



the  
**FREE**  
mag for  
homeless  
people

# *the* Pavement

October/November 2016

# Missing



**James Thompson - Dublin, Eire**

James has been missing from Dublin, Eire since 08 March 1994. He was 20 at the time of his disappearance.

James, 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/text 116 000 or email [116000@missingpeople.org.uk](mailto:116000@missingpeople.org.uk) (free, confidential, 24/7).



**Donald McPhee - Paisley**

Donald went missing from Paisley, Renfrewshire on 17 June 2016 at the age of 65.

Donald, our free, confidential and 24hr helpline is here for you with non-judgemental advice, support and the opportunity to send a message to loved ones. Call/text 116 000 or email [116000@missingpeople.org.uk](mailto:116000@missingpeople.org.uk)

**If you think you may know something about James or Donald, you can contact our helpline anonymously on 116 000 or [116000@missingpeople.org.uk](mailto:116000@missingpeople.org.uk).**

**Alternatively, you can send a letter to 'Freeport Missing People'.**

**Free, confidential 24/7.**

**missing  
people**

Registered Charity No. 1020419

**A lifeline when someone disappears**

# The art of creativity

This month we've turned over the whole issue to the important matter of art. It might seem an odd thing to do for the *Pavement*; surely we should be sticking to the gritty issues of housing? But so many people tell us that art plays an essential part in their recovery – we find out about the art projects in our distribution cities. We also hear from artists who have been homeless and are now using that experience to help change attitudes. And as we keep on saying, anything that helps bring change has got to be good.

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Cover image: Parlour Games © Rene Robbins for Project 240. Following the death of her husband and son, Rene experienced a period of homelessness. At a low point a friend invited her to the project and she started drawing. She is always busy creating new works and visiting exhibitions. See p5.

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*The Pavement* is written for your entertainment and information. Whilst every effort is made to ensure the accuracy of the publication, *The Pavement* cannot be held responsible for the use of the information it publishes. The contents should not be relied upon as a substitute for medical, legal or professional advice. *The Pavement* is a forum for discussion, and opinions expressed in the paper are not necessarily those of *The Pavement*.

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# The Pavement

## A magazine for homeless readers

The Pavement is a small charity founded in London in 2005. A combination of listings, news, views and cartoons, this little mag for a homelessness readership came into existence because it fulfilled a need.

Now we produce free magazines for homeless and insecurely housed readers in London, Scotland and the West Midlands.

In London alone, we deliver 4,500+ copies of the Pavement to over 70 hostels, day centres, homeless surgeries, soup-runs and libraries. We use volunteer journalists and photographers to create exclusive content that's written with our readers in mind.

We also train, support and encourage people with experience of homeless to contribute, and help find ways of taking their writing to wider audiences.

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.

We are funded by a mixture of small trusts and grants, alongside donations, and we work hard to keep costs to a minimum. We are grateful to Fareshare and the Simon Community for their help with distribution.

To find your nearest stockist go to: [www.thepavement.org.uk](http://www.thepavement.org.uk)



*The Pavement is for homeless readers © Lisa Boyd*

## Get Involved

**Volunteer:** we are always looking for volunteer journalists with experience. We particularly welcome those who've been homeless, and run training programmes in Glasgow and London. We also need volunteers to help us with listings. Get in touch with [karin@thepavement.org.uk](mailto:karin@thepavement.org.uk) to find out more.

**Fundraise or donate:** we provide magazines free to homeless people to help them at moments of crisis, as well as giving them the information they need to move on.

We value our independence and have no statutory funding. But we need your support.

Please donate whatever you can: [www.thepavement.org.uk](http://www.thepavement.org.uk) or raise funds – run a 10k, host a gig, have a sleep out – the options are endless.

# Project art

**Jane Evans finds the 240 Project is not just discovering talent – it's helping people turn their lives around.**

The 240 Project in west London is more than an arts space – it's a place where people come to be heard and seen, to create and be cared for, a peaceful base where surviving is recognised as an achievement and having returning as a measure of success.

Some of the project's artists travel across the city to get to their class, and when you look at their published and exhibited work, it's easy to see why. Monthly art trips also help to inspire people, and the charity's welcoming approach means teachers of subjects from film to sculpture and leatherwork expose artists to new ideas and mediums.

Claudia, the manager, explains that people there usually have a history of homelessness, mental health problems, addiction or isolation. And while lots of people there are still in the early phase of their recovery, they are at a stage where they can come to the group without using.

Claudia firmly believes that art helps people. She said: "I think it's a way of expressing yourself. It's something people really enjoy, something they wouldn't know they were any good at and suddenly they



**Natter 2 © Rene Robins**

realise they're not bad – or even excellent. It certainly takes your mind off things. The art table is nearly always the most relaxed table in the hall. People enjoy it and they can make money out of it as well, so there are all sorts of good things come from this."

Richard, tutor and support worker, takes the all-day art sessions. He tells me the story of a shy young Polish guy who started occasionally drifting over to the art table and ended up producing so much amazing work that he financed his flight home from selling it.

The group meets Monday to Wednesday at 116 Bramley Road, art sessions run throughout the day and three meals are offered. A wellbeing group meets on Thursdays, and the centre's health and activity focus is



**Portrait of John Sheehy**  
© Richard, 240Project



evident through its programme of services and groups. Other classes include 'Sing to Live', upcycling, songwriting, storytelling, leather work and music.

Rene's been a regular at the 240 Project since it began 15 years ago. She travels all the way from Enfield Lock, where she now has a flat. She is quite a talent. She points to a portrait leaning against the wall: "See that painting there? It went in the *Big Issue*; from there it went into the King's College exhibition and I met all these other artists." Now it's back and about to go into yet another exhibition.

Talking about the 204 Project, Rene said: "I don't know what I'd do if I didn't come here. It helps me to get up and out, and that's my day. I live for my art."

John is a very serious and prolific writer of stories, poems and verse. He



**Portrait of Rene Robins**  
© Richard, 240Project





**Dark Retreat © Steve McIntosh for Project 240**

also paints and plays the harmonica, flute, tin whistle, banjo and saxophone, but never in public. John said: "I play in graveyards, woods and empty churches. When I'm playing, I make a connection with spirits. I know who they are and they know who I am, but we can't place one another."

For John, it's not just a place that keeps him off the streets, and other "bad places" – it's therapy.

"Talking to the staff here helps," he says. "We get acupuncture here and reflexology, it calms you down, and there's an osteopath. I have arthritis in my neck and the acupuncture helps it."

"The art and the paint and the colours, it's very satisfying, the time and the creation is very valuable. It gives me a breather from burdens and fears, it distracts me and puts me in a better place."



**Where did you hear it?  
© John Sheehy for the 240 Project**



**The King is Dead  
© Emma for the 240 Project**

# Artist profile: Bekki Perriman

**Bekki Perriman was inspired by her own experience of street homelessness to make art about those sleeping in doorways. She tells *the Pavement* more about it.**

**Q. Can you tell us a bit about your own experience on the streets?**

*I was on the streets for a number of years, mostly in my late teens. It was difficult, as I was so young at the time, and it was probably one of the most traumatic and terrifying experiences of my life. I still carry that trauma with me. I used to go to the Homeless Person's Unit every morning and they used to tell me: "You are not vulnerable enough. You are not in priority need". I was a young girl sleeping on my own in a doorway – it is so hard to comprehend how that wasn't seen as "vulnerable enough". It's the same thing I've heard over and over again doing this project: that (especially) single people on the streets are not deemed vulnerable enough for housing. I feel very lucky to have a council flat now, but the journey there was extremely traumatic.*

**Q. How did you get the idea for the work? How did it get started?**

*The initial idea was a photography project where I took photos of the*

*doorways where I used to sleep rough or sell the Big Issue, and it told the stories of those doorways.*

*I wanted to tell not just my own story, but to speak to people living on the streets and find out what their experiences have been.*

**Q. How would you describe it to someone who has never seen it?**

*I would describe it as a sound installation in doorways which could have been a sleeping space (but weren't someone's actual sleeping space – I didn't want to displace anyone). In each doorway is a small speaker that tells an individual's story of homelessness. It's as though you are having an intimate conversation with them. In each city the piece has toured [Brighton, Liverpool, London, Glasgow and Edinburgh], the project has included local people sleeping rough. The idea is to catch an accidental audience of people walking by rather than just having an "art audience". I wanted to reach people who know nothing about the work, and are hopefully drawn in to listen.*

**Q. In what ways are homeless people made invisible?**

*Almost everyone I spoke to as part of the project, talked about a feeling of invisibility. When you are homeless, there is such a strong feeling of*



*being ignored, looked down upon and treated as if you don't exist. I remember when I was on the streets, I used to play a game where I would ask people the time. Nobody would stop and tell me what the time was, as they assumed I was asking for money. I was also spat on, pissed on, abused in so many ways... Almost everyone I spoke to on the street talked about how every day on the streets is just a survival because of how dangerous it can be.*

