

the Pavement

the free magazine for homeless people

**LANDLORDS
STOP
HOARDING
HOUSING**



**Issue 163 : Here and now
August – September 2026**

Missing



Ian Bushell

Ian Bushell has been missing from Thamesmead since 1 January 1988. He was 21 at the time of his disappearance.

Ian, 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.



Jaime Stainton

Jaime Stainton has been missing from London since 30 April 2014. He was 36 at the time of his disappearance.

Jaime, 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 Ian or Jaime, 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: *Landlords stop hoarding housing* is a drawing by Spelling Mistakes Cost Lives, a multi-disciplinary artist working out of London whose past projects include the Museum of Neoliberalism. To see more of his work visit his website:

www.spellingmistakescostlives.com

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the Pavement magazine

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© John Joseph Sheehy MacSheehy

I don't know how to love small

By John Joseph Sheehy MacSheehy

The rain was fantastic in the morning
You wished for rain
And broke millions of clouds
Then the rain turned to hailstorm
Angry winds
From the north of Scotland, blowing
As I was wishing to warm myself
You wished for fire to warm yourself
And I set out for the
world on wild flames
I didn't know how to love
Because of selfishness
All because I love you, togetherness
Gone wayward in the heart and soul
A remarkable mission ruined.

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

Here and now

For many people going through trauma, it is impossible to live outside the here and now. This is the case for people sleeping rough and experiencing homelessness, whose day-to-day can often be about securing shelter for the night and food for the day.

Sometimes people can struggle to value the here and now, instead letting ghosts from the past haunt them, or worries over the future stress them. Inside this issue of *the Pavement* you will find numerous articles playing with this theme of time. Mat ponders the Buddha's teachings on page 21, while Emdad reminds us of the power of giving to today.

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

the Pavement team

www.pavement.org.uk

Vagrancy Act 1824–2026

And just like that, it was gone. On a sunny morning in late June, the government announced it would repeal the Vagrancy Act of 1824 (yes, Georgian-era 1824). As a self-congratulatory press release put it: "Rough sleeping [is] no longer a crime" as of 29 June 2026.

Is that so?

They do say you never know how much you'll miss somebody until they're gone, and while that most likely won't be true of the Vagrancy Act, legislation exists that is already being used to target people sleeping rough and experiencing homelessness in a similar way to the hated 1824 Act.

Up until its repeal, the Vagrancy Act was being used to punish people on the streets, but it isn't the only tool in the arsenal of the authorities. Dispersal orders such as Public Spaces Protection Orders and Community Protection Notices are regularly issued by local authorities trying to remove people from public space.

Rough sleepers are also handed dispersal orders to banish "spatial trespass". Under the 2014 Crime and Policing Act, Anti Social Behaviour Injunctions can be handed to people for rough sleeping, while PSPOs often carry fines of £100 which, going unpaid, can swell to court fines of up to £1,000.

The Vagrancy Act may be repealed, but mechanisms are in place and functioning every day to continue punishing people experiencing homelessness.

- Read more about the repeal of the Vagrancy Act on page 12.

Council chaos

The Local Government and Social Care Ombudsman has ordered Hounslow Council in **London** to pay a woman £7,100 in compensation, after all of her belongings were thrown away when she was evicted from her home, even though the council promised to look after them. Miss X was issued an eviction notice in spring 2024. A council assessment recorded she had several health conditions that affected her day-to-day life. After being issued the notice, Hounslow notified Miss X that it owed her a 'prevention duty', meaning the council should take steps to stop her becoming homeless. By September 2024, the notice had expired, with no evidence the landlord planned to proceed with the eviction. However, in mid-October 2024, Miss X received a notice that her landlord had applied to court for a possession order and was evicted by bailiffs in May 2025. She initially went to stay with family, while the council offered her a room at a hotel as interim accommodation. *The Standard* reports that, rather than providing appropriate housing, the council moved Miss X between three temporary properties. The council was aware of her mobility issues, but placed her in properties that did not meet her physical needs. The majority of the final £7,100 compensation was awarded to recognise the extensive time she

was forced to live in these unsuitable homes. On the day of the eviction, the council failed to inform the moving company they had arranged for Miss X in time, leading to the landlord removing the belongings. Miss X lost all of her possessions. She was compensated £500 for lost items and £300 for distress caused.

B&B lawbreak

London's Ealing Council broke the law by placing a disabled pregnant mother and her child in temporary accommodation for over a year, the local government watchdog has found. The woman uses a wheelchair and has complex medical needs. She originally approached the council in February 2024 because she was homeless. Legally, families with children can be housed in B&B accommodation for a maximum of six weeks in England. To make matters worse, the accommodation had stairs, breaching accessibility guidelines for council-housed people reliant on wheelchairs. The ombudsman found the council failed to act fast enough upon receiving medical information from the woman's midwife to assess her priority band. The delay meant that she was unable to bid on suitable properties, according to the BBC. The council apologised and will

pay £6,000 in compensation for the impact of the accommodation, together with a further £150 for the distress.

New record

.....

Official figures gathered by Crisis show the number of people sleeping rough in England rose to a record 4,793 last summer. The figure is widely understood to be an underestimate. Including people sleeping in hostels and other temporary accommodation, the official homeless figure currently stands at more than 180,000 people in England. A joint report by the thinktank IPPR North and Crisis warns that the number of people experiencing homelessness in England will rise by 25 % – equivalent to about 50,000 people – by 2030 without swift, sustained action. The analysis, based on government figures, also suggests that the number of people owed a homelessness duty by their local authority will rise from 182,540 last year to 231,299 in 2029-30 unless radical action is taken. The report calls for a national expansion of Andy Burnham's Greater Manchester "A Bed Every Night" programme, which aims to provide a bed and personalised support to every person at risk of sleeping rough in the city.

