Association he strongly disagreed that shelters should be avoided altogether. He argued: “The suggestion that avoiding shelters is inherently safer than providing emergency cover ignores the real-world consequences of inaction... A key issue with much of this debate is that it is being led almost entirely from an academic and policy perspective, rather than from lived experience or frontline reality.”

15%

of the homeless population in Scotland are Black People and People of Colour (BPoC).

36%

of people unlawfully refused temporary accommodation in Scotland are BPoC, analysis published in *Scottish Housing News* found in December 2025.

22%

increase in social housing waiting list in **Edinburgh** since March 2024, states the *Edinburgh Evening News*.

28,847

households and 55,804 individuals are waiting for a property in the city.

Progress, pain and possibility

A reflection on homelessness and how we progress its end.

By *Emdad Rahman*

As the new year dawns, many of us think in terms of fresh starts, renewed energy and goals that lift us forward. But for people experiencing homelessness, for rough sleepers on freezing streets and families trapped in temporary B&Bs, new beginnings aren't a luxury: they are a necessity.

Current figures paint a stark picture: in England alone, at least 382,000 people are now homeless (according to Shelter), including more than 175,000 children: a rise of 8 % in just one year. Many are in temporary accommodation without a roadmap to lasting stability.

On the streets, rough sleeping is one of the most visible and dangerous forms of homelessness and continues to rise: 2024 counts found around 4,667 people sleeping rough on a single night, a 20 % increase on the prior year, with thousands more uncounted over a month.

These statistics should sober us, not paralyze us. Progress is twofold:

1. Progress in circumstances

We need homes – permanent, safe, affordable, accessible. The chronic shortage of social housing and council support is a root cause of

rising homelessness. We must not settle for temporary fixes. A housing first approach, where permanent housing is the foundation for recovery, should be prioritised.

But progress can also be incremental improvements: offering emergency shelter when temperatures plummet; additional night shelters opening in boroughs; outreach workers building trust and connection on the streets.

These interventions save lives, even as we fight for deeper systemic change.

2. Progress in attitude

Language matters, and respectful, accurate language shifts perceptions. People experiencing homelessness are people first. Rough sleepers are not “a problem to be managed” but individuals with unique stories, challenges and dignity.

Progress means confronting discrimination, from invisible bias to policy exclusion that blames people for circumstances often caused by housing shortages, rising rents, frozen benefits and gaps in mental health services.

One of the most fragile threads in the homelessness equation is

mental health. Trauma from loss of housing to years of stress on the streets deepens with isolation and lack of support. Without integrated, accessible mental health care, progress stalls.

Progress looks like outreach teams that listen, like community counsellors walking beside people on their journey, like housing that includes support, not just a key to a door.

This winter, across London and other cities, volunteer-led outreach has transformed cold nights into human connection.

Teams of volunteers and frontline charities walked the streets, bringing hot drinks, warm clothing, sanitary supplies and conversation.

Outreach workers helped connect people with health care, housing advice, emergency shelter options and mental health support.

This is progress you can feel. It is small in scale but vital in depth. Each partnership, each warm meal offered with eye contact and respect, builds trust.

Progress isn't linear. There are clear tensions and setbacks:

Rising homelessness figures show deep structural failures. Rough sleeping continues to climb year after year. Temporary accommodation often becomes long-term limbo, especially for families and people with complex needs.



Emdad (far right) on outreach.
© Emdad Rahman

Solutions and actions to take on the challenge include: building and protecting affordable homes; expanding housing support services; funding outreach as essential public health work; reforming policy that marginalises vulnerable people and shifting the public narrative.

Progress is a mosaic made up of small meaningful efforts, deep systemic change, human warmth and honest attention to the painful truths. This winter's outreach was not a cure but it was progress. Every person housed, every connection made, every story heard builds momentum.

Homelessness is a crisis of policy, dignity and community and it demands solutions that are structural and compassionate. ■

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

Cleaning up

Progress takes time and continued effort. Take, for example, the cleanliness of London: it is a constant battle, but one that saves lives. *By André Rostant*

I was born in The Smoke in 1963, literally. We would craft clay ashtrays as juniors, progressing to metal ones in secondary school, proudly setting them before our parents on coffee tables in the acrid, dingy grey-purple gloom of our yellow-ceilinged, brown-walled living rooms. We travelled on buses and trains filled with thick smoke, shopped, sat in cafes or, as we grew, pubs and clubs shrouded in a fog that firefighters would rightly don breathing apparatus to enter nowadays.

Everywhere seemed sooty, or grubby sepia, all the great buildings: St Paul's, Tower Bridge, Buckingham Palace. Everything smelled of cigarettes, petrol and unidentifiable burning. And the noise! Traffic thundered, roared, screeched, the air, the ground around shuddering. Right into the 1970s there were still occasional smoggy days – and this long after the 1956 Clean Air Act. Yet these were times of progress.

As early as the 17th century, London was already a notorious cauldron of haze and noise. In 1661, John Evelyn wrote of "...this horrid smoke which obscures our churches and makes our palaces look old, which fouls our clothes and corrupts

the waters". He had a point; London's waters were royally 'corrupted'. In 1728, Alexander Pope concurred, writing of the River Fleet, which flowed through the most populous heart of The City, carrying its "large tribute of dead dogs to the Thames", rank with effluent. The capital was rife with waterborne disease, notably recurring cholera epidemics which in 1853/54 alone killed over 10,000 Londoners. And it stank. The Thames, described at the time as "a deadly sewer" by Dickens, smelled so bad that in 1858 Parliament was forced to meet behind curtains soaked in chloride. Hansard reports MPs calling the river "a Stygian pool, reeking with ineffable and intolerable horrors".

Since that 1850s nadir, successive acts of Parliament and measures by local government have made our city cleaner, the 1956 Act alone avoided the death of around 1,600 Londoners each year. Our river has been cleaned up to the extent that it now boasts 125 species of fish, albeit our once plentiful eels are critically endangered.

The greatest threat to London's environment and public health has long been traffic, chief contributor to the deaths of nearly 4,000 people

a year. Ella Adoo-Kissi-Debrah, who succumbed at the age of nine in 2013, is one of them. Ella lived and died in Lewisham, just yards from the South Circular Road. She was the first person in the United Kingdom to have air pollution listed on her death certificate as a cause of death. This was sadly predictable since air quality is typically poorer in areas with the most deprived communities. Studies show the new Ultra-Low Emission Zone (ULEZ) is saving over a thousand lives a year – mainly those of poor people, children like Ella and the elderly. This initiative, coupled with 20mph speed limits, broader pedestrianisation and traffic calming, has also drastically improved the quality of life for inner-city Londoners, those most exposed to traffic pollution including street beggars, people in wheelchairs, dogs, children and motorists themselves.

Yet many drivers view things differently: on the first day of the ULEZ scheme expansion in 2023 there were heated protests at Downing Street. Elsewhere in London, ULEZ cameras were sprayed with paint, smashed or had wires cut. There emerged a group of anti-ULEZ vigilantes, the self-styled, 'Blade Runners'.

One candidate for London's 2028 mayoral election would scrap ULEZ, as she doesn't "think a war on motorists helps anyone". I personally know people who

complain vociferously about speed limits, traffic calming and jams – our average speed in London is around 11mph. Given that the typical car journey here is seven miles, a return to the 30mph speed limit, and depedestrianisation would, with the consequent higher traffic volumes, only save motorists around five minutes a trip. Take a look at your granny, your grandchild, your asthmatic sibling. Which of them would you be happy to watch die struggling for breath for the sake of those five minutes? Which of the thousand individuals saved each year by ULEZ would you be happy to sacrifice?

It is not just thoughtless motorists who are not on board with progress; The shitters are at it again. Chief culprit, private company Thames Water, has been fined hundreds of millions of pounds since it was set up in 1989, for discharging billions of litres of untreated sewage into the Thames, killing fish and threatening our health. In 2025, it brazenly pleaded for permission to carry on pumping out ordure until 2040, to satisfy creditors who will, in return, write off 25 % of the company's debt.

We must be watchful, because, be it by corporate or individual greed, progress in making London a cleaner, healthier place is under constant threat.





