

An abstract painting in a cubist style. The background is a mix of warm colors: yellow, orange, and red. In the upper left, there is a large, stylized eye with a black pupil and a white sclera. Below it, a wide, toothy smile is depicted with black outlines. The central figure is a person with a face that has a mix of colors (tan, blue, white) and black outlines. The figure's body is also composed of these colors and black lines, suggesting a complex, layered identity. The overall style is expressive and somewhat chaotic, reflecting the theme of homelessness.

the Pavement

the free magazine for homeless people

Zakia

Issue 162 : Labels
June – July 2026

Missing



Piotr AKA "Pudzio/Pudzian" Platek

Piotr Platek has been missing from Croydon, London, since 15 April 2026. He was 37 at the time of his disappearance.

Piotr, 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.



Mitko Angelov

Mitko Angelov has been missing from North West London since 25 February 2026. He was 34 at the time of his disappearance.

Mitko, 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 Piotr or Mitko, 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 cover art for this issue of *the Pavement* is a work by Zakia Chowdhury titled *Fire Dance*. Zakia produced the art at the 240 Project, an arts and wellbeing charity supporting vulnerable adults. Learn more about the 240 Project on its Instagram @240wellbeing
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the Pavement magazine

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© John Joseph Sheehy MacSheehy

The Shining Golden Star

By Tracey Charrier

I went for a walk in the street one night
And looked up at the dark blue sky.
It was ever so bright,
the power it had
Felt very warm and not loose or tight,
I looked up at it and it made
me feel so special
Because the way it was so
alight it looked like a
Lovely golden star inside of me.
When I went home it stayed in me
That feeling all I had to do,
Was go out and look up at the sky
See that gold star then I knew
that I started healing.
To stop me crying.

In memory

The Shining Golden Star was first published in issue 146 of *the Pavement*, in 2023. In late 2025, Tracey sadly passed away. We thank her for her words and for the light of her star: the love and warmth she has brought into so many people's lives. Rest in peace.

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

Labels

People are always being labelled and, sadly, labels can make a habit of sticking. Stigma is perpetuated through these labels, contributing to a spiral of negativity. They're hard to shake, but that doesn't mean they're here forever.

André (page 26), Chris (page 29), Emdad (page 18) and Sophie (page 20) delve into the meaning of labels, their effects and how we move past them. You can also read a postcard from Greece on page 14, news about a chess tournament on page 12 and all of the regular news, views and cartoons elsewhere in the magazine.

Briefly, members of *the Pavement* team were proud to walk alongside charities, organisations and people from the homeless community as part of a homelessness bloc during April's National Housing Demo. A thanks to organisers Homes4All and the London Renters Union, among others. The march, which took attendees through central London, called for rent controls and the construction of council housing.

***the Pavement* team**

www.pavement.org.uk



Pictured is the installation of fancy planters outside a flagship store on London's Tottenham Court Road. New and permanent, they stand where people sleeping rough had set up for the night, shielding them from the elements.

SK Legal member Elodie highlighted the damaging effects of the move, saying: "Those sleeping there were respectful of the space and simply trying to survive. The local authority has again failed in its duty. It is a crime that homelessness exists; there are simple solutions to end it, criminalisation or further displacement can never be one of them."

Response ability

In March, Croydon Council, **London**, launched a rapid response service to help rough sleepers move away from the streets and into safer, more stable accommodation. The rapid response focuses on finding and engaging rough sleepers as swiftly as possible. It offers trauma-informed, compassionate support that includes access to healthcare, mental health services, substance use treatment and help with accessing accommodation. The service is a partnership project between Thames Reach, the council, police, health services and voluntary, community and faith sector groups. In a press release, Jason Perry, Executive Mayor of Croydon, said: "This new rapid response service demonstrates our unwavering commitment to supporting Croydon's most vulnerable residents with dignity and compassion."

Child deaths

In the past six years, 104 children in England have died because of living conditions linked to temporary accommodation, data compiled by the all-party parliamentary group for households in temporary accommodation has found. The research also found that there were 64 stillbirths and 27 neonatal deaths involving mothers living

in temporary accommodation in the UK in 2024. Responding to the findings, Siobhain McDonagh, the chair of the all-party parliamentary group for households in temporary accommodation, announced: "We need urgent, sustained action to bring down the number of homeless children and to ensure that no family is left in conditions that put lives at risk. Because until that happens, we cannot honestly say we are doing enough." An estimated 135,000 households live in temporary accommodation in England, including 176,000 children.

Closure

Back in March, *LBC* reported **London's** only existing hospital unit providing addiction treatment for rough sleepers in need of support would be closing. The Addiction Clinical Care Suite at St Thomas' Hospital has treated more than 1,000 patients since it opened in 2021. In May, a spokesperson for the Department of Health and Social Care suggested a replacement service will be set up in due course, telling *LBC*: "Rising costs meant the London boroughs determined the Addiction Clinical Care Suite was no longer affordable – with a £1m shortfall and times when beds were underused. They are inviting tenders

for a more sustainable service and ministers have requested further advice on future provision.”

Pub lunch

.....

A WhatsApp group’s members are buying meals and drinks for homeless people through the Wetherspoon’s app. The group was started by Chris Illman, who was inspired by the Facebook group ‘Wetherspoons: the Game!’, a group that encourages strangers on Facebook to order rounds of drinks for each other at any Wetherspoon’s pub. That group is some 800,000 members strong. Illman’s WhatsApp group currently stands at around 700 members, operating on the premise that instead of buying drinks for one another, they would buy food and non-alcoholic drinks for those who could not afford it themselves. According to *the Guardian*, to request a meal people can contact admins on the ‘Wetherspoon’s: The Game!’ Facebook page with their location and meal request, accompanied by a photo to prove they are real and in the pub. An admin will then send the anonymised request to the WhatsApp group of potential donors. Since 2018, the group has bought tens of thousands of meals and hundreds of thousands of snacks for vulnerable people across the UK.

