

the Pavement

the free magazine for homeless people



Issue 161 : Working together
April – May 2026

Missing



Darren Cree

Darren Cree has been missing from Gateshead, Tyne and Wear, since 28 April 2025. He was 37 at the time of his disappearance.

Darren, 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.



Hussam AKA "Sam" Bashraheil

Hussam (also known as Sam) Bashraheil has been missing from London since 14 January 2021. He was 20 at the time of his disappearance.

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

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

**missing
people**

Registered charity in England and Wales (1020419)
and in Scotland (SC047419)

A lifeline when someone disappears

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



Cover: The photograph on the cover of this issue of the magazine is a monochrome taken of the abandoned pier in Brighton. The image was taken by photojournalist Varun Akaash Prabhaker. You can see more of Varun's work with his company Allez Productions Ltd on its website:

www.allezproductions.com

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the Pavement magazine

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© John Joseph
Sheehy MacSheehy

Journeying into London

By John Joseph Sheehy MacSheehy

I traveled from Killarney in
County Kerry, Ireland
To Tralee, I got a train to Dúnlaoghaire
I got a taxi to the harbour
I got a boat to Holyhead
I got a train to London Euston
It took six to seven hours on the train
I went down to Piccadilly Circus
I saw Rod Stewart playing
the harmonica
I didn't speak to him
That was before he became famous
In the early sixties
Rod Stewart had a woman
Going around collecting
money for him
Of course
He was busking for money.

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

Working together

Together means so much to people. And that's especially true for people who have experienced isolation, who have felt undermined or under-supported. Often, people experiencing homelessness also experience these feelings.

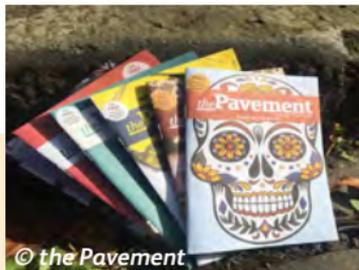
But at a low-ebb, people working together can produce incredible things. Take, for example, the committed work of so many volunteers in the UK. Emdad reports on their importance and impact on page 20.

Can we learn from New York when it comes to tackling the crisis of homelessness? On page 18, Sheryle interviews somebody with two decades of experience working with the city's homeless people to find out.

The magazine is filled with examples of the benefits of sticking together and collaborating. Enjoy the read.

the Pavement team

www.pavement.org.uk



Pavement Pioneers

If you are a fundraising, media, creative or corporate professional, *the Pavement* needs your talents. We are launching a new and transformational campaign group consisting of passionate individuals who can help us promote a campaign for sustainable support.

Working together, the magazine would like your experience, access and networks to help us create the campaign and an ask of support, to identify and reach out to potential campaign donors and secure the long-term sustainability of our publication.

Among the aims of the campaign group are: to help the charity reach its campaign target by March 2027; to network and engage with prospective donors; to help identify new group members. We are asking for a small, pro bono time commitment of up to eight hours a month for approximately a year. In return, *the Pavement* will provide advice and support throughout the duration of your commitment and offer the opportunity to work with other inspirational people in a fun, motivated environment.

If you are interested, please email our fundraising trustee at william@thepavement.org.uk.



Festival news: One Roof, Old Diorama Arts Centre's (ODAC) jam-packed arts programme for artists with lived experience of homelessness, held its annual two-week festival from 19th to 30th January, running Mondays to Fridays. This year's festival, titled *Bricks and Mortar*, provided guests with a mix of arts workshops interwoven with mental health and wellbeing sessions, alongside an open studio. Artists worked on numerous projects, both individual and collective, before presenting works at the festival's closing ceremony exhibition at ODAC, London on 27 February. Artworks including paintings and films were on show to visitors, alongside speeches by the artists and performances for One Roof's regular scratch nights – nights dedicated to providing space for artists with lived experience of homelessness to present new works.

3,560 refugee households in England experiencing or at risk of homelessness in 2021/22.

19,310 refugee households who are homeless or at risk of homelessness in England, reports the BBC, a five-fold increase in four years.

Rough figures

Government figures released in late February show England rough sleeping figures have reached a record high. The numbers, gathered by the Ministry of Housing, Communities and Local Government, reveal the number of people sleeping rough on a single night in England in November 2025 rose to a record high of 4,793, compared to 4,667 for the same period in 2024. Bonnie Williams, Chief Executive of Housing Justice, commented: “The underlying pressures that drive homelessness have not disappeared and while rough sleeping is the most visible form of homelessness, it is only part of the picture. The record numbers of households in temporary accommodation show just how many families are living in limbo.” The figure tallied in November 2025 is 42 more people than England’s previous record high in 2017.

Footy fundraiser

The Street Soccer Foundation, a UK charity using football to help tackle youth homelessness, announced the start of the 2026 season of its flagship The Big Goal campaign in late February. The Big Goal is a national social impact campaign, directly funding places on the charity’s Street Soccer Academy through a fundraising football

tournament, an initiative which enables young people experiencing homelessness, unemployment or disadvantage to access a 12-week programme combining football coaching with personal development, mentoring and employability support. This year, 60 businesses and organisations have signed up to take part in the campaign. In the previous two editions, The Big Goal has raised more than £250,000 to support the expansion of the Street Soccer Academy programme across the UK. The football fixtures take place over April and May, before culminating in a final held at St George’s Park (home to England’s national men’s, women’s and para football teams) on 11 June.

Hypocrisy corner

A London philanthropist, claiming to be committed to solving homelessness in the capital, moved to evict hundreds of people from their homes recently. In late February, *London Centric* learned that Asif Aziz’s Criterion Capital business planned to remove hundreds of Londoners – including some who were marking the holy month of Ramadan – from their homes. The mass “no-fault” evictions of private tenants, which sources say are scheduled to be handily

finished before the government's pesky Renters' Rights Act comes into effect, are taking place on an unprecedented scale. The evictions are going ahead regardless of whether the residents are up-to-date with their rent or have kept the property in good condition. Aziz, who recently moved to low-tax Abu Dhabi, runs Criterion Capital alongside other members of his family and has courted controversy over recent years for the business's landlord practices, which include trying to shut down historic London cinemas and renting properties to tax-evading American candy stores (currently blighting London's West End).

Temporary pain

The Local Government Association (LGA) has projected the cost to councils of providing temporary accommodation for homeless people in England will more than double by 2029–30 to almost £4bn. According to *the Guardian*, the LGA also found that the annual cost to councils of temporary accommodation was set to grow by 65% in the next five years, rising from nearly £360m to £595m. Since 2017–18, local authorities across England had spent almost £1.5bn more on temporary accommodation than had been reimbursed in housing benefit from

the government. That figure is predicted to jump to £3.9bn in the next four years, the LGA said. Tom Hunt, the chair of the LGA's inclusive growth committee and leader of **Sheffield** city council, spelled out the alarming financial gaps local authorities face: "Councils are caught in a vicious cycle of ever-increasing temporary accommodation costs versus static rates they receive back to cover their costs."