Crisis is also calling for support for councils to bring long-term empty homes back into use.

New direction

.....

In July, the UK welcomed its seventh prime minister in a decade when Andy Burnham replaced the outgoing Keir Starmer. Burnham was made Labour party leader the week before Starmer formally resigned. Although the pair represent the same political party, Burnham has promised the "biggest changes in 40 years" to the UK by his government. Encouragingly, Burnham used his first speech as prime minister to deliver a message on the homelessness crisis. Standing outside Downing Street, Burnham told reporters: "I will soon go through that door behind me and issue my first instruction – to end rough sleeping in our country." As Mayor of Greater Manchester, Burnham introduced the "A Bed Every Night" programme, which set out to get people sleeping rough into shelter. It remains to be seen what his plans are to end rough sleeping on a national scale. Watch this space.

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



Checkmates: The first-ever Streets Legends Chess Cup at the Museum of Homelessness (MoH) took place on 17 and 18 July, at the MoH Manor House Lodge site. A team tournament was held on the Friday and an open singles tournament on the Saturday. Alongside the competition, chess sets were available to visitors wanting a casual game. Players competed for cash prizes, MoH goodie bags and the Street Legends Chess Cup. Congratulations to everybody who took part.

- Check out the MoH website for more community events coming up: museumofhomelessness.org

Pop-up

In late June, Streets Kitchen ran a pop-up outreach service in north London, inviting people to eat, drink and access services that could be helpful to them. On site, volunteers offered sun cream and bottles of water to guests, while Naloxone kits and opioid awareness information was also shared. Streets Kitchen says it is planning similar pop-ups through

the summer and has announced that this year's StreetsFest – the annual festival of services, support and entertainment for people experiencing homelessness – will take place on Wednesday 2 September.

- Keep up to date with Streets Kitchen and the upcoming StreetsFest at streetskitchen.org



© Antropia

Behind the mask: Since 2024, Antropia has run weekly Portal Projects art workshops for people affected by homelessness at the Swiss Church, London. Members of the Portal Projects have co-designed public artworks installed at the Swiss Church, St Paul's Actors' Church and Phoenix Garden. One of the works, pictured above, features a green bronze mask with a QR code linking directly to a curated list of support services and resources for people experiencing homelessness.

- To attend Antropia Portal Projects art workshops, visit the Swiss Church on 79 Endell Street, London, WC2H 9DY on Tuesdays, 9 – 11am.

12,938 people were spotted sleeping rough in London by frontline homelessness workers in 2025-26, Combined Homelessness and Information Network figures show.

2% fall on last year's number. The total is still the second highest number on record and 60% higher than the number of people counted a decade ago.



Upstreaming service

The Upstream Homelessness Prevention Fund learning report found almost 1,000 people were supported and 662 households were prevented from being affected by the homelessness crisis in Scotland in a pilot scheme to evaluate how to carry out the upcoming 'Ask and Act' prevention duties. The report revealed findings from seven social landlord and third sector partnerships who participated in the scheme, estimating that the pilot saved costs of almost £10m. The pilot implemented routine 'Asking' at several intervals, as well as rapid cash payments to tackle issues, stopping evictions, decreasing legal costs, developing engagement and enabling frontline staff to rapidly prevent crisis for people. *Scotland Housing News* reports the scheme ran between 2025-26 with £1m funding made available to partners by the Scottish Government.

Misinformation debunked

Scotland's Housing Secretary Shirley-Anne Somerville has condemned what she terms "misinformation" on refugees, reiterating people seeking asylum were not prioritised over Scottish citizens. Speaking in June, Somerville addressed claims by Reform UK Scotland that the end of the local connection rule in 2022 has seen migrants presenting as homeless travel from England to be housed in Scotland. Both the Scottish Government and the housing charity Shelter have made clear the claims are false. Somerville told *The National*: "Local authorities assess each case based on statutory duties and household need... These rights apply equally to all those who are homeless through no fault of their own." Meanwhile, Gordon Llewellyn-MacRae, interim director of the Shelter Scotland, said: "Everyone who is homeless in Scotland is entitled to have their case assessed fairly, with dignity, and according to their legal rights."

£50m

funding announced by Scottish Government to help prevent homelessness through financial support for social landlords, reports *Housing Today*.

£9m

additional investment to tackle the impact of the UK government's decision to freeze Local Housing Allowance rates in 2026-27.

Living in fear

A survey carried out for Everyone Home collective – a group of more than 40 organisations working around housing and homelessness – found that 35 % of 1,000 respondents from Scotland feared losing their home over the next three years. The rate rises to a staggering 49 % for respondents aged between 18 and 24. A spokesperson for Scotland's largest tenants' union, Living Rent, told the *Morning Star*: "The fear of losing our homes and becoming homeless is never far from any tenant's mind. Most of us have been forced out of our flats or communities because landlords increased the rent or evicted us, and we know far too well the debilitating impact this has on the rest of our lives."

Children at risk

An investigation by *The Ferret* has found that over 2,000 children under two years old were placed in temporary accommodation in Scotland during 2024 and 2025, despite evidence this puts them at higher risk of health complications or even death. Responding to the report, Scotland's commissioner for children and young people has called on the government to take action to end the use of unsuitable temporary accommodation for children. Earlier this year research by the National Child Mortality Database found that 104 children have died in temporary accommodation in the UK since 2019, with 76 under the age of one.