LIGHTBULB MOMENTS

Dalston Curve Garden

13, DALSTON LN, LONDON, E8 3DF



4th JUNE 2 - 5 pm

© The People’s Recovery Project

Align here: On 4 June, the People’s Recovery Project (TPRP) has organised an afternoon of spoken word, musical performances, DJ sets, motivational talks and much more from TPRP community members. TPRP supports people experiencing homelessness and addiction to build and sustain recovery. The free event, titled Lightbulb Moments, is open to the public and runs from 2 – 5pm at Dalston Curve Garden, 13 Dalston Lane, London, E8 3DF.

- If you would like to know more about the services the People’s Recovery Project provides, visit the website: thepeoplesrecoveryproject.org



A picture from the exhibition *SEEN*. © Jack Eames

Picture perfect: A photography exhibition centering on Haircuts4Homeless (H4H) was held in London in April. Photographer and director Jack Eames spent seven years focusing his lens on the work of H4H, a charity offering people experiencing homelessness in the UK free haircuts. There are roughly 56 H4H projects in the UK, which since its foundation in 2014 has provided more than 12,000 free haircuts. Marking the opening of *SEEN*, Stewart Roberts MBE, founder of H4H, called the exhibition “a celebration of dignity, humanity and the belief that everyone deserves to be seen.”

- Learn more about Haircuts4Homeless on its website: www.haircuts4homeless.com

£150,000 grant given by Blackburn with Darwen Council to keep 100 bedsits as supported accommodation for homeless people for the year to April 2027, reports the BBC.



© the Pavement

Opening night: Members of *the Pavement* team were present for opening night of a new exhibition by the Museum of Homelessness. *Criminal* charts the causes and criminalisation of homelessness from the 1600s to today. The exhibition includes new works by artists including 10Foot, Gemma Lees, Matt Bonner, Spelling Mistakes Cost Lives and Surfing Sofas. A remarkable – and at times shocking – history of homelessness, *Criminal* is open from 21 May to 25 July and is free to attend. You can visit and see for yourself on Thursdays, Fridays and Saturdays, 12:30 – 4:30pm, at the museum's Manor House Lodge address by Manor House Station, Seven Sisters Road, London, N4 2DE. The museum is closed 3, 4, 10 and 11 July.

- For more information see the Museum of Homelessness website: museumofhomelessness.org

£3.49m

paid to estate agent Stef and Phillips by London boroughs during the month of October 2025, to house homeless families, one of a number of multi-million pound payments made to estate agents that month.

205%

rise in households staying in temporary accommodation in London between 2010 and 2025, according to *Big Issue*.



Village people

Social Bite has opened a homelessness village in partnership with South Lanarkshire Council. Harriet Gardens is a £3m supported living community in **Rutherglen**, featuring 15 high-quality modular Nest Houses, an outdoor gym and a central community hub with shared spaces for cooking, group activities, therapeutic support and social connection. *Third Force News* quoted co-founder of Social Bite, Josh Littlejohn MBE, welcoming the news: “Harriet Gardens represents what is possible when we bring together housing, support and community in the right way. This is not just about providing a roof over someone’s head – it’s about creating a place where people feel valued, supported and able to rebuild their lives.” The village will be managed by charity partner The Salvation Army, providing specialist, round-the-clock support to residents.

Open all year

An **Edinburgh** winter homeless shelter will operate year-round, following a funding boost from Edinburgh Council. The Welcome Centre, run by Bethany Christian Trust, is usually open for the winter months and was due to close at the end of April 2026, but will now operate through to March 2027.

The centre accommodates 64 households who have been sleeping rough in Edinburgh, providing meals and support to guests. Councillor Tim Pogson, housing, homelessness and fair work convener, told *Edinburgh Evening News*: “We don’t want people to have to sleep rough at any time of the year, so I’m really pleased that we’ll be able to keep the Welcome Centre open throughout 2026.”

Health warning

A major new briefing from Public Health Scotland has warned that homelessness in the country is increasingly driven by poverty, poor health and systemic pressures across public services. The *Health and Homelessness Briefing*, published in May, identifies homelessness is both a cause and consequence of severe health inequalities, with people experiencing homelessness facing significantly higher risks of physical and mental ill-health, premature mortality and repeated contact with crisis services. *Scottish Housing News* reported Public Health Scotland has called for coordinated, rights-based action to prevent people experiencing homelessness.

TURN TO PAGES A – P
FOR THE LIST OF SERVICES



© Glasgow City Mission

Bicentenary birthday: Glasgow City Mission marked the 200th anniversary of its establishment in May, inviting people working with the homeless community from across the globe to learn about its projects and take part in a number of activities in the city. Four days of celebrations were brought to a close with a church service at Glasgow Cathedral on Sunday 17 May. The Mission was founded in 1826 and today involves volunteers and staff from more than 100 churches in and around **Glasgow**.

- Glasgow City Mission provides a range of services for people experiencing homelessness, including a drop-in centre, winter accommodation, food, outreach and much more. Visit the website to find out more: www.glasgowcitymission.com

Your move

An invitation to the first ever Street Legends Chess Cup, an open-to-all chess event in London's Museum of Homelessness in July. By organiser *Matt Turtle*

Every Tuesday at the Museum of Homelessness in Finsbury Park, we have our community day. People come for all sorts of reasons – whether it's socialising, digging, gardening, getting stuck into some art or dropping by for some food. Community Tuesday, as it's called, is at the heart of what we do (11am – 3pm each week).

Back in the early days, I remember setting up in the morning with the crew and spotting one of our regulars laying pieces out on a board. Hristo – known for his mastery of football tricks, a previous pro footie career and much more – was setting up a board on a wooden log in our garden and began a game with his pal. It was a chess set.

That day chess became a feature of museum life, as Hristo week-to-week would generally beat all comers. He could be seen with his own special corner in the museum next to our sheds and was instantly recognisable with his vape, Bulgarian beats and calls of "surrender!" to anyone he played. It turned out that quite a few people enjoy a game and since that day we've had the Park Hill prison chess champ come through,

an experienced master level player and other enthusiasts. One of our crew even made a board from scratch that people could play on.