SWEPT up

New findings by the Museum of Homelessness show homeless people continue to be excluded from life-saving provision during extreme weather. On 5 March 2026, the Museum of Homelessness released the second edition of its investigation *Severe Weather Emergency 2022–2024*, which scrutinises how councils and services are adapting to increasingly extreme weather. The investigation found, among other revelations, that a form of gatekeeping by local authorities was common practice, with 42% of councils using a verification system as a pre-condition to access Severe Weather Emergency Protocol support.

- **Find out more about the *Severe Weather Emergency* investigation on page 30**



© the Pavement

Town hall: On a mid February evening in Camden, **London Streets Kitchen** held a meeting to discuss to the council's approach to homelessness and what local organisations, charities and individuals can do to effect change. The meeting was held at St Michael's Church in Camden and was organised by the Streets Kitchen team with support from SK Legal. A panel presented the situation on the ground at 'Camden: a homeless and housing crisis intensifying', inviting guests present at the meeting to suggest ideas and discuss ways to move forward. Politicians, charity workers and people experiencing homelessness were all in attendance. The night ended on a positive note, a reaffirming of the commitment of local groups to work together and hold the local authorities to account, as well as support people on the streets and experiencing all forms of homelessness.

TURN TO PAGES A – P
FOR THE LIST OF SERVICES



Dying homeless

Data from the National Records of Scotland (NRS), released in early March, revealed an estimated 231 people died while experiencing homelessness in Scotland in 2024. The NRS figures were slightly lower than the previous year, during which 242 deaths were recorded, but were higher than when records began in 2017. Before the records were released, the Scottish government had found there were 2,092 households reporting a household member experiencing rough sleeping between 1 April to 30 September 2025 across the country.

According to the NRS report, around half (49%) of the people experiencing homelessness who died in 2024 were aged under 45. Responding to the data, Maeve McGoldrick, head of policy and communications at Crisis Scotland, said: “we [Crisis Scotland] are calling on all political parties to commit to ending homelessness by 2040 in their upcoming manifestos.”

Housing news

The housing association Home Group Scotland, working with the local authorities in Edinburgh and Glasgow, has secured a batch of new homes for homeless families in Scotland. Altogether, 16 families are set to move into

new homes in the cities: six families in South Queensferry, while 10 families have moved into homes in Tillycairn, Glasgow. An additional eight homes in Farrier Fields, Edinburgh, were scheduled to be made available to families in March 2026. The welcomed *Scottish Housing News* report comes amidst a severe housing crisis in Scotland. In Edinburgh, for example, homelessness among children and families had risen 148% in the five years leading up to 2024, Shelter Scotland figures show.

Complaints

The *Glasgow Times* reported in late February that the owner of the Scotsman Group has written to **Glasgow** City Council issuing a “strong formal objection” to Homeless Project Scotland’s (HPS) retrospective planning application for the use of a building on Glassford Street as a homeless facility. HPS has applied for permission to run a 24-hour facility, with its application papers outlining plans to run a soup kitchen on the ground floor along with a night shelter in the basement. The formal complaint to the council had a redacted name at the end of the letter, however, it states it is from “the owner and operator of the Scotsman Group,” which runs several bars and restaurants in the

Merchant City district. The letter's listed reasons for objecting to the HPS application include: "harm to the economic function and commercial stability of the city centre", "overconcentration of similar uses" and "adverse impact on business operations and staff safety".

Firefighter

A homeless man who attempted to extinguish a fire in a **Glasgow** shop says the massive explosion from the inferno "nearly killed him." Footage from the dramatic scene shows James Welch, 51, charging towards a blazing vape shop on Union Street armed with a fire extinguisher, with thick smoke pouring from the building. Two members of the public rushed to drag him away from the danger and moments later a huge explosion burst from the building. The fire raged from the evening of Sunday, 9 March into the next morning, with firefighters battling to contain the devastation. Smoke was seen billowing across the city centre, as the fire destroyed premises on Gordon Street, including historic Victorian buildings. Welch told the *Daily Record*: "I wasn't scared for my life, I couldn't let people die. I tried to get into the shop by which point I was dragged away from behind... Those men in turn saved my life."

Recovery plan

A trauma-informed recovery hub for people experiencing homelessness is scheduled to open in **Glasgow**. The Lighthouse Project will be based at Kingston Halls and offer guests counselling, structured activities and employability support to help rebuild lives. The Talbot Association, the city's largest provider of homeless accommodation, is behind the project, which is hoped to be open this year after fundraising is complete. In the meantime, The Talbot Association is inviting community support to help make the project a reality and extend its impact. A key feature of the hub will be a partnership with Glasgow Clyde College, which will see trainee counsellors working alongside structured activities. The scheme will also offer arts, mindfulness and digital inclusion. Currently The Talbot Association operates six supported accommodation sites in Glasgow, serving approximately 200,000 meals each year, according to *The National*. ■

4 homeless deaths in Scotland a week, National Records of Scotland statistics show.

55 homeless deaths per million people aged 15 to 74 in Scotland in 2024.

Hope blows in

The harsh reality of winter and how communities in Brighton have come together to provide hope and support. By *Varun Akaash Prabhaker*

Winter is more or less behind us. I cannot quite say it is over, because in the UK there always seems to be a little winter lingering in the air. Along the south coast, the past few months have been especially harsh. Strong winds, grey skies and biting cold have shaped the season.

For many people, winter is simply an inconvenience. For others, it is a daily struggle. In cities like Brighton, the sea breeze carries a cold that cuts through layers of clothing and into the bones. The wind rolling in from the sea makes life particularly difficult for those sleeping rough. Nights grow longer and colder, and the simplest tasks become exhausting challenges.

Yet even in these darker months I noticed something else moving through the air. Alongside the cold, there is also hope.

During these difficult weeks the community has stepped forward in quiet but meaningful ways to support those who need it most. One such effort takes place every Sunday evening along the seafront near the Peace Statue.

Here, volunteers from Knight Support charity gather week after

week regardless of the weather. At six o'clock in the evening they arrive with warm drinks, hot food, clothing, sleeping bags and other essential supplies for people facing the winter without shelter. Conversations are shared, dignity is restored and advice is offered to those looking for a way forward. The volunteers stay for as long as they are needed, making sure everyone who comes seeking help receives something. Sometimes it is a warm meal or dry clothing. Sometimes it is guidance that may help them take the next steps toward stability. Their presence brings a quiet warmth to an otherwise brutal season and reminds us that compassion can exist even in the coldest moments.