**Q. Why do you want the public to listen to these stories?**

*The Doorways Project is direct and unsentimental, and some of the stories that people have shared are challenging and uncomfortable to listen to. It's important to me that these voices are shared. I wanted to tell the side of the story that is rarely understood unless people have been there themselves. People can imagine the multitude of reasons why someone might end up homeless, but very few people understand the day-to-day experience. I'm hoping that by listening to individual stories about life on the streets, people may be a bit kinder or have more compassion towards the homeless people they walk past.*

**Q. You want to make sure homeless people are not blamed for their situation. Tell us more.**



*There is a narrative about homelessness that is often around stigma and blame. It suggests that people choose to be on the streets, and scaremongers about not giving out handouts, sleeping bags or food as it encourages homelessness. Many UK cities now see rough sleeping as an anti-social behaviour for which people can be fined.*

*The idea that you can give someone a sleeping bag and that encourages homelessness really frustrates me, because it's a message some of the big charities are giving out as well. But that sleeping bag could keep someone alive for the night and stop them dying from hypothermia. A few kind words and a sandwich can make an intolerable day a bit more bearable. So the messages that are being given about handouts encouraging street living are really dangerous.*

**Find out more:**  
<https://www.facebook.com/TheDoorwaysProject>

# Opinion: why art matters

## Getting creative is essential for the soul and helps us move on with life, says Mat Amp.

When I got clean, I was in a particularly chaotic and violent hostel in Brixton that had been overrun by the KFC (KwickFriedCrack) gang, named for their base outside the local KFC.

At least, that was their base before someone gave them a set of keys to our front door in exchange for a few pipes, one of those magnificent examples of drugonomics that baffle people who spend their life doing good things for their future.

To most people, giving up your comfort, security and peace of mind for a few licks on a crack pipe seems utterly unfathomable. At the broken edge it isn't even surprising.

But there's another side. For a start, most hostels are way better than the one I ended up in. And most homeless people have a warmth that's the result of having to get along with others who have nothing. There is nothing to be jealous of, and aspiration often comes in the form of a Special Brew and a warm place to put your head for the night.

And so while there are bullies, psychopaths and juvenile egotists in every walk of life, homeless people more often than not look out for each other. It fosters an openness that is rare in modern urban life.

Along with this openness is an incredibly rich vein of creative talent. What is creativity if it isn't experience conveyed with honesty?

You can look at homelessness as an insulated problem: somebody who is homeless just needs a home.

But although the current system fails to do even that, people are at least starting to embrace a more holistic approach, and the creative arts are a big part of that.

Becoming homeless is hard on us all. And this is where the creative process comes in. It releases endorphins in the same way that exercise does, relieving pain and boosting the immune system. Writing and exercise have been the two main pillars in my own recovery as I looked to kickstart the endorphins without the use of heroin.

The process of creativity allows us to focus, to let go of the everyday humdrum constraints of reality, and lose ourselves in our imagination. It sets the mind free and lets us breath. It brings peace from the chaos of a world of homeless hostels, or survival on the street. It gives us perspective.

Pablo Picasso hit the nail squarely on the head when he said: "Art washes away from the soul the dust of everyday life." It's a fitting metaphor for the those of us who woke up this morning without a home.



Can you stop smiling? You're ruining it!

# What Cathy came home to

If you're homeless in London, you are likely to be relocated out with your community, an issue being taken on by a new play, finds Karin Goodwin.

What do you do when you're a single mum and you're homeless? Contact your local authority, of course. But what happens when it says it has no housing to offer, and instead sends you miles from your community, children's schools and support networks? What happens then?

It's a question that's raised by Ken Loach's latest film *I, Daniel Blake*, released in October, in which a young homeless London mother is rehoused in Newcastle. And it's also central issue of theatre company Cardboard Citizen's take on *Cathy Come Home*, this time titled *Cathy* and focusing on the plight of a mother and her teenage daughter forced into taking an "out of area placement".

Both these dramas aim to show that this policy is leaving people feeling trapped, isolated and depressed.

That was the experience of Elina Garrick, a mother of three from Newham who was moved Welwyn Garden City. Elina, originally from Bratislava, moved to London in 2005, where all three of her children – now three, five and eight were born. Juggling numerous badly-paid jobs, she lived in a series of private



*Cathy* © Cardboard Citizens

lets where conditions were bad despite the high rents. But when her relationship with her partner broke down, she found herself unable to afford to pay even for the dilapidated flat she was living in and presented as homeless.

Newham Council claims its hands were tied. What, say officials, can be done when there are no homes and no money to build new ones? They offered her a bedsit in Welwyn Garden City instead; it was what they called an "out of area placement".

Elina Garrick said: "We didn't have any choice. If we hadn't taken this place, we could have ended up on the street. I didn't pack any bedding, and that night me and my daughter slept on our coats. We didn't have any pots, so I couldn't cook anything for us to eat. I was so scared and depressed."

## **Ian Kalman reviews Cardboard Citizen's performance of the original 'Cathy Comes Home'.**

"We thought homelessness was only going to be a passing post-war phase." That's a quote from a film called *Cathy Comes Home*, which was aired on the BBC in 1966. Directed by Ken Loach, it concentrated on the experience of one young family and how they were affected by homelessness, ending in Cathy being left destitute with her kids taken into care. The film, written by Jeremy Stanford, shocked the nation and was one of the reasons Shelter was founded in that same year.

The film is now marking its 50th anniversary. And to mark its own 25th birthday, Cardboard Citizens – a theatre company making work for and with homeless people – presented a retelling of the story adapted and directed by Tony McBride in July.

I asked Tony why is the play so relevant to today? "Homelessness still exists and there are many more Cathy stories to be told," he explained. "Retelling the story from 50 years ago reminds us that, although we've seen some progress in certain areas, we've still got a lot of work to do in others."

When the Cardboard Citizens members watched the film together, he told me, their

response was emotional. Everyone had stories to tell of their own homelessness and all related to Cathy's in some way.

"I was particularly struck by how many issues being talked about and lived through in 1966 are still current," he said. "Buy-to-let mortgages; dodgy landlords; inadequate and insufficient housing stock; blaming of immigrants and lack of political vision and leadership – to name a few – are issues I hear being almost daily at Cardboard Citizens and in wider society."

And it had a big effect on the cast too. Actor Richard Honeyghan said it made him more aware of his own situation. Another cast member said it made him reflect on his journey into homelessness.

I spoke to many members of the audience and they all said they had gone through an emotional rollercoaster as they followed the story. Catherine Puller, watching, spoke of how it highlighted the lack of progress since the original film was shown.

And Jonny Wilkes, who works for homeless support organisation LookAhead, said it reminded him of how the system lets people down. It made him feel more committed to help people, he claimed. And that's the power of theatre sometimes. It can make people think differently, dig a bit deeper, even 50 years on.





*Cathy Come Home* © Richard Davenport

And though she soon met a friendly neighbour who helped her find the shops (and her feet), it took months to get her daughter into school and there was no one to pick up the slack.

A Newham Council spokesperson said it was experiencing “a housing crisis”. “The Government’s welfare reforms mean increasing numbers of properties are unaffordable to those on Housing Benefit. Due to these changes, we have seen an increase in people moving to Newham from other parts of London,” a council spokeswoman explained, admitting the situation was likely to get worse due to

further benefit cuts due to come in.

Latest official figures show that 17,150 households were temporarily housed out of area in 2015, up from 5,330 in 2010. Over 90 per cent of placements were made by London authorities, who claim that high rents, housing benefit caps and affordable housing shortages mean they can do nothing else.

According to a report published by Shelter earlier this year, only one in 10 out of area placements are made out of London. But over a quarter (26 per cent) are moved further than the neighbouring borough, and there have been cases of people offered accommoda-

tion as far away as Birmingham.

The charity claims people are often forced to make on the spot decisions about moving. One Shelter solicitor observed a housing officer walking into the middle of a packed waiting room to announce that if people weren't prepared to move to the West Midlands, they should leave. Others were threatened with having their children taken into care, though this is not legal.

Kate Webb, the charity's head of policy at explains it can have a "devastating" effect on people's lives. "But it doesn't have to be this way," she adds. "The government has an opportunity to do things differently – starting with making sure councils receive proper funding, and building homes that people on lower incomes can actually afford."

According to Ali Taylor, the writer of *Cathy* (which Cardboard Citizens produced to celebrate 25 years of making work for and by homeless people), this is one of today's key issues. His story is based on interviews with 12 women offered places outside London, far from family and friends. It offers a modern take on the story of the original *Cathy* battling to keep a roof over her family's head.

"The original was about a woman coming to London and being buffeted by the system; this seemed like the opposite – the story of a woman who was ejected from the city. It was like a mirror image."

The women he interviewed



**Focus E15 Mothers © Focus E15**

felt isolated, lonely and disempowered. But he also met brave women like Elina, who fought moves to subsequently rehouse her in Birmingham. And though she ended up accepting a house in Basildon, she is now helping other young mothers take on the system.