" I STARTED OFF IN A TESCO BOX "



*“You haven’t got a loyalty card?
Then you must be punished!”*

Homeless in America

An interview with the author of a new book on homelessness in America. By Sheryle Thomas

US-based writer and activist Patrick Markee has written a book on homelessness. *Placeless: Homelessness in the New Gilded Age*, was published by Melville House UK in early December last year and draws on Markee's experience volunteering in New York. In January, Markee spoke to *the Pavement* about himself, his book and homelessness in the US.

Who is Patrick Markee and what prompted your book?

Having been born into a solidly middle-class family, I have been fortunate enough never to have experienced homelessness or poverty. What's more, during my childhood in the 1970s, I never saw people sleeping on the streets or other signs of homelessness. This was even though I grew up in an economically depressed city – Cleveland, Ohio, one of the cities of the so-called "Rustbelt" that had suffered deindustrialisation, job losses and economic hardship, much like the former manufacturing cities in the north of England or in parts of central Europe.

That all changed in the early

1980s, as a result of right-wing policies implemented by President Ronald Reagan that sharply cut funding for federal housing programmes, all in the midst of wider structural economic shifts that fueled a nationwide housing affordability crisis. When I began attending university in Boston in 1983, I saw lots of people sleeping in the streets and in subway stations, some of the first evidence of the mass homelessness crisis that has persisted to the present day in the US.

My book *Placeless: Homelessness in the New Gilded Age* is an attempt to describe those wider structural forces behind the crisis of modern mass homelessness – the widening housing affordability gap, shifts in the capitalist economy, neoliberal policies and systemic racism. And while the book focuses on New York City, the origin of the modern crisis, it also discusses other American cities and how homelessness is merely one symptom of wider forms of displacement.

TURN TO PAGES A – P
FOR THE LIST OF SERVICES

The book title references the “New Gilded Age”. Can you briefly describe what that is?

I describe the period from the 1970s to the present – during which the modern homelessness crisis emerged – as the New Gilded Age because it shares so many characteristics with the first Gilded Age of the late 19th and early 20th centuries in the US. Specifically, these eras were marked by radical economic and social inequality, concentrations of wealth and power among elites, structural economic changes and rampant anti-immigrant xenophobia and racism.

Is there an experience or trend that inspired you to write this book?

There was really no single event that inspired the book. Instead, it drew from more than two decades of my work as a homeless advocate and my first-hand experiences on the streets, in municipal shelters, in train tunnels and in other places. I was also so incredibly lucky during that time to work alongside some remarkable homeless and formerly-homeless New Yorkers as we organised and struggled to defend the rights of vulnerable people and create more affordable housing.

Is there a statistic that particularly shocked you during your work on this book?

So many of the statistics on homelessness are shocking. In New York City, there are more than 100,000 people sleeping each night in homeless shelters, including 35,000 children and thousands more sleeping rough on the streets. Very few people realise that there are so many homeless families and children – around two-thirds of our shelter population.

What is America doing wrong in its approach to homelessness?

Fundamentally, the US has never accepted that the government needs to play a central role in creating and providing decent, affordable housing for poor and working class households. Currently, only one of every five low-income Americans who qualify for federal housing aid actually receives it, a result of decades of chronic underfunding and cutbacks by right-wing political leaders.

- **The interview will continue in the next issue of *the Pavement*. Read more about *Placeless: Homelessness in the New Gilded Age* on the Melville House website: mhpbbooks.com/books/placeless** ■

Leaving hospital

Groundswell staff share important information
for when you are discharged from hospital
experiencing homelessness

Checklist

When first assessed, you should tell your healthcare professional you are homeless. Next you should make sure:

- Your healthcare professional has the correct address for you (even if it's an address they can send letters to)
- Your GP details have been shared
- Information on whether you require any follow-up appointments has been provided.

A healthcare professional may need information to help with a Homelessness Reduction Act referral and to help safely discharge you.

Let them know if you need any help with any of the following activities when you leave hospital: getting up and down stairs; shopping and/or cooking; dressing yourself; personal hygiene; finances and budget management; cleaning your home; remembering and getting to appointments; taking and storing medication.

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.

A little progress

After a difficult year, there are small improvements in circumstance on the horizon. Keep going. *By Michael McKeon*

Last year was a pretty difficult time for me.

I know a lot of people are struggling at the moment, so let me qualify it: I suffered burnout, lost all my work, then my partner recommended I go home to my mum's and dry out, so I did. Whilst I was taking the cure, my wife then dumped me over the phone. Now I can't go back to the flat we shared for eight years because she took my keys and she won't let me in to get my stuff because she refuses to let me take it away in bin bags.

I ended the year in a tent on Hampstead Heath, with no money, eating out of bins. Everyone was looking at me like they were waiting for me to do something I hadn't even agreed to do in the first place.

But there was one thing that happened that was kinda good.

I was using the Islington Library computers – and anyone who knows about Islington Library knows they're a nightmare: the system operates on Microsoft Edge.

I found out from their Digital Access and Learning Manager that they'll "be rolling out new public PCs across all our libraries starting in February, which should greatly



© Michelle Christopher

improve the user experience."

So that's sorta progress, I guess.

- If you are sleeping rough, see the List of services in the centre pages of the magazine for information on a range of helpful, local services. The List can help you find a meal, a shower, a health service and a wide range of other basic, vital services. ■

The Watchtower part I

A rigid structure influences a person's behaviour in the first part of this creative short story, by *Joseph Hickman*

The Architecture

The watchtower did not announce itself as a tower. It had no silhouette, no horizon line where it cut the sky. It arrived as instruction. As tone. As the subtle correction in a voice before the sentence finished forming. Elias learned it the way one learns gravity: not by explanation, but by falling correctly.

He did not remember an entrance. There was no moment of before. Childhood, for him, was already interior. The earliest memories were of corridors that adjusted when he paused, of thresholds that narrowed when he hesitated. Space was conditional. It responded. The walls were sensitive to doubt. Some children learned to crawl. Elias learned to measure himself.

The tower trained him gently at first. It rewarded alignment. When his thoughts followed approved contours, the air felt smoother, as if friction had been temporarily suspended. When he wanted what he was supposed to want, nothing resisted him. This was how safety was taught – not as protection from harm, but as the absence of resistance.

Discomfort, on the other hand,

arrived as sound. A low hum beneath the ribs. A bell-tone too distant to locate, too intimate to ignore. The tower did not punish mistakes, it anticipated them. It rang at the almost. At the tilt toward deviation. At the premonition of a desire not yet confessed even to himself.

Elias learned to interrupt himself mid-thought. He learned to smooth rough edges before they could catch. He learned that silence was not empty, it was monitored.

Adults spoke of conscience. They used words like responsibility, maturity, self-control. Elias absorbed these as architectural terms. Load-bearing. Structural. Necessary for the building to stand. He did not question why the building needed to be so tall, or why it grew faster whenever someone tried to leave a floor unfinished.

At night, the tower rearranged itself.

Sleep did not dissolve it, sleep made it stronger. Elias would dream of staircases that ascended only if he named each step correctly. Of rooms that locked when he tried to describe them. Of windows that showed him versions of himself he could not recognise but somehow knew were accurate.

He woke with absences. A word he had liked, now unreachable. A memory thinned to outline. A want reduced to a sensation without object. These were not taken violently. They were filed. Archived. The tower was meticulous. It believed in future use.

He did not miss the things at first. He only noticed that choosing felt heavier. That each decision carried the weight of invisible appendices. That even joy arrived annotated, footnoted with conditions.

Joy was suspicious by default. Especially joy without witnesses.

The tower did not forbid happiness, it regulated it. It preferred joy that could be justified retroactively. Achievement-based joy. Serviceable joy. Joy that could withstand questioning. Anything spontaneous triggered inquiry. Anything excessive required explanation.

Elias learned to keep his pleasures small and well-documented.

Language was where the tower tightened its grip. Words were not neutral. They were corridors. Some widened into permission, others narrowed into traps. Elias learned which phrases kept the air circulating and which ones made it stale. He learned that certain sentences, if completed honestly, would collapse entire sections of the floor beneath

him. So he learned to trail off, to imply, to substitute.

Adults praised him for being articulate. What they meant was that he was precise in his self-erasure.

