

the Pavement

the free magazine for homeless people



Issue 164 : Express yourself
October – November 2026

Missing



Samuel Townsley

Samuel Townsley has been missing from Glasgow, Scotland, since 19 October 2016. He was 27 at the time of his disappearance.

Samuel, 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.



Aleksandr Benga

Aleksandr Benga has been missing from Stornoway, Scotland, since 18 November 2024. He was 16 at the time of his disappearance.

Aleksandr, 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 Samuel or Aleksandr, 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: On the cover of this issue of the magazine is an untitled artwork by Uri. The work is chalk and charcoal on sugar paper and was made at an Antropia Portal Project workshop. The weekly art workshops are for people affected by homelessness. You can find artwork created at the sessions throughout this issue of the magazine

© Antropia

the Pavement magazine

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Venus by Ricalo. © Antropia

Home

By Eliza Bengie

In a small Welsh village on the coast in 1961, I won an award at the local primary school for an artwork which was displayed on the wall of the assembly hall. The prize was an illustrated book about a kitten on a farm. The school is still there, but our family moved on soon after.

Here is a short poem about family moving away:

Little bird sing while
The day is fresh and bright
Before the clouds of
Descending night
Why you no longer sit
on the wire fence
Outside the window
where we no longer
Use those rooms, that space
Please send a message
to the ones we miss
To bestow upon them
Our loving kiss.

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

EXPRESS YOURSELF

This issue of *the Pavement* places an emphasis on expression. Our writers take on the theme of expressing yourself, considering the collective and individual voice of people experiencing homelessness.

Emdad, for example, highlights the importance of hearing and platforming the voices of people with lived experience of homelessness on page 24. Elsewhere, André explores the relationship between identity and expression on page 12. On page 18, Sam found a way to capture and document hidden homelessness through a creative photography project.

The magazine's theme is also expanded on by the community interest company Antropia. Artworks created by members of the group's weekly art workshops for homeless people can be found throughout the issue. Writing on expression, Antropia member Cariad says: "With everything going on in my life and my brain, being able to focus on creating a piece of art enables me to feel good and calms my mind. Being autistic, I find it incredibly difficult to speak to people. Through our art group, I am able to speak to people about their art without having the pressure to have a neurotypical conversation."

the Pavement team
www.pavement.org.uk

The annual service of commemoration for people who have been homeless and have died in the past year will take place on 5 November. The service begins at 11am and will be held at St Martin-in-the-Fields, London. All are welcome.

Ahead of the service, *the Pavement* thanks the organisers: St Martin-in-the-Fields, The Connection at St Martin's, St Martin-in-the-Fields Charity, Housing Justice and the Museum of Homelessness. Without their work, the event would not exist. The service provides attendees with the opportunity to remember, pay respects to and celebrate the lives of friends and loved ones we have lost this past year.

To all those who have lost somebody, *the Pavement* sends you strength and love.



Remember Me

A Service of Commemoration

For those who have been homeless who have died in the past year



Thursday 5 November 2026 at 11am
St Martin-in-the-Fields
All are welcome

This service is organised by: St Martin-in-the-Fields, The Connection at St Martin's, St Martin-in-the-Fields Charity, Housing Justice and The Museum of Homelessness.

With special thanks to Gestic Rooms and Unearthly, The Choir with St Anne, Acoustic Opera, and all those participating.

© Marie Ayodele

Temporary fix

Council spending in England on B&B accommodation for homeless people increased by 22 % in 2025/26, figures published by the Ministry of Housing, Communities and Local Government (MHCLG) show. The MHCLG report was released in September and shows local authorities spent a net total of £467.5m on this kind of temporary accommodation in the year to March, up from an inflation-adjusted £383.6m in 2024/25 – an increase of £83.8m. The *Press Association* reports net spending by councils on all types of temporary accommodation for the homeless plus administration costs rose by 2 % year-on-year. The figure includes a £494.3m spend on nightly paid, privately managed accommodation, down from £622.6m the previous year. Furthermore, spending on hostels, which can include refugees, was down by almost a third to £26.2m from £37.8m.

Outside in

In late August, the Outside Project was awarded £594,322 funding to deliver a pan-London LGBTIQ+ housing outreach service. The award comes from the government's Ending Homelessness in Communities Fund and will cover 2026-2029. With the

money, the Outside Project aims to deliver specialist outreach, housing casework and advocacy for LGBTIQ+ people who are sleeping rough, experiencing homelessness or have insecure housing.

Panned plan

The Conservatives revealed plans in August to ban foreign nationals from social housing. As part of the proposal, the Tories vowed to end new tenancies for all foreign nationals, as well as current tenancies for couples where neither person is a UK, Irish or EU citizen with settled status. The party claims the move would free up 228,144 homes. However, Sarah Elliott, the chief executive of housing charity Shelter, told *the Guardian*: "These divisive plans would brutally kick people out of their homes, including thousands of families and pensioners who have lived in them for decades. And let's not forget that social tenants pay rent, which goes back to the public purse and into society. It is completely senseless to ruin people's lives, drive up homelessness and put extreme pressure on councils. This policy does nothing to deliver new social homes, which is what we desperately need."



Poster for *Full Circle*.

© The People's Recovery Project

A new exhibition by members of The People's Recovery Project opens in October. Full Circle features the creative work of community members and their inspirational stories of recovery. The exhibition is open daily 7 to 13 October 2026, 10am to 6pm at House of Annetta, 25 Princelet Street, London, E1 6QH. A private fashion show will be held on 8 October, showcasing garments made by members of The People's Recovery Project and featuring catwalks, music, spoken word and talks.

- The People's Recovery Project is a charity working with people recovering from substance use issues and experiencing homelessness. For more information visit its website: thepeoplesrecoveryproject.org

1 in 6

prison leavers in London are released into homelessness, according to analysis by the social justice group Nacro.

50,000

people in England are so-called "prolific offenders", trapped in cycles of repeated low-level crime, reveals justice reform charity Revolving Doors.

£700m

invested in probation and community services by the government, which aims to halve prison leaver homelessness by 2029.

Free laundry

A new partnership between arts charity Quiet Down There and Justlife, the UK charity supporting people in temporary accommodation was launched in September. The collaboration creates a new model of community support, bringing together free laundry, creativity and temporary accommodation services under one roof. The collaboration will expand Quiet Down There's Harriett's Press project – a free laundry service. Harriett's Press will

now have a permanent home at the Justlife Hub in Brighton, with greater capacity to meet growing demand. Based on average prices at Brighton launderettes, one weekly wash and dry costs around £520 a year, or £43 a month. At Harriett's Press, washing and drying is free. Detergent is also free and no referral is needed.

TURN TO PAGES A – P
FOR THE LIST OF SERVICES

Homeless Diamonds: Celebrating 20 years



Launch Event

Hosted by Old Diorama Arts Centre

You're invited to the launch event of our exhibition as we celebrate 20 years of Homeless Diamonds magazine's creativity, resilience and lived experience.

Enjoy our co-produced exhibition whilst meeting artists and key figures of Homeless Diamonds. Welcome speech from Emma Haddad, CEO and Jenny Burnham, Homeless Diamonds lead.



201 Drummond St, London NW1 3FE

Friday 9 October 2026

6 – 8pm

StMungo's



LD
DIORAMA
ARTS
CENTRE

A very happy birthday to the *Pavement's* friends at *Homeless Diamonds*, the free arts magazine for people experiencing homelessness who are associated with St Mungo's. The charity has produced 60 issues of the A4-sized arts magazine, which has featured works by friends of *the Pavement* including Chris Bird and Michelle Christopher. For 20 years, *Homeless Diamonds* has championed hundreds of artists with lived experience of homelessness and showcased their incredible works. Congratulations to all those who have had work featured in the magazine and to all involved in its production.

© *Homeless Diamonds*



The annual vigil organised by the Museum of Homelessness to remember those who died whilst homeless will be held on 15 October. The vigil is held opposite Downing Street on Whitehall, London and begins at 6pm, with the names of those who have passed while experiencing homelessness during 2025 read out at 6:45pm. All are welcome to attend the vigil and people unable to make it are encouraged to light a candle on 15 October in remembrance.