And he hopes those positive stories will inspire. Like *Cardboard Citizen's* other performances, the format will be forum theatre; during the second run-through, the audience can stop the action and offer an alternative. "That's the thing about it being forum theatre; people affected by these issues will get to have their say," says Ali. In his experience that's what they've not had until now.

**'Cathy' by Cardboard Citizens tours from 10 October**  
[www.cardboardcitizens.org.uk](http://www.cardboardcitizens.org.uk)

What you can do: insist on a suitability assessment which is a legal requirement. Contact Shelter: [www.shelter.org.uk](http://www.shelter.org.uk) or (volunteer group) [Focus E15: focus15.org](http://Focus E15: focus15.org)



Above, below and over page: a selection of artworks by the 'Transpire collective' from 'Piercing the Sky' exhibition in Oxford, Art in Crisis 2016  
Photos by Andrew Walmsley



# Art in a time of crisis

**A growing number of charities are fighting the homeless crisis with the help of art projects, finds Lynton Guest.**

---

No one reading this needs me to tell them about the problems homeless people face. What may be surprising, however, is that when you are homeless, art can play a part in helping you move on with your lives.

Maybe this shouldn't really be a source of amazement. After all, art in all its various incarnations is supposed to mirror human existence, from the best to the worst, and everything in between.

Yet the profile of artworks that highlight homelessness often goes under the radar.

This is something that a number of organisations and individuals up and down the country are seeking to change.

The Booth Centre, based in Manchester, which offers everything from practical advice to hot food, is just one of them. Janine Obermaier, who runs the centre's activities programme, explained: "When someone goes into accommodation following a period of homelessness, they need ongoing support to try to make sure the problems that made them homeless in the first place don't recur".

"So part of our approach is to run a wide range of activities,

especially in the arts, which can replace destructive behaviour like drug addiction and alcoholism, and offer realistic goals which can be achieved."

The Booth Centre's range of artistic classes is certainly wide: from fine art, opera and theatre, through a guitar club, mosaics, photography and crafts. "We find a huge amount of talent exists", Janine continued.

The homeless charity Crisis, based in London but with operations in numerous cities including Edinburgh, also runs arts programmes and puts on an annual exhibition of artistic work by homeless people. This year it was called Art in Crisis. Two years ago, it ran the Crisis Commission, which saw paintings by award-winning artists including Martin Creed and George Shaw exhibited alongside works by homeless people themselves.

According to art critics at the time, you couldn't tell the difference between the professional and amateur work on show.

Their programme aims to help people mend shattered self-esteem, something that happens all too often when you spend too long on the streets, and help people build new routines. Some have even made money from their art.

There are many more organisations offering similar programmes. But it's not just



Put it this way: the positivity the arts can generate in all sorts of people shows what is possible and what can be achieved. And everyone deserves that chance.

Crisis: Skylight Centres run in London, Birmingham, Coventry, Edinburgh, Liverpool, Newcastle, Oxford, Sheffield.  
0300 636 1967  
[www.crisis.org.uk](http://www.crisis.org.uk)

The Booth Centre, Manchester  
Runs a wide range of arts projects and classes.  
0161 835 2499  
[www.boothcentre.org.uk](http://www.boothcentre.org.uk)

Café Art  
London café running photography exhibitions by homeless people  
[www.cafeart.org.uk](http://www.cafeart.org.uk)

The Choir with No Name:  
London, Birmingham and Liverpool  
0207 202 6647/8  
[www.thechoirwithnoname.org](http://www.thechoirwithnoname.org)

Streetwise Opera  
London-based opera group  
0207 730 9551  
[www.streetwiseopera.org](http://www.streetwiseopera.org)

Raised Voices  
Edinburgh drama group (see our website for feature)  
[www.raisedvoices.org.uk](http://www.raisedvoices.org.uk)

organised activities that help.

On the streets of Dorchester, I spoke to a woman who asked to be called Jean, who told me she had been homeless for three years. I heard her singing with no accompaniment and there was no doubt she had a beautiful voice.

"I sang in choirs as a child and even in a couple of bands when I was older," she said. "Then I sort of gave up. Not long after that I became homeless after a lot of family and personal problems."

Jean decided one day to busk, made quite a lot of money on that first day, so she continued coming back. "Now," she says, "I am actually saving some of the money. If I keep this up, I will be able to find somewhere to live and even support myself. And people seem to like my singing, which makes me feel really good."



# Out of the darkness

## **Caroline McCue says art classes made a hugely positive difference to her life**

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Friday is one of the highlights of my week: it's when I go to the City Mission for my art class. I love to paint using vibrant, bright, exciting colours because before all this, my world felt pretty much black and white.

Years ago I had my benefits – including disability living allowance (DLA) – stopped because my doctor said there wasn't much wrong with me. In fact, I had spent 10 years in the house in a dark room with little contact with the outside world, waiting for an eye op and on a nebuliser. I was depressed and alone.

I fought the decision, though, and I won my appeal. For me, that signalled the beginning of my journey out of the darkness. Painting was an important part of it. It didn't come easily at first: I thought my art belonged in the bin and I wasn't good enough. But at Glasgow's City Mission, I was made welcome. I started to make friends. There were others there with mental health problems, people who were disabled or homeless and understood.

For a while, I just drew butterflies and thought that all I was capable of. But the tutors were encouraging and supportive and helped me to progress to higher levels.

One of the highlights for me was contributing towards an art exhibition last year. I loved the buzz and speaking to fellow artists and complimenting their work. I even sold a few paintings. The thought that someone has my paintings is hanging on their wall is fantastic.

I've attended other art groups too, including one at the Coachhouse Trust with a lot of excellent artists. But when funding ran out, I couldn't afford to keep going. They gave me a card saying I was a talented artist – “don't give up”, they wrote. It was signed by everyone. I treasure it.

My life would be more boring and empty with out art, as it lifts my spirits and touches my soul. When you are painting, there are no judgments, no discrimination made.

Art is a powerful antidote to life's ups and downs. Being creative is allowing yourself to make mistakes and learn from them. I could never have dreamt that I would have a piece of my work displayed in an art exhibition – maybe you could, too, if you gave it a try.

Today, I have a future to look forward to beyond the worry of benefits being stopped and the struggle with life's daily stresses. And art is a big part of it.

***The City Mission art exhibition is on 17 October:  
[glasgowcitymission.com](http://glasgowcitymission.com)***

# Art Fest for all

**Homelessness. Art. Festival.**  
Carinya Sharples hears from  
one man who is making these  
three words work together.

When David Tovey says “art saved my life”, he isn’t kidding. Just a few years ago, the artist and founder of the One Festival of Homeless Arts thought it was all over. “I was on the streets, I was going through cancer, I was HIV positive, I couldn’t take any of my meds, I got really ill, I got into addiction and ended up trying to take my own life – several times. Everything just got on top of me. Completely out of control.”

But then something happened. “I won a photo competition run by Café Art, and from winning that and just the acknowledgement – that somebody actually likes something that I did – was like, wow! So empowering – it was unbelievable.”

Since then, Tovey has exhibited his work in New York, Melbourne, Brazil, Rome and London. “I thought: if that’s the power of taking one photograph, what would a whole exhibition be like? From music to poetry, spoken work to film to acting – everything all in one place.” The idea for a festival of art, made by homeless people, fell into place.

At first it didn’t come off. Tovey tried to launch the festival last year, but the location fell through. However, a chance meeting with



David Tovey and Chris Wilson

Jacob Stevens, general manager of Diorama Arts in London, put it back on the table.

As well as inviting Tovey to become Diorama Arts’ first artist-in-residence, Stevens offered up the building for his use and the One Festival Of Homeless Arts was born, kicking off in style with an opening party on 5 August. Over the following weeks, visitors popped in to see art works from Clothing the Homeless, Café Art, Homeless Diamonds, St Mungo’s and others. There was also a workshop from Streetwise Opera, poetry, film screenings, music from Choir With No Name, and more.

One aim of the exhibition, says Stevens, was to bring homeless organisations together in one place. “There are very few events where homeless service groups can all meet, collaborate and compare their work.



There have been so many amazing groups join in – like St Mungo’s, Café Art, Hopeful Traders – that we feel really touched.”

And thought the exhibition has now finished, the spirit of togetherness hasn’t. Diorama Arts and Tovey have been invited to join the new Arts and Homelessness Forum, a collaboration between Cardboard Citizens, Choir with No Name, Café Art, Streetwise Opera, Open Cinema and Homeless Link. The forum, which will meet quarterly (the first meet-up was on 20 September), is open to “arts/homelessness projects, homeless centres running arts programmes, artists who have experienced

homelessness and others in the field.” For more information on how to attend, contact any of the participating organisations.