61% of people in Scotland were more likely to vote for a political party in the Scottish Parliamentary Election if they prioritised tackling homelessness, according to *Scottish Housing News*.

10,480 children staying in temporary accommodation in Scotland, *The Herald* reported in May 2026.

33,006 households with open homeless assistance applications to their local authority in Scotland, as of September 2025, the BBC revealed in February this year.

What Vagrancy Act?

Deputy editor *Mat Amp* responds to the repeal of the Vagrancy Act, with additional reporting by members of *the Pavement*

The Vagrancy Act was passed in 1824 to deal with the burgeoning number of homeless troops returning from the war in France. By anyone's standards that is cold.

Then all of a sudden, on a Monday morning in late June, the Georgian-era legislation was finally repealed.

For over 200 years the bill criminalised homelessness, arming authorities with powers to move on, fine and even arrest people sleeping rough. Upwards of 3,800 people were arrested under the act in England and Wales from 2018 to 2022.

Apart from the punitive side of the bill, with people being fined up to a thousand quid, the act encouraged people experiencing homelessness to keep a low profile, effectively pushing them away from the services they desperately needed to survive.

Interestingly, I had an impromptu picnic yesterday with my mate Phil who sleeps in the local park and spends his days outside a Tesco, helping shoppers with their trolleys and carrying shopping bags for change.

As we brazenly sipped our vanilla vodka, apple juice, tonic water and ice on the doorstep of one of South London's biggest superstores, we got to talking about the Vagrancy Act.

In a nutshell

- On Monday 29 June, the Vagrancy Act was repealed by the government
- Successive governments had promised to get rid of the Georgian-era act, first introduced in 1824
- The law criminalised homelessness and was regularly used up to its repeal
- Legislation, such as the Crime and Policing Act of 2026, continues to punish people experiencing homelessness.

Not only was Phil unaware that it had been repealed, he didn't know it existed in the first place.

He's been homeless for many years, so of course he's been aware for a long time that the police can fuck with him. Phil is a bright guy with substance use problems. He tells me he doesn't need to know his rights, because the police do what they want anyway and I've got a tendency to believe him. Instead of knowing the law, he protects himself with street-smarts, instinct and know-how.

Of course, he's had his fair share of run-ins with the police and some of the stuff he has told me is shocking in its brutality and flagrant abuse of his rights. But he has come to accept it and takes some pride in the way he deals with it all.

"Mat," he said, "I know how to avoid 'em, I've got eyes in the back of my head. This act [repealing the Vagrancy Act], whatever it is, will make no difference and the people that most need help, who are a bit unstable, will always be the ones that get grief."

He isn't wrong. You can take away the powers of the Vagrancy Act and make efforts to decriminalise homelessness, but there is still a raft of public order-facing legislation that gives cops the power to arrest people for next to nothing. There are people on the streets with mental health issues who will continue to run into trouble with the type of police officers who revel in escalation.

The truly awful reality is that the type of trauma-informed training that would help officers de-escalate these confrontations is most often only received when it is mandated as a punishment for brutalising someone. It's like forcing criminal offenders with addiction problems to go to Narcotics Anonymous meetings – it just ain't gonna work.

All the legislation in the world is useless without the skills to apply those laws effectively. However,

saying that, a decent legal framework is an essential starting point.

Speaking of, legislation is in place that will continue many of the worst aspects of the Vagrancy Act.

Dispersal orders such as Public Spaces Protection Orders (PSPO) and Community Protection Notices are regularly issued by local authorities trying to remove people from public space.

The Crime and Policing Act of 2026 allows for people sleeping rough to be handed dispersal orders, prohibiting 'spatial trespass'.

Under the 2014 Crime and Policing Act, Anti Social Behaviour Injunctions are handed to people for rough sleeping. Meanwhile, PSPOs can often carry punitive fines of £100 which, going unpaid, can balloon to court fines of up to £1,000. Somehow all of this makes perfect sense to the people charged with designing legislation and enforcing it.

Farewell, then, the Vagrancy Act and good riddance. But people experiencing homelessness and sleeping rough will continue to be targeted and criminalised by legislation. Maybe one day the harsher elements of the 2026 Crime and Policing Act will be replaced or done away with altogether. Let's just hope we don't have to wait another 200 years... .



Tour guide

An introduction to Unseen Tours, the group employing people with experience of homelessness to tell their stories of London.

By *Tyffany Choi*

Unseen Tours is a social enterprise that trains and employs people with lived experience of homelessness to become tour guides in London. We are a small team with a big mission: to challenge perceptions of homelessness by telling stories that are not often heard.

The global issue

The prevalence of homelessness is something that all countries have in common. Whether you are sleeping rough on the streets, or living in a shelter while employed, most causes of homelessness remain a lack of affordable housing, cuts to social services and declining public housing. While each country has its own failings, homelessness remains misunderstood around the world. Public perception continues to largely be shaped by stereotypes rather than genuine personal connection, the supply of affordable housing continues to shrink and the global issue continues to intensify.

At Unseen Tours, we believe in the power of grassroots movements. Individuals who have experienced homelessness face major challenges in both employment and social

inclusion. Through our work, we aim to address these issues the best way we know how.

What we do

Unseen Tours currently hosts tours of Canary Wharf, Brixton, King's Cross and London Bridge. Each tour is unique to its guide. While we work with the guide in training, development and research, it is the guide that chooses the route and writes the script.

For example, Rah created our Brixton tour, having grown up there knowing all about its 'unseen' nooks and crannies. He focuses specifically on community migration and transport history. He uncovers how migration and London's ever-evolving transport networks have shaped the area, discussing cultural icons like David Bowie to lesser-known figures like Elsie Burrell. He reflects on his own experiences of homelessness, and how Brixton and Stockwell have changed since his childhood, alongside the neighbourhood's social realities today.