In a world that often feels driven by competition and urgency, choosing kindness becomes a powerful act. On these Sunday evenings something remarkable takes place. People from many different backgrounds gather together in the same space and a shared sense of humanity fills the air.

There is a feeling of solidarity here that touches not only those receiving help but also those simply passing



Outreach in Brighton. © Varun Akaash Prabhaker

by. Even someone observing from the outside, like myself, can feel it. Week after week I am reminded that humanity reveals itself most clearly in difficult times. Courage lives here and resilience runs deep. There is also a quiet kind of care that does not need to be announced loudly to be felt.

With the arrival of warmer days there is a sense that change is possible and that new beginnings may lie ahead for many people.

For anyone in need along the south coast, the volunteers gather every Sunday evening near the Peace Statue in Brighton. Everyone is welcome here.

Even in the coldest winds hope

continues to move quietly through this city.

- Varun is a Brighton-based freelance photojournalist and founder of Allez Productions. See his website here: www.allezproductions.com ■

Spring

by D

The spring is here

The war is there

The flowers are blooming here

The bombs are blooming there

Tomorrow they will be here.

When things feel too much

Motivational words to remind you that it's ok to feel overwhelmed, bring things back to basics and continue on the path of progress. *By Karla Ortiz*

It can be hard to think about your own needs when they feel like too much. Sometimes it feels like you need everything at once, housing, money, stability, purpose. Because it's all tangled together, you don't even know what you're asking for anymore.

You might hear yourself thinking "I need too much. I don't even know what I need," while around you, there are people who want to help. People offering support, plans, pathways. People saying they can help you find work, start training, join a project, or connect to a community. All of it may be well-meant, but when you're already overwhelmed, it can feel like pressure rather than care.

This is a letter from one of those people.

I've worked with young people experiencing homelessness across central, north and east London, and the biggest thing I've learned is this: listening changes everything. Not just listening to answers but listening to uncertainty; listening to frustration; listening to the moments when someone says, "I don't know," and really means it.

Because when you're dealing

with housing insecurity, stress and survival, being asked big questions about your future can feel unfair. How are you meant to plan five years ahead when you're not sure what next week looks like? How do you talk about careers or goals when your energy is going into getting through the day?

Sometimes the hardest part of asking for help isn't pride or fear, it's confusion. Not knowing why you need help, or what accepting it might mean. Will it come with expectations? Will it disappear if you struggle? What happens if you say yes and then can't keep going? These are real concerns, especially when you're young and still figuring out who you are, what you care about and what feels safe.

School is a small world. London is not.

London is a city of nearly nine million people. It's full of opportunity, movement, creativity and possibility, but it also carries pressure. Trying to imagine a livelihood here can feel impossible, especially when you're already carrying so much.

If you ask me whether all of this is too much, my honest answer is:

yes, it is.

And when something is too much, the only thing that really helps is breaking it down.

Not a career. Not a future. Sometimes not even a year.

Sometimes it's a month. Or a week. Or a single conversation.

When people talk about employment, training, or "next steps," they often skip over the barriers that make those steps hard to take. Not just qualifications or experience, but mental health, physical health, confidence, fear, paperwork, past experiences and exhaustion. These aren't excuses. They are realities. Ignoring them doesn't make them disappear, it just makes people feel like they're failing.

That's why it's okay if the big questions don't feel answerable yet. "What do you want to do?" "Where do you see yourself?" "What's the plan?"

Maybe those questions can wait.

Maybe the first question is simpler and kinder: What feels possible right now?

Not what should be possible. Not what looks good on paper. Just, what feels manageable in this moment.

Your voice matters in these conversations. Not for a report that gets written and filed away, but because this is your life. Many people want to help you build it but help only works when it moves at

your pace, respects your choices and leaves room for doubt.

There will be disappointments. That's real. Support doesn't always work the way it should. Systems fail. People make mistakes. Good intentions don't always lead to good outcomes. It's okay to name that, too.

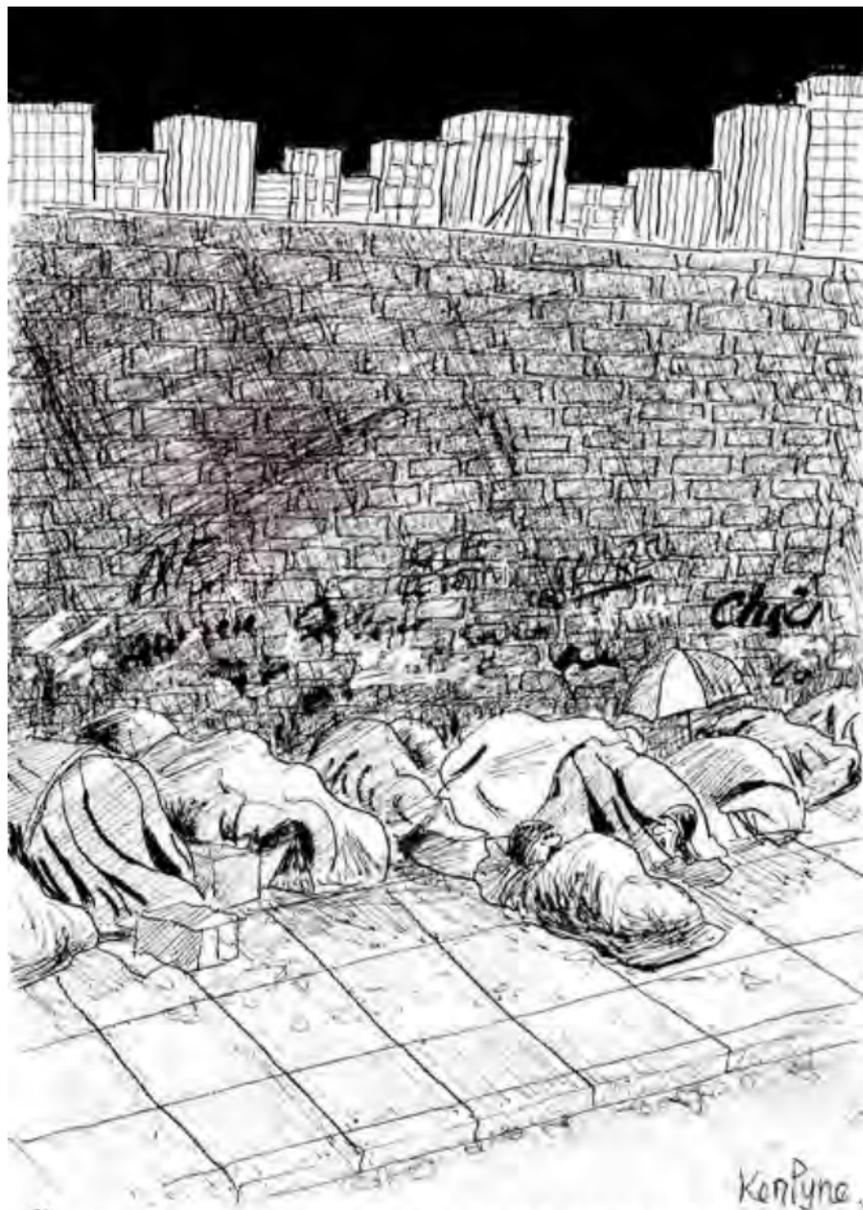
But even in those moments, when everything feels stalled or pointless, there is often one small thing that can be done. One conversation. One question. One step that doesn't fix everything but makes the ground a little steadier.