The One Festival of Homeless Arts is also set to become an annual event. And Diorama Arts has even found its next artist-in-resident through the festival, ex-homeless artist Chris Wilson. Tovey is thrilled at the festival’s success – and the opportunities it’s opening up for his fellow artists. “That’s the whole part of this exhibition – to give somebody self-confidence and that sense of inclusion.” It’s worked for him, after all.

[www.diorama-arts.org.uk](http://www.diorama-arts.org.uk)

# Fighting the Dragon

**Ian Kalman experiences the supportive atmosphere at London's Dragon Café first hand, and mental health nurse Christina Clarke explains why projects like this are so vital.**

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It's a Monday afternoon at the Dragon Café and I am watching a group of people doing T'ai Chi. Meanwhile in the space, some people are offering massage. In the main café area, others are here for a cup of tea and a chat. It's calm, welcoming and open to all. And this, says Declan McGill, communications manager for the project, is what the Dragon Café is all about.

The vision for the Café came from Sarah Wheeler, who had experienced mental health issues and wanted to create a safe and welcoming space where people could come together, get informal support and take part in creative activities if and when that felt right. The founder of grassroots charity the Mental Fight Club, Sarah, who had suffered from psychosis, knew the importance of having a place to go that gave structure to your life and allow you to surround yourself with people who understood what it felt like to be struggling.

Sadly Sarah passed away a couple of months back, but the Dragon Café, which was launched two years ago lives on.

The Cafe is situated in the Crypt

of St George's, the Martyr Church in Borough High Street London and is made up of several spaces where you can find a whole range of activities. For now at least it runs only on a Monday – the idea is that it gives you a good start to your week. I spoke to one man at the café, who told me that's exactly what it did for him. Though he didn't take part in the activities, just coming along made him feel better. And that message is reinforced by the organisers, who are there at the entrance to greet you. Unlike many other organisations where you might be asked a thousand question, all they ask is for your name and basic contact details, you are then handed a membership card and a programme. And that's it.

You can come along to watch, play chess, have lunch or take part in art, dance or singing sessions or aimed at getting you feeling fighting fit in body and mind. In the evening there's evening an open mic session and for those who want to talk, an opportunity to share stories of recovery. There is never any pressure to join in: you choose what works for you.



*Participants at the Dragon Cafe can get involved in activities or just watch © Dragon Cafe*

So if you've got nothing better going on this Monday, and you're in London, I'd encourage you to go. It is a magical place.

*Ian Kalman*

## **A mental health point of view**

Over the past few years there has been an increased understanding of the positive impact that the arts can have on mental wellbeing. Research has found that engaging in the arts – be it dancing, writing, painting or music – can help to increase a person's level of motivation, increase self-confidence and self-esteem, and improve concentration, something that can also be affected

when we're worried or anxious.

As a mental health nurse I will always try to encourage people I work with to engage in new and creative groups. People potentially discover skills, interests and talents that they wouldn't have known they already possessed; art can also help us discover more about ourselves.

From my experience and from speaking to people who engage in the arts when going through difficult times, I have discovered that it can help self-expression. While you might not be able to explain how you feel in words, it might be possible in art, poetry or even dance.

I've seen it first-hand in the groups I've run. I have watched



people acutely unwell, with very poor concentration being able to calmly focus on an enjoyable and therapeutic task. And what's great about it, is that a lot of these opportunities are free or cost very little.

An incredible example of an environment that promotes the arts towards a person's wellbeing is The Dragon Café in London. As Ian Kalman found out when he visited, it's a place where people can try something new and creative within a community that is supportive. Not only can projects such as these focus on engaging people into local communities' it can also help to promote greater social inclusion and the more support we have the healthier and happier we are.

Time to change is also running blog spots for anyone who wants to write and in a way help other people who may be experiencing similar things.

You don't have to be an artist to paint or a writer to write. We all possess creativity and with experience we grow and may find that it helps us to relax, enjoy and get pleasure out of using a skill that we never embraced before.

And if there isn't anything in your area why not try setting up your own space, where you could invite others to join? It could be the start of your own fight with the dragon.

***dragoncafe.co.uk***

## **Find out more about similar projects:**

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**Blackfriars Settlement:** This London project runs a range of arts and crafts activities to support mental wellbeing.

[www.blackfriars-settlement.org.uk/mental-health](http://www.blackfriars-settlement.org.uk/mental-health)

**CoolTan Arts:** This London organisation promotes mental wellbeing through creativity.

[www.cooltanarts.org.uk](http://www.cooltanarts.org.uk)

**A Scotland-wide festival to counter stigma: Scottish Mental Health and Arts Festival:** [www.mhfestival.com](http://www.mhfestival.com)

**Projectability:** Glasgow based visual arts project with gallery space

[www.project-ability.co.uk](http://www.project-ability.co.uk)

**Art Link:** This Edinburgh organisation runs Arts Access, helping support visits to arts venues.

[www.artlinkedinburgh.co.uk](http://www.artlinkedinburgh.co.uk)

## **And read up on the arts and mental health:**

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**Mind:** [www.mind.org.uk/media/4680093/making-sense-of-arts-therapies\\_2016.pdf](http://www.mind.org.uk/media/4680093/making-sense-of-arts-therapies_2016.pdf)

**Time to Change:** [www.time-to-change.org.uk/about-us/frequently-asked-questions/how-blog-time-change](http://www.time-to-change.org.uk/about-us/frequently-asked-questions/how-blog-time-change)

# Homeless news

## Homeless Bill moves forward

Homelessness charities are calling on the public to write to their MPs in support of laws which would protect more people from sleeping rough.

The Homelessness Reduction Bill is being considered by Parliament, but is at risk of failing at its next hearing on 28 October unless at least 100 MPs attend to help turn it into law.

Charities including Crisis, Shelter and St Mungo's are campaigning in favour of the Bill, which would give councils a duty to act more swiftly and for a greater number of people facing homelessness than current laws.

They are also calling on everyone to join them on 19 October 2016 for a mass lobby of Parliament in support of the Bill.

Under the new law, councils would have to accept people as 'threatened with homelessness' if they are at risk of losing their homes within 56 days, rather than the current 28, and would have to show that they had taken steps to keep them housed, such as mediating with landlords or offering alternative accommodation.

If these steps failed to prevent a person from losing their home, councils would have to help them find alternative accommodation regardless of whether the person was considered to be in priority need or to have become homeless intentionally.

And councils would have to make sure that emergency accommodation was available for up to 56 days to anyone who didn't have a safe place to stay.

Under current laws, half of the 115,000 people who applied to a local authority for help to avoid homelessness last year were not entitled to support.

And one third of people sleeping rough for the first time in London who were helped by No Second Night Out service had asked for help from a council in the last 12 months.

One of the rough sleepers surveyed by St Mungo's said: "I was actually really appalled at how bad the council was. I was expecting them to help but it just doesn't work. It's horrible, it's demoralising and you already feel like less of a person."

The charities, and the MPs on the Communities and Local Government Select Committee who support the bill, believe that the new law would prevent suffering, and would save the NHS money by preventing the harm that homelessness causes.

However, if fewer than 100 MPs attend the debate on 28 October, the bill could be scrapped without even going to a vote. So campaigners are writing to their MPs to call on them to support the Bill by attending the debate and voting in favour of it.

*Katharine Hibbert*

## London Memorial Service for those who have died homeless

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On Thursday 10 November, a London church will host the annual Service of Commemoration to remember those who are currently homeless, and those who have died whilst homeless.

This year's service is titled 'In My Father's House there are many Rooms', and will begin at 11am at St Martin-in-the-Fields, Trafalgar Square, London, WC2N 4JH.

*For more information contact 020 7766 1100 for St Martin-in-the-Fields or 020 3544 8094 for Housing Justice.*

## Petition for squatters' rights

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A petition has been launched to encourage the owners of former Manchester pub, the Ducie Bridge, to allow a group of around 30 homeless people to continue squatting at the property until it is demolished.

The homeless squatters have been served an eviction notice from Manchester authorities due to asbestos in the building posing a 'health and safety' threat to the dwellers, but squatter and petition-starter Danny Jones told the *Manchester Evening News* it is not an issue, and "will only prove hazardous if disturbed and poses no risk to the occupants."



## Young homeless getting poor support

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A government report has revealed that a third of homeless 16- and 17-year-old offenders in England and Wales are being given unsafe or unsuitable accommodation and support.

Dame Glenys Stacey, the Chief Inspector of Probation, told *BBC News* that the wider support children receive in Britain is sometimes "woefully inadequate".

Government inspectors found that there was limited supported accommodation available, meaning that some young people were placed in housing that did not meet their needs, often sharing hostels or bed & breakfast accommodation with adult strangers, some of whom had criminal records.

The report also showed that they were only getting a few hours of professional support every week.



**Homeless person in Scotland © Lisa Boyd**

A government spokesperson has said: "The law is clear that children's services must protect any child without a home and give them the support they need - and this age group is no exception... That is why we are investing over £500m to tackle homelessness and are collecting data on all children who go missing from care. This will help local services respond more quickly to this issue."