Chess in prisons, shelters and in hostels has a long history. John Healy's searing account of being street homeless in the East End in the '70s and '80s ends with chess – and how the game helped him. The book, *The Grass Arena*, became a Penguin classic. He also became a seriously strong player publishing *Coffeehouse Chess Tactics* later in life. There are others: 10 years ago, Slide Martin became a feature of local news in Cambridge for thrashing university students on the streets and challenging passers-by to a game, with his dogs Check and Mate watching on.

One of the most heartening examples in recent times is the story of Tani Adewumi, who spent much of his childhood in a Manhattan homeless shelter with his family, having fled Nigeria to escape Boko Haram insurgents. Tani showed so much talent for the game that coach Russell Makofsky waived the fees for him to join a local chess club. At the age of nine he won the New York



State K-3 championship and today, just shy of 16, he is very close to being named as a grandmaster – the highest accolade you can achieve in the sport.

Inspiring stories aside, chess itself has adapted well to the digital age and is also enjoying a resurgence of popularity as a social pastime. Chess club meetups in London these days are more like clubs with DJs, streamers and casual players coming together to play, socialise and have fun.

So here at the museum we are getting in on the act and organising two themed chess days on 17 and 18 July. If you are interested in learning more about the game, brushing up on your chess hustling technique or

simply hanging out, we encourage you to come along. At the heart of the days will be the Street Legends Chess Cup with a team tournament on 17 July and an ‘open’ tournament on 18 July.

We hope that these two days celebrate and honour the great tradition of chess that happens in shelters and homeless settings, while also being a lot of fun.

- **The Street Legends Chess Cup days take place at the Museum of Homelessness, Finsbury Park (11am – 5.30pm) on 17 and 18 July. To enter or simply find out more, check out: museumofhomelessness.org/whats-on/street-legends-chess-cup** ■

Homeless in Greece

Behind the apparent success of Greece's economic recovery, rising costs and a lack of social housing are pushing many into the shadows of the street. By *Kostis Kotsonis*

Greece is finally emerging from the turmoil of the 2008 economic crisis. However, GDP growth cannot mask increasing inflation. Numbers published by the Ministry of Development show food prices, over the last five years, have increased about 39 % and housing costs have risen by 31 %. As a result, the purchasing power of Greeks remains the second lowest in the European Union, according to *Eurostat*.

These facts, combined with a lack of social housing policy in the country, have made housing costs impossible for many people. Some of them lose their homes and find themselves on the street. Yet no one can say how many homeless people there are in the country, as there is not an organised state mechanism for documenting them.

The only organised effort by the Greek state to record homeless people took place in May 2018, through a pilot study. The study was conducted in seven urban districts and recorded a total of 1,645 homeless people – widely acknowledged to be an underestimate.

To learn more about homelessness in Greece, I contacted Klimaka, a

non-profit organisation providing valuable support services to homeless people, such as soup kitchens, shelters, street outreach, psychosocial support. According to Eleftheria Koumalatsou, scientific coordinator of the Dipylon Day Center for Homeless People managed by Klimaka, service users are mainly Greek men over the age of 45, though there are also people from other countries.

Katerina (not their real name), who used to work at the homeless shelter run by the local city council in Thessaloniki, says the guests shared a common characteristic: they ended up homeless after an unfortunate “turning point”. Some were substance users, some had mental health issues, some lost family networks, or simply lost their jobs.

Maria (not their real name) became homeless due to some “very serious family problems” and has been living on the streets of Athens for about four years.

In winter, she sleeps at the airport or in indoor car parks; in summer, she stays in parks. She claims that many people who sleep outside end up in a vicious cycle of crime, including drug dealing and sex work. The city council

of Athens operates a homeless shelter, but she prefers to sleep outside because the conditions there are not good. The most unbearable thing: the bedbugs.

There were also bedbugs at the Thessaloniki shelter, Katerina claims. Furthermore, she remembers that the facilities were old and often broke down: “Some days, only two showers worked for 30 people, and people would fight over who would bathe first.”

Refugees and migrants also face an increased risk of homelessness – alongside prejudice – in Greece. Katerina reports that some Greek residents at the shelter expressed racist views about their refugee or migrant roommates. She adds that many employees had no training in managing multicultural groups and held stereotypical views about these people too.

Shedia is the only street paper in Greece. Spyros Zonakis, a journalist for the paper, has encountered several stories of hidden homelessness, many of them in the idyllic landscapes of the Greek islands.

One remarkable case he recorded was in Santorini, where teachers ended up in tents or on sunbeds because landlords evicted them to rent the houses to tourists. In Mykonos, some newly appointed teachers were put up by colleagues, as it was impossible to find a decent

home on a salary of just €770. On another Cycladic island, workers at a luxury hotel were forced to live in the pool’s machinery room.

“We come across cases of hidden homelessness more and more often in urban areas, mainly among women,” adds Koumalatsou.

All this uncertainty obviously has an impact on the psychology of homeless people.

Maria describes her mood as an emotional roller coaster. She might find a job for a short period and get back on her feet, but when her contract ends, she is back on the street. “Some friends of mine have simply accepted that they will live on the street forever,” she says. She also admits that she has become more solitary and finds it harder to forgive people. “After all, whatever bad happened to me, it was caused by people,” she comments.

Katerina observes that people staying at the Thessaloniki shelter often end up in a state of institutionalisation and don’t look for a job or a place to rent. “They are not provided with any specialised care or guidance to help them find work. The staff treat them in a purely procedural way,” she adds. “Most of the time our guests are not just deprived of these things. They are also deprived of something much more basic: hearing a kind word from someone.”