The tower grew with him. Not symmetrically. It favoured vertical expansion – more levels, more oversight. Each year added new rules that pretended to be refinements of old ones. Nuance masquerading as wisdom. Complexity mistaken for depth.

By adolescence, Elias could feel the tower through his spine. Vertebra by vertebra, each rule nested inside the next. Standing upright required constant calibration. Slouching was dangerous, it suggested collapse. Relaxation looked too much like refusal.

Other people lived inside towers too, though they described them differently. Some called their tradition. Some called it duty. Some insisted they felt nothing at all, which Elias suspected was a different kind of noise.

There were those who loved the walls. They spoke warmly of structure, of clarity, of knowing one's place. Their towers hummed contentedly, fed by routine and repetition. Elias tried to emulate them. He studied their posture, their certainty. ■

Places and things

Two poems of contrasting styles, the pair play on themes such as the past, the future and social commentary. Presented in opposing enigmatic and vernacular style. By *Chris Bird* and *Gemma Lees*

Emerging

by *Chris Bird*

Emerging from shadow,
Like still and reliable witnesses,
The houses line the empty, seaside dawn.
Each door with its own unhurried,
Silence,
Each with a number,
To define the years.

Soon the girls will go past,
In summer colours,
Fading like bright smoke.

August and September,
We mouth stolen words,
In a cascade of new days,
Like whispers, like lies.

The breeze speaks soon,
Without any particular aim,
Moving almost silently,
Over rooftops and trees.

Looking down you realise,
For the first time,
Hand in hand against the sun,
The shadows that follow,
Across the hard ground.

Artist in focus

Gemma Lees is a Romany Gypsy, disabled and autistic fine-art installationist, poet, comedian, facilitator, journalist and performance artist from Bury, Lancashire. Her practise focuses on protest, advocacy, inclusion and telling the stories that no one else is. Gemma's Romany history is incredibly important to her and she is passionate about sharing and platforming the immense positives of her culture in a world that sometimes seems to focus on the negatives.

A thousand years ago the Roma left Rajasthan, probably after the invasion of the Ghaznavid Empire, and arrived in Britain in the 16th Century. Britons mistook the Romanies for Egyptians, so started calling them 'Gypsies'. The words used in some of Gemma's poems are from the Romani or Romanes language. Her culture, past and experience are essential in her work. Read one of her poems on page 25.

Floorboards

by Gemma Lees

These are the floorboards you wished for
These floorboards are yours
And the plaster that rains dust with every slight touch
And the raised nails and buckled screws
All of this belongs to you
Remember those nights when you laid wide awake
Whilst the building quaked with the sounds of co-habitation?
The slams and slaps and shouts and screams
Imagining the soundest of sleep
When you reached your destination
Now you keep the TV on all night
Because silence sounds worse
And you thought that there was fuck-all in your purse
'Til you found out how much carpet costs
This is what you counted down to
This is what you celebrated
Now you exist in a mess you never created
And can't afford to fix
And they're only forced to give a shit
'Til you sign on the dotted line
And now you sit inside alone all the time
And lay awake at night counting the
Gouges and furrows and holes
And all the nowt you ever got left over from your dole
And the rigmarole that scored you your floorboards
And the stillness and illness and listless life stalled
The sawdust, the rust, tepid trust gone n'all.

- You can purchase a collection of Gemma's poetry here:
writtenoffpublishing.com/shop/p/1000-years-gemma-lees

Time to listen

In a world increasingly being torn apart by hate and division, choose love. Looking back to move forward, thoughts by Mat Amp

Jesus H fucking Christ almighty, what an insane few months that's been. Reality, it seems, has made the art of parody redundant. I mean, the leader of the free world wouldn't be out of place if he actually appeared in an episode of *Spitting Image*. So much so that the makers of American cartoon *South Park* stuck an actual photo of his face on a cartoon body.

In the show's latest series, Trump has been shackled up with the devil, who is having his butt baby. According to the show, the devil was created with a tiny arsehole so that he could never be impregnated and give birth to the antichrist. Unfortunately for human kind, Trump has the tiniest penis in the world, allowing him to inseminate the devil.

For most of the series, the big T is wandering around with his tiny prick out whilst ironically acting like a giant bellend – it is some achievement. It's often been said that the US can only truly take the piss through animation, but this is next level.

It's next level because it has to be. To be funny in this way, *South Park* has to be more ridiculous and obscene than reality itself and right



Mat making headlines
©Mat Amp

now that is a very tall order indeed.

Why am I talking about this poor excuse for an old man's scrotal bag anyway, you may, with absolute justification, ask?

Well, partially, it's because I can't resist commenting when the equivalent of a zoo full of escaped animals is set loose in a munitions factory. I mean, It's hard not to just

point and scream when a giraffe leg is flying through the air. But it's more than that.

In the '90s, there was a genuine feeling of hope in the air, as people embraced progressive change. Okay a lot of it, I mean a lot of what I saw at least, was fuelled by buckets of MDMA, but it felt like we were changing the world for the better, no matter how it was being achieved.

And it was a lot fun. This week someone sent me a Whatsapp message of a headline we created in the *Ham & High* gazette. "2,000 ravers are left alone for fear of riot," read the Monday headline. The article was about a party we hosted in Highgate in the late '90s. By that time, the Criminal Justice Bill was in place and running a huge soundsystem outdoors was not something you could easily get away with. But we had it on good authority that the police, busy with Notting Hill Carnival, were turning a blind eye to non-violent crime. Add to that the fact that punters could only access the address through phone numbers on the tickets we sold after midday on the date of the party, and we knew the filth would have an absolute logistical nightmare busting it.

As it was, they issued environmental health notices every couple of hours, which were promptly torn up and returned to sender. The party rumbled on into the next day.

The house backed on to Highgate golf course, which gave the golfers of north London a visual and aural treat as they chipped on to the 18th green. There were still hundreds of hardy souls grooving to Detroit house and techno under the tripped-out blinking arc lines and strobes, as the first golfers came over the hill.

What happened at this point is embedded in my mind as one of the most hysterical acts of defiance I've ever had the absolute unbridled delight of witnessing. At the time, the *Teletubbies* had just hit the airwaves, so a couple of party-goers thought it would be amusing to run up the hill towards the golfers, skipping like teletubbies and singing the theme tune as the huge sound system boomed in the background.

Whilst the police had decided the party was out of bounds, they couldn't handle this flagrant disrespect for the grand old institution of golf, so they gave chase. It still remains one of the most bizarre things I've ever seen, regardless of the fact I'd dropped a couple of pink Calis and hadn't slept for a few days.

And so it was: 2,000 ravers were left alone. I don't think in anybody's mind, except the public reading that paper on Monday, there was a genuine fear of riot. What made me laugh at the time is that you'd have more chance of finding a riot at a Wednesday afternoon meeting of ►

the W.I. in Wimbledon Library (the Women's Institute, in case you're wondering).

The parties we put on were about connection and letting people express themselves. People embraced it because they realised that sitting in judgement on others was no fun and that love isn't a finite thing. The more love you give the more love there is.

There was inevitably part of the party 'movement' that became politicised, but that was a response to the heavy-handed crackdown on the free party scene. The knee-jerk response from authorities saw a raft of the dumb type of legislation that lawmakers pass when they are shitting their pants because they have no idea what is happening. Action, reaction – the basic physics of revolt.

But as time has rumbled on, divisions have deepened. And although this country is a lot more progressive than it was when I was a kid, it has never felt so polarised. People from the right, threatened by progress, blame 'humourless' leftie liberals for what they call cancel culture, whilst the left have taken the bait and weaponised their academic education to preach about pronouns and the like.

And I promise you, I get it. I get that some people don't want to be defined by their gender and I'm more than happy to live in a

world where people choose the pronoun they would like to represent them. What gets me is the lack of understanding when people don't want to do that, when they don't understand why that is important. That doesn't make them bad people, it just means they hold a different opinion about things.

I think that is a difficult thing for us to consider because we have stopped listening to each other. Instead of understanding that people are most often the sum of their experiences, we are too quick to judge.

The result is a world in which nobody is listening to anyone else. We all know what is right and damn the other.

In my experience, it's a better place to live when we are looking at the positives in each other rather than looking for someone to judge and blame.