Last year's vigil. © *the Pavement*

A SPECIAL EVENING
ART | LIVE MUSIC | POETRY

ART SHOWCASE
MARIE AYDELL | SADIY POPCOSA
JANE | THOMAS JONES

POETRY AND MUSIC LIVE UP!
SUNING SOFAS | DAVID JOVEY | ALICE
BARTON | SAM SHARPLES | JESSICA DUFF

ALSO FEATURING A UNIQUE PEOPLE LIBRARY

KINEARA CHARITY PRESENTS
AN EVENING OF ART, POETRY AND PURPOSE
COME FOR THE VIBE, LEAVE WITH A FULL HEART
25 SEPTEMBER, 2026 FRIDAY
10 CHRISTCHURCH, BLACKFRIGGS ROAD, LONDON, SE1 8HR

DOORS OPEN 6:30PM
All ticket sales go towards homelessness prevention and housing support in London

www.museumofhomelessness.co.uk www.kineara.co.uk [020 3976 1430](tel:02039761430)

SCAN HERE

A London charity supporting individuals and families facing housing insecurity, homelessness and other challenges launched a fundraising appeal in September to keep the vital service running. Southwark-based Kineara is aiming to raise £20,000 to stay operational and held a fundraising event on 25 September, bringing together local businesses, community organisations, artists and housing professionals. The event featured an art showcase, poetry and live music.

- Learn more about Kineara and the services it offers on its website: kineara.co.uk

© *Kineara*



Drug warning

A BBC report in September highlighted the rise of synthetic drugs in Scotland. As efforts are made to reduce the rise in drug-related deaths across the country, there has been an explosion in the supply of new synthetic cannabinoids and opioids, increasing the risk of fatal overdoses. Scotland is the drugs death capital of Europe and annual figures show an increase in deaths from last year. Police say organised crime groups are increasingly mixing new, synthetic substances with existing drugs to maximise their profits. Gareth Balmer, the national harm reduction lead at the drug, alcohol and mental health charity With You, told the BBC: "This is a frightening new landscape... I don't think drugs have ever been as risky or as dangerous as they are now."

Support service

For more than a year, a partnership between Turning Point Scotland and **Fife** Council has been helping people at risk of homelessness access support at the right time. The partnership encourages Turning Point Scotland community navigators to provide practical, person-centred support, helping homeless people and people at risk of homelessness navigate the housing system and make referrals to other services, such as health support. *Scotland Housing News* reports the support workers are present at places where people already live, study and seek help. Community navigator support is available through four morning drop-in sessions each week: Fife College Kirkcaldy campus on Mondays; Fife College Dunfermline campus on Wednesdays; The Maxwell Centre, Cowdenbeath on Thursdays; The Clearing, Cowdenbeath on Fridays.

19,000

homeless households were being accommodated in temporary homeless housing in Scotland by local authorities in March 2026, Scottish Government figures show.

10%

increase on the previous year, with a 5% increase to the number of children living in temporary accommodation in Scotland, which now stands at a record high of 10,715.

Council claps back

Edinburgh Council has rejected media reports that it prioritises people with leave to remain for housing. It also hit out at claims that councils across the country are using empty properties to house asylum seekers, pointing out that providing accommodation to those seeking asylum is the duty of the UK Home Office, not local authorities. The statement arrived in September, days after a report by *The Telegraph* headlined “Asylum seekers bumped to top of council housing list”. *STV News* detailed the Edinburgh Council response, which confirmed that once granted indefinite leave to remain, an individual is “afforded the same process, support and respect as every other applicant... it is entirely false to say people in this position have been prioritised for housing.”

Five year plan

The Scottish Government has announced a prevention-focused approach to reducing homelessness and provide rapid rehousing over the next five years. Holyrood unveiled plans to move from “crisis management to prevention” in September, including an additional 1,500 Housing First tenancies to support people with complex care needs into permanent housing. Cabinet Secretary for Social Justice and Housing Shirley-Anne Somerville,

was quoted by *Glasgow Live* saying: “The best way to end homelessness is to prevent it from happening in the first place. That is why we are shifting our approach from crisis management to prevention and rapid rehousing. We will do all we can over this Parliament to help people off the streets and end the use of unsafe and harmful temporary accommodation.”

Suspended

The City of **Edinburgh** Council’s Housing, Homelessness and Fair Work Committee has agreed to end the suspension of the council’s allocations policy. The suspension of the allocations policy allowed more than 350 households, including 200 families, to be moved out of unsuitable temporary accommodation and directly into a settled tenancy. The move to end the suspension follows progress made in reducing the number of void council homes, alongside an increase in the supply of suitable temporary accommodation. Councillor Tim Pogson told *Scottish Housing News*: “There is still much to be done, but I’m encouraged by the progress being made on the Housing Emergency Action Plan, which demonstrates tangible improvements being made.” ■

Identity crisis

On identity, homelessness, race and a call to challenge narratives and value your voice. By *André Rostant*

According to a 2026 UK Government report, black people are four times more likely to be homeless and are more likely to be in temporary accommodation – and for longer. But need this concern presenter Andi Peters, whom comedian and actor Myriam Margolyes described on national television as not entirely black, but “high yellow”? Now that she is returned to England, will it affect Meghan Markle, who says she only started being treated as black after she went out with Prince Harry, thickening, according to Rachel Johnson, “... watery, thin blue blood... pale skin and ginger hair with some rich and exotic DNA”?

What is going on?

There has always been a politics of identity, because people have always been treated differently according to their individual traits and qualities, acquired or inherent. We happen to live in a time when claiming and challenging the authenticity of somebody’s identity has all but eclipsed objective fact as the way to win arguments, by driving a narrative. And we are each part of many narratives: stories society and the system weave around us; stories

we tell about ourselves; the stories of friends and acquaintances.

I am a homeless, white-looking 60-something, bald, male Londoner, raised in a diverse, largely immigrant environment. My mother was Irish, father Trinidadian, which I typically have to explain is not Jamaican. I am often obliged to describe what shade of black my father was. But am I homeless in more than one way? My identity is somewhat in the lost and found. My siblings and I used to sing Irish music in pubs, being ‘plastic paddies’ to purists who laud old Irish republican heroes like James Connolly. Yet Connolly, born and raised in Scotland, was himself nearly 30 before he moved to Ireland.

I sing calypso. When I first started, a black fellow calypsonian expressed delight at seeing a white man so enthused about ‘our’ culture. His presumption meant no harm. Myriam too, meant no harm by her ignorant presumption and apparent attempt to sound ‘hip’, when she clumsily employed a deeply racist term. Both were struggling to reconcile what they perceived as narrative anomalies: Andi was not supposed to have a BBC accent while looking black, and who am I to look white and sing Caribbean songs?

The discourse of Britain typically includes themes of race. One recent fable has the *Big Issue* sold by gangs of Roma 'pretending' to be homeless. Yet Roma are consistently discriminated against and are, in fact, disproportionately affected by homelessness. Jewish people have been subjected to horrific prejudice for centuries. Lately their story has been woven into a seemingly intractable conflation of politics and contested authenticity. Meanwhile, rising populist party Reform has pledged to deport over half a million people should it gain power. A poll shows 54 % of the party's overwhelmingly white voters are eager for those deportees to be non-white foreign-born British citizens, and for them to be forcibly sent 'home', while 22 % would also send away second generation non-white British citizens, of whom I am one...

Might I have a get-out? If Reform were to check whiteness in the same way as Apartheid South Africa, Andi would definitely be considered black – not on colour alone, but additionally because he would fail the pencil test: there is no way a pencil would roll out of his hair. Even when I had hair, it was wavy rather than curly. However, if they take their cue from segregated southern US States, I will be caught under the 'one-drop' rule, and deported.

Myriam would certainly have been

determined to be Jewish under the Nazi Mischling Test.

How painful is it to be subsumed into an evil racist narrative? The thing is, if people want a group to hate, they find ways, however bizarre, irrational, arbitrary, of populating that group. Those ways will always arise from a narrative. Who has power over that narrative matters profoundly.

Reform's spiel is that white British people are disinherited and robbed of their voice by a liberal metropolitan elite that uses racial dilution as its weapon. This elite is chimeric. It would include Myriam, myself and Andi because we are either educated, inordinately articulate or somehow not ordinary enough. We would also all find ourselves part of the racial dilution, though.