"IT'S A LABEL THEY'RE STUCK WITH"



*“Since when have you been
John with a ‘h’ ... Dave?”*

Beyond the label

Why we need to start seeing the person, not the tag. Thoughts by *Emdad Rahman*

We are all given labels at some point in our lives. Some are harmless, some helpful. Others quietly shape how we see ourselves and how the world sees us. When those labels turn negative, repetitive and deeply personal, they don't just describe a person. They define them, limit them, and, for many, slowly push them to the margins of society.

Nowhere is this more visible and more damaging than in the story of homelessness.

Words like “homeless,” or “addict” are often used casually, even carelessly. But behind every label is a human being with a story, a history, and a set of circumstances that rarely begin with the street. Labels can become a self-fulfilling prophecy. When someone is told often enough that they are worthless, troublesome, or beyond help, it becomes harder for them to believe anything else.

In community outreach work this pattern appears again and again. People are not born into homelessness. Many are pushed there through a combination of hardship and trauma

Community outreach at grassroots level reflects this reality. Whether engaging with individuals



Emdad (in white shirt) volunteering in London. © *Emdad Rahman*

on the street, supporting older people, or working with young people, the approach is simple: meet people as they are, not as they've been labelled. Through initiatives like food distribution, mentoring and community engagement, the emphasis is always on dignity and connection. It's not about “fixing” people but about listening to them, restoring confidence and helping them rediscover their own value.

Labels often begin early in life. A child who is called “difficult,” or “trouble” may start to internalise that identity. At school, bullying reinforces it. At home, if there is instability or criticism, it deepens. Over time, these labels help shape a mindset and can erode mental health. By the time that child

becomes an adult, the label is no longer external, it's internal.

Jenny's story is one of many: "I was called everything growing up: 'useless, awkward, not good enough'. At home, at school, even by people I trusted. After a while, you just believe it. I still struggle to trust people. I move around a lot. Sometimes I end up on the streets. I want to help others, I really do, but it's hard when your mind keeps telling you you're not worth it."

Her words are not dramatic, they are real. They highlight how labels don't disappear with time – they evolve, embedding themselves into behaviour and life choices. For Jenny, homelessness is also about healing.

Research supports this lived experience. Studies in the UK suggest that a significant proportion of people experiencing homelessness have faced childhood trauma, including abuse, neglect, or sustained bullying. Mental health challenges are also disproportionately high among this group, often linked to long-term exposure to negative environments and labels. In 2014, around 80 % of people sleeping rough in England reported mental health issues. Many sleeping rough still face barriers accessing consistent support. This is where the system often falls short.

Recently, in conversation with a senior politician, the issue of rough sleeping figures came up. The

response was dismissive. The figures were described as inaccurate and exaggerated. It was a moment that revealed a deeper problem: not just disagreement over data, but a lack of empathy.

Public service should be rooted in understanding, compassion and responsibility. Passing the blame or questioning lived realities does not solve homelessness, it distances decision-makers from those they are meant to serve.

Solutions must go beyond surface level interventions.

Community outreach plays a vital role, offering immediate support and building a bridge between individuals and services. A simple conversation, a moment of recognition can begin to change how someone sees themselves – it can challenge the label.

But outreach alone is not enough. Without strong partnerships with professional services, progress cannot be sustained. People need consistent, structured support alongside community care. One without the other creates gaps where individuals fall through.

The most effective approach is joined-up. Compassion with structure. Listening with action.

We also need to challenge the language we use. Labels should not define people. By changing how we speak about homelessness, we begin to change how we respond to it. ■

Period progress

Fighting to defeat the stigma attached to period poverty, by *Sophie Dianne*

Period poverty is a global issue, whereby people are unable to access menstrual products. The ability to manage periods is made difficult by financial constraints, lack of education or poor sanitation infrastructure.

An estimated 2.8 million people are affected by period poverty in the UK, forcing them to use unsafe alternatives, with the embarrassment causing many to miss school or work.

The true cost of menstruation goes beyond the price of a single pack of pads, especially if you are struggling with gynaecological disorders. The average lifetime spend on period products is £4,800, but this doesn't account for the additional cost of painkillers, hygiene care or trips to medical services. For those struggling, free period products are available at many food banks and homeless services across the UK, although demand has seen access points differ in supply.

Having your period each month can be incredibly difficult, but for people sleeping rough it is particularly hard. Some have turned to using sponges, old clothes, tissues and used menstrual products on occasion.

A 2024 study by the University

of Southampton looked at the experiences of homeless women during their periods, finding they were routinely refused entry to both public and customer bathrooms. Meanwhile, others are using cheap herbal remedies to alleviate subsequent infections, brought on by substitute items. As someone from the city, I was disgusted to learn this.

Charities and council services can provide help to vulnerable women, but stocks are often low, with some organisations rationing their free products.

There is good news, however, as the UK government has established plans and statutory schemes to provide free period products, primarily targeting schools, colleges and local communities, in order to combat period poverty and provide dignity.

Although it is slow, progress is being made to eradicate period poverty.

- **Experiencing period poverty? Support is available from Period Poverty UK, Hey Girls, Bloody Good Period, Period Angles, Freedom4Girls and Evolve Housing+Support. Search them online.**

In the Dark

Words on life, death and the dark, by a poet, artist and photographer registered blind. By *Terry Miles*

This piece of lasting sadness
 is the worst aspect about it
 So much about life is about death.
 It was the thing in the dark, motionless and cold
 Didn't David know about the risk?
 That is what your family and friends are asking.
 Being half-awake at times.
 Yes, you were involved in wanting something to take.
 Anything at times! As if you don't have to work at it.
 So many nowadays, only aspire to having takeaway pleasures,
 akin to being breastfed in a carpark.
 Is it really beautiful to feel the same around the clock?
 Oh, so you want the same again, because it makes you feel so good.
 Can't you do a little for yourself?
 Be interested in the world around you?
 No, I guess you can't!
 Otherwise, you wouldn't be under sedation as you are now.
 Of course, it's one strategy.
 Understanding how the world, or part of it, works.
 Having an insight into things, a few items that turn your head.
 Your family and friends, how they wanted you to grasp
 some straws. To bring about a change,
 of prospect. Yes it takes some time!
 This wasn't how they wanted to
 say goodbye. Not even a grandchild.
 People have to think of good times even if it's not for them.
 They didn't know how you couldn't see the signs.
 How you couldn't Google anything regarding the risks.
 Your life support system will be turned off, tomorrow,
 The doctor's say you are,
 in fact, brain dead.