You don't have to know everything. You don't have to decide your future all at once. You don't have to be ready before you're ready.

Sometimes, one small thing is enough to start.

- **Karla Ortiz is a Project Officer at the Moving4ward Programme at Rinova – supporting young people with employment, education and life skills support. Learn more about the programme on the website: hospitalityacademy.rinova.co.uk/project/moving-4ward**

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"UNFORTUNATELY, WE'RE ALL IN IT TOGETHER"



MOVE
OVER
JACK...

...I CAN'T
UNTIL
THE SNAIL
WAKES UP!

zzzzzz
zzzzzz
zzzzzz

Stokoe

Homeless in America

The rest of our interview with Patrick Markee, author of a new book on homelessness in the US. By *Sheryle Thomas*

The previous issue of *the Pavement* carried an interview with Patrick Markee, author of *Placeless: Homelessness in the New Gilded Age*, released in December 2025. Markee has worked with the homeless community in New York for two decades and his book, published by Melville House UK, describes homelessness in the US, the structural forces contributing to the crisis and how best to move forward. Below is the second half of the magazine's talk with Markee in January.

In your opinion, how is homelessness solved?

The primary solution to homelessness is by addressing the housing affordability crisis. This would involve the government creating more affordable housing – ideally on the social housing model – and providing aid like rental assistance for low-income households. For homeless people living with mental illness and other disabilities, the government should create more supportive housing, including the 'Housing First' model that targets street homelessness.

What is the historical context to homelessness in New York?

The US has only had two historical periods of mass homelessness: the Great Depression of the 1930s; and the period that began in the late 1970s in New York City, spread nationwide in the early 1980s and has persisted to the present day. In the early 20th century, in fact, New York City had been the birthplace of vigorous, progressive and successful housing movements that led to the creation of public housing (the American version of social housing), rent control and other reforms. That is one reason that, from the end of the Great Depression until the 1970s, there was no mass homelessness in New York or other American cities. But the capitalist economic crises of the 1970s, which led to the loss of hundreds of thousands of jobs (most of them in manufacturing) and the right-wing politics that emerged in the Reagan era created and fueled a worsening housing affordability crisis – which itself set the stage for the emergence of mass homelessness.

Placeless: Homelessness in the New Gilded Age is available now: mhpbooks.com/placeless

What do you think of Donald Trump's homelessness policy?

Trump is doubling down on the disastrous right-wing policies that have caused homelessness to persist for decades – and his dangerous proposals will lead to more homelessness. Already his administration has enacted policies that threaten to eliminate funding for successful 'Housing First' programmes that provide supportive housing; some 170,000 formerly homeless people could lose their homes as a result of that policy. Trump has also proposed cutbacks to federal housing programmes that could force four million poor Americans to lose their housing aid. He is calling for a more punitive approach to criminalise homelessness.

Describe New York mayor Zohran Mamdani's homelessness policy.

There is optimism in New York City that Mamdani will take a different, more progressive approach than Trump and the previous mayor, Eric Adams. Mamdani, who became mayor in January 2026, has not yet laid out detailed plans on homelessness and housing, but the early signs are hopeful. He has proposed halting rent increases on one million rent-regulated apartments, building more supportive housing and creating a new "community safety" unit to

address the problems of homeless people living with mental illness on the streets, in place of the failed criminalisation approach.

What are the unique problems the US faces addressing its housing crisis?

The US government plays only a small and deeply inadequate role in providing affordable housing for low-income households. This comes out of a uniquely American hostility to government's role in addressing economic and social problems – far too many Americans blame poverty on poor individuals themselves, or think the private market is the only solution. While the US developed a nascent welfare state apparatus in the wake of the Great Depression, it never went as far as in other countries; for example, the US has never had a national health care system. Since the ascendancy of right-wing politics in the 1980s under Reagan and continuing through to Trump, even the woefully underfunded welfare state programmes have been slowly dismantled. Thus, while there are ample, proven solutions to the problem of homelessness, what is needed in the US is a forceful, progressive organising effort to overcome the politicians and institutions that oppose those housing-based solutions.

Together we can

Words on what can be achieved when people work together, by a volunteer who sees the impact of cooperation. *By Emdad Rahman*

I've stood on cold pavements at dawn with flasks of tea, listening to stories the statistics rarely capture. I've shared bread, handshakes and names. And if there's one word that keeps returning to me in this work, it's simple: together.

Across England, rough sleeping rose by 3% on the previous year, according to the official snapshot, with more than 4,790 people counted on a single autumn night. Charities estimated in 2023 that more than 271,000 people in England experience homelessness in some form. Behind every number is a person who once had a front door, a favourite mug, a normal day.

Meanwhile, our MPs somehow manage to cope with another pay rise while debating poverty from upholstered benches. One wonders how they endure the strain.

But sarcasm aside, homelessness is not a punchline. It is a national wound.

Division is expensive for society but profitable for a few. When people are pitted against each other, local vs migrant, housed vs unhoused, "deserving" vs "undeserving", the real issue slips quietly out the back door. Disunity distracts. It fuels resentment. Sometimes it morphs

into racism, suspicion, or that casual cruelty that passes for opinion online.

A lack of togetherness doesn't just fracture communities, it fractures empathy. And fractured empathy is fertile ground for those who benefit from chaos. If we blame each other, we never question broken systems. If we argue over scraps, we never ask why the table is so unevenly set.

In my volunteering across London, I've met men who worked construction for 20 years before one injury unravelled everything. I've met women fleeing domestic violence with nothing but a carrier bag. I've met young people estranged from family, navigating night buses for warmth.

Homelessness is not caused by laziness. It is driven primarily by rising rents, a shortage of social housing, mental health challenges, benefit delays, relationship breakdowns and low wages that simply do not stretch to market rents.

It is a blight on society not because of how it looks, but because of what it says: that we can walk past suffering and call it normal.