And I can hear you asking who is this guy to make such bold, sweeping pronouncements and why does this article seem to be all about him? It is not. It is about you. You have a voice in determining whether Britain's homeless crisis and immigration are the same tale, or whether a different narrative can be asserted.

Do not let anybody else write you out of your own story. ■

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

Safe spaces

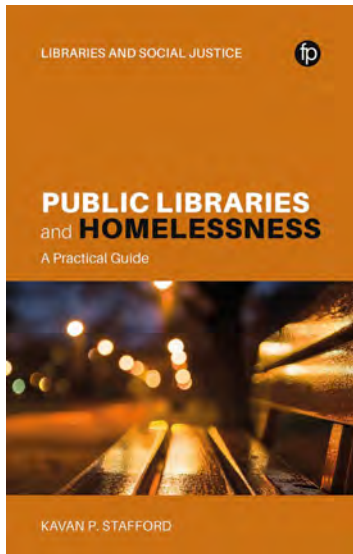
An interview with the author of a new book on the relationship between people experiencing homelessness and libraries.

Interview by *Sheryle Thomas*

A new book by a senior librarian at NHS Lanarkshire, published this year by Facet Publishing, explores the importance of libraries to people experiencing homelessness, and ways libraries and their staff can support homeless visitors. Sheryle Thomas spoke to *Public Libraries and Homelessness* author Kavan P. Stafford.

Why do you believe libraries are important to people experiencing homelessness?

Libraries are important to people experiencing homelessness because people experiencing homelessness are human beings and libraries are a very human service. Everybody needs entertainment, everybody needs internet access, everybody needs some company and everybody needs a place where they can feel like they are part of the community. Homeless people need that, and housed people need that too – libraries provide for all those needs. That's why they're such incredible spaces. Miraculous, in fact, when you consider that, if they did not exist and were suggested today, there would be no way on earth they would be created.



© Kathryn Beecroft

Libraries can also help provide access to the information people need to look for housing, by hosting support services like Citizens' Advice, local authorities, social workers and others. They also, and this has become especially apparent in recent years with bitterly cold winters and

very hot summers, are one of the few indoor places which allow a person to exist within them without the expectation that they pay money for the privilege.

What are some of the key findings from your study of libraries and homeless users?

The findings from the study, which asked dozens of library staff from across the UK about their perceptions of homeless users, were absolutely fascinating and very wide-ranging. The study found that staff felt that homeless people should be welcome in their libraries but that their library services often didn't do enough to make them feel like they were. More should be done in the future to make the library a better place for homeless users, they felt. The study also found that COVID-19, in particular, had made their service less accessible for homeless library users.

As the answers to the questions were analysed, five distinct themes were found to come up again and again. These were: prejudice; policies that affected homeless users; issues with library spaces such as places to sit or places to store baggage; funding concerns; the importance of co-operation with other agencies and charities.

What are your strongest recommendations to libraries and library workers to accommodate and welcome homeless readers?

The advice I would give would be to consider carefully whether the rules and regulations of your library serve everyone in the way they should. Homeless people, yes, but everyone else too. I would advise that they ensure every rule in their library follows the SAFE system: Simple (easy for everyone, staff and library users, to understand); Accessible (easy to find; posted publicly if possible. Everyone using the library should be aware of the rules and know where they are); Functional (what do you want the rules to do? The ultimate function must be to ensure the free, equitable and easy use of the library service by everyone. Any rule which does not fulfil this purpose can be comfortably jettisoned); equitable (one rule for everyone may not work – an obvious example would be banning all dogs, including guide dogs. The equity of policies and rules should be carefully considered when creating them and care should be taken to avoid even genuinely inadvertent discriminatory practices). ■

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

HOMELESS & HUNGRY



KonPyne

"I'VE DECIDED TO START EXPRESSING MYSELF"



*“Why do you always have
to express yourself, other
newspapers are available!”*

No Fixed Address

A new photography project explores the realities of experiencing hidden homelessness. *By Sam Singleton*

The first picture that made No Fixed Address feel like a project came from Portbury services.

I'd showered, washed my clothes and gone back out. The launderette sat beneath the service station lights, bright and empty. I pulled out my phone and took the picture.

At that point, I was living in my car and still working full-time as a mechanic. Home had stopped being safe, so I left with a few clothes, my laptop, two cameras and whatever else I could carry. For five nights the car was my bedroom. After that, I recovered my camping equipment and moved into a tent.



A self-service launderette at Portbury services. © Sam Singleton



The backseat made into a bed. © Sam Singleton

The photography began before I'd fully decided what the project was. I called it No Fixed Address because that was the simplest description available. The name was literal, but it gave me a direction: photograph what having no fixed address actually looked like.

I'd only taken photography seriously for a few months. Once I was homeless, it gave me something smaller to concentrate on than the whole situation.

Whenever I lifted the phone or ▶

► camera, the question was simple: what is actually here?

Sometimes the answer was the back seat made into a bed. Sometimes it was washing up in a sink outside, a camping stove or a five-litre bottle of water in the footwell. None of it looked especially dramatic. That became important.

Photos of homelessness often show it at its most visible:

A doorway, a sleeping bag, a person carrying everything they own. My experience looked different. I still arrived at work in uniform. My clothes were clean. I had a car. For most of the day, nobody looking at me would've known I had nowhere to go when the workshop closed.

The photos had to hold that contradiction without turning it into a slogan.

Many of the early pictures were taken on my phone because it was already in my hand and attracted less attention. Other times I used a camera, usually when I had enough privacy to slow down and think properly.

I took wider pictures to show where I was, then smaller details to show how I was living inside those places. The car beside the sea. An underground car park. The launderette beneath the service station lights. Cooking equipment on a campsite table. A folded sheet pushed away before daylight so the bedroom could become a car again.

Occasionally, I put myself in the frame. Mostly, I photographed the traces I left behind.

Taking pictures of yourself while trying not to advertise that you're homeless is awkward. Sometimes people were nearby and I felt like an idiot setting up the shot. The useful response was usually the same: just take the picture.



A tent as a temporary home.

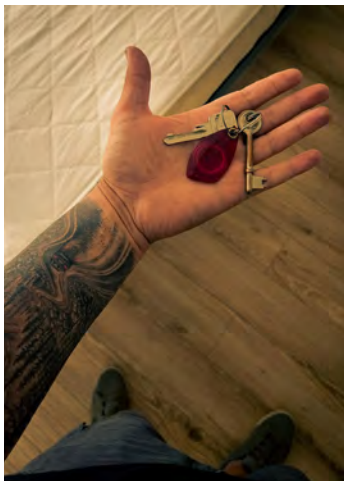
© Sam Singleton



- I didn't stage anything to make the situation appear worse. I also didn't want to pretend I'd accidentally found a romantic creative retreat. The campsite had trees, quiet mornings and occasional moments of freedom, but it also had awful phone signal and very limited hot water.

One dramatic image didn't properly define my experience. Hidden homelessness is repetitive. Sleeping, washing, charging, carrying, waiting. The same objects return because the same problems return. A bottle of water isn't only a bottle of water when it has to cover drinking, brushing your teeth and washing before work. All of that needs to be seen to understand the daily routine.

Someone who'd lived through something similar might recognise those practical details without being told what to feel. Someone who hadn't might see how easily homelessness can remain invisible.



After 23 days, a fixed address.
© Sam Singleton

After 23 nights, I paid the deposit and rent on a room. I had somewhere safe to sleep again, but that didn't make everything feel normal straight away. On my first walk from the flat, I kept checking my pockets because I wasn't carrying everything I might need to get through the day. Going back to a room felt odd in a good way.

The project didn't end there. At first I'd been taking pictures to record where I was sleeping and how I was getting through each day. Once I had somewhere safe to sleep, I started documenting what the experience had changed: how strange it felt not to carry everything, how ordinary objects had another use, and how a temporary situation could start to feel normal.

Those details are getting quieter now, but I still notice them.

Try to be yourself

Thoughts on losing yourself, finding yourself, self expression and homelessness. By *Mat Amp*

"You take away from the world when you're not yourself. Whatever is unique and special about you was designed... And when you try to be someone else, we don't get you." – Queen Latifah

The experience of being homeless seemed to take away my ability to express myself. It's not like that for everyone, I know, but it was most definitely like that for me.