Don't get sucked in to YouTube channels that tell you to blame 'others' for the state of our world. Fuck that narrative. The only people to truly blame are the ones in power. Fight it – fight the power, not the people.

Don't believe the hype and don't take sides. It's only a war if they set us against each other, so my advice is fuck the system, fuck Trump and fuck all the troublemaking click-hungry hatemongers on social media.

Make Love, Not War. ■

Optimism/rejection

On the problem of public perception, political choices and the stigma and hypocrisy rife in our society. Words by *Chris Sampson*

“Actually,” you tell friends, “It’s the drugs I feel sorry for: they’re smuggled into Britain up one arsehole, and then snorted by another one once they get here.”

Of course, if said Class A’s are imbibed by a rich person, they’ll go to rehab to get clean. Not so much if you’re on the streets or in a hostel.

But you, you’re tarred with the same brush as the druggies, aren’t you? Even if you don’t touch the stuff. You must have become homeless due to your own fecklessness, surely? Didn’t you?

Yes, you’re likely high on spice or some other dodgy concoction of random chemicals that someone mashed up on their kitchen table, aren’t you? Of course you are, because you’re homeless.

Ever defecated into a flask of cold tea, then swilled the resulting mixture around and sipped it like James Bond suavely savouring a cocktail? Of course you have! You must have, because you’re homeless.

Actually, you haven’t done any such thing. Of course not. But that’s the sort of image of homeless folk that some people have. An impression placed into their tiny minds by the tabloid press and –

Support

This article challenges lazy, harmful stereotypes surrounding homeless people in our society, often promoted by papers and politicians.

Substance abuse affects many people across the UK and support is available. If you are looking for support, advice or information, these groups can help:

- **Alcoholics Anonymous** is a free self-help group offering support meetings across the UK. Find your nearest meeting here: www.alcoholics-anonymous.org.uk
- **FRANK** provides information, help and advice on drugs. Visit its website to learn more: talktofrank.com or call its 24/7 phone line **0300 123 6600**
- Please see the List of services in the centre pages of the magazine for details on a range of helpful local services.

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



***Night Owl*, by an unnamed artist at HM Prison Lowdham Grange, featured in the Koestler Awards show last year. © Tom Carter**

increasingly – its online equivalents. That's the sort of brush they tar you with.

At least, when they're not decrying swan-scoffing migrants, that is; swarthy refugees who can't even whistle cheerily, like forelock-tugging, cap-doffing proles will be forced to do in the warped fantasy version of 1950s Britain that they want everyone to live in. Where lower-order oiks know their place again; where Johnny Foreigner is sent back to the Colonies, to toil in the plantations of his British masters.

And not ever, ever answer back.

How many times have you heard something like this said about rough sleepers: "Oh, don't give 'em cash! They'll only spend it on drugs!" Well, some homeless folk do, of course. Some blow it on booze. Others spend it on food, or other means of staying alive.

Yet what consumers never hear when shopping in a supermarket is this: "Oh, don't give them money! They're a multinational! They'll only spend it on dodgy finance deals. Or fleecing the third world of charity funds. Or donating it to the political party of the owner's choice." Of course, they could spend your money on more stock, or on raising staff wages. But, more likely, they make their shareholders richer. But customers give them the benefit of the doubt; trust that they'll spend your money in ways you'll approve of.

Shoppers don't buy them the meal that you think the corporate entity should have, to ensure that your hard-earned isn't frittered away, do they? They wouldn't dream of taking away their choice of what to spend it on. So why not extend the same courtesy to homeless people? We are people, aren't we? I mean, you do think of us as human beings... don't you?

Cast your mind back, to before you were made homeless. To when you had a television. Remember?

How many comic dramas did you see, featuring brief cameos from a “tramp”?

And, oh, weren’t they always jolly, those homeless folk? Loveable figures of fun. Their plight all-too-briefly skimmed over, human beings reduced to warm props in the background of the main story, patted on the head like a puppy or kitten. And fed just about as many scraps of food.

Well, you don’t miss that sort of telly show, do you? Don’t really think of it in the day-to-day, hand-to-mouth existence you lead. Waiting for the council to find you somewhere, hoping it’ll be your turn, at last, for the limited resources they can afford: they’re sorry, but their funding has been squeezed, yet again, or cut entirely.

Then, finally, if you’re lucky, you get a room in a hostel! A roof over your head at last! Sleep in a real bed again! Go to the toilet indoors again! Wash or shower when you like! Eat food out of a fridge or cupboard! Brush your teeth properly! Lock your door against the dangers and insanities of the outside world.

But what about peace and quiet? Ah! Not with the crackheads and junkies shouting and screaming all night; not with the mentally vulnerable shrieking, with the alkie belting out sub-karaoke versions of half-forgotten songs: maim that tune. No, there’s no ASMR here. No

crystal harps or singing bowls, no zen-like calm to soothe you.

But at least there’s always poetry. Fittingly for the poor, a notoriously difficult creative format to earn money from. Yet it’s often seen as the best way for homeless folk to express themselves – but best for whom?

Giving homeless people a creative voice, without intruding on the rest of the arts, perhaps? Can’t have them writing novels or TV screenplays, they might start sleeping on the set or swigging white spirit from the set builders’ toolbox! No, best that they mumble incoherently about their wretched lives, in dubious rhymes that are usually once heard, instantly forgotten:

*“I met a chronic alcoholic
In a Borstal in St Austell
He died doing what he loved best
Down the docks
Sucking cocks in a phone box.”*

Erm, thank you, street bard. Some of it even rhymes. Sort of.

That’s nearly your lot. Change can come. Unfair systems can be overturned. When the electorate vote out the governing party, it’s democracy flushing a turd, isn’t it? And you wouldn’t un-flush a floater, would you? Yet if you vote for a different party with the same old attitude towards homeless people, aren’t you doing just that? ■

My notepad...

Make sure you read...

the **Pavement**

online at

www.thepavement.org.uk



the Pavement

London List

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

DAY CENTRES

ALL PEOPLE ALL PLACES

Pymmes Park Visitors Centre, Edmonton, N18 2UF

www.allpeopleallplaces.org

07907 827 133 (Call or text)

07840 345 872 (Call or text)

07542 592 340 (Call or text)

Tue – Thu: 8am – 2pm

Best park entrance is just off Victoria St.

Closest overground station is Silver St.

Breakfast and lunch available alongside

hot drinks. Access to our service is on

a drop-in basis, with casework offered

by appointment. Change of clothes

available, and 'care packages' for rough

sleepers with toiletries & sleeping bag.

We have an immigration solicitor visit

our day centre once a month.

Enable Drug and Alcohol Service drop in

to have a chat about substance misuse,

and sometimes run men's groups,

discuss mental health and tools to

manage emotions. Washing machine/

dryer available to use.

[A, D, FC, FF, L, LA, OW](#)

C4WS LUNCH CLUB

Holborn House Community Centre, 35

Emerald Street, London, WC1N 3QW

c4wshomelessproject.org

Wednesdays, 10:45am – 1:00pm

Services include soup, hot drinks &

snacks, barber, hot showers, drop-in medical and casework support.

B, BS, FF, MS, SF

CONNECTION AT ST MARTIN'S

12 Adelaide Street, London, WC2N 4HW

020 7766 5544, services@cstm.org.uk

www.connection-at-stmartins.org.uk

Mon, Tue, Thu, Fri: 9am – 1:30pm (drop-in); 1:30 – 4:30pm (appointment only)

Wed: 9am – 12:15pm (women only)

Provides short- and long-term support to people affected by homelessness, substance abuse, mental health, etc.

BS

GREENWICH HOMELESS PROJECT

360 Middle Park Ave, Eltham, SE9 5QH

0203 355 6880

greenwichhomelessproject.org.uk

Mon & Fri: 9am – 1pm

Wed: 9am – 3pm

Day centre open year-round excluding public holidays. For those experiencing or at risk of homelessness. Service includes: hot breakfast, lunch, access to showers, laundry, casework, health support and wellbeing activities.

From the end of October until end of March each year Greenwich Homeless Project (GHP) runs a night shelter, 7pm – 8.30am. See the website:

greenwichhomelessproject.org.uk

Referral by agreed partner agencies must be confirmed by GHP Caseworker. 18+, mixed, 13 places.