## **Scottish homelessness "badge of shame"**

Housing charity Shelter Scotland commissioned a poll which found that 54 per cent of Scottish people think the government could do more to help the country's homelessness problem.

The charity is launching a new drive to improve housing and support people who have lost, or are losing, their homes, telling

*the Scotsman* that in the past year nearly 30,000 households became homeless and more than 65,000 people asked for housing support from their local authorities.

A Scottish Government spokesman said it supports the campaign and is doing "everything it can" to make sure everyone has access to a warm and safe place to stay.

## **Homeless charity evicts own tenants**

London-based homelessness charity, St Mungo's is being criticised for handing out eviction notices to its own tenants.

The charity currently owns 24 flats in South London, but is currently 'reviewing' whether 14 of the homeless people they are currently housing should continue to get help.

One affected tenant, who did not want to be identified, told [politics.co.uk](http://politics.co.uk) how stressful the recent evictions have been: "I've got no place to go, but St Mungo's have basically told me that I have overstayed my welcome... They told me to go to the local council for help. I have done that, but they've told me I would not be classed as in priority need to be housed."

A group of the affected tenants have met with housing activists and members of the union Unite to set up a petition against the evictions.

# International News

## Homelessness in Ireland highest on record

The Simon Community in Ireland has released figures suggesting that the number of homeless people in the country has reached a record high.

The charity's statistics for July 2016 revealed that there were 6,525 people in emergency homeless accommodation that month, showing a 40 per cent increase since last year.

This figure includes 2,348 children; a 70 per cent increase since 2015.

"Homelessness needs to be treated as a national emergency," Niamh Randall of the Simon Community told *news.com.au*.

"Our organisation launched a cut-the-red-tape campaign which is aimed at getting politicians to cut the bureaucracy and system failures preventing people from getting out of homelessness."

Randall claimed even with over 200,000 empty houses in Ireland – 28 potential homes for each homeless person in Ireland – campaigners and activists are struggling to tackle the problem.

"We need to encourage people – whether it is through tax incentives or grants – to refurbish empty houses and rent them out," she said.

Simon Coveney, Ireland's Minister for Housing, is launching a new plan called Rebuilding Ireland designed to



Tour guide in Vienna © Shades Tour Vienna

accelerate housing supply and tackle the country's housing shortage.

Randall agrees that Rebuilding Ireland could be an effective project in solving many of the issues, but insists that the plan needs to be implemented quickly and effectively.

"The government needs to make this issue its number one priority."

## Rio Olympics forced homeless to move

Earlier this year, Rio de Janeiro hosted the 2016 Olympic and Paralympic Games, but the celebrations brought in some worrying news for the city's homeless people.

In an attempt to clear Copacabana Beach for tourists, Brazilian authorities have been offering to take some of the city's estimated 5,500 homeless people to shelters outside of the city. Murillo Sabino, of the Rio-based charity Project Rua, said: "Homeless people are being coercively removed. We have received reports of beatings."



San Francisco streets © Christopher Beyland

## San Francisco to remove homelessness camps

San Francisco's newly created Department of Homelessness & Supportive Housing is about to start removing every single homelessness camp across the city.

There are currently just under 80 homelessness encampments known to the San Francisco authorities, and newly-appointed "homeless czar" Jeff Kositsky has vowed to shut them down, saying "We have put out the word on the street: This is not a place to camp."

However, the San Francisco Police Department have spoken out against the new plans.

Captain John Jaimerena pointed out that being homeless is not illegal in San Francisco, whilst Lieutenant Mike Nevin told *hoodline.com*, "I would not feel comfortable

directing an officer to take someone's personal property."

## Pope's pizza feeds homeless people

Pope Francis invited 1,500 homeless people from across Italy to a free pizza lunch at the Vatican after Mother Teresa was declared a saint on 4 September.

Most of the homeless people invited live in shelters run by nuns from Mother Teresa's Sisters of Charity and were given seats of honour at the canonisation Mass.

A pizza-maker from Naples cooked the lunch in the Vatican auditorium in three pizza ovens with 20 staff members and about 250 sisters and priests from the Sisters of Charity.

## Iowa City's new approach to housing crisis

Johnson County in Iowa, USA has announced a new initiative called 'FUSE – Housing First'.

Housing First does not force homeless people to meet a huge list of demands to qualify for free housing and other support.

Tenants would be required to have a weekly talk with their case worker, but there is no requirement for the tenant to actually do anything above and beyond these meetings to keep their house.



# Housing in Scotland : Your Rights

All councils in Scotland have a duty to help you when you're homeless. If your own local council thinks you are homeless, they legally have to help you find a home: to help you find temporary accommodation right away, and then to help you find a home of your own in the long-run. If the council thinks you **might** qualify to be registered homeless then they have to find you a temporary home whilst they check you are eligible. If you have applied to the wrong council, they have to point you in the right direction.

## To get help from your local council, you must:

1. be legally homeless, now or within 28 days, meaning you:
  - have no accommodation at all
  - cannot access your home
  - live in a violent household
  - live in an overcrowded home
  - live in an unclean or unsafe home
  - live in a B&B, hostel or refuge
2. be born in the UK or European Economic Area (EEA), or have family living there
3. not have chosen to be homeless
4. have a connection with the local council you are applying to:
  - to find out if you have a local connection visit **Shelter Scotland's** website linked below
5. if you are from outside the EEA, you need to have the right to live and work in the UK

## If you have nowhere to sleep tonight, and nowhere else to turn, contact:

1. Your local council:
  - Glasgow: **0800 838 502**
  - Edinburgh: **0800 731 6969**
2. Simon Community (Glasgow):
  - **0800 027 7466 (Free, 24 hr)**
3. Streetwork (Edinburgh)
  - **0808 178 2323 (Free, 24 hr)**
4. Shelter's advice helpline:
  - **0808 800 4444 (Free, 9-5 Mon-Fri)**
5. Police Scotland:
  - dial **101** (not 999)

## If your application is rejected:

- you should appeal the decision if you think it is wrong. The council must find you temporary accommodation whilst they look at your appeal
- the council legally has to direct you towards local homeless charities

Shelter Scotland  
Citizens Advice Bureau (CAB)  
National Domestic Violence Helpline  
Govan Law Centre (Glasgow)  
Glasgow City Council  
Edinburgh City Council

<http://scotland.shelter.org.uk/>  
[www.citizensadvice.org.uk/](http://www.citizensadvice.org.uk/)  
0808 2000 247  
0141 440 2503  
[www.glasgow.gov.uk](http://www.glasgow.gov.uk)  
[www.edinburgh.gov.uk](http://www.edinburgh.gov.uk)

Visit **[www.thepavement.org.uk](http://www.thepavement.org.uk)** for a full PDF version of this page, with more detailed information on your housing rights.

# Housing in England : Your Rights

Your local council does not always have to help you find emergency accomodation if you are homeless. English local councils run a '**priority need**' system which was originally set up to make sure that the most vulnerable homeless people are helped first. However, the 'priority need' system can negatively effect many 'single-homeless' people who do not have the same rights to emergency housing as others do.

## To get emergency housing from your local authority you must:

### 1. be legally homeless meaning you:

- have no roof over your head now, or in the near future
- have not chosen to be homeless
- are fleeing from domestic abuse
- have been released from prison or hospital with nowhere to go
- live in overcrowded or hygenically unsafe accomodation

### 2. be 'eligible for assistance', meaning you:

- have the right to live in the UK
- can receive housing benefit

### 3. be in 'priority need' meaning you:

- are 'vulnerable'
- have children who depend on you
- are pregnant
- are homeless due to a fire, flood or other disaster
- are 16-17 years old

## For free help with your emergency housing application:

### 1. Streetlink

- Phone: **0300 500 0914**

### 2. Shelter

- Web: **england.shelter.org.uk**
- Phone: **0808 800 4444**  
(8am-8pm Monday to Friday, 8am-5pm weekends)

### 3. Citizens Advice Bureau

- Web: **www.citizensadvice.org.uk**
- Phone: **03444 111 444**

### 4. UK Government

- Web: **https://www.gov.uk/homelessness-help-from-council**

## If your application is rejected:

- you should appeal the rejection if you think it is wrong. You have 21 days to appeal this decision
- Shelter and Citizens Advice Bureau can help you with your appeal

## Short Term Emergency Housing

- emergency nightshelters will allow you to stay there for 1 or 2 nights
- **No Second Night Out:** **www.nosecondnightout.org.uk** (via Streetlink)
- 'cold' and 'winter' shelters are open in winter
- **Womens Refuges are available for women fleeing domestic violence** (Call the National Domestic Violence Helpline on **0808 2000 247** if you are experiencing domestic violence or abuse.)

Visit **www.thepavement.org.uk** for a full PDF version of this page, with more detailed information on your housing rights.