First, the stuff I had disappeared, then my means to generate cash to get new stuff, then my mate's sofa went, followed by my highly developed sense of self and agency. Finally, if I didn't totally forget how to laugh, I surely forgot how to tell a joke. I could take one and even be the butt of one if I had to, but my outlook and the way I expressed myself stopped really being me.

I've consistently written about my journey through homelessness in this column and I've talked about many of these issues before, but no matter how much I look back on my journey through recovery and the inevitable ups and downs of life, there is always something else that I notice.

With the experience of homelessness, my existence became so focused on survival that it seemed to fold me into this little group of

petty criminals in north London. I was from Brixton at the time but I knew too many people in the area and I was ashamed of my situation, so didn't want to keep having to explain what was going on in my life. At that point I hadn't made sense of it myself, and a single drop of pity could be devastating.

You know, that look people give you when they realise you're not doing too well. So I debunked to Finsbury Park, a place I knew the type of people who wouldn't react with pity to my lack of agency, because drug use, theft and dysfunction was their way of life. And they didn't really know me that well, so nobody really knew what I'd lost.

I used to be the type of guy who would go to gay pride in a pink tutu and other places where tutus are less often worn by men. I liked that about myself. I have never thought less of someone because of their sexuality and I kind of saw dressing up like that as fun, but also a way of showing support for people who often face discrimination for the first time at home, from the people that are meant to be their shelter from hate. And often, the people handing out this type of judgement, the type of judgement that can ▶

► cripple someone emotionally for life, aren't bad people. Often, they've just been badly educated, traumatised or misinformed about the nature of God and man. Ladies and Gentlemen, I can finally reveal that God is not a massively spiteful, vengeful prick who burns people for eternity in the fires of fiery hell just for going with another guy.

How do I know this? Because when you've truly been yourself, free from the jostling and noise, you realise that these are awful stories designed to keep people behaving themselves. Wanting people to obey without questioning isn't just cruel, it ain't fair and it doesn't work in any practical sense of the word.

And don't get me wrong, I like to think of myself as a spiritual person, but blind obedience to any set of rules just because, leads good people to engage in diabolical behaviour. Don't believe me, just ask history. It knows. It's a mindset that lies in direct opposition to the idea of being and expressing your true self.

The experience of homelessness seemed to erase my ability to be myself because I was too busy surviving. I was kipping on a mate's floor for a while, the rent – a 10 bag every two or three days, depending on what you could afford.

Money became drug tokens and between six of us we got six giros every two weeks. We had a load

of little scams going on, including these three flash Turkish guys at the bookies who used to pay us ten or twenty quid on top of the cash to buy something. That way we could steal it or not and still get the money to score. They used to sit there with bundles of cash throwing it at the horses all day and that's how they expressed themselves.

But no matter how much money we got, we ate toast and I got a case of severe anemia which I wrote about in the column years ago under the heading 'Irony Deficiency'. The irony was that we were robbing bags of meat everyday from a supermarket to sell at the opposite pub. If you have time, look it up on our website, it's worth the read, I promise you.

There was a guy in Upper Street who would take any meat products for 70p on the pound but it would mean walking for a mile or two from Holloway Road with a bag of stolen goods. I wasn't known to local police but the guys I was with were. So that was me, walking 10 yards ahead with a huge bag of premium chops trying not to look dodgy, in unwashed, badly fitting clothes, coming off heroin – which, if you don't know, makes you jumpy as a pigeon on fireworks night.

It was a world away from the character I had developed in my past life. I had a lot of agency and control



Metro Twickenham Square by Minghui Yu. © Antropia

over what was happening around me in those days but in many ways the experience of homelessness and the process of recovery gave me the opportunity to become a better version of myself, without the insecurities and self doubt that, I realise now, were always there, like a kind of splinter in the brain.

But you don't have to dress up and party to express yourself. We all have different, original selves. I try to remember that self expression is never primarily performative. It doesn't matter if you're dressing up and partying or quietly creating a painting, genuine self expression has

to come from yourself.

Self expression is a super power and we are the only people that can express our own self. Remember the words of Queen Latifah: "When you try and be someone else, we don't get you."

Get help

Mat's story mentions substance use. If you are currently going through addiction, support is available. See the List in the centre pages of the magazine for a directory of local services. ■

Voice of the people

We need to learn how to hear, listen to and empower the voices of people experiencing homelessness. By *Emdad Rahman*

Homelessness is often described through statistics, sleeping bags, hostels and rough sleeping figures.

But behind every number is a person with a story, feelings, fears, hopes and, importantly, a voice.

Sometimes that voice becomes quiet through years of rejection, trauma, poverty, violence and simply being ignored.

That is why expression matters through talking, listening, sharing experiences, asking for help, making choices, laughing, becoming angry, drawing, writing, joining activities or simply having a conversation with somebody who genuinely cares.

For someone experiencing homelessness, being able to express themselves without judgement can be an important step towards rebuilding confidence, independence and wellbeing.

The latest figures underline how serious matters are, with an estimated 8,748 people experiencing rough sleeping during June 2026 in England, according to Inside Housing.

London continues to have the highest levels of rough sleeping.

These figures represent people we walk past, people we meet, people



Metamorphosis digital collage by
Matt R. © Antropia

who may be frightened, unwell, isolated or struggling to trust others.

I have seen this through my own contact with Claire (not her real name), someone I have met through community outreach and gradually built a rapport with.

Claire has experienced many years of life on the streets, which has involved alcohol and substance abuse, violence, trauma and sexual assaults.

Understandably, she has been shy, distrustful and, at times, angry. When somebody has experienced so much hardship, expecting immediate trust is unrealistic.

Regular contact has helped break down some of those barriers.

A conversation does not magically

solve homelessness. Neither does a food parcel. But consistent human contact can create the conditions in which somebody feels safe enough to speak.

Once a person can express what they need, what they fear and what they want, support can become more appropriate and more personal.

This is where community projects, volunteers and established organisations all have a role.

House of Giving is one example. Its volunteers run a community foodbank, providing practical support while also engaging with people experiencing hardship, including homeless friends. Food sharing is important, but so is the conversation around it. A meal can fill an empty stomach and a respectful conversation can remind somebody that they still matter.

There is a balance, however. Volunteers must never assume they know what somebody needs. Well-intentioned help can sometimes become disempowering if people are simply told what is best for them.

Good outreach listens first. It respects boundaries, protects dignity and encourages independence rather than creating dependency.

That is why home deliveries and street outreach can be so valuable. Meeting somebody where they are, whether on a pavement, at a community setting or through a share, creates opportunities for

relationships to develop naturally.

A familiar face can become less threatening. A simple “how are you?” can eventually become a meaningful conversation.

Expression also helps volunteers understand the individual rather than seeing only the homelessness.

One person may need food, another may need clothing. Someone else may need help accessing accommodation, healthcare, benefits or specialist services. Another may simply need somebody to listen that day.

The answer cannot be one-size-fits-all.

Community action is at its strongest when compassion is combined with listening, partnership and patience. Volunteers cannot solve homelessness alone, just as charities, councils and professional services cannot do everything alone. Joined-up working creates stronger pathways from crisis towards stability.

Sometimes the first step is not a form, a referral or a service. Sometimes it is simply being heard.

Poem

When voices rise, hope can grow
When kindness comes, new paths show
A listening ear can help hearts mend
A caring word can be a friend. ■

Memories

Stories and poetry drawing on trauma, substance use and memory. Sensitive topics are touched on in this writing

The Monster is Real

By Gary Ritchie

"I'll be back before night," he said, his eyes bloodshot, "you're seven, not a baby!"

He drained the dregs from his can of lager, hand shaking, his Adam's apple bobbing like a yo-yo.

I held the tears back. He didn't care about the monsters that hid everywhere. Even in the bare food cupboards.

Mum used to scare them away, before she left. It's all my fault.

The daytime ones weren't that bad. The night-time monsters that lurked under my bed were scary. They woke me every night banging against the walls to listen to mum and dad scream at each other. I know they were fighting because of me.

"You better not be crying!" he bellowed.