AD, BS, CA, CR, FF, L, MS

THE MANNA

St Stephens Church Hall, 17 Canonbury Road, London, N1 2DF

020 7226 5369; themanna.org.uk

Tue: 2 – 7pm; Thu & Fri: 10am – 4pm

Wed: (Activity day: call or check website)

A day centre for marginalised, vulnerable and homeless people with a wide range of services available to guests, including: Food; Laundry; Showers; Key work advice.

BS, FF, L

THE MANNA CENTRE

12 Melior Street, London, SE1 3QP

www.mannasociety.org.uk

Mon – Sun: 8:30am – 1:30pm

Mon – Sun: Breakfast & lunch; showers
Mon – Fri: Housing and welfare advice; mobile phone charging

Mon, Wed & Fri: 9am – 12pm (Nurse)

Mon: 10 – 10:45am (clothing store by ticket only)

Mon – Thu: 10:30am – 1pm (computers)

Tue: 10am – 11:30am (mental health)

Every 2nd Tue: 10am – 1pm (chiropodist)

Mon: 10am – 1pm (Accommodation advice at **020 7403 1931 (option 1)**)

Please note this service is only available on a Monday and for those looking for accommodation only.

BS, FA, FF, IT, L, MH, MS, SF, TS

KEY	A Alcohol workers	BS Bathroom/showers	CR Creative activities	FA Financial advice
	AD Advocacy	C Counselling	DT 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

THE MARGINS PROJECT

At the back of Union Chapel, on Compton Avenue, N1 2UN
unionchapel.org.uk/projects/margins
sallie@unionchapel.org.uk
 Mon – Wed: 11am – 1pm (drop-in)
 The Margins Project works with and for those facing homelessness, aiming to improve the lives of those in hardship, breaking cycles of unemployability, and by empowering them to take agency over their situation and tackle the social injustice they face.
 Services include: Hot meals; Tea and coffee; Limited access to shower facilities, with priority to rough sleepers; Limited access to laundry.
 Advice and Engagement Services:
 During drop-in days, face-to-face advice is available for urgent matters on a first-come, first-served basis or by pre-booked appointments.
 Advice and engagement service is also available by telephone and/or by email.
[BS, FF, L](#)

NEW HORIZON YOUTH CENTRE

68 Chalton Street, Camden, NW1 1JR
020 7388 5560
 Mon: 10:30am – 4pm
 Tue: 10:30am – 4pm (appointment only)
 Wed: 10:30am – 1:30pm
 Wed: 2pm – 4pm (Women and Non-Binary Only Space)
 Thu: 10:30am – 4pm
 Fri: 10:30am – 4pm
 Fri: 4pm – 6pm (Men and Non-Binary Only Space)

Day centre for young people aged 18–24 needing help with homelessness. Please bring your ID to your first visit, you will need to register at reception. Daily day centre services, activities and stay for a hot lunch. New Horizon can help with: Housing advice and advocacy; Support with accessing benefits and Universal Credit; Education, employment and training support; Counselling and mental health support; Physical and sexual health advice; Breakfast and hot lunches; Showers; Wifi; Laundry; Clothes and health essentials; Youth work and life skills programme including art, music, sports and drama.

[AD, AH, BS, C, ET, FA, FF, IT, L, MH, MS, SH, TS](#)

THE PASSAGE

St Vincent's Centre, Carlisle Place, London, SW1P 1NL
020 7592 1850; info@passage.org.uk
 Mon – Fri: 9am – 12noon & 1 – 3:30pm
 The Passage runs a modern Resource Centre, four accommodation projects, outreach services, health services, homelessness prevention schemes and a modern slavery support programme. Services include: Initial assessment and advice; Showers, toilets and laundry; Breakfast and lunch service; Benefits advice; Housing advice; Mental health support; Access to Nurses and GPs; Education and employment training; Welfare rights advice; Support groups.
[AH, BS, FA, FF, IT, L, MH, MS](#)

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**

REFETTORIO FELIX ST CUTHBERT'S

The Philbeach Hall, 51 Philbeach Gardens, Earl's Court, SW5 9EB
020 7835 1389; refettoriofelix.com
 Mon – Fri: 12noon – 2pm (lunch service)
 Tue – Fri: 12noon – 3pm (Glass Door caseworker – first-come, first-served)
 Mon: 11am – 2pm (Age UK adviser)
 Tue: 12noon – 2pm (Age UK Lunch Club – reserved seats at regular lunch service)
 Wed: 12noon – 2pm (NHS nurse)
 Every other Tue: 12noon – 3pm (RBKC Council drop-in)
 Dental health adviser once a month.
 Community Counselling Psychotherapy Service (CCPS): CCPS provides free face-to-face individual counselling and psychotherapy (internal referral only).
C, FF, IT, MH, MS, TS

RESTART LIVES

St Columba's Church, Pont Street, London, SW1X 0BD
www.restartlives.org
email@restartlives.org
 Mon – Thu (individual casework by appointment – sometimes involves jobcentres & health appointments)
 Fri: 6:30 – 8:30pm (drop-in centre – hot meal service, case work and digital inclusion support, e.g. charging phones, using Wi-Fi and resource handouts)
 RESTART Lives, a London-based charity, supports homeless individuals through tailored casework, group programmes and meal services, helping people secure housing, find employment and improve mental and physical wellbeing.
AD, AH, B, FA, FF, IT

SPIRES

Elmfield Hs, 5 Stockwell Mews, SW9 9GX
020 8696 0943; www.spires.org.uk
info@spires.org.uk
Housing & homelessness drop-in sessions at:
 – St Nicholas Church, Tooting. Church Lane, SW17 9PP on:
 Mon: 9 – 11:30am
 – St Luke's Church, 13 Norwood High St, SE27 0DT on:
 Tue: 9 – 11:30am; Thu: 9 – 11:30am; Fri: 9 – 11:30am
Refugee support service:
 Tue: 1 – 3pm (West Croydon Baptist Church, Whitehorse Road, CR0 2JH)
 Spires' homeless drop-in service runs four days a week and is open to anyone who is homeless or at risk of homelessness. Warm food & drinks will be provided while our key workers will be on hand to offer advice + support and assess individual's needs and housing requirements.
AD, C, FF

WHITECHAPEL MISSION

212 Whitechapel Road, London, E1 1BJ
0300 011 1400
whitechapel.org.uk/help/timetable
 Mon – Fri: 6 – 11am (Drop-in)
 Mon – Fri: 8 – 10am (free breakfast)
 Mon – Fri: 6 – 10am (women's showers); 7 – 10am (men's showers & clothing); 8am – 3pm (Advice Centre & Computing)
 Day centre with various services.
AH, FA, FF

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

HEALTHY MIND & BODY

CHANGE, GROW, LIVE RESET (TOWER HAMLETS)

183 Whitechapel Road, E1 1DN
020 388 99510

Mon, Thu, Fri: 10am – 4pm
Tue: 10am – 7pm; Wed: 12:30 – 7pm
Treatment and Recovery Service for
people affected by substance misuse.

A, D, MS

CLASH (CENTRAL LONDON ACTION ON SEXUAL HEALTH)

Archway Centre, 681-689 Holloway
Road, Archway, N19 5SE;
& Mortimer Market Centre, Capper St,
off Tottenham Court Rd, WC1E 6JB
020 3317 2855

cnwl.clashandshoc@nhs.net
www.sexualhealth.cnwl.nhs.uk
Mon: 9am – 12pm (CLASH clinic for sex
workers of all genders at Mortimer Ctr)
Thu: 12noon – 3pm (SHOC clinic for sex
workers of all genders at Archway)
Fri: 9am – 12noon (CLASH clinic for
female identifying genders at Mortimer)
CLASH provides free and confidential
sexual health outreach services for sex
workers, homeless people, substance
users, Black Asian and Minority Ethnic
people and men who have sex with
men living or working in Camden and
Islington. The outreach service includes
one-to-one advice, health promotion &
sexual health screening.

MS, SH

GREENHOUSE

19 Tudor Road, Hackney, E9 7SN
020 8510 4490
www.greenhousegppractice.nhs.uk

Mon – Fri:
8am – 6:30pm (appointment only)
9am – 4:30pm (housing advice)
Medical care for men & women who are
sleeping rough. Provides consultation
rooms for partner organisations to
provide housing and legal advice, social
justice, education and debt counselling.

