



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.

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The Pavement magazine

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© 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. ■

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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.

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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: mhpbooks.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.

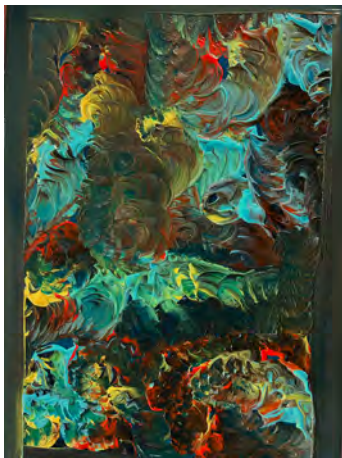
I know a lot of people are struggling at the moment, so let me qualify it: I suffered burnout, lost all my work, then my partner recommended I go home to my mum's and dry out, so I did. Whilst I was taking the cure, my wife then dumped me over the phone. Now I can't go back to the flat we shared for 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



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: February 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 or 07513 580757

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	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

DAY CENTRES

LHM360

(THE LODGING HOUSE MISSION)

35 East Campbell St, Glasgow G1 5DT

0141 552 0285; www.lhm360.org

Mon – Thu: 8:30am – 3pm

Fri: 8:30am – 2pm

Free Breakfast: 8:30am – 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
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

QUEEN'S PARK GOVANHILL PARISH CHURCH

170 Queen's Drive, Glasgow, G42 8QZ

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

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

St John's Episcopal Church, corner of Princes Street and Lothian Road

0131 353 0250; social-bite.co.uk

Mon – Fri: 2 – 2:45pm

Rose Street shop currently closed for renovation. Temporary location at St John's offering two pre-packed takeaway bags, one for dinner and one for breakfast.

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 (scrans)

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: 6pm

Sunday Suppers: 5pm

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

Appointment only.

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 needs of those experiencing homelessness. Register online or on phone.

AD, MH, MS, S

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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 FULL LIST
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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: 9am – 6pm; 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
ENGLAND
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Supported using public funding by

**ARTS COUNCIL
ENGLAND**



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

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

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: 1 – 3pm (housing advice drop-in)
 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

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

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. Register here:

thewelcoming.org/registration-form

AD, ET, FA, LA, MH

OTHER

LEGAL SERVICES AGENCY

Savoy House, 2nd Floor, 140 Sauchiehall Street, Glasgow, G2 3DH

0141 353 3354, mail@lsa.org.uk

lsa.org.uk

Mon – Fri: 9am – 5pm

Legal Services Agency (LSA) is a charity addressing the unmet legal needs of disadvantaged people. LSA can help with: prevention of homelessness and social welfare law problems; advice and representation in all areas of civil law for people with mental ill health or dementia; employment law advice and representation; assisting in obtaining medical evidence to support benefit appeals.

LA

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

NE Needle exchange
OW Outreach workers
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SF Step-free
SH Sexual health
TS Tenancy support & housing advice

↓
↓
↓
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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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	<i>B</i> Barber	<i>CL</i> Clothing storage	<i>ET</i> Education/training	<i>L</i> Laundry

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

LA Legal advice
LF Leisure facilities
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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