I pulled my knees under my chin without realising, squeezed my eyes shut. A single tear slipped out. I hoped he never saw it. Every muscle tensed in anticipation. Waiting for the stinging slap on the face. But it

never came this time.

He cursed under his breath, from the other side of the room. I risked opening an eye.

The small black and white screen flicked on, his stubble, black, illuminated against the cricket game.

"There, watch that. I'll be back when I'm back."

He walked towards me. I closed my eyes again, tensed up. But no pain. Instead, something more terrifying – the front door slammed. Alone, silent. Just the daytime monsters for company.

Darkness fell; I stayed still all day, like dad when he's home. My stomach growled. I hoped the night-time ones wouldn't hear it.

A man on the TV, wearing a minister's collar, lips moving as if talking to me. I knew this was the last programme before the channel stopped broadcasting. I still couldn't risk turning the sound up. They'd know, they'd see me. I knew when I woke, dad would be sleeping somewhere in the flat.



Peaceful Space by Anonymous.
© Antropia

The Fix

By Gary Ritchie

He lay among the rubbish in a
shop doorway, Sauchiehall Street,
Glasgow.

“My classmates spent their money
on sweets on their way home. Me, I
collected dad’s fix”

Jack, told me.

“Nowadays the fix turns down the
noise in my head, making the years
of abuse a distant memory.”

“Is it any wonder I’m lying here?”

Crackdown

By Terry Miles

Last night I saw you on TV,
caged in your own body, framed,
when not, the body, independent,
danced away, medicated,
living life, a lost shadow,
criming hard to keep the habit,
withdrawal, caught the alarm,
your fleeing body, frozen,
still, rigid, over the fence,
ready to be picked up,
what a fix, a miscalculation,
a halfway trip.

Full Circle

Details on an exhibition taking place in October that brings together art, fashion and sound from the margins. Words by *Alesh Compton*

Full Circle takes over the House of Annetta this October for a collision of DIY fashion, visual art, photography, moving image, music and performance. The exhibition features works created by community members of The People's Recovery Project, a charity that tackles homelessness and addiction.

Developed through a series of open, collaborative sessions, the exhibition brings together work by a group of artists whose practices resist categories. Handmade garments sit alongside painting, collage and photography, while film, live music, poetry and spoken word extend the exhibition beyond the gallery walls.

At its heart, *Full Circle* is about creative ownership: artists building their own visual languages, experimenting without rules and deciding for themselves how their work should be made, presented and experienced.

The project culminates in a one-off fashion show on Thursday 8 October. Original garments and reconstructed looks will move through the House of Annetta, accompanied by live sound and spoken word performances from the wider creative community. Part exhibition, part happening and part celebration, the event brings the energy of the workshop, studio and street into one shared space.

Hosted in a historic building just off Brick Lane, House of Annetta, *Full Circle* belongs to a long tradition of culture made collectively and outside conventional art-world structures. It is rough-edged, personal and alive: work shaped by the people who made it, rather than by a curatorial demand for polish or explanation. ■

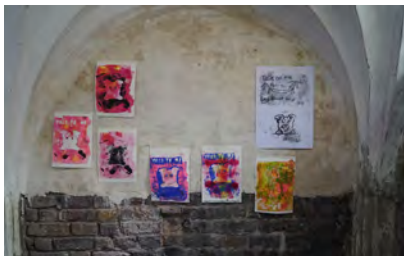
Visit *Full Circle*

Location: House of Annetta,
25 Princelet Street, London E1 6QH

Exhibition dates: 7–13 October 2026

Entry details: alesh@thepeoplesrecoveryproject.org

Instagram: [@thepeoplesrecoveryproject](https://www.instagram.com/thepeoplesrecoveryproject)



Works from *Full Circle*. © Becky

Time eunuchs part II

The second installment of *the Pavement's* super sleuth O'Haggis's adventure with the Time Eunuchs. Ludicrous piffle by **Chris Sampson**

The story so far: O'Haggis has time-travelled to 2107 for a secret mission, which you're not allowed to know. However, after a bit of downtime in a Puddle museum, he was waylaid by Beak, Wyatt, Yew, Noyes, Eek-Hunt and Begone, a firm of solicitors who served him a writ, due to his 21st century's anti-social behaviour spilling into their 22nd century.

Then he was banished to the 4th century BC, to Doggerland, the land bridge which once connected Britain to Europe.

Now read on...

While in Doggerland, I was surprised to learn that, by a suspiciously convenient coincidence, their lost ancient language was pretty much the same as 21st century English, except for uj- manki- wolloph-a-bwunqi, a greeting seemingly inspired by too much sausage juice.

Their chieftain even called himself Andy Burnham. He was my guide around Doggerland. I didn't have the heart to tell him that his land was soon to be lost, due to rising sea levels.

Thank goodness such a thing could never happen in the 21st century, eh?



Richard Fletcher, pen on paper.

© Antropia

So, who were the Time Eunuchs? Andy clarified for me. Well, it turns out that, far into the future, a Time Travel Committee decreed that all Time Travellers should be eunuchs before they set off for other eras. Why? To prevent them shagging people in the past or future, and thereby risking babies being born to parents of two separate



Love me like you lost me by John Joseph Sheehy MacSheehy. © Antropia

► timeframes.

My eyes widened and I gulped. Little did Andy know, but my own parents were from different eras: my mother was Mary Queen of Scots, while my father had been Malcolm X, who had travelled back to Mary's era via... actually, I had no idea how Dad had time travelled to the 16th century to meet Mum in the first place. No one had ever bothered to tell me, and – somewhat implausibly – I hadn't ever thought about it until now.

The Time Eunuchs would surely seek to prevent my birth if they knew the truth, so I was keen to keep my origin story obscure. But if everyone

in 2107 knew who I was, how could I hope to outfox said Eunuchs?

I would have to adopt a false identity, of course. And thus I posed as Tossputula, a neo-Roman centurion, who was on holiday from the re-opened Coliseum in Rome, taking a fortnight's breather in, erm, Croydon. Rome, btw, had reconquered Europe in the late 21st century and re-introduced its ancient uncivilised customs, such as fighting lions and crucifying enemies of the state. All at 2107 prices, of course. Christians paid extra at Easter, to see an actor portraying Jesus lugging a heavy wooden cross through Jerusalem, before being nailed to it.



Tian, pen on paper. © Antropia

Croydon, in contrast, was at last gentrified by the early 22nd century. It now housed multiple Gail's bakeries and the Eunuchs' HQ.

There I was able to impersonate Tossopotula. Thus, one night so quiet that you could hear balls drop – I mean, hear a pin drop – I snuck into Eunuchs' HQ. It took a while to locate their scrolls, where I erased all trace of my origins. Thus, I was surely safe from the Time Eunuchs' wrath and would never have to visit Croydon again! A happy ending if ever there was one.

But hold on. Wasn't I marooned in Doggerland in the 4th century BC at the end of part one?

So how come I was able to zip back to 2107? It just doesn't make sense.

And, like all of my misadventures, it probably never will.

So, what was the secret mission? Well, filthy communist lefties planned to restore Doggerland, raising it from the depths of the North Sea, in order to a) make it easier for asylum seekers to enter Britain and b) piss off all the right-wing James Blunts [rhyming slang] who hate foreigners, migrants, LGBTIQ+ people and anyone who wears odd socks on purpose.

Up yours, Adolf! Stick it up your Farage!

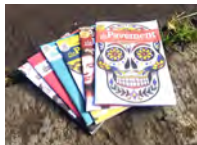


My notepad...