On a different side of London, Stefan leads our tour of Canary

Wharf. He starts at West India Quay and ends at the Docklands Museum, diving into the history of the transatlantic slave trade and the lives of dockworkers. As customers admire the view of Canary Wharf's modern commercial architecture, Stefan's tour focuses more on the legacy of the British slave trade and comparisons between historical and modern exploitation. As with Rah's tour, Stefan presents his story in engaging and interactive ways. Each tour is unique, curated and adaptable to the audience – and always underlined by local history and contemporary challenges.

'Walk With Us' youth programme

Despite our name, we offer more than just walking tours. Recently, we were supported by a Greater London Authority grant to create Walk With Us, a youth programme engaging 14 to 24-year-olds to learn more about less visible sides of the city, while taking part in meaningful physical activity.

In late spring, we partnered with London youth charity XLP to host a group of young people on the Walk With Us, where they helped us ideate and co-create a new tour of Shoreditch and Brick Lane, as well as engage in gamified versions of our tours in Canary Wharf in the form of a scavenger hunt.

Ultimately, Walk With Us was a hugely energising endeavour

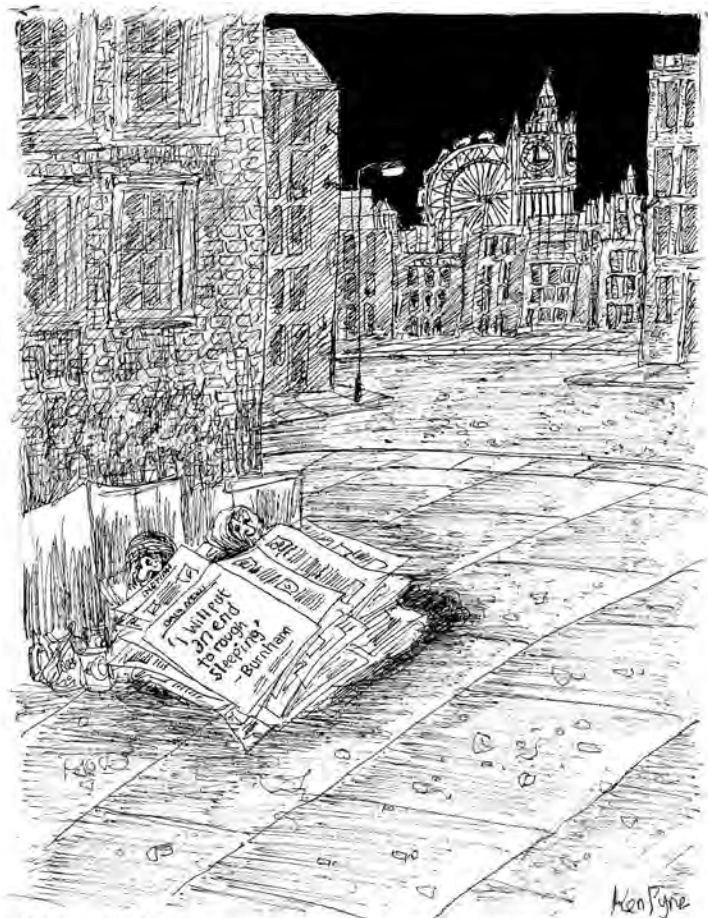


An Unseen Tour. © Jennie Blythe

for Unseen Tours. Finding creative ways to engage the young people of disparate backgrounds with local culture deeply connected with one of our core missions to educate the public on the different causes and historical precedences of homelessness. As we now have a working model for youth engagement, in the future we hope to further gamify our tours to reach younger generations.

Next steps

Unseen Tours is always looking to expand and currently we are hiring new guides. Our guides are sociable, dedicated and resilient. They are unique individuals that value storytelling and meeting new people from across the world. They are able to research and host tours for extended periods of time. Above all are committed and passionate about their work. If you think this role might be a good fit for you, or you know someone suitable, email us at enquiries@unseentours.org.uk ■



"AT LEAST IT GIVES US A DIFFERENT HEADLINE TO SLEEP UNDER."



“A XXL size works out the same price as 2 Large, so we are going to share...”

Feeling the heat

How effective are council efforts to protect and support people experiencing homelessness during a heatwave? Investigation by *Liam Geraghty and the Pavement team*

A heatwave can be uncomfortable for most of us but if you're homeless on the street then it can be a matter of life and death.

People sleeping rough during heatwaves are receiving inconsistent support from councils, a joint-investigation from *Big Issue* and *the Pavement* magazine has revealed.

On 25 May the hottest temperature ever recorded in May in the UK was registered in London. The very next day, the record was broken once again when a temperature of 35.1C was registered in Kew Gardens in London.

Following the unprecedented heatwave, *the Pavement* magazine and *Big Issue* teamed up to find out how councils responded to help homeless people through the Severe Weather Emergency Protocol (SWEP).

SWEP governs how local authorities take action to support rough sleepers, usually getting them off the streets and into emergency shelters.

It's most commonly called for in cold weather, but councils may take action when heavy rain or high winds pose a threat to life as well as, of course, extreme heat.

Using Freedom of Information requests, we asked some of the councils with the biggest rough sleeping populations across England, based on official rough sleeping counts, how they responded to May's heatwave.

Temperature records have been smashed since, of course.

For those outside, the recorded temperature doesn't tell the story. In June, Greenpeace used thermal cameras to record the temperature of central London's pavements. The results showed temperatures exceeding 60C. Holborn sizzled at a surface temperature of 65C captured by the thermal camera, while Oxford Street and nearby roads were all recorded in an unbearable window of between 50-60C.