Women-led pathway

Read about a new Crisis service for women experiencing homelessness. By Hazel Buontempo and Joy Chan of the Crisis team

Every December, hundreds of people facing homelessness come to Crisis at Christmas hotels and day centres in London. Volunteers offer a warm welcome, safety, food and companionship, making Christmas a time that genuinely changes lives.

While we feel incredibly proud of this work, a few years back we started to recognise a gap: too few women were accessing the offer, even though referral numbers showed this wasn't due to a lack of need. We therefore knew barriers must exist, making the provision feel inaccessible. Women in our year-round services consistently tell us how dangerous rough sleeping can be, with many experiencing violence, exploitation and abuse. Homelessness services are often male-dominated and can feel intimidating to women, meaning they avoid them altogether or leave soon after arriving.

It was clear we needed to create something different: a space where women could feel safe, comfortable and able to work at their own pace. A place grounded in dignity, where they could begin their journey out of homelessness.

In late 2024, I was asked to help

bring together a women-led group (with one honorary male – our Head of Christmas, Ian!) to design a new offer.

Crucially, the group included women with lived experience of homelessness, including someone who had used our Christmas services before. Their insights were essential in shaping what the service should look and feel like.

Over 14 months, I co-led this work with my colleague Sarah, who leads our Impact, Research and Practice team. We worked closely with the Christmas team to design a service that prioritised accessibility, inclusion and safety. We considered every detail – from referral routes to on-site support – to ensure women would feel safe, relaxed and comfortable enough to begin their journey out of homelessness.

On 23 December, we opened the doors to our new Women-Led Pathway in east London. The service offered two weeks of safe, comfortable respite accommodation for 41 women. A key priority for me had been ensuring the service was accessible to trans women and non-binary people so they could also feel safe and welcomed, and this too was

achieved.

Seeing it come to life during my visit on Christmas Eve, after more than a year of planning, felt incredible. The venue had tranquil enclosed grounds and outdoor space, welcoming communal areas where guests could connect with each other, volunteers and case managers.

Learning that by the first morning, every place had been filled brought mixed feelings. In some ways it was a relief: our efforts to make the service more accessible had worked. We had opened referral routes to more partners supporting women and removed the requirement for guests to be 'verified' rough sleepers. We also made it more personal – staff contacted guests in advance, helped plan travel and shared clear information about what to expect. Yet alongside this was a sobering reality: it being full so quickly drove home the immense level of need.

From the outset, however, it was great to see guests relaxing and chatting – something which had previously taken time. People were socialising, using the lounges and engaging with health and wellbeing support from day one. Activities and services had been shaped by what women told us they wanted, including healthcare, creative sessions, IT access and wellbeing activities, which this year included a sauna trip! Volunteers

supported with everything from clothing to games, while hotel staff provided delicious meals. On-site psychological support for both guests and our team ensured it felt safe.

The outcomes from the pathway were significant: 78% of guests did not return to rough sleeping after their stay and almost all remained for the full two weeks. For those who did return to homelessness, we have at least begun their support and will continue working with them towards long-term solutions.

Planning is already underway for Christmas 2026, when we aim to extend the offer to three weeks. While our ultimate goal is to end homelessness altogether, we know this requires broader systemic change – including a significant increase in social housing, investment in welfare and in support services.

In the meantime, we will build on the success of the women-led pathway, both at Christmas and across our wider services. We look forward to supporting more women to begin their journey out of homelessness in the years ahead.

- **Learn more about Crisis and its services online at www.crisis.org.uk** ■

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

The Watchtower part III

The final chapter of a story of power and order. Our protagonist, Elias, has had his behaviour influenced by a mysterious tower, but is slowly getting back control. By *Joseph Hickman*

The Fissure Spreads

Elias returned to the tower, though “return” felt like a borrowed word. The walls recognised him, of course, but hesitated. Corridors paused mid-breath as if uncertain how to react. The ledger of his deviations quivered faintly in unseen spaces.

He carried no tools, no weapons, no manifesto. He carried only the knowledge that a fissure, once found, could be shared without ever being named. Small acts rippled outward: a gaze held too long, a question asked but not answered, a phrase allowed to drift into forbidden conclusion.

Others noticed. Some subtly, some as if sensing a tremor in the foundation of their own floors. Shadows shifted. Glances lingered. One child, smaller than Elias once was, dared to hum a tune the tower had never sanctioned. The bell-tone rang faintly, but no punishment followed. The corridor exhaled.

Elias discovered that the fissure was infectious. Not violently. Not loudly. But persistently. Each quiet defiance, each act of thinking without justification, bent the architecture slightly. Walls lost their

Recap

Issue 160 and 161 published the first sections of *The Watchtower*, an atmospheric, mysterious story revolving around Elias and a tower.

The tower controls much of Elias’s behaviour in part I, before its influence begins to wane in part II.

You can read parts I and II on the website:
www.thepavement.org.uk/stories/2824



rigidity. Ceilings hesitated. Floors breathed.

And yet the tower endured, as all bureaucracies do. It catalogued. It rearranged. It hummed. It waited for missteps. But now it waited in dialogue, not dominance. Its corridors were still watchful, but less certain of what was permitted.

Elias did not seek to destroy it. He had learned that destruction is easy, but perilous. He sought only to remind the tower – and himself – that it could be questioned, challenged and reshaped.

He walked among others now,



© Chris Bird

silently encouraging fissures without announcing them. Some smiled faintly, sensing a possibility they had never named. Others pretended not to notice. Still, the air itself seemed to pulse with the tension of thought unmonitored.