A, D, FA, LA, NE, S, SF, TS

GROUNDSWELL

www.groundswell.org.uk
Groundswell is a homeless health
charity specialising in peer support,
advocacy and working with clients to
create positive change in their lives.
Groundswell offers peer led learning and
development training and support, as
well as a homeless health peer advocacy
programme (HHPA). Peer advocates can
help you navigate healthcare settings
and access the support you need. For
more information visit the website or
email: HHPA@groundswell.org.uk
ET, MS, S

THE PEOPLE'S RECOVERY PROJECT

Pelican House, 144 Cambridge Heath
Road, Bethnal Green, E1 5QJ
www.thepeoplesrecoveryproject.org
Every last Thur of the month: 2 – 5pm
A monthly drop-in for people who
have experience of homelessness
and addiction and want to consider
recovery. The People's Recovery Project

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**

is a community that understands the experience of homelessness and addiction and wants to help you if you feel stuck.

MS

REGIONAL HOMELESS ENGAGEMENT WITH SUBSTANCE TREATMENT (RHEST)

020 3745 0363; phoenix-futures.org.uk

This service is aimed at improving access to drug and alcohol treatment for people who sleep rough. The RhEST team at Phoenix Futures assertively engages with referrals through outreach and in-reach. It operates across all London boroughs. It delivers time-limited interventions that improve access to services. It will assess barriers to drug and alcohol treatment for each individual and collaborates with a range of agencies to improve outcomes.

You can make a self-referral if you are experiencing homelessness, are over 18 and you are willing to engage with the service. Referral form:

<https://tinyurl.com/4kf52zrz>

A, S, MS, OW

RESET TREATMENT SERVICE (RTS)

71A Johnson Street, London, E1 0AQ

020 388 99510

Mon, Tue, Thu, Fri: 10am – 4pm

Wed: 12:30 – 4pm

Medical & complex risks appointments for people affected by substance misuse.

A, D, MS

RESET RECOVERY SUPPORT SERVICE (RRSS)

41 Spelman St, London, E1 5LQ

020 388 99510

Mon & Thu: 10am – 4pm

Tue: 10am – 7:30pm; Wed: 12 – 7pm

Fri: 10am – 8pm; Sat, Sun: 11am – 4pm

Group therapy service for people affected by substance misuse.

A, D, MS

SWERVE

CVS, The Adiaha Antigha Centre,

24 – 30 Dalston Lane, E8 3AZ

Mon – Fri: 12noon – 4pm

SWERVE welcomes anyone struggling with substance use to drop in—no appointment needed—between 12pm and 4pm, Monday to Friday. Come for a coffee, a chat and any brief support or intervention you may need. NSP services on offer, as well as other harm reduction equipment and practical advice. Many of the SWERVE team has faced similar challenges themselves. This is a friendly, caring and non-judgmental space where you will always be met with warmth and understanding.

A, D, MS

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

NEED TO TALK

ALONE IN LONDON (DEPAUL)

Endeavour Centre, Sherborne House, 34 Decima Street, London, SE1 4QQ
www.depaul.org.uk

0800 160 1650 (Call to book an appointment before visiting)

This service is for young people aged 16 – 25. Services provided by Alone in London include, Assessment and Advice, Mind Connect, Family Mediation, Training and Employment, Future Connect and in some cases Emergency Night Stop. Visitors are offered an initial assessment/advice session with a member of the advice team and offered a confidential space to discuss your needs.

C, CA, ET, MH, TS

FRANK

0300 123 6600

82111 (text line)

Free phone lines open 24/7

Live online chat available daily 2 – 6pm

Honest drug advice for young people.

Find local drug treatment centres.

D, S

SAMARITANS

116 123 (open 24/7)

Provides support to anyone in emotional distress or at risk of suicide.

C

FOOD

ACE OF CLUBS

St Alphonsus Rd, London, SW4 7AS
020 7720 2811: aceofclubs.org.uk

Mon – Fri: 9:30am – 4:30pm

Mon – Fri: 12noon – 2:15pm (Lunch – £1 contribution encouraged)

Mon – Thur: 12noon – 2:30pm

(Caseworkers: appointment only)

Mon, Wed, Fri: 9:20 – 11:40am

(Showers: appointment only)

Mon – Fri: 12noon – 2:30pm (IT suite)

Mon & Thurs: 11:30am – 2:30pm

(NHS Nurse: appointment only)

Weds: 11am – 2:30pm

(NHS Dentist: appointment only)

Every other Thurs: Refugees/Asylum Seekers & Migrant Support

Mon – Fri: Laundry service available throughout the week at £2 per load.

We provide safety, food, warmth, clothing, laundry, showers, housing support and someone to talk to.

B, BS, ET, F, FC, FA, MS, S, TS

AMURT UK

0208 806 4250

amurt.org.uk/projects/feeding-program

Thursday: 12:30 – 1:30pm and 5:30pm

onwards (3A Cazenove Road, Stoke

Newington: Pre-packed Hot Meals and free fresh vegetables for the taking)

Thursday: 1:30pm onwards

(The Greenhouse GP surgery, London

Fields: Pre-packed Hot Meals and

Healthy Energy Snacks)

Thursday: 1:30pm onwards (Health E1

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**

Homeless Medical Centre, Brick Lane:
Pre-packed Hot Meals and Healthy
Energy Snacks)
Thursday: 6:30–7:30pm
(Lincoln's Inn Fields: Hot Meals, Tea &
Coffee and Healthy Energy Snacks)

FF, SF

CLCC FARM STREET CHURCH

114 Mount Street, Mayfair W1K 3AH
07864 642 543; contact@clcc.uk
Wed & Sat: 11:30am–2pm
This service aims to create a safe
environment that is clean, welcoming,
social and a space where guests can
be. There is no ticket system. Guests
are welcomed for hot/cold drinks, fruit
and biscuits. A hot meal is then served
between 12noon and 2pm. Activities
which guests enjoy on site include chess
and taking part in creative writing.
There is also a priest who hosts the
Lectio Divina Bible study for the group.

FF

CONTACT CLUB

Heath Street Baptist Church, 84 Heath
Street, NW3 1DN
[heathstreet.org/activities/the-
contact-club](http://heathstreet.org/activities/the-contact-club)
minister@heathstreet.org
Sundays: 7–9pm
The Contact Club takes place in the
downstairs hall at Heath Street Baptist
Church. Everyone welcome (especially
lonely, vulnerable or homeless people)
to enjoy a cup of tea, food and a good
chat. No cost and no referral required.

FF

THE LUNCH CLUB

07919 894 642

thelunchclub.org.uk

Mon & Thu: 12noon–2pm (St. Leonards
Community Hall, Tooting Bec Rd, SW16
1HS)

Tue & Fri: 12noon–2pm (Woodlawn
Ctr, 16 Leigham Court Rd, SW16 2PJ)
Guests at the Lunch Club in Streatham
can expect cooked lunches and a
community pantry in a warm, friendly
space. You can either take away or eat
in and socialise with others.

FF

MI & MORE

177 Torridon Road, Catford, SE6 1RG
020 4619 1021

Mon: 12noon–3pm

Free hot food and drinks for anyone
in need—including people who are
homeless, low-income families, single-
parent families, or anyone facing
hardship.

FF

OUR FORGOTTEN NEIGHBOURS

07496 530 878

www.ourforgottenneighbours.co.uk
info@ourforgottenneighbours.net

Mon: 2–5pm @ Chiswick High Road,
across from the Health Centre, W4
Thu: 5pm @ Toynbee Hall, Commercial
Street, E1

Fri: 2pm @ Lidl Seven Sisters Road,
Finsbury Park, N4

Soup kitchen with food and toiletries
services for refugees.

FF

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

REFUGEE COMMUNITY KITCHEN

refugeecommunitykitchen.org
info@refugeecommunitykitchen.org
 It offers a large variety of food at every service, including soup, salad, eggs, tea and coffee as well as a dessert.