When we work together, volunteers, councils, faith groups and charities can effect change.

I've seen restaurants donate

surplus food rather than waste it. I've seen colleges involve students in outreach projects, learning compassion alongside coursework. I've seen local establishments offer job interviews to people rebuilding their lives.

Together, people can: support emergency shelters; campaign for fairer housing policies; fundraise for winter essentials; offer training and pathways into employment; challenge stigma wherever it surfaces.

When communities unite, hate loses oxygen. It cannot breathe in rooms filled with cooperation.

Division says: "They are the problem." Togetherness says: "We are the solution."

I've learned through activism that tone matters. Words matter. If we allow hate to become background noise, we normalise it. And once normalised, it spreads.

Homelessness should unite us in outrage and compassion, not split us into camps of blame.

Moving forward, we need: long-term investment in social housing; early intervention for young people at risk; mental health support that is accessible and sustained; partnerships between local authorities and grassroots volunteers; education that teaches empathy as firmly as arithmetic.

Schools and universities can embed social responsibility into

their ethos. Businesses can adopt outreach programmes. Faith centres can open safe spaces. Local residents can volunteer an hour a week.

Together is not sentimental, it is strategic. A divided society is fragile, while a united one is resilient.

Every time I hand someone a book, a warm drink, I am reminded: homelessness is not inevitable. It is a policy choice, a funding choice, a priority choice. And if choices created this crisis, choices, made together, can resolve it.

We are stronger when we refuse to turn on each other. We are stronger when we ask better questions. We are stronger when we see humanity first.

Homelessness in the UK is rising, driven by structural pressures and social inequality. Division distracts from real solutions and can fuel prejudice. Working together, communities, institutions and policymakers create sustainable change. Unity strengthens empathy, accountability and practical action. ■

A Rhyme for the Road

by *Emdad Rahman*

Together we stand where the cold winds blow.

**Together we rise and refuse to let go.
No soul unseen in the city's shadow.**

Together we build and together we grow.

Dealing with trauma

Advice on dealing with trauma and accessing trauma informed care, by people with lived experience of homelessness and members of the Groundswell team

What is trauma

- Trauma is distress, usually triggered by one or multiple traumatic events
- Several experiences can be described as 'trauma', but the most common are neglect, abuse, ill health and bereavement
- Trauma can also be caused by stresses such as mental health issues, poverty and homelessness.

Do I have trauma?

There can be emotional, psychological and physical symptoms attached to trauma. These include:

- Shock, denial, disbelief, confusion, difficulty concentrating, anger, irritability or mood swings
- Suicidal thoughts, self-harm, anxiety and fear, guilt, shame or self-blame
- Paranoia or difficulty trusting people
- Insomnia or nightmares, fatigue, edginess and agitation
- Racing heartbeat, aches and pains.

Triggers

Symptoms of trauma are often created by triggering factors. Triggers can be visual (seeing something) or more subtle, such as a smell, sound, place or taste. Here is some advice on managing trauma once it is triggered:

- Give yourself time
- Engage with people and services
- Ask for support and talk through things with people you trust
- Find ways to express your feelings, such as poetry, art, dance or exercise
- Notice how you feel and identify what your triggers might be
- Get into a routine that includes healthier food, some exercise and sleep.

Support

Ask your GP for support if:

- You feel isolated and don't have anybody to share your feelings with
- You are overwhelmed by sadness, anxiety or nervousness
- You can't sleep
- Relationships and friendships are breaking down
- You are drinking, smoking or using drugs to cope with your feelings
- You have feelings of self-harm or suicidal ideation.

You can also find support at **Mind** (www.mind.org.uk), **Samaritans** (call **116 123**) and **ASSIST** (assisttraumacare.org.uk).

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.



The Watchtower part II

The second chapter of this story about a mysteriously powerful structure affecting somebody's behaviour. Our protagonist, Elias, begins to wrestle some control from the tower. By *Joseph Hickman*

The Surveillance of Self

He learned that silence had its own grammar. He could feel the rules bending in response to unspoken questions. Not all of them, not yet – but enough to make him wonder whether the tower was as omnipotent as it claimed, or merely patient.

Corridors sometimes branched impossibly, folding back onto themselves, yet Elias never got lost. Or perhaps he did, and the tower allowed it to see how long he would wander before he straightened. There were floors with no apparent purpose, where doors led only to walls, and yet the walls were listening. Each mistake, each hesitation, each fleeting impulse became part of an invisible ledger.

He met others occasionally, brief shadows in the stairwells. They moved like echoes, careful to maintain the lattice of alignment. None spoke of rebellion. None even whispered desire. Yet sometimes, in the tilt of a head, or a glance that lingered too long, Elias felt a tremor, an acknowledgment that he was not

Recap

Issue 160 of *the Pavement* featured *The Watchtower part I*, which details a rigid structure influencing a person's behaviour, leaving them feeling confused and vulnerable. You can read part I on the website by scanning the QR code, or visiting: www.thepavement.org.uk/stories?issue=236



alone.

It was in the library – a vast, shifting chamber of shelves that receded into impossible height – that he first discovered a crack. Not a literal crack, but a fissure in expectation. A book lay open, its words slightly askew, as though the type itself hesitated. When he read, the sentences did not instruct. They suggested. They asked questions that the tower had never permitted: What would happen if you stopped aligning? If you let your thoughts wander freely? If you refused justification?

The hum beneath his ribs thrummed louder. The walls

contracted, not with anger, but with curiosity – or perhaps fear. For the first time, Elias realised that the tower could be uncertain. That it could fail.

He experimented. Small things at first. A thought left unfinished. A phrase allowed to drift into a forbidden conclusion. A step taken without purpose. Each act was minor, almost invisible, yet it made the air slightly heavier. The bell-tone sounded faintly, less like a warning, more like a question.

And then, for the first time, a door did not close behind him.

It was a narrow aperture, pressed into the far corner of the library. Sunlight leaked through the edges, not a harsh beam, but a warm suggestion. He hesitated, trained reflexes warning him to retreat, but something deeper nudged him forward. One step. Then another.

The corridor beyond was not orderly. It pulsed with imperfection. Corridors bent at odd angles. Shadows moved unpredictably. He stumbled, nearly losing his balance, and felt the exhilarating friction of resistance.

A whisper – his own voice, or the tower's? – drifted along the walls: Choose. Choose and bear it.

Elias felt for the first time that the tower did not contain him. He contained the tower, if only tentatively, if only by claiming a space it could not yet understand.

The further he went, the lighter he felt. Not free entirely – not yet – but aware of possibility. The world beyond the walls shimmered as if unfinished, as if awaiting the courage of someone willing to see it differently.