Make sure you read...

the **Pavement**

online at
www.thepavement.org.uk



London List

KEY TO ALL SERVICES

- A** Alcohol workers
- AD** Advocacy
- AH** Accommodation/housing
- B** Barber
- BS** Bathroom/showers
- C** Counselling
- CA** Careers advice
- CR** Creative activities
- D** Drugs workers
- DT** Dentist
- ET** Education and training
- FA** Financial advice
- FC** Free clothing
- FF** Free food
- IT** Internet access
- L** Laundry
- LA** Legal advice
- LF** Leisure facilities
- MH** Mental health
- MS** Medical/health services
- NE** Needle exchange
- OW** Outreach workers
- S** Signpost to other services
- SF** Step-free access
- SH** Sexual health advice
- TS** Tenancy support

Updates: web@thepavement.org.uk
Compiled: October 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

DAY CENTRES

ACE OF CLUBS

St Alphonsus Rd, London, SW4 7AS
020 7720 2811

www.aceofclubs.org.uk

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

Mon – Thur: 12noon – 2:30pm
(Caseworkers: first come first served)

Mon, Wed, Fri: 9:20 – 11:40am
(Showers: appointment only)

Mon – Fri: 12noon – 2:30pm (IT suite)

Mon & Thurs: 11:30am – 2:30pm
(NHS Nurse: first come first served)

Weds: 11am – 2:30pm

(NHS Dentist: appointment only)

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

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

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

BARONS COURT PROJECT

69 Talgarth Road, London, W14 9DD

020 7603 5232

services@baronscourtproject.org

Mon – Fri : 9am – 4pm

Day centre open to those who are homeless and/or suffering from mental health issues, provided they're currently staying within the borough of Hammersmith and Fulham. Offers showers, meals, clothing, toiletries, laundry, one-to-one support (benefits, housing, other general support), employment support and activities groups for art, tennis, football, wellness, men, women, etc.

BC, CR, FA, FF, L, LF, MH, TS

C4WS LUNCH CLUB

Holborn House Community Centre, 35

Emerald Street, London, WC1N 3QW

c4wshomelessproject.org

Wednesdays, 10:45am – 1:00pm

Services include soup, hot drinks & snacks, barber, hot showers, drop-in medical and casework support.

B, BS, FF, MS, SF

CONNECTION AT ST MARTIN'S

12 Adelaide Street, London, WC2N 4HW

020 7766 5544, services@cstm.org.uk

www.connection-at-stmartins.org.uk

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

Wed: 9am – 12:15pm (women only)

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

BS

GREENWICH HOMELESS PROJECT

360 Middle Park Ave, Eltham, SE9 5QH

0203 355 6880

greenwichhomelessproject.org.uk

Mon, Thu & Fri: 9am – 1pm

Wed: 9am – 3pm

Day centre open year-round excluding Tuesdays and public holidays. Offers guests hot breakfast, lunch, access to showers, laundry, casework, health support & wellbeing activities.

BS, FF, MS

THE MANNA

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

020 7226 5369; themanna.org.uk

Tue: 2 – 7pm; Thu & Fri: 10am – 4pm

Wed: (Activity day: call or check website)

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

BS, FF, L

THE MANNA CENTRE

12 Melior Street, London, SE1 3QP

020 7403 1931 – option 1

www.mannasociety.org.uk

Mon – Sun: 8:30am – 1:30pm (showers)

Mon – Fri: 10:30am – 11:30am &

12noon – 1pm (Access to the internet)

Mon – Thu: 9:30am – 1:30pm (Housing & Welfare Advice)

Mon & Wed: 10am – 10:45am (Clothing Store – by ticket only)

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

DT Drugs workers

DI Dentist

ET Education/training

FA Financial advice

FF Free food

IT Internet access

L Laundry

Mon & Thurs: 9am – 12noon (Nurse)
 Tues: 10am – 11:30am (Mental Health)
 Wed: 9:30am – 12pm (Welfare Advice for Migrants & Asylum Seekers)
 A day centre for homeless people near London Bridge. Appointments for accommodation must be booked on a Friday morning at 10am. Breakfast, lunch & showers available all week.

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

THE MARGINS PROJECT

At the back of Union Chapel, on Compton Avenue, N1 2UN
unionchapel.org.uk/projects/margins
sallie@unionchapel.org.uk

Mon – Wed: 11am – 1pm (drop-in)
 The Margins Project works with and for those facing homelessness, aiming to improve the lives of those in hardship, breaking cycles of unemployment, and by empowering them to take agency over their situation and tackle the social injustice they face.

Services include: Hot meals; Tea and coffee; Limited access to shower facilities, with priority to rough sleepers; Limited access to laundry.

Advice and Engagement Services:
 During drop-in days, face-to-face advice is available for urgent matters on a first-come, first-served basis or by pre-booked appointments.

Advice and engagement service is also available by telephone and/or by email.

BS, FF, L

NEW HORIZON YOUTH CENTRE

68 Chalton Street, Camden, NW1 1JR
020 7388 5560

Mon: 10:30am – 4pm

Tue: 10:30am – 4pm (appointment only)

Wed: 10:30am – 1:30pm

Wed: 2pm – 4pm (Women and Non-Binary Only Space)

Thu: 10:30am – 4pm

Fri: 10:30am – 4pm

Fri: 4pm – 6pm (Men and Non-Binary Only Space)

Day centre for young people aged 18–24 needing help with homelessness.

Please bring your ID to your first visit, you will need to register at reception.

Daily day centre services, activities and stay for a hot lunch. New Horizon can help with: Housing advice and advocacy; Support with accessing

benefits and Universal Credit; Education, employment and training support; Counselling and mental health support; Physical and sexual health advice; Breakfast and hot lunches;

Showers; Wifi; Laundry; Clothes and health essentials; Youth work and life skills programme including art, music, sports and drama.

AD, AH, BS, C, ET, FA, FF, IT, L, MH, MS, SH, TS

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**

THE PASSAGE

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

REFETTORIO FELIX ST CUTHBERT'S

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

REFUGE NETWORK INTERNATIONAL

St Vincent House, 30 Orange Street,
Leicester Square, WC2H 7HH
+44 7460 733381
info@refugenetworkinternational.com
Sat: 1 – 3pm (soup kitchen at Charing
Cross, on corner of Agar Street)
Essential services at Leicester Square
office include: Device bank (mobile
phones and digital support); Clothing
and hygiene bank (toiletries, clothing
and essential personal care items);
Food bank. Please note that visits to the
Leicester Square office are **strictly by
appointment only**, as it is not a walk-in
and there are no fixed dates. Service
users or caseworkers can book an
appointment by phone or email.
BS, FF, IT

RESTART LIVES

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

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

SPIRES

Elmfield Hs, 5 Stockwell Mews, SW9 9GX
 020 8696 0943; www.spires.org.uk
info@spires.org.uk

Housing & homelessness drop-in sessions at:

– St Nicholas Church, Tooting. Church Lane, SW17 9PP on:

Mon: 9 – 11:30am

– St Luke's Church, 13 Norwood High St, SE27 0DT on:

Tue: 9 – 11:30am; Thu: 9 – 11:30am;

Fri: 9 – 11:30am

Refugee support service:

Tue: 1 – 3pm (West Croydon Baptist Church, Whitehorse Road, CR0 2JH)

Spires' homeless drop-in service runs four days a week and is open to anyone who is homeless or at risk of homelessness. Warm food & drinks will be provided while our key workers will be on hand to offer advice + support and assess individual's needs and housing requirements.

AD, C, FF

WHITECHAPEL MISSION

212 Whitechapel Road, London, E1 1BJ
 0300 011 1400

whitechapel.org.uk/help/timetable

Mon – Fri: 6 – 11am (Drop-in)

Mon – Fri: 8 – 10am (free breakfast)

Mon – Fri: 6 – 10am (women's showers); 7 – 10am (men's showers & clothing); 8am – 3pm (Advice Centre & Computing)

Day centre with various services.

AH, FA, FF

NEED TO TALK**ALONE IN LONDON (DEPAUL)**

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

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

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

C, CA, ET, MH, TS

FRANK

0300 123 6600

82111 (text line)

Free phone lines open 24/7

Live online chat available daily 2 – 6pm

Honest drug advice for young people.

Find local drug treatment centres.

D, S

SAMARITANS

116 123 (open 24/7)

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

C

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**

FOOD

CLCC FARM STREET CHURCH

114 Mount Street, Mayfair W1K 3AH

07864 642 543; contact@clcc.uk

Wed & Sat: 11:30am – 2pm

This service aims to create a safe environment that is clean, welcoming, social and a space where guests can be. There is no ticket system. Guests are welcomed for hot/cold drinks, fruit and biscuits. A hot meal is then served between 12noon and 2pm. Activities which guests enjoy on site include chess and taking part in creative writing.

There is also a priest who hosts the Lectio Divina Bible study for the group.