Toppling © Rene Robbins

## KEY TO ALL SERVICES

<b>A</b>	Alcohol workers
<b>AC</b>	Art classes
<b>AD</b>	Advocacy
<b>AH</b>	Accommodation/housing advice
<b>B</b>	Barber
<b>BA</b>	Benefits advice
<b>BE</b>	Bedding available
<b>BS</b>	Bathroom/showers
<b>C</b>	Counselling
<b>CA</b>	Careers advice
<b>CL</b>	Clothing store
<b>D</b>	Drugs workers
<b>DA</b>	Debt advice
<b>DT</b>	Dentist
<b>EF</b>	Ex-forces
<b>EO</b>	Ex-offenders
<b>ET</b>	Education and training
<b>F</b>	Food
<b>FF</b>	Free food
<b>FC</b>	Foot care
<b>IT</b>	Internet access
<b>L</b>	Laundry
<b>LA</b>	Legal advice
<b>LF</b>	Leisure facilities
<b>LS</b>	Luggage storage
<b>MD</b>	Music/drama
<b>MH</b>	Mental health
<b>MS</b>	Medical/health services
<b>NE</b>	Needle exchange
<b>OL</b>	Outreach worker links
<b>OW</b>	Outreach workers
<b>ST</b>	Step free access
<b>SH</b>	Sexual health advice
<b>TS</b>	Tenancy support

Email changes and suggestions to:  
[val@thepavement.org.uk](mailto:val@thepavement.org.uk)  
 Or write to our address on page 3

**Updated: June 2016**

## ARTS

### 240 PROJECT

116 Bramley Rd, W10 6SU  
**0207 221 7530; [www.240project.org.uk/](http://www.240project.org.uk/)**

Mon–Wed: 11am–4pm

Known for its friendliness. Acupuncture, art, cognitive behavioural hypnotherapy, computing, cooking, drama, felt workshop, group therapy, leather work, mosaics, music, poetry, *qi gong* and yoga etc. Ring for details or check the timetable ([www.240project.org.uk/timetable/](http://www.240project.org.uk/timetable/)). Not step-free.

**AC, CL, F, FF, IT, LF, MD**

### ACCUMUL8

34 Clovelly Rd, N8 7RH

**07799 450636; [accumul8.org.uk/](http://accumul8.org.uk/)**

Photography & art classes to young people living in hostels. Operates January to June. Please check to ensure step-free access and dates/times.

**AC**

### CARDBOARD CITIZENS

77a Greenfield Rd, E1 6QR

**020 7377 8948; [www.cardboardcitizens.org.uk/](http://www.cardboardcitizens.org.uk/)**

Mon–Fri: 10am–6pm

“theatre at its funniest, blackest, most daring and challenging best” – *British Theatre Guide*. Theatre, dance and music workshops around London. Individual support for participants.

**AH, AD, CA, C, ET, LF, MD**

### CAST (CREATIVE AND SUPPORT TRUST)

Unit 1, Lysander Mews, Lysander Gr, Upper Holloway, N19 3QP

**0207 281 9928/07435967990; [www.thepavement.org.uk](http://www.thepavement.org.uk)**

castwomen.org.uk/

Mon–Fri: 10am–5pm

For women coming out of prison, rehab or MH units; with bail & CPOs; or at risk of offending due to substance misuse or MH issues. Literacy, numeracy, computing & creative classes.

**A, CA, D, ET, IT, LA, MH**

## CLEAN BREAK

2 Patshull Rd, NW5 2LB

**020 7482 8600; www.cleanbreak.org.uk**

Free courses in acting, writing, singing & recording. The Women's Space will be for women offenders & women at risk of offending due to drug or alcohol use or mental health needs.

**A, D, ET, MH, MD**

## COOLTAN ARTS

3rd Fl, 224–236 Walworth Rd, SE17 1JE

**0207 701 2696; www.cooltanarts.org.uk/**

Tue–Fri: 10am–5pm

Award-winning arts in mental health charity run for adults with experience of mental health distress.

**AD, AC, BA, CA, ET, LF, MH, MD, OW, SF**

## CORE ARTS

1 St Barnabas Terr, E9 6DJ

**020 8533 3500; www.corearts.co.uk/**

Promotes the artistic and creative abilities of people who experience enduring mental health problems.

**LF, MD**

## CRISIS SKYLIGHT (LONDON)

66 Commercial St, E1 6LT

**020 7426 5650; crisis.org.uk**

Mon–Fri: 2–8pm; Sat–Sun: 11am–5pm

Workshop programme from the website.

**ET, MH**

## LONDON JESUS CENTRE

83 Margaret St, W1W 8TB

**020 7637 0600; jesuscentre.org.uk/**

Mon–Fri: 10am–4.30pm (advice 10.30–12.30am)

IT, citizenship, arts & crafts, life skills & ESOL classes.

**AC, BS, CL, ET, F, IT, LA**

## OPEN CINEMA (LONDON)

TechHub, 5 Bonhill St, EC2A 4BX

**+ 7910 044 453; opencinema.net/find-cinema/**

Community cinema for homeless people. Choose films, make films, meet the experts. Visit the website for details.

**FF, LF**

## SMART

c/o Diorama Arts, 3–7 Euston Centre, Regents Pl, NW1 3JG

**020 7209 0029; smartnetwork@lineone.net**

Art workshops and lectures at various venues. Email for details.

**AC**

## STREETWISE OPERA

26 Red Lion Sq, WC1R 4AG

**020 7730 9551; www.streetwiseopera.org/**

Singing/ acting workshops. No

KEY

**A** Alcohol workers

**AC** Art classes

**AD** Advocacy

**AH** Accommodation/  
housing advice

**B** Barber

**BA** Benefits advice

**BE** Bedding available

**BS** Bathroom/showers

**C** Counselling

**CA** Careers advice

**CL** Clothing store

**D** Drugs workers

**DA** Debt advice

**DT** Dentist

**EF** Ex-forces

**EO** Ex-offenders

**ET** Education/training

**F** Food

**FF** Free food

auditions, and sessions are free. Build confidence, meet people, have fun!  
**MD**

## THE CHOIR WITH NO NAME (N LONDON)

The Only Connect Theatre, 32 Cubitt St, WC1X 0LR

**07772 230744; choirwithnoname.org/choirs/north-london-choir**

Monday: 7–9pm

Choir for people who have experienced homelessness. No prior singing experience or talent required! Women particularly welcome.

**FF, LF, MD**

## THE CHOIR WITH NO NAME (S LONDON)

Pembroke Hse, 80 Tatum St, SE17 1QR

**07772 230744; choirwithnoname.org/choirs/south-london-choir**

Tue: 7–9pm (dinner & rehearsal)

Choir for people who have experienced homelessness. Free dinner after rehearsal each week. No prior singing experience or talent required! Women particularly welcome.

**FF, LF, MD**

## THE MANNA AT ST STEPHEN'S

17 Canonbury Rd, N1 2DF

**020 7226 5369; www.themanna.org.uk/**

Tue: 7–9pm; Fri: 10–12am; Wed: 1–3pm  
Food, showers, laundry (£1), pool, table tennis, singing, art, poetry and gardening, alongside targeted key work

appointments.

**AH, AD, AD, A, AC, BS, BE, BA, CA, CL, DA, FF, IT, L, LA, LF, MD, OL, SF, TS**

## THE VISION ORGANISATION UK

St Silas Comm Hall, Penton St, N1 9UL

**07405200064; www.thevision.org.uk/**

Wed: 7–8pm (Lincoln's Inn Fields: food, drink, personal hygiene goods and help); Thu: 7pm–9pm (drop-in)

**AC, B, CA, CL, FF, LF, SF**

## UNION CHAPEL MARGINS

19b Compton Terr, Islington, N1 2UN

**www.unionchapel.org.uk/about-us/the-margins-project/**

Works with people who suffer from issues of homelessness, mental ill health, isolation & crisis. Advice work via Pilion Trust. **Please note:** all services are by referral.

**AC, C, ET, LF**

## DAY CENTRES/DROP-INS

### 240 PROJECT

116 Bramley Road, London W10 6SU

**0207 221 7530; www.240project.org.uk**

Mon–Wed: 11am–4pm

Many, many services – ring for details or check the timetable.

**AC, CL, F, FF, IT, LA, MD**

### 999 CLUB (DEPTFORD CENTRE)

21 Deptford Bdwy, SE8 4PA

**020 8695 5797**

Winter shelter: 1 Dec–15 Mar, Mon–

**FC** Foot care  
**IT** Internet access  
**L** Laundry  
**LA** Legal advice  
**LF** Leisure facilities

**LS** Luggage storage  
**MD** Music/drama  
**MH** Mental health  
**MS** Medical/health services

**NE** Needle exchange  
**OL** Outreach worker links  
**OW** Outreach workers  
**SH** Sexual health  
**TS** Tenancy support

**SF** Step-free

Sun: 8pm–8am; Mon: 9–12am (mental health); Tue: 9–12am (Samaritans); Wed: 9–12am (drug & alcohol worker); Thu: 9–12am (nurse); Mon–Fri: 9–12am (9–10.30am rough sleepers)  
Warm & welcoming. Learn skills, find work & housing, reconnect to family and friends. Specialist advice on housing and benefits. Learning and activities, specialist healthcare.