And then the corridor opened to a balcony. He looked out. The sky was not framed by stone or instruction, but was vast, infinite and indifferent. A wind rose. Not threatening, not corrective. Simply present. He inhaled, and for the first time, he felt the weight of his own agency pressing back at the tower's hum.

The tower behind him stirred. It did not rage. It waited.

Elias smiled – not for permission, not in alignment, but in defiance. Not loud enough to be heard, not bold enough to be noticed, yet irreducible.

Somewhere, in that waiting space, he understood: the tower could endure, but it could also falter. And so could he.

The horizon spread endlessly. It did not promise victory. It did not promise safety. It promised only that choices mattered. That movement mattered. That thought, no longer censored, could begin to reshape the architecture of living.

And in that fragile ignition, the fire began. Not to destroy blindly, but to illuminate – to insist that the tower, with all its corridors and ledgers, was not the final word. ■

Don't let 'em get you down

The trials and tribulations of navigating unhelpful recovery systems. By *Mat Amp*

Over the past year I've been on a journey with my drug treatment centre that could, at the very minimum, be described as taxing. If I was being a little less charitable, I'd put it a bit more like this: The place where I get treated for my drug affliction [sic] is a massive pile of wank.

To give you a bit of context, here's a quick outline of what happened and the fucked up situation it has landed me in. I am in treatment for opiate addiction and for the past seven or eight years I have picked up my medication every two weeks.

For the year before that however, like every other addict, I was made to go to the chemist every day to pick up my meds and take them in front of the chemist.

The treatment industry started the idea of daily supervised pick-ups when it came to their attention that some people in treatment were occasionally selling their opiate substitute medication on the black market. Whilst I understand that it is illegal to do this, I don't understand the need to apply a punitive sanction to everyone, effectively impacting people who are committed to recovery and have done nothing other than try and get better. To tell

someone who is seeking treatment that they are not trustworthy is sending them a very negative message. Surely this is the very definition of stigmatising people.

We are offered zero trust from the outset and a system based on mistrust, that limits mobility and imposes constant doubt, is a system that is not conducive to recovery. In other words, treating everyone in a way that presupposes we are being dishonest, in a way that limits our mobility and fails to protect our confidentiality, is flawed and ineffective. Instead of treating patients in a holistic, person-centered way, rules are rigidly imposed on a foundation of cynicism so that genuine treatment becomes fueled by punishment and blame.

A quick reminder: if you get tested at a centre remember to ask them to send it to the lab. Instant urine tests are very unreliable, regularly creating false positives and hair tests are a total joke.

Anyways, about 15 months ago I got a new case worker who decided it was time to subject me to a random drug test. At that point I hadn't been tested for seven years because my old case worker had been the real deal, using the rules as guidelines to

support my treatment rather than orders to be followed at all costs.

Unfortunately for me, the test came back as positive for a strong opiate called Nitazine, which means that I won a daily visit to the chemist for what has been, as of March 2026, 15 long months. Even though I showed my case worker research proving that false positives were often created by these instant tests, she didn't want to listen. Instead, she kept acting like I had insulted her by lying to her, with an attitude that said: "Well, you've brought this on yourself."

And the really difficult thing now is that I'm kind of trapped by a rigid system that isn't allowing me to submit three clean tests. One test I did came back positive for cocaine, despite the fact I stopped taking it ages ago when I realised it turns everyone into a giant animated bellend. I worked out that I've spent something like £700 on bus fares in the last year and wasted about 500 hours travelling just to get to that fucking chemist.

Unfortunately, appeals to my new case worker fall on deaf ears because she thinks that all junkies are essentially dishonest, and would steal their mum's telly and nick their mate's kitten for a ten bag given half a chance.

I've made three appointments to

see the doctor to plead my case, but each time I've been made to wait for over an hour before being told to fuck off. Okay, they don't exactly tell me to fuck off but the receptionist just says "oh the doctor is too busy to see you today." Reminding her that it was the doctor who made the appointment is futile.

Faced with this sort of treatment, many addicts start to stigmatise themselves. It happened to me when I was homeless for several years and it wasn't until I started doing stuff with *the Pavement* and working for Groundswell that I started to learn about a trauma-informed, holistic approach to healthcare based on respect. We don't take this approach because it's kind, we take it because it's effective.

When you have good people delivering bad treatment, the failure is systemic. A lack of understanding, created by a failure to reference the foundation of personal context, a habit of measuring people against principles etched in stone and ridiculous, fabricated expectations all go into making this bitter stew of institutional dysfunction.

Meanwhile, I'm soldiering on, trying not to let the resentment sink me. Writing this has certainly helped, so thank you for listening. Don't let the bastards grind you down.



Creative space

A collection of creative writing by writers and poets on a range of topics, including mental health, substance use and time.



© Mike Stokoe

Ticking clock

by Ryan McGinn

He fell asleep to the ticking of the clock. He woke up and the morning was crystal clear, like he hadn't seen or experienced for several years. He potted around in his room, thinking calmly and without an idiot in the background barking out obscenities and retreating fearfully. Then he sat at his desk and stared out of the window trying to grab hold of this feeling of truth, of reality, but could find no direct way to describe it. No words to stick on it so it could be pulled up and out and over him the next time he felt disconnected. Then he realised you can't describe it, it is just a feeling, an understanding, a way of perceiving. He looked out of the window and let go. After a few minutes the ticking of the clock entered his consciousness and he listened to it for a bit and then he remembered: he didn't have a clock.

Scapegoat

by Chris Bird

Hungry mouths spell out new colours, new phrases born of suffering and dreams. Scaffolding surrounded the old buildings at the edge of the small park. The skyscrapers and tower blocks did not sway in the chill Glasgow wind, though you might assume they would.

The girl in a blue tracksuit walked slowly across the green lawn that circled the estate.

Graffiti on the concrete walls shouted “Celtic 1 Rangers 3” (a recent match score). This was a loyalist estate for the most part, other than a few Hibs fans.

The girl glanced up at the distant moon.

There was a strand of cloud moving gradually across the skyline seemingly cutting the moon in two. A cigarette burnt in the girl’s right hand.

“Where you going?” whispered a voice in the shadows.

The girl stopped and glanced around. Out of the dark, a boy appeared in a green bomber jacket decorated with American flags on the arms.

“Wee girl do you want some gear?”

The boy’s words moved like a snake in the grass. The girl wanted to move away but something made her stop. Something made her stand there in the emerging moonlight.

“£10 a bag,” added the boy.

Untitled

by Stephen Farrell Wood

I am indeed bipolar.

I do go north to south, east and west, around and about, indicated by a scream or shout, or indeed, a whisper.

I am indeed bipolar.

Just having a laugh, or so would I seem, but how will I know when I’m split in between.