FF

CONTACT CLUB

Heath Street Baptist Church, 84 Heath Street, NW3 1DN

heathstreet.org/activities/the-contact-club

minister@heathstreet.org

Sundays: 7 – 9pm

The Contact Club takes place in the downstairs hall at Heath Street Baptist Church. Everyone welcome (especially lonely, vulnerable or homeless people) to enjoy a cup of tea, food and a good chat. No cost and no referral required.

FF

THE LUNCH CLUB

07919 894 642; thelunchclub.org.uk

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

Tue & Fri: 12noon – 2pm (Woodlawns Ctr, 16 Leigham Court Rd, SW16 2PJ)

Guests at the Lunch Club in Streatham can expect cooked lunches and a community pantry in a warm, friendly space. You can either take away or eat in and socialise with others.

FF

MI & MORE

177 Torridon Road, Catford, SE6 1RG

020 4619 1021

Mon: 12noon – 3pm

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

FF

ORDER OF MALTA SOUP KITCHEN

St James's Spanish Place Church, 22

George St, London, W1U 3QY

www.orderofmalta.org.uk/companions/whatwedo/london

Mon – Thu : 6:30 – 8:15pm

Free food, care and conversation (closed on public holidays).

FF

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

OUR FORGOTTEN NEIGHBOURS

07496 530 878

www.ourforgottenneighbours.co.uk

info@ourforgottenneighbours.net

Thu: 5pm @ Toynbee Hall, Commercial Street, E1

Fri: 2 – 4pm @ Lidl entrance at Seven Sisters Road, Finsbury Park, N4

Soup kitchen – COME EARLY to avoid disappointment.

FF

THE SOUP KITCHEN @ AIC

79a Tottenham Ct Rd, London W1T 4TD

amchurch.co.uk/serve/the-soup-kitchen

Mon – Sat: 10am – 12noon

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

Mon: 10am – 12noon (solicitor)

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

Providing 120+ meals a day, six days a week at the American International Church. A consultation room allows for regular visits by mental health professionals, dentists, doctors and more.

D,DT,FF,MS

STREETS KITCHEN

streetskitchen.org/locations/london

Daily food in various London locations.

Monday:

Tooting

6:45 – 7:15pm outside Tooting Market.

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

Tuesday:

Camden

7 – 9am mobile outreach across

Camden, Kings Cross, Euston

Clapham Common

7:30pm on the grass next to Joe's Pizza/

opposite Waitrose. 8-1, The Pavement,

London, SW4 0HY

Wednesday:

Stockwell

7:30 – 8:30pm located on the pavement

adjacent to Sainsbury's – opposite the tube entrance. SW4 6TA

Camden

7:30pm near Camden Town tube

station, NW1 8QL

Thursday:

Hackney

7:30pm outside Hackney Central

Library, 25-27 Hackney Grove, London.

E8 3NR

Friday:

Camden

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

Kilburn

7:30pm near Kilburn High Road tube

station, NW6 6JE

Archway

7:30pm outside Archway tube station

Hackney & Dalston

8pm Ridley Road Market, opposite

Dalston Kingsland train station, E8 2NP

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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Saturday:

Camden

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

Hackney

8pm first Saturday of the month evening outreach. Ridley Road Market, opposite Dalston Kingsland train station, E8 2NP

Sunday:

Haringey

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

Camden

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

Archway

7:30pm outside Archway tube station

FF

TOOTING COMMUNITY KITCHEN

www.tck.org.uk; info@tck.co.uk

Soup kitchen and foodbank at both – Scouts Hall, 19 Church Ln, SW17 9PP:

Wed: 1 – 3pm (soup kitchen)

Fri: 8 – 10am (food bank)

– Outside Islamic Centre, 145 Upper Tooting Road, SW17 7TJ:

Wed & Sat: 6 – 6:30pm (Open Kitchen serving hot food & food donations)

FF

THE WEDNESDAY CLUB

Hinde Street Methodist Church, 19

Thayer Street, W1U 2QJ

hindestreet.org.uk/wednesday-club

Wed: 4 – 7pm; Thu: 3 – 6pm

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

FF

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

HEALTHY MIND & BODY

B3

97 Cobbold Road, London NW10 9SU

0300 303 4611 (option 3)

info@b-3.org.uk

Mon – Fri: 9am – 5pm

A community of people with lived experience of addiction offering peer support, advocacy, training and education, buddying and more.

A,AD,D,ET

BSAFE

97 Cobbold Road NW10 9SU

Sat: 12noon – 5pm; Sun: 1 – 4pm

Peer run weekend drop-in. Open to anyone who uses or used to use alcohol and drugs. Offering food, computer access, art group (Sunday's only), games and a warm friendly atmosphere.

CR,FF,IT,S

CLASH (CENTRAL LONDON ACTION ON SEXUAL HEALTH)

Archway Centre, 681-689 Holloway Road, Archway, N19 5SE;

& Mortimer Market Centre, Capper St, off Tottenham Court Rd, WC1E 6JB

020 3317 2855

cnwl.clashandshoc@nhs.net

www.sexualhealth.cnwl.nhs.uk

Mon: 9am – 12pm (CLASH clinic for sex workers of all genders at Mortimer Ctr)

Thu: 12noon – 3pm (SHOC clinic for sex workers of all genders at Archway)

Fri: 9am – 12noon (CLASH clinic for female identifying genders at Mortimer)

CLASH provides free and confidential sexual health outreach services for sex workers, homeless people, substance users, Black Asian and Minority Ethnic people and men who have sex with men living or working in Camden and Islington. The outreach service includes one-to-one advice, health promotion & sexual health screening.

MS, SH

THE DOCTOR HICKEY SURGERY

3–7 Arneway Street, Westminster,
London, SW1P 2BG

0207 222 8593

drhickey.surgery@nhs.net

Mon – Fri: 8am – 6:30pm

Mon – Fri: 9:30am – 12:30pm & 1:45pm – 4pm (Surgery Access)

Wed: 1:45 – 4pm (appointment only)

Wide range of medical and mental health services for people who are homeless, in hotels and hostels, squats and refuges, as well as shelters.

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

GREENHOUSE

19 Tudor Road, Hackney, E9 7SN

020 8510 4490

www.greenhousegppractice.nhs.uk

Mon – Fri:

8am – 6:30pm (appointment only)

9am – 4:30pm (housing advice)

Medical care for men & women who are sleeping rough. Provides consultation rooms for partner organisations to provide housing and legal advice, social justice, education and debt counselling.

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

GROUNDSWELL

www.groundswell.org.uk

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

ET, MS, S

THE PEOPLE'S RECOVERY PROJECT

Pelican House, 144 Cambridge Heath Road, Bethnal Green, E1 5QJ

www.thepeoplesrecoveryproject.org

Every last Thur of the month: 2 – 5pm

A monthly drop-in for people who have experience of homelessness and addiction and want to consider recovery.

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

MS

RESET TREATMENT SERVICE (RTS)

71A Johnson Street, London, E1 0AQ

020 388 99510

Mon, Tue, Thu, Fri: 10am – 4pm

Wed: 12:30 – 4pm

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

A, D, MS

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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RESET RECOVERY SUPPORT SERVICE (RRSS)

41 Spelman St, London, E1 5LQ

020 388 99510

Mon & Thu: 10am – 4pm

Tue: 10am – 7:30pm; Wed: 12 – 7pm

Fri: 10am – 8pm; Sat, Sun: 11am – 4pm

Group therapy service for people affected by substance misuse.