AH, AD, A, AC, B, BS, CA, D, ET, FC, IT, L, LA, MS, MH, TS

## ACE OF CLUBS

St Alphonsus Rd, Clapham, SW4 7AS  
020 7720 2811; [aceofclubs.org.uk/](http://aceofclubs.org.uk/)  
Mon–Fri: 12am–4pm

For homeless, vulnerable & isolated people in Clapham. Lunch, tea, coffee, showers, education, bike club etc.

AH, A, AC, B, BS, BE, BA, CL, DT, F, LA, MS, OL

## ACTION HOMELESS CONCERN

Emmaus Hse, 1 Berrymead Gdns, W3 8AA  
020 8992 5768;  
[actionhomelessconcern.org](http://actionhomelessconcern.org)  
Call for the times of their many services.

A, B, BA, CL, C, DT, D, ET, F, FC

## ASHFORD PLACE

60 Ashford Rd, Cricklewood, NW2 6TU  
020 8208 8590; [www.ashfordplace.org.uk/](http://www.ashfordplace.org.uk/)  
Fri: 10.30am–5pm; Mon–Thu: 9.30am–5pm  
Outreach, floating support, health & wellbeing, alcohol & drugs treatment

& more.

AH, A, AC, BS, BA, CA, CL, C, DA, D, ET, F, IT, L, LA, MS, MH, MD, OW, TS

## BARON'S COURT PROJECT

69 Talgarth Rd, W14 9DD  
020 7603 5232; [www.baronscourtproject.org](http://www.baronscourtproject.org)  
Mon–Wed: 2–5pm (drop-in, showers/laundry & café); Fri: 12am–2pm (women's group); Fri: 2.30–5.30pm (Green Palm Club for isolated black people); Thu: 2–5pm (life skills)  
Friendly drop-in where people can socialise, find support & access services.

BS, CL, F, IT, LA, MS

## CARDINAL HUME CENTRE

3–7 Arneway St, Horseferry Rd, SW1P 2BG  
020 7222 1602; [www.cardinalhumecentre.org.uk/](http://www.cardinalhumecentre.org.uk/)  
Mon, Tue, Thu: 9:15am–4:30pm (closed 1–2pm); Tue: 2pm–4pm (benefits adviser appointments); Wed: 9:15am–7pm (closed 1–2pm); Wed: 2–4pm (job club, by invitation); Wed: 5–7pm (IT)  
Works with homeless young people, badly-housed families and others in need. Spanish (Wed) and Arabic (Friday) speakers by appointment.

AH, AD, BA, C, CA, DA, ET, IT, MS, TS

## CARITAS ANCHOR HOUSE

81 Barking Rd, Canning Tn, E16 4HB  
0207 476 6062; [caritasanchorhouse.org.uk](http://caritasanchorhouse.org.uk)  
Mon: 2:30–4pm (nurse) ; Mon & Tue: 9:30am–4:30pm (CSCS training); Tue:

### KEY

A Alcohol workers  
AC Art classes  
AD Advocacy  
AH Accommodation/  
housing advice

B Barber  
BA Benefits advice  
BE Bedding available  
BS Bathroom/showers  
C Counselling

CA Careers advice  
CL Clothing store  
D Drugs workers  
DA Debt advice  
DT Dentist

EF Ex-forces  
EO Ex-offenders  
ET Education/training  
F Food  
FF Free food



10am–1:30pm (job club); Wed & Fri:  
10am–4pm (housing registration); Thu:  
2:30–6pm (art class); Fri: 10am–4pm  
(IT training)

Supports people affected by  
homelessness, drug & alcohol misuse,  
mental health, domestic violence, crime.  
119 bed spaces. Regular AA and CA  
meetings. Counselling. Email [info@](mailto:info@caritasanchorhouse.org.uk)  
[caritasanchorhouse.org.uk](http://caritasanchorhouse.org.uk)

*AH, A, AC, BA, CA, DA, D, ET, IT, MS, MH, MD*

## CHELSEA METHODIST CHURCH PASTORAL CARE

155a Kings Rd, SW3 5TX

020 7352 9305; [www.chelseamethodist.org.uk/](http://www.chelseamethodist.org.uk/)

Mon, Tue, Thu: 9am–2.00pm (last

laundry 1pm)

*CL, L, F*

## CLAPTON COMMUNITY DROP-IN

Old School Rooms, 2 Powerscroft Rd,  
E5 0PU

020 8533 9676

Sun: 2–4.30pm

Friendly & non-judgemental. Access  
services in the borough – housing,  
benefits, JobCentre Plus, health- and  
family-related issues etc.

*AH, BA, FF, LA, MH, OL*

## DEPTFORD REACH

Speedwell St, Deptford, SE8 4AT

020 8692 6548; [www.deptfordreach.org.uk](http://www.deptfordreach.org.uk)

Mon, Tue, Thu, Fri: 9am–3.30pm

For adults 16+ who are vulnerable  
through homelessness, mental ill-health,

loneliness, social exclusion or poverty.

*AH, AD, A, AC, B, BS, BE, BA, CA, CL, C, DA, DT, D,  
ET, FF, LA, MS, MH, MD, OL, TS*

## DIVINE RESCUE

Thurlow Lodge, 1 Thurlow St, SE17 2US

020 3489 1765; [www.drescue.org/](http://www.drescue.org/)

Mon–Fri: 9am–3.30pm

For homeless people & those with  
substance abuse issues. Help with  
hospital visits & bereavement, & support  
with detox.

*AH, AD, AC, BA, CL, C, ET, FF, MD, OW*

## DUNLOE CENTRE

St Saviour's Priory, 18 Queensbridge  
Rd, E2 8NS

020 7739 9976

Tue: 10.30–12am

Turns away only people who are violent.

*BE, CL, FF*

## EARL'S COURT COMMUNITY PROJECT (ECCP)

c/o W London Family Church, 230 Lillie  
Rd, SW6 7QA

020 7385 5791; [www.eccp-ywam.org.uk/](http://www.eccp-ywam.org.uk/)

Tue: 5–7pm

Hot drinks and food in a warm, friendly,  
non-judgmental atmosphere.

*CL, FF, SF*

## FAITH IN ACTION (HOMELESSNESS PROJECT MERTON)

Salvation Army Citadel, 109 Kingston  
Rd, S Wimbledon, SW19 3JR

07843 280 419; [www.mertonfaithinaction.org/](http://www.mertonfaithinaction.org/)

*FC* Foot care  
*IT* Internet access  
*L* Laundry  
*LA* Legal advice  
*LF* Leisure facilities

*LS* Luggage storage  
*MD* Music/drama  
*MH* Mental health  
*MS* Medical/health  
services

*NE* Needle exchange  
*OL* Outreach worker links  
*OW* Outreach workers  
*SF* Step-free  
*SH* Sexual health

*TS* Tenancy support

Wed & Fri: 10am–3pm  
A listening ear, breakfast, lunch, teas & coffees.

**AH, AD, A, BS, BA, CL, C, D, F, L, LA, MH**

## GREENWICH MIGRANT HUB

Greenwich Housing Rights, 36  
Wellington St, SE18 6PF  
07429031389 /

[greenwichmigranthub.com/](http://greenwichmigranthub.com/)

Tue: 10.30am–1.30pm

Free immigration, housing and domestic violence advice and a hot meal to migrants in Greenwich and neighbouring boroughs.

**AH, AD, BA, FF, LA**

## HOMELESS ACTION IN BARNET (HAB)

36b Woodhouse Rd, N12 0RG

020 8446 8400; [www.habcentre.org](http://www.habcentre.org)

Mon–Fri: 12am–3pm (rough sleepers);

Wed: 9–12am (women); Mon–Fri:

12am–3pm (drop-in)

**AH, AD, BS, BA, CL, F, TS**

## MARYLEBONE PROJECT (CHURCH ARMY)

1–5 Cosway St, NW1 5NR

020 7262 3818; <http://bit.ly/1mhvhYf>

Mon–Thu: 9.30am–1.30pm &

Fri: 9.30–12.30pm (rough sleepers' drop-in, advice and classes)

**Women-only.**

**AH, BS, BA, CL, ET, FF, IT, LA, TS**

## NEW HORIZON YOUTH CENTRE

68 Chalton St, NW1 1JR

020 7388 5580; [nhyouthcentre.org.uk](http://nhyouthcentre.org.uk)

Mon: 2–4pm (alcohol support); Mon–Fri: 10.30am–4pm (10.30am–1pm advice) For people 16–21. Free lunch. Women-only groups. Mental health, life skills & resettlement support. Sex worker project. Street outreach. Refugee worker. Drop in or phone.