The hottest day ever recorded in the UK during June hit new heights with temperatures reaching 37.7C on 26 June. The Met Office had issued a Red Extreme Heat Warning to people across the UK ahead of the heatwave, indicating danger to life. Government advice suggests people keep their homes cool and avoid the sun when it is strongest, while taking care to stay hydrated and "wear loose clothing made from breathable

natural fabrics.”

Good advice, sure, but for many people it is hard to follow. What happens when you don’t have a home? When it’s a struggle to find shelter from the sun and when your wardrobe isn’t kitted out with light, natural fabrics?

Our research found that local authorities in England are struggling to provide sufficient care for people experiencing homelessness and sleeping rough in a heatwave.

A hot topic

Around 40 Freedom of Information requests were submitted to English councils and London boroughs for the investigation, asking what action was taken on the week commencing 25 May and what support was provided.

Responses revealed one of the main issues with SWEP in England is that each local authority has its own protocol for engaging with vulnerable people, including those experiencing homelessness. There is no dedicated central funding for SWEP.

The result is a strange postcode lottery effect, with differing responses and services from council to council.

London boroughs generally operate SWEP during extreme heat, with the exception of Hounslow, which said it doesn’t formally

activate SWEP during the summer months.

This conspicuous exception was the norm among local authorities outside of London with the highest figures of people sleeping rough. In Brighton, Cornwall, Leeds, Nottingham and Somerset, SWEP was not active during the May heatwave.

Brighton & Hove City Council reasoned that SWEP could not be activated as the temperature didn’t surpass the threshold of 30C.

Troublingly, the only local authorities in London that provide emergency accommodation – albeit reserved only for those deemed to be most vulnerable and usually contingent on numerous conditions being met – during a heatwave are Camden, Croydon, Haringey, Greenwich, Sutton, Tower Hamlets and Waltham Forest.

The remaining respondents allude to the availability of “cool spaces”. Outside of London, support boiled down to outreach teams offering rough sleepers some sun cream, bottled water and the option of advice.

The importance of accommodation during these periods of extreme weather was made clear by Met Office deputy chief forecaster Mark Sidaway. He said there were several consecutive nights during the May heatwave where temperatures did not drop

- ▶ below 20C, which is called a tropical night. He added: “This will make it very hard for people to recover from the daytime heat, exacerbating the heat stress impacts.”

The overall picture is difficult to piece together. A jigsaw puzzle that doesn't match up.

Neighbouring authorities are activating SWEP on different days, running services for longer or shorter periods and the contents of those services differ from one place to the next. And that's just London: local authorities in England with high numbers of people sleeping rough are failing to grasp the impact and severity of the increasingly extreme heat beating down on the UK.

Time for action

As June's heatwave came into full force, Matt Downie, chief executive of Crisis, called on all local authorities and London boroughs to invoke SWEP.

“Rough sleeping has always been a public health emergency, but in this intense heat lives are at imminent risk,” he said. “It reinforces the urgent need for us to end homelessness and ensure everyone has a safe, secure home.”

Later that week, *Big Issue* interviewed mayor of London Sadiq Khan. He said that he was “really worried” about the impact of hot weather on the “most vulnerable

Londoners”.

But he declined to call a pan-London SWEP during the heatwave, instead allowing local authorities to make their own calls.

“Historically, we've always thought about helping rough sleepers when it's cold, for obvious reasons, around Christmas time,” he told *Big Issue*. “But actually, because heatwaves are becoming a norm, the new reality, we've got to repivot our minds to also think about summer as well.”

It's a familiar story. Museum of Homelessness' investigation into how councils responded to protect people experiencing homelessness during extreme weather found a patchy response.

The investigation, published exclusively with *Big Issue*, found only 53 % of the councils they quizzed put in measures to respond to extreme heat. That paled in comparison to responses to sub-zero temperatures, while there was no evidence that heavy winds and rain sparked SWEP action.

As extreme weather becomes more frequent and lasts for longer, so grows the need for action on SWEP. As does the financial burden on cash-strapped councils.

But, with a record-high 4,793 people counted as sleeping rough across England in last autumn's official count, heat will continue to pose a threat to life. ■

I am here, it is now

Taking lessons from the Buddha to learn from the past and be in the present, in order to enjoy the future. By *Mat Amp*

"Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment."
– Buddha.

For me, it's always been a struggle to balance the equation of caring and taking part in society without getting overwhelmed by the gravity of it all. In other words, how do we give enough of a fuck to take part and build relationships with people, without dissolving under the torrent of stress and pain that inevitably comes with doing that.

Buddha's wisdom kind of leaves me a bit conflicted, because I've definitely lived a little bit too much in the moment and to a large extent that didn't end too well.

And then there is Narcotics Anonymous with its 'one day at a time' mantra that seems to run contrary to the very clear message in one of its own steps. That step is unequivocal about the importance of looking back through the chaotic maelstrom of our experience in the battlefield of addiction, in order to make amends to everyone that we have ever harmed.

And so, this brought me to a seminal conundrum: how do we manage to do this being in the moment thing whilst still planning



© John Joseph Sheehy MacSheehy

for the future, as well as thinking about the mistakes we have made in the past so we can un mistake them?

Finally working this out has been one of the keys to sustaining a meaningful recovery from a long and complicated addiction to narcotics.

Buddha is not telling us to live in the moment, but rather to exist in it – or to put it in a less pony way – to be in it. Being in the moment is about being present, allowing our surroundings time to breathe and let us in, whereas living for the moment ▶

- is about not being arsed to take part, to learn from the mistakes of the past or give a flying fuck about the ramifications of those mistakes.