There was no declaration. No revolution. No sudden collapse. Only a quiet, accumulating insistence: that freedom could exist even within walls, that choice could persist even under surveillance, that the weight of obedience could be lifted, however slightly.

Elias stood at a balcony once more. The sun dipped toward an indifferent horizon. The wind carried voices he could almost hear – whispers of courage, murmurs of defiance, the quiet laughter of minds beginning to reclaim themselves.

He realised that hope was not a promise. It was a fissure, small and fragile, that widened with care, attention and persistence.

It required no leaders, no permission, no architects. Only those willing to claim it.

And in that space, the tower – and the world beyond it – waited, imperfectly, for what might come next.

Elias smiled. Not because the path was clear, not because the walls had surrendered, but because for the first time, he could see the possibility of movement. The possibility of change. The possibility that, however small, resistance could endure.

The tower still hummed, still catalogued, still rearranged itself. But the hum no longer dictated the rhythm of his spine. The ledger no longer bound his choices. He was aware now of the weight of freedom and the responsibility it demanded. And he would bear it, step by step, corridor by corridor.

The fissure would spread. And in that slow, careful light, the tower was no longer invincible. ■

What is art?

Art as hope, art as expression and art as a catalyst for change.
Thoughts by *André Rostant*

During May, I had the good fortune to take part in various art workshops open to, one expressly for, homeless people in London. Our editor, Jake, invited me along to a session at The Museum of Homelessness in Finsbury Park. We painted t-shirts and would have made cyanotype prints, but for the overcast day.

On the back of several projects the two of us had attended, Jake and I wrote a piece in *Big Issue* about the general collapse of arts funding, and the disproportionate knock-on effects for the socially disadvantaged, especially homeless people. I co-wrote the article, but should like to expand on it here with a particular emphasis on the visual arts, like painting and sculpting.

I noted that for many people experiencing homelessness, worklessness or social isolation, art sessions provided by councils and charities are a lifeline: one participant told me outright that art like this had saved his life. These are precious opportunities for self-expression.

In the *Big Issue* article, we listed the various styles of workshop – some supervised, some do-as-you-will, some even offering film-making. One I visited at St Mellitus Church, Islington, was part of a broader

event, with mobile chest-screening, health advice, council services advisors, a barber, a hand-cleaning and manicure specialist and a singing workshop.

This way of fostering, of cultivating artists, challenges perceptions – we don't stop being creative just because circumstance piles up on us; art is a primordial urge. Even before the so-called dawn of civilisation, people painted cave walls, carved ivory, danced, sang, made instruments. Nor can we escape the fact that much ancient primitive art arises from attempts to understand the nature of our world. The ceiling of the Sistine Chapel is far from humanity's first attempt to express our cosmic interconnectedness.

Art has often been a vehicle of resistance: Picasso's work, for example, threw a daring mirror up to Francisco Franco's Spain. Zuloaga, on the other hand, painted flattering portraits of the dictator for propaganda, which was no less art. Dali's work and relationship with el Caudillo (Franco) was more ambiguous... Was there an irony, a mocking element to his apparent enthusiasm for Franco's vicious fascism?

In 1962, American artist Andy

Warhol exhibited faithfully painted reproductions of Campbell's Soup labels, bringing into question the whole accepted societal understanding of what constitutes art. Over 60 years later, nobody has yet fully explored what those labels tell us.

Which brings me to ask, what does all the art made by poor people in all these carefully curated spaces say? Themes emerge: seeking, fostering self-expression, challenging perceptions of social exclusion, of homelessness. One organisation works "to bring positive change to people, projects and policy in the homelessness community through arts and creativity." One charity, to "educate on homelessness." Another claims it is "empowering people through arts and recovery." It being implicit that the therapeutic value of art is a given. The broad motif is a petition for inclusion, rather than an assertion of equality.

Amid these slogans about empowerment and delight at revealing the vision and cleverness of the poor to some imagined, unaware mainstream society, there are shades of "Am I Not a Man and a Brother?", a patronised, subdued embodiment of impotence. What right-thinking person in this world does not fully understand that art can come from anybody anywhere? Nor is this solely a theatre of do-gooders – we ourselves are trained to plead for

what we should claim as a right. Art in this context seems to me to be a sublimation, a taming of Banksy proportions. Perceptions are merely massaged.

Art can loom from gable ends in Northern Ireland, blur by on graffiti-smattered trains, fester on toilet walls. Art is rows of empty shoes on cobbled streets, and it stops there. The arbitrary boundaries of art are to be found everywhere expression spills over into overt challenge. Nothing too challenging is art until it can be framed as non-threatening representation. Serrano's *Piss Christ* would have had him burned at the stake 300 years ago. Now, since it no longer appeals to disorder, it wins prizes. Ditto, Hurst's *dismembered cow*.

"Pigs" scrawled on a wall, depictions of people as rats or as rapists, beheading videos, snuff movies are painful, horrific, damaging and emphatically disqualified as art. Yet, albeit grotesque, they are clearly expressions of self. Fear it as we may, nasty people make art too.

Given that half the world's population lives in poverty, and a huge number of the remainder in comparative poverty, our art is, anyway, the real mainstream. The projects I visited are invaluable, but only in the context of broader, more kinetic resistance can they hope to truly bring about change. ■

Use your head

Advice from the Groundswell team on head injuries
and alcohol/substance use

Emergency

If you sustain a head injury while using alcohol or drugs, go to A&E.

When you are speaking to the ambulance crew or 999, always mention any head injury you have, even if the injury took place weeks ago.

Ask about a CT scan if you have suffered a head injury and are intoxicated. This scan can rule out a bleed on the brain.

Do I have a head injury?

You may have a head injury if you experience or have one of the following:

- A scalp wound
- Swelling, bruising or a fracture
- Loss of consciousness
- Nasal discharge
- A stiff neck.

