

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
LIFE | THOMAS JONES

POETRY AND MUSIC LIVE UP!
SUNING SOFAS | DAVID LOVERE ALICE
BARTON | SAM SHARPLES | JESSICA DICK

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

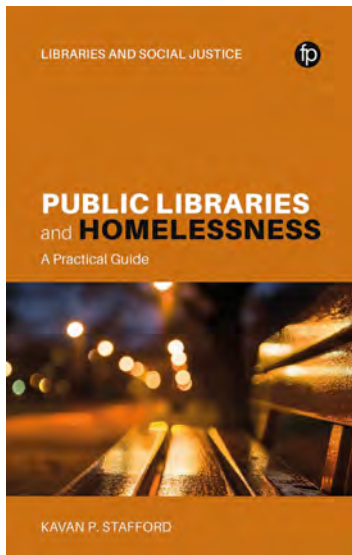
An interview with the author of a new book on the relationship between people experiencing homelessness and libraries.

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 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.

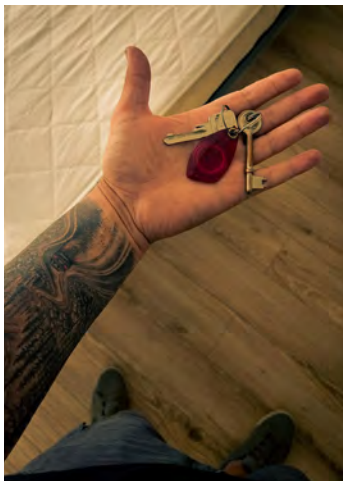
© Sam Singleton



- 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. ■

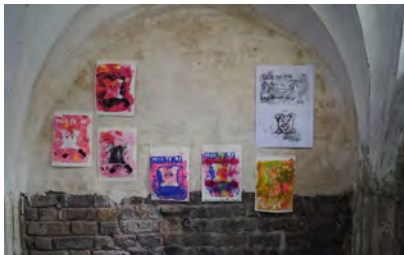
Visit *Full Circle*

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!

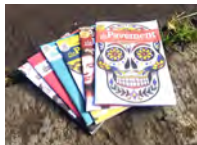


My notepad...

Make sure you read...

the **Pavement**

online at
www.thepavement.org.uk



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

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

Mon & Fri: 1:30 – 2:30pm

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

www.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: 11am – 4pm (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

417 London Road, Glasgow, G40 1AG

07483 330 918

kindnessglasgow.co.uk

Mon, Wed & Sat: 11am – 2pm

Food parcels and drop-in support

FF, SF

KINNING PARK COMPLEX

43 Cornwall Street, Glasgow, G41 1BA

07840 843 314;

www.kinningparkcomplex.org

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; qpgpc.com

Sun: 5 – 6pm (Club 170 – free 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 rolls)

Mon, Tue, Wed, Fri: 3:15 – 4pm

(takeaway meal)

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 rolls)

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 rolls)

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 (ends 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: 11am – 4pm (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

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

<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

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

Capmaign Against Living Miserably

(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

0131 475 2380; 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
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	<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



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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

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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

info@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
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TS Tenancy support &
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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

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

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	<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)

Firhill Business Centre, Suite 5 and 11,
74-76 Firhill Road, Glasgow, G20 7BA
0808 178 5901

tinyurl.com/y55p7bpu

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

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	<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)
Dial NHS24 on **111** for out of hours
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 &
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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

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

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 1967 274

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

Mon – Fri: 9am – 4pm (office drop-in)

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

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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.