And the way I see it, there are two parts to the art of being in the moment. Firstly, there's the state of meditation in which reality disappears. I read something once about the way that Native Americans would connect to the land around them by running through it. It's the same feeling of weightlessness that used to engulf me on a motorbike, on sunny days riding through winding roads in the countryside. But we all have to survive, and unless we're like Greg, the Hari Krishna dude vaunted by his temple for his ability to meditate every second he was awake, we don't have the inclination to do so. Btw, Greg was eventually found to have a brain tumour – a fascinating story you can read by Googling Oliver Sacks, 'the last hippie'.

It seems to me that practicing meditation, in whatever form, helps us to be present in our everyday lives, to relax and ultimately to be ourselves.

There was no part of being homeless that I found easy but I learned a lot from what, without doubt, was the most difficult experience of my life. For all of the physical and mental discomfort of being homeless, there was this feeling that I'd stepped out

of the matrix. It seemed really easy to see the hypocrisy and the skewed relevance people gave to meaningless shit.

I had moments when I watched people scuttling to work, kind of hurrying with a furrowed brow, wound tight and ready to snap. I had fuck all squared to my name, I was dirty, freezing and I hadn't had a bath in weeks, but no part of me wanted to change places with any of them.

Look, I'm not pretending for a minute that I was living the lyrical life, 'Down and out in London Town', because when winter set in, any romantic ideas I had about homelessness froze along with the rest of me. The cold turned me into a zombie, shuffling along, no sleep, 99 % numb and as good as dumb. It's hard to live in the moment, when the moment in question is cold enough to freeze the balls off a brass monkey.

I had the craziest dream the other day. It was, initially at least, pretty stressful. People weren't talking to me and I remember that pernicious feeling of being overwhelmed by rejection, of not being wanted. But it all switched when someone said "Oi, mate, it's all in your head, you know that?" They handed me a pipe. I had no idea what was in it but I took a long hard hit and dissolved into a psychedelic stream of numbers. It was DMT.

BEHOLD, The Man With No Ego:

"Have you heard of me? I'm The Man With No Ego."



© The Silken Bunny

I've done DMT in the real world a number of times and every time the experience begins in exactly this way: The moment the smoke hits my neurons, my being dissolves into a gushing stream of numbers. The crazy thing is that when I woke up I fully, 100 % for real, felt like I had done DMT.

To an extent all psychoactive hallucinogens have this impact, taking us out of the pathological pathways of addiction, scooping us up and gently placing us in the feeling of being present. On the flip side of this feeling is the past with its bittersweet call of nostalgia or guilt, or a future in which you are either the president of the universe or everything has gone to shit.

So sure, get clean, get shit done

and try and learn some lessons from the road that lies behind us, but whilst doing it try to let your mind be in the moment. It's no easy task, with the modern world set up to undermine the Buddhist way of thinking. There's 'created wants', a term that describes the way marketing is designed to make us want useless shit we don't even need. And then there is FOMO, the most fucked up concept of all time. It's kind of like the idea that the grass is always greener in the next field.

And nowhere is this restless syndrome more evident than the empty scrolling through social media shorts, designed to distract us from the moment because we're all scared to just sit and be.

Here... now.



Smells like team spirit

How compassion and group effort make a difference in outreach.

By *Emdad Rahman*

There is no better time to care than here and now. Homelessness is rarely a single event and it is often the final chapter in a long sequence of hardship, where illness, family breakdown, unemployment, rising living costs, debt, trauma and poor mental health quietly gather until stability disappears.

Behind every sleeping bag in a doorway is a life that once held ordinary routines, ambitions and relationships. The greatest mistake society can make is to see homelessness instead of humanity.

The philosophy of here and now asks us to stop postponing kindness. Too often we assume someone else will help tomorrow or when circumstances improve.

Yet hope is built in the present moment. A warm meal offered today, a sincere conversation, a clean pair of socks or simply acknowledging another person's dignity can become the turning point that reminds someone they have not been forgotten.

That belief came vividly to life when I joined Sunnamusk, a fragrance brand, alongside community partners, for some homeless outreach work. Together the collaboration provides street



Emdad (second left) on outreach in London. © Emdad Rahman

kitchens, hot food distributions, bottled water, winter clothing, toiletries, thoughtful gifts and even fragrances for guests.

Working alongside the Newham Community Project, we shared nourishing hot meals and conversation with homeless friends, including many rough sleepers.

To me, this work reflects the here and now philosophy perfectly. Whether serving communities

locally or engaging supporters internationally, the message remains consistent: compassion should never be delayed by status or convenience.

Every act of service creates another opportunity for connection, understanding and hope.

Chief executive of Sunnamusk Kazi Abidur Rahman understands this deeply. Coming from very humble working class beginnings, he has never forgotten the importance of serving those who face life's greatest challenges.

He reflects: "Our greatest success will never be measured by bottles sold, but by lives touched. Grassroots service keeps our hearts grounded.

"Every blessing we receive carries the responsibility to be kind to others and there is no richer reward than restoring hope where it has almost disappeared."

Those words capture a timeless truth. Kindness is not an expense but an investment in humanity.

Our outreach was made even more memorable by viral internet sensation The Joshie Man, whose infectious enthusiasm transformed the atmosphere. Despite facing personal barriers and challenges of his own, Joshie consistently uses his growing platform to spread positivity, entertain diverse audiences and encourage inclusion.

Homeless charity Shelter estimates that at least 382,618 people are homeless in England

(including 175,025 children) – around one in every 153 people.