If you are experiencing any of these, please call 999.

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 no future

Celebrating 50 years of punk music: the songs, the lifestyle and the struggle. By *Chris Sampson*

Filthy, disgusting, obscene. A disgrace. Nasty, outrageous, offensive. And, in the words of the Greater London Council's Conservative Party Councillor, Bernard Brooke Partridge, the Sex Pistols and their ilk would have been "vastly improved by sudden death."

You see, the Pistols couldn't play, they couldn't sing; they were scruffy, obnoxious and frightfully dim-witted. They were, supposedly, the invention of their manager, Malcolm McLaren; a figment of his middle-class art student imagination brought to life. Their sickening antics were contemptible, shameful and dismal compared to the upstanding citizens of the day: Jimmy Saville, Jonathan King, Rolf Harris, Gary Glitter, etc.

Worse than murderous Ugandan dictator Idi Amin, murderous Cambodian dictator Pol Pot, the West German Baader-Meinhof terrorists or the racist National Front, just about the only thing the Sex Pistols had going for them was that they were a bloody good rock band. So why all the negging? Because this was 1970s Britain, a failed state after the apparent glories of swinging London and the 1960s. By 1976, The Beatles had done a bunk, full employment had waved cheerio forever, and the

Punk Rock mixtape

Some punk essentials in no particular order, compiled by Chris:

- The Violators – *Summer of '81*
- Dead Kennedys – *Moon Over Marin*
- X-Ray Spex – *The Day The World Turned Dayglo*
- Taylor Swift – *Smash the System!* [Ho, ho! only joking]
- The Clash – *Straight To Hell*
- The Partisans – *No U Turns*
- The Ruts – *Babylon's Burning*
- Buzzcocks – *Boredom*
- The Slits – *Typical Girls*
- Crass – *You're Already Dead*
- The Adicts – *Straight Jacket*

memory of England's 1966 World Cup victory now seemed as though it were a fable, some comforting myth about a Golden Age, now lost forever.

Now, there was no future in England's dreaming; no future, no future for yooooouuu!

Punk group the Adverts were attacked and, on being taken to A&E, were told by NHS staff: "What do you

expect if you go around dressed like that?”

‘That’ consisted of short hair and un-flared trousers, basically. A good enough reason to attack someone? Some thought so in 1976, ’77 and well into the ’80s. Pistols drummer Paul Cook was set about by Teddy boys with iron bars. Not, he divined, because they knew he was a Sex Pistol, but simply because he was dressed as a punk and, as such, to their minds fair game.

J. Rotten Esquire was also attacked, by knife-wielding “patriots”, apparently unhappy about the lyrics to the Pistols’ alternative national anthem, *God Save The Queen*. Decades before his bizarre – apparent – support for Donald Trump, the young Rotten asked reporters: “How does free speech offend people? Are we living in democratic England or Communist Russia?”

Years later, in 1986, the democratically elected Greater London Council was done away with by Thatcher’s Conservative government; possibly due to its habit of reminding them of the unemployment figures – a common punk trope – on huge banners outside County Hall, just across the river from the Houses of Parliament.

I served my time as a loveable spikey-top during the grim, bleak Thatcherite early 1980s. At that time, it felt like you were doing

something to oppose Mrs T and her cronies’ dismantling of British society, simply by being a scruffy anarcho type. We supported and wore the badges of (but never joined) CND, went to benefit gigs, wore ripped-up T-shirts, had our hair spiked up by drunken girls with peanut butter, stood up to various neo-fascist groups, the police, the government and Uncle Tom Cobley and all.

Everywhere you went you were given dirty looks, assumed to be up to no good, untrustworthy, foul-mouthed and, well, just not British. Ah, but punk rock was peculiarly British; where else in the world would being impolite or not tugging your forelock to the Powers That Be lead to such castigation? Giving a V-sign to authority, or having frightful manners could get you in trouble in the UK in a way that seemed impossible elsewhere in the world. And God forbid you should turn up to a job interview with spiked or dyed-green hair or wearing a Peter and the Test Tube Babies t-shirt! With high unemployment “a price well worth paying for low inflation”, as Thatcher claimed, employers could pick and choose who would be their wage-slaves in the pre-Minimum Wage era.

But what of the other youth tribes of the era? Surely we were all united against the old farts who had enjoyed the good times and “beautiful vibes” of the 1960s, but

flushed away The Age of Aquarius in '79 by voting Thatcher into power?

Nope. You could get your head kicked in for having the wrong haircut and, naturally, I always managed to have that wrong barnet. You'd get on a bus or train on your own, and there might be three mods, or skinheads, or casuals or heavy metallers on there, any of whom might have a go at you. In the pre-CCTV-is-everywhere world, there was no one to hear you scream, and if you got "done over" as it was known, who could you turn to? The police?!

We lived in the moment back then because – quite possibly – the wrong 'uns in charge of the hydrogen bombs that could destroy the entire world might easily do so at any instant. The fear of nuclear annihilation ticked away in the background of our lives the whole time, like tinnitus or the now-ubiquitous shite-verts on everyone's phone.

So, what drove punks on; what kept us going? There was a sort of naïf romanticism, I guess; we saw ourselves akin to the French Resistance, disrupting our fascist rulers as and when we could, trying to evade capture – but in our case wearing distinctive, identifying clothes, making us obvious targets, of course. Duh!

There was a lot of lip service about aN@rChY in the punk world, but very few actual anarchists. The

heavy politics required just didn't look much fun, but we wallowed in the authorities' dread and horror of the supposed insurrection that punk represented to them.

M15 even had files on the Pistols, apparently. Just in case punks graduated from graffitiing circled A's on bus stops to actually seizing control of the state.

'Smash the system!' was a much quoted slogan back then. But as time passed, I realised that the system – which vouchsafed us the NHS, dole money, housing benefit, legal aid, disabled benefits and so on – was being smashed. Not by unkempt youths with sledge hammers and utopian dreams of equality, but by creeping privatisation, cuts to vital services and lightly regulated corporate greed.