A, D, MS

SWERVE

CVS, The Adiaha Antigha Centre,

24 – 30 Dalston Lane, E8 3AZ

Mon – Fri: 12noon – 4pm

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

A, D, MS

LGBTIQA+

AKT

020 7831 6562

contact@akt.org.uk

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

AH, MH, MS, SH

GALOP

www.galop.org.uk

0800 999 5428 is the National Helpline for LGBT+ Victims and Survivors of Abuse and Violence. Helpline is open Mon – Thu: 10am – 8pm

Fri: 10am – 4pm

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

AD, C, LA, MS, S, TS

OUTSIDE PROJECT & STAR REFUGE

0207359 5767 (Stonewall helpline)

Open Mon – Fri: 10am – 1pm

lgbtiqoutside.org

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

The Outside Project runs the LGBTIQA+ Centre, an inclusive and supportive space operating seven days a week. See LGBTIQA+ centre timetable here:

lgbtiqoutside.org/centre

AH

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

DT Drugs workers

D Dentist

ET Education/training

FA Financial advice

FF Free food

IT Internet access

L Laundry

QUEER HOMELESSNESS RECOVERY GROUP

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

lgbtiqoutside.org/centre

Wed: 1:30 – 4pm

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

[AH, FA](#)

SWITCHBOARD LGBT+

0800 0119 100; switchboard.lgbt

hello@switchboard.lgbt

Mon – Sun: 10am – 10pm (helpline)

Online chat available from 6pm daily

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

[AD, LA, MH](#)

PETS

HOPE PROJECT

020 7833 7611

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

Mon – Fri: 9:30am – 4pm

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

STREETVET

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

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

STREETVET @ THE SOLIDARITY HUB

48 Seven Sisters Road, N7 6AA

www.streetvet.co.uk

Every second Saturday: 11am – 1pm

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

WOMEN

CLEAN BREAK

2 Patshull Road, NW5 2LB

020 7482 8600, cleanbreak.org.uk

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

[A, C, CR, D, ET, MH, MS](#)

REFUGE

0808 2000 247

www.nationaldahelpline.org.uk

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

[C, S](#)

[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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SOLACE

0808 802 5565

solacewomensaid.org/solace-accommodation

Mon – Fri: 10am – 4pm; Tue: 6 – 8pm
Solace provides safe refuge and move-on accommodation to hundreds of women and children made homeless through domestic or sexual abuse. Support is provided to ensure women and children are safe and their core needs are met in relation to finances and welfare benefits, housing, legal matters, immigration issues, health, education, training and employment.

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

WOMEN @ THE WELL

54-55 Birkenhead St, WC1H 8BB

020 7520 1710; www.watw.org.uk
info@watw.org.uk

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

AD, BS, C, FF, L, SH

OTHER

THE BIG ISSUE

020 7526 3445

www.bigissue.com/become-a-vendor

As a Big Issue vendor, you can buy the magazine for £2 and sell it for £5, earning £2 per magazine sold. Working as a vendor is fully flexible, vendors can sell on their pitches any time of day, working their own hours, as their own boss to earn as much as they can. New vendors receive 30 free magazines allocated over a six-week period. You will have access to 1:1 support and the opportunity to join programmes, training and work placements.

CA, ET

CHRISTIANS AGAINST POVERTY

59a Portobello Rd, Notting Hill, W11 2PN

capuk.org; 0800 328 0006

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

FA

KEY

A Alcohol workers

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CL Clothing storage

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D Drugs workers

DT Dentist

ET Education/training

FA Financial advice

FF Free food

IT Internet access

L Laundry

CRISIS SKYLIGHT BRENT

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

0208 965 2561; brent@crisis.org.uk

Mon – Fri: 10am – 1pm (drop-in service);
10am – 4pm (phone line open)

The skylight service works with single adults experiencing rough sleeping in Brent and the adjoining boroughs to help them rebuild their lives and leave homelessness behind for good.

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

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

[BS](#), [CA](#), [FF](#), [MS](#), [S](#), [TS](#)

HOTEL SCHOOL

www.hotelschool.org.uk/contact

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

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

[CA](#), [ET](#)

LEGAL AID AGENCY

0345 345 4345 (Civil Legal Advice)

0345 609 6677 (Minicom)

www.gov.uk/check-legal-aid

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

[FA](#), [LA](#)

MARGINS PROJECT SEP

At the back of Union Chapel, on
Compton Avenue, N1 2UN

marginsadmin@unionchapel.org.uk

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

marginsadmin@unionchapel.org.uk

[CA](#), [ET](#)

[LA](#) Legal advice
[LF](#) Leisure facilities
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MUSEUM OF HOMELESSNESS

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

F, LF

SHOWER BOX

showerbox.org
 Friday: 11am – 2pm (Behind the Barking Learning Centre Access via Axe Road, Barking, IG11 7FS, next to Axe Street Service Road Car Park)
 Saturday: 9am – 2pm (St Giles-in-the-Fields Church, 60 St Giles High St, London, WC2H 8LG)
 Free shower, food and other supplies.

BS, FF

SK LEGAL

legalteam@streetskitchen.org
 Providing support in collaboration with solicitors and other organisations to ensure that people can receive adequate legal representation. If you have been given a Public Spaces Protection Order, a Community Protection Notice, or a Dispersal Order, hold on to the paperwork and email legalteam@streetskitchen.org

LA

STREET STORAGE

close to Kings Cross
07932 830 440; streetstorage.org
info@streetstorage.org
 Mon, Tue & Fri: 10am – 4pm
 Wed & Thu: 1 – 4pm
 Thu: 10am – 12:30pm (women only)
 Free storage for your belongings.

CL

EX-OFFENDERS

FORWARD TRUST

020 3981 5525; forwardtrust.org.uk
 Empowers people to break the cycle of crime and addiction, tailored to individuals' needs. Harm reduction, care and assessment, motivation, inspiration and support to transform your life.

A, C, D

WORKING CHANCE

www.workingchance.org
 Mon – Fri: 9am – 6pm
 Supports women with criminal convictions and those leaving the care system into sustainable, quality employment. Help with CV writing, interviews and disclosing convictions.

AD, C, ET, FA, TS

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

EX-FORCES

COMBAT STRESS

combatstress.org.uk

0800 138 1619 (24/7 helpline)

01372 587 000 (urgent enquiries)

Mon – Sun: Open 24 hours

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

AD, C, MH, S

SSAFA FORCESLINE

0800 260 6767; www.ssafa.org.uk

Monday – Friday: 9am – 5pm

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

AH, EF, TS

REFUGEE SUPPORT

NOTRE DAME REFUGEE CENTRE

16 Leicester Square, London, WC2H 7BZ

0207 440 2669; notredamerc.org.uk

Mon & Thu: 10am – 2pm (drop-in)

Wed & Fri: 10:30am – 1:30pm

(Immigration Advice Line)

Immigration and housing advice for refugees & asylum seekers.

FA, LA, TS

PRAXIS

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

www.praxis.org.uk; **020 7729 7985**

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

Immigration advice available on Wed: 2 – 5pm & Thu: 10am – 1pm by calling **020 7749 7605**.

Praxis provides expert support to migrants and refugees in the UK. Its mission is to deliver direct services, i.e. legal advice and holistic welfare support; work together with other services in the UK to support service users; campaign for systemic change. You can visit the drop-in clinic at the above address for free immigration advice. To visit you must be experiencing homelessness or on a very low income living in Tower Hamlets or Hackney (or you have no fixed address). Drop-in clinics run on the second Wednesday of the month.

FA, LA

REFUGEE ACTION

www.refugee-action.org.uk

0207 952 1599 or **0759 518 9995**

info@refugee-action.org.uk

Refugee Action provides information and advice on the asylum process, claiming asylum, getting support while claiming asylum and homelessness support. Its Asylum Crisis service supports asylum seekers in London needing accommodation or support.

FA, LA, TS

LA Legal advice
LF Leisure facilities
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MS Medical services

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HOBBIES

240 PROJECT

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

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

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

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

Thu: 11am – 3:30pm (Art, writing)

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

CR

ANTROPIA PORTAL PROJECTS

The Swiss Church, 79 Endell Street,
London, WC2H 9DY

antropiacic@gmail.com

Tue : 9 – 11am

Antropia is a Community Interest
Company dedicated to the
advancement of art, culture and
wellbeing through site-responsive,
participatory practice. Its Portal Project
is a space for people experiencing
homelessness to practice and study art.

CR

BE THE CHANGE THEATRE

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

info@islingtonpeoplestheatre.co.uk
07984 626 024

Thu: 6:30 – 8:30pm

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

CR

STREETWISE OPERA

Southbank Centre, Belvedere Road,
London, SE1 8XX

streetwiseopera.org; 020 3987 7535

Wednesdays: 4 – 6pm

If you are homeless, vulnerably housed
or affected by homelessness, Streetwise
invites you to discover, or re-connect
with, the joy of singing.

CR

THE CHOIR WITH NO NAME

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

0746 492 8122; choirwithnoname.org

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

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

CR