Behind every statistic lies an individual story that cannot be reduced to data alone.

Many people experiencing homelessness remain hidden from official counts, sleeping in temporary accommodation, sofas, vehicles or insecure housing arrangements. Prevention, early intervention and sustained community support are essential.

Communities can all play a part. Supporting local shelters, volunteering at food projects, donating practical essentials, advocating for affordable housing, challenging harmful stereotypes and treating every person with dignity all contribute towards meaningful change.

Sometimes listening without judgement is as valuable as anything we can place into someone's hands.

Homelessness challenges our conscience because it asks what kind of society we wish to become.

The answer is not found in distant promises but in present action.

Here and now is where empathy begins, where communities unite, where strangers become neighbours and where hope quietly returns. Every shared meal, every conversation and every simple act of respect reminds us that the strongest foundations are built not from wealth, but from compassion lived today. ■

Bring the heat

Updated advice from the Groundswell team on how to stay safe and look after yourself during a heatwave

Already this summer, the UK has experienced multiple heatwaves. Climate change is leading to increasingly extreme weather, so heatwaves are becoming more common.

Being exposed to heat and hot weather for extended periods can be dangerous and even life-threatening. Groundswell has updated its health guidance on heatwaves, with input from people experiencing homelessness.

SWEP

In a heatwave the Severe Weather Emergency Protocol will most likely be activated, meaning additional support will be made to people experiencing homelessness. This can include accommodation, water, sun cream and other essentials. Local homelessness services will be aware of SWEP and can point you towards resources: get in touch with them.

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.

Look out

Signs that you may have heat exhaustion or heatstroke include:

- Weakness, dizziness, feeling faint or a headache
- Feeling or being sick
- Developing heat rash or hot dry skin
- Heavy sweating or intense thirst
- Confusion, seizures or loss of consciousness.

Heatstroke is less common but more serious. If you develop any of these symptoms, especially the final bullet point, call an ambulance.

At risk

The following are at higher risk from exposure to heat:

- People with a chronic illness
- People with mobility problems
- People with drug or alcohol use problems
- People who have acute or chronic respiratory illnesses
- People with mental health issues.

Advice

- Carry a water bottle and refill it regularly
- Speak to local homelessness services to find out what help is available
- Use public spaces, such as museums and libraries, to stay cool
- Avoid alcohol, drugs and caffeine. Limit sugar
- Wear a hat or use an umbrella
- Apply sun cream and try to wear light, loose clothing
- Eating salty foods will replace the salt lost through sweating.

Together, alone

A defiant message of solidarity stands beside lines inspecting human condition and introspection

Hiding Places

by Chris Bird

We hide in the streets,
We hide in houses
apartments and flats,
We hide in jobs,
We hide in routines,
And TV,
We hide on tube trains,
We hide in shirts and ties.

Some men,
Hide in violent disorder,
And alcohol,
Some people hide
In spiteful comments,
Or hate crime.

We have learned to hide,
In families,
In names, in traditions
Or religion.

We hide in heroin and cocaine,
We hide in prison,
In art, in rock music, in jazz and blues,
In shoplifting, in theft and crime,

All human creatures
Learn to hide,
Hoping never to be found.



© Steeldoorstudios

Let's Not Forget

by Ant Mac

Offer others words of comfort
better yet lend them a hand
to all of those who are forgotten
whether it's woman, child or man.

In us all should sit compassion
beyond any reasons of doubt
it should never have become the
fashion
leaving those with less without.

Feed the hungry, provide them
shelter
the cost of living needs to drop
stand hard for living all out of kilter
we must bring poverty to a stop!

Time eunuchs

Another ludicrous time-travelling misadventure featuring O'Haggis, the wacky sleuth invented by *Chris Sampson*

A balding Rasta with a dreadlock comb-over didn't give The Museum of Puddles a second glance as he hobbled past. But I was intrigued. "Featuring the World's Oldest Puddle!" the signage boasted. I was in 2107 London on a top secret mission to find [Redacted: it's top secret, so you're not allowed to know!], but thought I'd have a look around the locale.

I entered the building and my eyes drank in the exhibits. The Oldest Puddle was cordoned off by a velvet rope, like a VIP area.

"Well," I muttered drily. "That looks impressive!"

"That's right," said a sidling figure suddenly beside me. "It's been in situ since 1471, before Columbus set sail for the New World."

"Hmm," I emitted. "Are you sure it's not just a well?"

"Eh?" he blustered. "Oh, yes. Now you say it, it seems obvious. Damn! There goes our star exhibit!"

"You're the curator here?"

"Oh, yes!" he beamed. "Oblong Hoolahong at your service!!"

"Sorry, your name is Oblong? Who's your brother? Dodecahedron?"

"Yes. What? It's the future. You can't expect everyone to be called



© Chris Bird

Linda or Jeremy forever like in your era. Names have evolved. Don't be so 21st century-centred!"

"Hmm. Museums have evolved, too, it seems. How do you know I'm not from this era?"

"Oh, you're O'Haggis," he snorted. "Everyone knows that! The Eunuchs tell everyone to look out for you."

"Sorry, The Eunuchs?"

"Yes," he tutted. "You know, the Time Eunuchs. You don't mean to tell me you've never come across ▶

► them yet during your temporal adventures.”

“Misadventures,” I corrected. “But no, I’ve not had the pleasure as yet.”

“Pleasure’s not the right word,” he chuckled. “They’ve got a bone to pick with you,” he taunted.

“Let’s hope it’s a funny bone,” I muttered.

“I doubt it,” he smirked.

I exited, throwing a final glance at the collection of prize puddles.