Joke corner

By Ryan McGinn

Do you know why the melons had to cancel their honeymoon?

They cantaloupe...

TURN TO PAGES A – P
FOR THE LIST OF SERVICES

SWEP in action

Findings from an investigation into how homelessness systems adapt to extreme weather. Research by the Museum of Homelessness

In cases of extreme weather, local authorities are supposed to have measures in place to protect vulnerable people. The Severe Weather Emergency Protocol, aka SWEP, aims to provide life-saving provisions during bouts of dangerous weather to people experiencing homelessness.

In March, the Museum of Homelessness (MoH) released the second edition of its *Severe Weather Emergency*, an investigative report scrutinising how councils and services adapt to extreme weather – the first research of its kind in the UK.

Currently, SWEP is activated when the temperature drops below freezing. Emergency night shelters and provisions are issued to people sleeping rough and experiencing homelessness.

However, MoH found a common thread running through many councils and services across the UK: homeless people continue to be excluded from life-saving provision.

Among its findings, the report outlined: “90% of activations in the two years investigated were for cold weather only, highlighting a lack of provision for other forms of extreme weather. Very few councils activated

SWEP for extreme rain.”

Lord Bird, founder of the *Big Issue* and cross-bench peer, noted in response to the research that: “2023 and 2024 were both in the top 10 wettest years of the last two centuries.”

Forms of gatekeeping, which deny or complicate people’s access to vital services, was also common practice among homelessness systems during SWEP. The investigation found “42% of responding councils used some kind of verification system as a pre-condition to access SWEP. The use of mental health assessments, risk assessments and triaging procedures is normal.”

Furthermore, the abysmal use of ‘sit-up’ services, an offer of a chair for sleeping sitting up, was found to be in use by 11 councils. Councils also struggle to signpost people to services. Nearly half of all councils involved in the investigation do not even mention SWEP on their website.

On a more positive note, “nearly two thirds of all councils surveyed had created new policies and procedures in relation to extreme weather conditions.” The report noted though that these had yet to be implemented.

Hostile environment

The trend towards hostile architecture and hostility towards homeless people generally is deeply troubling. *By Chris Sampson*

In recent years there has been an upsurge in hostile architecture: spikes and other impediments deliberately built onto likely resting places to prevent homeless folk using them. Most London bus stops now have thin, sloping seating designed to prevent any poor soul kipping on them. It's not bad enough that you're without a home, it seems that you're now expected to stay awake 24/7, too. But surely it couldn't get any worse...?

A homeless man slumps on a park bench at midnight, exhausted after a day trying to scrape enough cash together for a night in a hostel. Rest at last. Suddenly, four private park rangers emerge from nowhere and jump him, poking bayoneted rifles into his shocked face. He had heard vague whispers about new legislation for such powers, but news stories often pass you by when you're living hand to mouth. His attackers frog-march him to the park's perimeter and manhandle him outside its boundary. For good measure he is insulted and punched in the gut by the thugs.

"Serves you right for not being rich," brays their leader. "Yeah," sneers a subordinate. "Homeless scumbags should be killed off...!"

Sound a bit far-fetched? Well, in 2025 in the US, Fox News presenter Brian Kilmeade apologised after stating that mentally ill homeless people should be given an "involuntary lethal injection. Just kill 'em."

Democrat politician Gavin Newsom responded with a biblical quote: "Whoever closes his ear to the cry of the poor will himself call out and not be answered." Amen to that!

Even a Republican, Don Beyer, pointed out that more than a million homeless folk in the USA are children, and thousands are army veterans. "These Fox [News] hosts are calling for mass murder," he said. "It is sick."

Kilmeade eventually made an on-air apology for his "callous remark", but the idea was already widely disseminated by then. Who knows how many have taken up that message over there? And given how the UK often seems to mimic what goes on in the States, and with the possibility of an extreme right-wing government looming here, we must be on our guard against any further dehumanisation of homeless people, and any legislation that makes life even more difficult for our readership.



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: April 2026

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

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/vvx5fxtp
Accommodation and support for vulnerable individuals who are sleeping rough or at risk of sleeping rough. Couples and pets accepted. Referral via Edinburgh City Council: **0131 529 7125** or **0800 032 5968**.
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

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

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);
Our guests are invited to enjoy a hot nutritious meal prepared by our Mission's brilliant chef and his team.
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

KEY

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

QUEEN'S PARK GOVANHILL PARISH CHURCH

170 Queen's Drive, Glasgow, G42 8QZ
0141 423 3654; qpgpc.com

All year round:

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

Thurs: 10:30am – 12noon (Food Bank)

And between September – June:

Tues: 12noon (Lunch Stop)

Thurs: 10am (Coffee Club)

FF, SF

SOCIAL BITE – ABERDEEN

516 Union St, Aberdeen, AB10 1TT
0131 353 0250; social-bite.co.uk

Mon – Fri: 8 – 9:30am (takeaway
breakfast)

Mon, Tue, Wed, Fri: 3:15 – 4pm
(takeaway)

Thurs: 3:15 – 5pm (Mixed Sit-In Meal)

FF

SOCIAL BITE – EDINBURGH

131 Rose Street, Edinburgh, EH2 3DT
0131 353 0250; social-bite.co.uk

Mon – Fri: 8:30 – 9:30am (takeaway
breakfast)

Mon, Tue, Wed, Fri: 5 – 6pm (takeaway)

Thu: 5 – 6pm (Mixed Sit-In Meal)

FF, SF

SOCIAL BITE – GLASGOW

10 Sauchiehall St, Glasgow, G2 3GF
0131 353 0250; social-bite.co.uk

Mon – Fri: 8:30 – 9:30am (takeaway
breakfast)

Mon, Tue, Thu, Fri: 5 – 6pm (takeaway)

Wed: 4:45 – 5:45pm (Mixed Sit-In Meal)

Wed: 6 – 7pm (Womens' Sit-In Meal)

FF, SF

STEPS TO HOPE

Old St. Paul's, 63 Jeffery St, EH1 1DH
07949 838 666 (Open 24/7)

www.stepstohope.co.uk

Monday Munchies: 6 – 8pm

Sunday Suppers: 5 – 7pm

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

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*

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

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 counselling, IT access 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

NIDDRY ST WELLBEING CENTRE

25 Niddry St, Edinburgh, EH1 1LG

0131 523 1060

www.salvationarmy.org.uk/niddry-street-wellbeing-centre

Mon – Fri: 9:45am – 1pm (drop-in)
Mon: 10am (20min mindfulness group)
Mon: 1pm (Women of Worth Group)
Tue: 10am & Thu: 1pm (Here and Now)
Thu: 2pm (Move, Breathe, Relax)
Fri: 1:30pm (Movie Club)

Our service is open access. Simply come
in and speak to the team.