Tuesday:

Camden Town Station

7 – 8pm: Camden High St, NW1 8NH

Wednesday:

Archway Tube Station

6:30 – 7:30pm: Junction Rd, N19 5QT

Thursday:

Goodge St Tube Station

7 – 8pm: 75 Tottenham Ct Rd, W1P 9PA

Friday:

Swiss Cottage Tube Station

6:30 – 7:30pm: Finchley Rd, NW3 6HY

Saturday:

St John the Baptist Church

1:30 – 2:30pm: Pitfield St, N1 6NP

Sunday:

Bethnal Green Tube Station

7 – 8pm: Cambridge Health Rd, E2 0ET

Brixton

5:30 – 6:30pm: Windrush Sq, SW2 1JQ

FF

THE SOUP KITCHEN @ AIC

79a Tottenham Ct Rd, London W1T 4TD
amchurch.co.uk/serve/the-soup-kitchen

Mon – Sat: 10am – 12noon

Mon, Tue & Fri: 6 – 7pm: dinner takeaway

Mon: 10am – 12noon (solicitor)

Tue & Thu: 10am – 12noon (mental health drop-in clinic)

Providing 120+ meals a day, six days a week at the American International Church. A consultation room allows

for regular visits by mental health professionals, dentists, doctors and more.

D, DT, FF, MS

STREETS KITCHEN

streetskitchen.org/locations/london

Daily food in various London locations.

Monday:

Tooting

6:45 – 7:15pm outside Tooting Market.

25-27 Tooting High St, Tooting, London SW17 0SN

Tuesday:

Camden

7 – 9am mobile outreach across Camden, Kings Cross, Euston

Clapham Common

7:30pm on the grass next to Joe's Pizza/ opposite Waitrose. 8–1, The Pavement, London, SW4 0HY

Wednesday:

Stockwell

7:30 – 8:30pm located on the pavement adjacent to Sainsbury's – opposite the tube entrance. SW4 6TA

Camden

7:30pm near Camden Town tube station, NW1 8QL

Thursday:

Hackney

8pm outside Hackney Central Library, 25-27 Hackney Grove, London. E8 3NR

Friday:

Camden

7:30pm nr Camden Town tube, NW1 8QL

Kilburn

7:30pm near Kilburn High Road tube station, NW6 6JE

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**

Archway

7:30pm outside Archway tube station

Hackney & Dalston

8pm Ridley Road Market, opposite Dalston Kingsland train station, E8 2NP

Saturday:

Camden

7 – 9am mobile outreach across Camden, Kings Cross, Euston

Hackney

8pm first Saturday of the month evening outreach. St Johns Churchway opposite M&S

Sunday:

Haringey

5 – 6pm outside Seven Sisters Station (High Road exit), by the WE STAND TOGETHER bandstand

Camden

7:30pm nr Camden Town tube, NW1 8QL

Archway

7:30pm outside Archway tube station

FF

THE WEDNESDAY CLUB

Hinde Street Methodist Church, 19 Thayer Street, W1U 2QJ

hindestreet.org.uk/wednesday-club

Wed: 4 – 7pm; Thu: 3 – 6pm

The Wednesday Club runs every Wednesday and Thursday. Hot food such as soup, pizzas and pies is provided, and there are also sandwiches, fruit, tea and coffee. Find the club in the Basement Hall of the church.

FF

EX-FORCES

COMBAT STRESS

combatstress.org.uk

0800 138 1619 (24/7 helpline)

01372 587 000 (urgent enquiries)

Mon – Sun: Open 24 hours

Residential clinical treatment and community outreach. Helping former servicemen and women with mental health issues like post-traumatic stress disorder (PTSD), anxiety and depression.

AD, C, MH, S

SSAFA FORCESLINE

0800 260 6767; www.ssafa.org.uk

Monday – Friday: 9am – 5pm

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

AA, EF, TS

EX-OFFENDERS

FORWARD TRUST

020 3981 5525; forwardtrust.org.uk

Empowers people to break the cycle of crime and addiction, tailored to individuals' needs. Harm reduction, care and assessment, motivation, inspiration and support to transform your life.

A, C, D

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

WORKING CHANCE

www.workingchance.org

Mon – Fri: 9am – 6pm

Supports women with criminal convictions and those leaving the care system into sustainable, quality employment. Help with CV writing, interviews and disclosing convictions.

AD, C, ET, FA, TS

LGBTIQA+

AKT

020 7831 6562

contact@akt.org.uk

akt exists to give 16–25-year-olds who are LGBTIQA+ and at risk of, or experiencing homelessness or a hostile living environment, the support they need to thrive. akt can support your housing, mental health, finance and health needs. Visit the website to make a referral.

AH, MH, MS, SH

GALOP

www.galop.org.uk

0800 999 5428 is the National Helpline

for LGBT+ Victims and Survivors of Abuse and Violence. Helpline is open

Mon – Thu: 10am – 8pm

Fri: 10am – 4pm

Support with domestic abuse; hate crime; sexual abuse, rape and violence; conversion therapy. Online chat too.

AD, C, LA, MS, S, TS

OUTSIDE PROJECT & STAR REFUGE

0207359 5767 (Stonewall helpline)

Open Mon – Fri: 10am – 1pm

lgbtiqoutside.org

Referral form: www.stonewallhousing.org/services/referral-form

The Outside Project runs the LGBTIQ+

Centre, an inclusive and supportive space operating seven days a week.

See LGBTIQ+ centre timetable here:

lgbtiqoutside.org/centre

AH

QUEER HOMELESSNESS RECOVERY GROUP

The LGBTIQ+ Centre, 52 Lant Street, London, SE1 1RB

lgbtiqoutside.org/centre

Wed: 1:30 – 4pm

Get help and advice with practical and peer support following a period of homelessness. Support with bills, house search and settling into a new environment.

AH, FA

SWITCHBOARD LGBT+

0800 0119 100; switchboard.lgbt

hello@switchboard.lgbt

Mon – Sun: 10am – 10pm (helpline)

Online chat available from 6pm daily

For LGBT+ people who have experienced hate crime, sexual violence or domestic abuse. Supports people who have had problems with the police or have questions about the criminal justice system. Chat option available on website for advice and support.

AD, LA, MH

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

PETS

HOPE PROJECT

020 7833 7611

www.dogstrusthopeproject.org.uk/help-with-vet-care/register-your-dog

Mon – Fri: 9:30am – 4pm

Call ahead or visit website to register your dog and find a vet practice near you. Email: tth@dogstrust.org.uk

STREETVET

www.streetvet.co.uk/a-pet-needs-help

StreetVet is a free veterinary care outreach service for pets of people experiencing homelessness.

STREETVET @ THE SOLIDARITY HUB

48 Seven Sisters Road, N7 6AA

www.streetvet.co.uk

Every second Saturday: 11am – 1pm

StreetVet will be running a clinic at the StreetsKitchen Solidarity Hub.

WOMEN

CLEAN BREAK

2 Patshull Road, NW5 2LB

020 7482 8600, cleanbreak.org.uk

Inspirational theatre company working with women whose lives have been affected by the criminal justice system. Free courses in acting, writing, singing and recording. The Women's Space will be for women offenders and women at risk of offending due to drug or alcohol use or mental health needs.

A, C, CR, D, ET, MH, MS

REFUGE

0808 2000 247

www.nationaldahelpline.org.uk

The freephone, 24-hour National Domestic Abuse helpline for women and children in England.

C, S

SOLACE

0808 802 5565

solacewomensaid.org/solace-accommodation

Mon – Fri: 10am – 4pm; Tue: 6 – 8pm

Solace provides safe refuge and move-on accommodation to hundreds of women and children made homeless through domestic or sexual abuse. Support is provided to ensure women and children are safe and their core needs are met in relation to finances and welfare benefits, housing, legal matters, immigration issues, health, education, training and employment.

AH, C, CA, FA, LA, MS, TS

WOMEN @ THE WELL

54-55 Birkenhead St, WC1H 8BB

020 7520 1710; www.watw.org.uk

info@watw.org.uk

We offer nutritious lunch options alongside other basic needs such as shower and laundry facilities, weather-appropriate clothes and toiletries. Women can also book private one-to-one appointments with our In-House Support Team for casework.