The next door building was a shop selling leather toilet paper, claiming it could be washed and reused for a lifetime. Hmm. Not the sort of lifetime I’d love, I thought.

Next door to that establishment was a company advertised as a Futilities Company. Well, some say life is futile. But it’s better than the alternative, so let’s soldier on, eh?

I next saw a firm of solicitors, with the ungainly name of Beak, Wyatt, Yew, Noyes, Eek-Hunt and Begone. They dealt largely with disputes concerning anti-social neighbours, I gathered from their strapline. A Ms Wyatt emerged to serve me with a writ.

“Eh? What’s this for?”

“You’re from the 21st century,” she explained coolly.

“Yes. What of it?”

“Well, your century adjoins ours, the 22nd, and yours has been very noisy and anti-social.

”And quite frankly, we’re sick of it. Hence the writ. You clutter up our

history with noisy idiots and pollute our past. You’ve got until 2031 to remove Trump, Putin, Netanyahu and Michael McIntyre, or else!”

“Or else what?”

“We’ll invade, of course!”

“Invade? You mean your century will invade mine?”

“And remove the aforementioned figures from our past, yes. Why? Are you fond of any of them?”

“You must be joking! But you can’t just murder them.”

“Murder?” she quote [What? Too good for puns, are you?]. “No, don’t judge us by your era’s disgusting standards.”

“Well, what then?”

“We time-nap the infamous and relocate them in an era where they hold no power and can do no harm. Pre-Inca Central America, for instance. Trump would make a nice village idiot, don’t you think? Babbling and boasting about his supposed achievements, instead of causing a racket through history with his dumb-assery.”

She had a point. “But what about Farage? Shouldn’t he be relocated, too, before he causes any more problems?”

“Oh, we’re making plans for Nigel,” she said.

“Wasn’t that a song?” I wondered aloud.

“Yes, by XTC, 1979. The 20th century. As for that horrendous epoch, we’d have to remove almost



everyone to clean it up!"

"Hmm, Noel Edmonds," I muttered. "Yes, I see your point."

But anyway, why was she serving me with the writ?

She looked at me pityingly, as if it should be obvious. "You're a Time Traveller, aren't you? So, you can take the writ back to your grubby little century and issue the ultimatum to your leaders."

"How come everyone here seems to know who I am?"

She rolled her eyes. "The people and events of the 21st century are documented, so that we in the 22nd know who was who and what was what."

"Ah," I nodded. "So, are you one of the Eunuchs?"

Bad move. "What?!?" she

thundered. "How dare you, you scabby little –"

"Shh!" I grinned. "Keep the noise down."

Another bad move. Before you could say *uj-manki-wolloph-a-bwunqi*, she summoned some surly guards and I was temporally relocated to Doggerland, in the 4th Century, BCE.

Coincidentally, *uj-manki-wolloph-a-bwunqi* was what the Doggers [no, not what you're thinking] said in way of greeting. Doggerland once connected Britain to mainland Europe before sea levels rose. Shame. If we'd stayed attached, then there would have been no Brexit fiasco costing us billions of pounds per year...

To be furthermore...

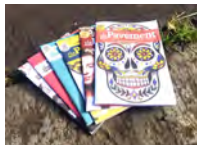


My notepad...

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: August 2026

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

Scotland List

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/vvx5fxt

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

CENTRAL & WEST INTEGRATION NETWORK (CWIN)

Garnethill Multicultural Centre

21 Rose Street, Glasgow, G3 6RE

www.cwin.org.uk; 0141 573 0978

Fri: 12noon – 1:30pm (community meal)

A free, friendly and vegetarian lunch, and a space to make new friends and practice speaking English.

AD, CR, ET, FF, S

GLASGOW CENTRAL MOSQUE

1 Mosque Avenue, Glasgow, G5 9TA

0141 429 3132

centralmosque.co.uk

Sundays: 1 – 3pm

Provides over 350 weekly food packs to asylum seekers and refugees.

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

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

KINNING PARK COMPLEX

43 Cornwall Street, Glasgow, G41 1BA

07840 843 314; qpqpc.com

Every second Monday:

– 11:30am (hot drinks)

– 12 – 2pm (hot meal)

All of our meals are Pay-What-You-Can, meaning no one will be turned away for lack of funds and any donations made go to supporting future Community Meals.

FF, SF

QUEEN'S PARK GOVANHILL PARISH CHURCH

170 Queen's Drive, Glasgow, G42 8QZ

0141 423 3654; qpqpc.com

Sun: 5pm (Club 170 – free takeaway 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 – 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 – Fri: 5 – 6pm (takeaway)

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

Wed: 6 – 7pm (Womens' Sit-In Meal)

FF, 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**

STEPS TO HOPE

Old St. Paul's, 63 Jeffery St, EH1 1DH
07949 838 666 (phone 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 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

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

NIDDY 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 Wellbeing Centre is open Monday to Friday providing breakfast, lunch, a clothing store and a safe stop.

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

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

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

(closed between 1 – 2pm for lunch)

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

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

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

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

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

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

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

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

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**

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

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

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

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)

52 Queen Street, Edinburgh, EH2 3NS

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

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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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

20 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

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 (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

WE ARE WITH YOU (NW GLASGOW RECOVERY HUB)

0808 178 5901

tinyurl.com/y52zxtatd

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

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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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

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

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

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

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

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

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
Mon – Fri: 7 – 10pm
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.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

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

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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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

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

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

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

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

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
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OTHER

APEX SCOTLAND

17 Gayfield Square, Edinburgh, EH1 3NX
0131 220 0130; 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 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](#)

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.