Those people have got most of society wrapped up now. The arch-capitalist expansionist Donald Trumps in the White House, the Elon Musks giving Nazi salutes, the once-for-the-poor Labour party now pandering to similar powerful elites as the Tories. And, it seems, even that isn't right-wing enough for some: hence Brexit, UKIP and now Farage and Reform UK. This is the No Future prophesied by John-Rot Lydon on *God Save the Queen*. And even he now backs Trump... apparently. ■

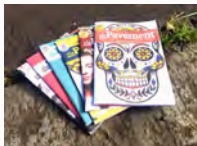
**TURN TO PAGES A – P
FOR THE LIST OF SERVICES**

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: June 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

EDINBURGH:

WELCOME CENTRE [BETHANY]

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

bethanychristiantrust.com

Open 24/7: Now open til March 2027

A service offering food, sleeping facilities and a high level of support to people who do not have any accommodation and otherwise would be sleeping rough.

AH, FF, S, OW

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

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)

emmaus.org.uk/glasgow/soup-kitchen

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: 9am – 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

Glasgow

07483 330 918

Mon, Wed & Sat: 11am – 2pm (food

parcels and drop-in support at 417

London Road, G40 1AG)

FF, SF

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

QUEEN'S PARK GOVANHILL PARISH CHURCH

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

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)

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 (phone open 24/7)

www.stepstofope.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 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.

*A, AD, C, CA, CR, D, ET, FF, IT, LF, MS, MH, OW,
S, 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

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

HEALTH

THE ACCESS PLACE

6 South Gray's Close, Edinburgh, EH1 1NA
edinburghaccesspractice.scot.nhs.uk
0131 529 5015
Mon – Fri: 9am – 5pm
Tuesday: opens at 10am
GP surgery specialising in the needs of those experiencing homelessness. Register online or on phone.

AD, MH, MS, 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

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**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

15 Links Place, Edinburgh, EH6 7EZ

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

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**

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.

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

YOUNG MINDS (NATIONAL)

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

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

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

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

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

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

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/2MKuzzU

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

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

DRINKAWARE – DRINKLINE0800 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***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**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

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

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

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

WE ARE WITH YOU (NW GLASGOW RECOVERY HUB)

0808 178 5901

tinyurl.com/y52zxatd

Mon – Fri: 9am – 9pm (live chat)

Sat – Sun: 10am – 4pm (live chat)

For your recovery from alcohol and drug use. Individual support and tailored interventions, incl outreach workers.

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.

Call the helpline or email for access to rehabilitation service:

glasgow.northwest@wearewithyou.org.uk

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: 9am – 12:30pm (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

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

DENTIST / MOUTH CARE

CHALMERS DENTAL CENTRE

3 Chalmers St, Edinburgh, EH3 9EW

0131 537 8801 / 8802 (Lothian

Emergency Dental Line)

NHS Dentist which can accept Asylum

Seeker & Refugee patients who have trouble 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

↓ FIND OUR
↓ FULL LIST
↓ ON OUR
↓ WEBSITE

LEITH COMMUNITY TREATMENT CENTRE

Leith Community Treatment Centre,
2nd Floor 12 Junction Place, EH6 5JQ
0131 536 6286

Thursdays: 9:45am – 3pm (drop-in)
Drop-in dental service.

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 for **emergencies** via NHS 24 in the **evenings** by dialling **111**.

Call **0141 232 6323** for help.

DT

NHS LOTHIAN EMERGENCY DENTAL CARE

services.nhsllothian.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

THE SPITTAL STREET CENTRE

22-24 Spittal St, Edinburgh, EH3 9DU
0131 537 8323

Mon, Tue & Wed: 12:30 – 4pm (drop-in)
For anyone who is drug dependent or registered homeless and who has difficulty accessing dental care. Asylum seekers & refugees

DT, MS

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

KEY

A Alcohol workers

AD Advocacy

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B Barber

BS Bathroom/showers

C Counselling

CA Careers advice

CL Clothing storage

CR Creative activities

D Drugs workers

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ET Education/training

FA Financial advice

FF Free food

IT Internet access

L Laundry

LEGAL SERVICES AGENCY

Savoy House, 2nd Floor, 140 Sauchiehall Street, Glasgow, G2 3DH
0800 316 8450; 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

UNIVERSITY OF STRATHCLYDE LAW CLINIC

Room LH232, Level 2, Lord Hope Building, 141 St James Road, G4 0LT
0141 548 5995; lawclinic.org.uk
lawclinic@strath.ac.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

ART & CREATIVITY**GIVIN' IT LALDIE**

1 Errol Gardens, Glasgow, G5 0RA
givinitlaldie.org.uk
givin.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.

CR, FF, MH

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

NE Needle exchange
OW Outreach workers
S Signposting to other services

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

↓
 ↓
 ↓
FIND OUR FULL LIST ON OUR WEBSITE

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.uk

hello@turnthetables.co.uk

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

[CR](#)

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 – 1:30pm (community meal)

Fri: 2pm (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.

Call for details.

[AD](#), [ET](#), [FF](#), [LA](#), [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

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](#)

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. 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. Register here: thewelcoming.org/registration-form

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

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

0300 3737 223; www.pdsa.org.uk
 Mon – Fri : 9am – 5pm

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.

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](#)

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

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

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[TS](#) Tenancy support & housing advice

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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

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

BIG ISSUE

43 Bath St, Glasgow, G21HW

0141 352 7274

www.bigissue.com/become-a-vendor

Mon – Fri: 8am – 12noon

Weekly magazine offering homeless people the opportunity to earn a legitimate income. We support every vendor to earn income by buying and selling the Big Issue magazine each week. We sell the Big Issue magazine to vendors at £2.50 and vendors sell the magazine on to customers for £5, earning £2.50 for every magazine sold. A vendor can earn £250+ per week if they sell over 100 magazines.

ET

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

0131 624 7270

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