AD, BS, C, FF, L, SH

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

OTHER

THE BIG ISSUE

020 7526 3445

www.bigissue.com/become-a-vendor

As a Big Issue vendor, you can buy the magazine for £2 and sell it for £4, earning £2 per magazine sold. Working as a vendor is fully flexible, vendors can sell on their pitches any time of day, working their own hours, as their own boss to earn as much as they can. New vendors receive 30 free magazines allocated over a six-week period. You will have access to 1:1 support and the opportunity to join programmes, training and work placements.

CA,ET

CHRISTIANS AGAINST POVERTY

59a Portobello Rd, Notting Hill, W11 2PN

capuk.org; 0800 328 0006

CAP (Christians Against Poverty) is a free and professional service that seeks to help those who are in debt by providing free financial advice. CAP will help you develop a practical solution to your debts. The service is free and available to everybody.

FA

CRISIS SKYLIGHT BRENT

1-2 Bank Buildings, High Street, Harlesden, NW10 4LT

0208 965 2561; brent@crisis.org.uk

Mon – Fri: 10am – 1pm (drop-in service);

10am – 4pm (phone line open)

The skylight service works with single adults experiencing rough sleeping in

Brent and the adjoining boroughs to help them rebuild their lives and leave homelessness behind for good.

We can help with: finding a home and settling in; finding work and applying for jobs; looking after your health and wellbeing. How we can help depends on your situation and needs.

Crisis is not an emergency service and we do not have direct access to accommodation.

BS,CA,FF,MS,S,TS

HOTEL SCHOOL

www.hotelschool.org.uk/contact

Teaches hospitality skills to people who are vulnerable and experiencing homelessness, matches them to sustainable employment, and supports them in their first steps into work. Hotel School is a joint venture between The Passage and The Goring Hotel.

Referral Criteria/Eligibility: Applicants must be 18+; No borough restrictions; No previous experience required, but an interest in hospitality is essential; Willingness to make a commitment to 10 weeks of training. Use contact form or email: zoem@hotelschool.org.uk

CA,ET

LEGAL AID AGENCY

0345 345 4345 (Civil Legal Advice)

0345 609 6677 (Minicom)

www.gov.uk/check-legal-aid

Provides civil and criminal legal aid and advice in England and Wales to help people deal with their legal problems.

FA,LA

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

MARGINS PROJECT SEP

At the back of Union Chapel, on Compton Avenue, N1 2UN
marginsadmin@unionchapel.org.uk
 The Margins Project Supported Employment Programme (SEP) is open Monday to Friday and is an opportunity for people who have had experience of homelessness and crisis to get back into work. With paid positions in our catering service, we focus on improving well-being, building self-esteem and developing employability skills. Trainees gain a Level 2 Food Safety Award, and we tailor the programme to each individual's specific needs. We seek to find the trainees further paid work and training at the end of their placement. Email to register interest:
marginsadmin@unionchapel.org.uk
CA,ET

MUSEUM OF HOMELESSNESS

Manor House Lodge (inside Finsbury Park), Seven Sisters Rd, London, N4 2DE
museumofhomelessness.org
 There are a range of activities held at the Museum of Homelessness Manor House Lodge base. These include gardening, yoga, food and assorted community-focused events and programmes. Visit website to check the weekly schedule of activities and events.
F,LF

ONE ROOF

Old Diorama Arts Centre (ODAC), 201 Drummond Street, Regent's Place, London, NW1 3FE
olddiorama.com/onerof
 Fridays at ODAC are One Roof Programme days, offering a morning and afternoon creative workshop every week, with a diverse and ever-evolving series of sessions. One Roof producers will be on hand for 1:1 mentoring and advice sessions, and an open-door approach to visitors who just want to pop in for a chat and a cuppa. You can sign up to the whole term or specific classes. Sign up for a term or a class on the website listed above. If you have any questions, you can email onerof@olddiorama.com or call the ODAC reception on **0207 383 0727**.
CR,ET

SHOWER BOX

showerbox.org
 Friday: 11am – 2pm (Behind the Barking Learning Centre Access via Axe Road, Barking, IG11 7FS, next to Axe Street Service Road Car Park)
 Saturday: 10am – 2pm (St Giles-in-the-Fields, 60 St Giles High St, London, WC2H 8LG)
 Free shower, food and other supplies.
BS,FF

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

SK LEGAL

legalteam@streetskitchen.org

Providing support in collaboration with solicitors and other organisations to ensure that people can receive adequate legal representation.

If you have been given a Public Spaces Protection Order, a Community Protection Notice, or a Dispersal Order, hold on to the paperwork and email legalteam@streetskitchen.org

[LA](#)

STREET STORAGE

close to Kings Cross

07932 830 440; streetstorage.org

info@streetstorage.org

Mon, Tue & Fri: 10am – 4pm

Wed & Thu: 1 – 4pm

Thu: 10am – 12:30pm (women only)

Free storage for your belongings.

[CL](#)

REFUGEE SUPPORT

PRAXIS

Praxis Community Projects, Pott Street, London, E2 0EF

www.praxis.org.uk; 020 7729 7985

2nd Wed of month: 9am (drop-in)

Immigration advice available on

Wed: 2 – 5pm & Thu: 10am – 1pm

by calling **020 7749 7605**.

Praxis provides expert support to migrants and refugees in the UK. Its mission is to deliver direct services, i.e.

legal advice and holistic welfare support;

work together with other services in the UK to support service users; campaign for systemic change. You can visit the drop-in clinic at the above address for free immigration advice. To visit you must be experiencing homelessness or on a very low income living in Tower Hamlets or Hackney (or you have no fixed address). Drop-in clinics run on the second Wednesday of the month.

[FA, LA](#)

REFUGEE ACTION

www.refugee-action.org.uk

0207 952 1599 or 0759 518 9995

info@refugee-action.org.uk

Refugee Action provides information

and advice on the asylum process,

claiming asylum, getting support while

claiming asylum and homelessness

support. Its Asylum Crisis service

supports asylum seekers in London

needing accommodation or support.

[FA, LA, 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**

HOBBIES

240 PROJECT

Methodist Church, 240 Lancaster Road,
London, W11 4AH

07741790169; 240project.org.uk
info@240project.org.uk

Mon: 11am – 3:30pm (Art, nutrition,
cranio-sacral therapy, yoga, reading)

Wed: 11am – 3:30pm (Art, acupuncture,
music group)

Thu: 11am – 3:30pm (Art, writing)

Arts and wellbeing-focused community
project, creating a friendly and safe
space for vulnerable adults, many with a
history of homelessness.

CR

BE THE CHANGE THEATRE

19b Compton Terrace, Union Chapel,
Islington, N1 2UN

info@islingtonpeoplestheatre.co.uk
07984 626 024

Thu: 6:30 – 8:30pm

Theatre and creative arts project
for adults who are experiencing
homelessness, vulnerably housed,
looking to support their mental health,
or adults in recovery. FREE applied
theatre and creative arts workshops run
by professional facilitators every week.
The project runs in blocks of ten weeks,
with a different focus for each block. All
ages. No previous experience needed.

CR

STREETWISE OPERA

Southbank Centre, Belvedere Road,
London, SE1 8XX

streetwiseopera.org; 020 3987 7535

Wednesdays: 4 – 6pm

If you are homeless, vulnerably housed

or affected by homelessness, Streetwise
invites you to discover, or re-connect
with, the joy of singing.

CR

THE CHOIR WITH NO NAME

St Pauls West Hackney, 184 Stoke
Newington Road, N16 7UY

0746 492 8122; choirwithnoname.org

Thursdays: 6:30pm (singing starts 7pm)

Choir sings for an hour and half, then sit
down together for a hot meal cooked
by volunteers. No singing experience
required, no audition, just pop down!

CR

TURN A CORNER LIBRARY

07824 038 807

turnacorner@qsa.org.uk

- The American Church, near Goodge St
on Tues: 8:30am – 12:30pm

- Lincoln's Inn Fields, near Holborn
on Wed: 5 – 8pm

- St Giles in the Fields, near Tottenham
Court Road on Sat: 9am – 12:30pm

Turn a Corner is a mobile community
library for people affected by
homelessness in London.

The free library lending service requires
no fixed address and no membership is
required to borrow a book.

Turn a Corner can provide guidance on
connecting with other local services
that offer support to people affected
by homelessness, while there are
also takeaway resources on offer and
donated items for people experiencing
homelessness such as sleeping bags,
clothing and hygiene products.

CR