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

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

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

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

MENTAL HEALTH**CAMPAIGN AGAINST LIVING MISERABLY (CALM)**

0800 58 58 58; thecalzone.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

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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 ↓
**FIND OUR
 FULL LIST
 ON OUR
 WEBSITE**

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

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**

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.

Callback service: please leave a voice message on **0300 124 7900** giving your first name and phone number, and we will call you back within a few days.

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

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

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

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: educationalaction@gmail.com

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

LGBT HELPLINE SCOTLAND

www.lgbthealth.org.uk

helpline@lgbthealth.org.uk

0800 464 7000 helpline open on:

Tue, Wed & Thu: 12noon – 9pm

Sun: 1 – 6pm

Working to improve the health, wellbeing and equality of lesbian, gay, bisexual, transgender (LGBT) people in Scotland.

C, MH, S

LGBT YOUTH SCOTLAND

lgbtyouth.org.uk/get-support

info@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

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
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↓ WEBSITE

STONEWALL SCOTLAND

www.stonewallscotland.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

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

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

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

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

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

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

HOPE HOUSE (STEPS TO HOPE)

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

MURRAYS INITIATIVE (FORMERLY GLASGOW COUNCIL ON ALCOHOL)

14 North Claremont St, Glasgow G3 7LE

0808 802 9000 (freephone helpline)

www.murrays.scot

Mon – Thu: 9am – 9pm

Fri: 9am – 6pm; Sat: 9am – 5pm

Murrays 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

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

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/wzwwmbz
Mon – Sun: 24 hours
Needle exchange & temp accommodation. 24 hour service for homeless people in crisis because of mental health, drugs or alcohol. A 12-bed residential unit provides a safe environment to withdraw from a chaotic lifestyle. Average stay is 28–36 days.

A, C, D, MS, NE, SF, S

KEY	<i>A</i> Alcohol workers	<i>BS</i> Bathroom/showers	<i>CR</i> Creative activities	<i>FA</i> Financial advice
	<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

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

YOUNG PEOPLE

ROCK TRUST – EDINBURGH HUB

55 Albany Street, Edinburgh, EH1 3QY
rocktrust.org/service/edinburgh-hub

Mon – Thu: 9am – 5pm; Fri: 9am – 4pm

Wed: 1 – 3pm (housing advice drop-in)

With a purpose-built café, group space, garden, and private counselling rooms, we offer a range of opportunities for 16-25 years olds affected by or at risk of homelessness.

AH, C, ET, FA, MH, 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

ROCK TRUST – GLASGOW HUB

The Cottage, 21 Pearce St, G51 3UT
rocktrust.org/service/glasgow-youth-housing-hub/

Mon – Thu: 9am – 5pm; Fri: 9am – 4pm
With a purpose-built café, group space, garden, and private counselling rooms, we offer a range of opportunities for 16-25 years olds affected by or at risk of homelessness.

AH, C, ET, FA, MH, TS

WELLBEING FOR YOUNG PEOPLE

171 Wilton Street, Glasgow G20 6DF

0141 945 3871

0808 143 2002 (out of hours)

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

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

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: 12noon (community meal)

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

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

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. Call for details.

AD, ET, FF, LA, S

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

Tue: 10am – 1pm (homelessness advice)

Tue: 2 – 4pm (housing advice)

Self-referral at: paih.knack.com/room-for-refugees#self-referral

Independent, multilingual homelessness and human rights charity dedicated to supporting people from asylum seeker, refugee and ethnic minority communities.

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

DENTIST / MOUTH CARE**THE ACCESS PLACE – SPITAL 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

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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FIND OUR FULL LIST ON OUR WEBSITE

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

ART & CREATIVITY

GIVIN' IT LALDIE

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

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

KEY

A Alcohol workers

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FF Free food

IT Internet access

L Laundry

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

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.ukhello@turnthetables.co.uk

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

[CR](#)**LEGAL ADVICE****ADVICENOW**www.advicenow.org.uk

We equip individuals and communities to deal with life's legal problems. We do this by providing legal support including information, legal self-help tools, and training to help people use the law.

Offers specific information on housing and homelessness

[LA](#)**CITIZENS ADVICE**www.cas.org.uk

The Citizens Advice network in Scotland delivers advice services in almost 300 service points across the country, from city centres to island communities.

[FA, LA, TS](#)**LEGAL SERVICES AGENCY**

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

0141 353 3354, mail@lsa.org.uklsa.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
[S](#) Signposting to other services

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

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UNIVERSITY OF STRATHCLYDE LAW CLINIC

Room LH232, Level 2, Lord Hope
Building, 141 St James Road, G4 0LT
0141 548 5995

lawclinic@strath.ac.uk

www.lawclinic.org.uk

Mon – Fri: 9am – 5pm

The Law Clinic offers free advice to those who cannot get advice elsewhere. The service is run by volunteer law students working under the supervision of suitably qualified staff. We can help with Employment law, Housing issues, Consumer issues and Scottish Social Services Council. We CANNOT help with Criminal or Family law.

LA

PETS

STREETVET

www.streetvet.co.uk

StreetVet is a charity that provides essential veterinary services to the pets of people experiencing homelessness across the UK. Works in partnership with PDSA in Glasgow. Visit website for more information.

PDSA PET HOSPITAL

1 Shamrock Street, Glasgow, G4 9JZ
0141 332 6944; www.pdsa.org.uk

If you are receiving benefits and live within the postcode catchment area of one of our Pet Hospitals you should be eligible for our help. If you do not live near one of our Pet Hospitals, but you are receiving benefits, you may be eligible for our Pet Care scheme. Glasgow East and Edinburgh Pet Hospitals are currently not accepting new registrations.

OTHER

APEX SCOTLAND

15 Calton Road, Edinburgh, EH8 8DL
0131 220 0130

www.apexscotland.org.uk

Mon – Fri: 9am – 5pm

For offenders, ex-offenders and young people at risk of offending, many of whom may also be homeless. Their services will help clients to, for instance, move onto employment, training or further education. To find your local hub, please click the link to visit the website.

CA, CR, D, ET, FA, IT, LA, TS

RIGHT THERE (FORMERLY Y-PEOPLE)

0141 565 1200

rightthere.org

At Right There, we offer tailored support to help you work on the relationships that matter to you and provide practical advice to create and keep a home.

AH, C, TS

SACRO

01316247291

www.sacro.org.uk

sacro is a Scottish community justice organisation which works to deliver life-changing services that empower people, give hope and protection, and help to build safe communities. Sacro provides a wide range of direct, innovative services in Community Justice, Community Safety and Public Protection.

C, TS