**AH, AD, A, BS, BA, CA, CL, D, ET, FF, IT, LA, MS, MS, MH, OL, OW**

## NORTH LONDON ACTION FOR THE HOMELESS

St Paul's Church Hall, Stoke Newington Rd, N16 0AJ

07745227135; [www.nlah.org.uk/](http://www.nlah.org.uk/)

Mon: 12am–1.30pm; Wed: 7–8.30pm

Vegetarian meal. Advice on benefits, housing, disability payments, etc.

Health Access Worker. Literacy classes, music sessions & outings to theatre etc.

**BA, CL, ET, FF, LA, MD**

## PROVIDENCE ROW

The Dellow Centre, 82 Wentworth St, Aldgate, E1 7SA

020 7375 0020; [www.providencerow.org.uk](http://www.providencerow.org.uk)

Mon–Fri: 9am–3.30pm (needle exchange – closed 12.30–1.30pm);

Mon: 10–11.30am (men's group);

2pm–3pm (yoga); Tuesday: 11.30–

12.30am (relaxation); 9.30–12.30am (homeopathy); Wed: 11.30am–1pm

(peer support, addictions); 2–3.30pm

(women's group); Thu: 11am–1pm

(art & wellbeing); Fri: 10–11.30am

(computer-assisted therapy); 10–

11.30am (self-harming support)

Helps people of all backgrounds to an

KEY	A Alcohol workers	B Barber	CA Careers advice	EF Ex-forces
	AC Art classes	BA Benefits advice	CL Clothing store	EO Ex-offenders
	AD Advocacy	BE Bedding available	D Drugs workers	ET Education/training
	AH Accommodation/ housing advice	BS Bathroom/showers	DA Debt advice	F Food
		C Counselling	DT Dentist	FF Free food

independent & fulfilled life away from homelessness & exclusion.

*AC, BS, BA, CA, C, D, ET, F, FF, IT, MH, NE*

## **SANKTUS**

4 Lady Margaret Rd, Kentish Tn, NW5 2XT

**020 7485 4023; [parish.rcdow.org.uk/kentishtown](http://parish.rcdow.org.uk/kentishtown)**

Mon, Wed, Fri: 2–3pm; Sun: 3–4pm

*AH, FF*

## **SHOREDITCH COMMUNITY PROJECT**

St Leonard's Church, 116–118

Shoreditch High St, E1 6JN

**0207 613 3232; [www.sct.org.uk/](http://www.sct.org.uk/)**

Mon & Wed: 9.30–12.30am; Tue: 2–4pm

For people facing homelessness, alcohol, drugs, poverty or social isolation.

*AH, AD, A, BA, DA, D, ET, FF, OL*

## **SHP**

245 Grays Inn Rd, WC1X 8QY

**020 7520 8660; [www.shp.org.uk](http://www.shp.org.uk)**

Mon–Sun: 9am–5pm (referrals)

Accommodation & support. To discuss referral, phone.

*AH, AD, AC, BA, CA, DA, D, ET, IT, LA, MS, OW, TS*

## **SILOAM COMMUNITY SERVICES**

c/o Salvation Army, Lower Community Hall, Nunhead Green, SE15 3RT

**020 8695 8873; [www.siloamcs.co.uk](http://www.siloamcs.co.uk)**

Tue: 7–8pm (free meal); Tue & Thu:

10am–2pm (café & drop-in, housing advice, support)

*AH, BA, CL, F, FF, MH, TS*

## **SIMON COMMUNITY (HOUSE OF HOSPITALITY)**

129 Malden Rd, Kentish Tn, NW5 4HS

**020 7485 6639; [www.simoncommunity.org.uk](http://www.simoncommunity.org.uk)**

Sat & Sun: 1–3pm (street café, St Giles);

Mon–Fri: 7.15–8.30am (tea run – 7.15

Arundel St; 7.30 Burleigh St; 7.50 Covent

Gdn); Thu: 7.30–11pm (soup run.

8.15–8.45 Duke's Rd/Euston; 9.20–9.50

Temple; 10–11 under W'loo Bridge).

Supports and campaigns for people who are homeless or rootless and for whom no other provision exists. Clothing from the street café when available.

*AH, CL, F, FF, MD, OL, OW*

## **SOUTHWARK DAY CENTRE FOR ASYLUM SEEKERS**

The Copleston Centre, Copleston Rd, SE15 4AN

**020 7732 0505; [www.sdcas.org.uk/](http://www.sdcas.org.uk/)**

Tue: 12.30am–5pm

*AH, CA, CL, ET, FF, LA*

## **SPIRES CENTRE**

8 Tooting Bec Gdns, SW16 1RB

**020 8696 0943; [spires.org.uk](http://spires.org.uk)**

Wed: 10–12am (rough sleepers); Tue:

10.30am–2pm (drop-in); Tue & Fri:

9–10.30am (rough sleepers); Mon:

8–12am (women); Thu: 9am–1pm

(rough sleepers)

Drop-in, drug & alcohol support, medical & optician services etc. Ring for adult education info & times.

*AH, AD, A, BS, BA, CL, C, D, ET, FF, FC, LA, MS, MH, MD*

*FC* Foot care  
*IT* Internet access  
*L* Laundry  
*LA* Legal advice  
*LF* Leisure facilities

*LS* Luggage storage  
*MD* Music/drama  
*MH* Mental health  
*MS* Medical/health services

*NE* Needle exchange  
*OL* Outreach worker links  
*OW* Outreach workers  
*SF* Step-free  
*SH* Sexual health

*TS* Tenancy support

## SPITALFIELDS CRYPT TRUST (NEW HANBURY PROJECT)

22a Hanbury St, Spitalfields, E1 6QR  
020 7613 5636; [www.sct.org.uk/hanbury.html](http://www.sct.org.uk/hanbury.html)

Wide range of activities. Ring for info.

AC, BA, C, ET, IT

## ST CUTHBERT'S CENTRE

The Philbeach Hall, 51 Philbeach Gdns,  
Earl's Court, SW5 9EB

020 7835 1389; [www.i-m.mx/SCCadmin/SCC](http://www.i-m.mx/SCCadmin/SCC)

Mon–Fri: 10.30am–3.30pm

For people in Earl's Court.

AH, AD, AC, BS, CL, C, F, IT, OL, OW

## ST MUNGO'S BROADWAY (BROADWAY CENTRE)

Broadway Centre, 13–14 Market La,  
W12 8EZ

020 8735 5810; [www.mungos.org/](http://www.mungos.org/)

Mon–Fri: 10–11am (drop-in)

18+. Support around drug, alcohol or mental health. Ce & E European project and Horn of Africa project. Drop-ins (acupuncture, assessment, DWP advice, laundry, legal advice, mental health support, nurse, opticians, outreach team, podiatry, sexual health, showers, tea, work and learning advice) in the morning; appointments afternoon.

AH, AW, AC, BS, CL, C, D, ET, FC, L, LA, MS, MH, OW, SH, TS

## STREETS2HOMES

2a Wych Elm, Harlow, Essex, CM20 1QP  
01279 430011; [www.streets2homes.org](http://www.streets2homes.org)

Mon–Fri: 8.30am–2pm  
Advice, health services etc. Outreach links.

AH, AD, CL, F, MS, OL

## THAMES REACH

Gem Hse, 122–126 Backchurch La, E1 1ND

020 7702 4260; [www.thamesreach.org.uk](http://www.thamesreach.org.uk)

Run night shelters, drop-ins, street services etc.

AH, AD, A, C, D, LA, MH, OL, OW

## THAMES REACH (CAMDEN SPECTRUM)

Camden Spectrum, 6–8 Greenland St,  
NW1 0ND

020 7267 4937; [CamdenSpectrum@thamesreach.org.uk](http://CamdenSpectrum@thamesreach.org.uk); [www.thamesreach.org.uk](http://www.thamesreach.org.uk)

Mon–Fri: 9.30am–7pm

For people who are sleeping rough, have a drug or alcohol problem, poor mental health, or who are struggling to keep a roof over their head.

AH, A, AC, BS, CL, D, FF, IT, LA, MS, OL, TS

## THE CARAVAN DROP-IN

St James's Ch, 197 Piccadilly, W1J 9LL  
020 7734 4511; [www.thecaravan.org.uk](http://www.thecaravan.org.uk)

org.uk

Sat–Sun: 10am–7pm; Mon–Fri:  
11am–7pm

C

## THE CONNECTION AT ST MARTIN IN THE FIELDS

12 Adelaide St, WC2N 4HW

020 7766 5544; [www.connection-at-st-martin.org](http://www.connection-at-st-martin.org)

### KEY

A Alcohol workers

AC Art classes

AD Advocacy

AH Accommodation/  
housing advice

B Barber

BA Benefits advice

BE Bedding available

BS Bathroom/showers

C Counselling

CA Careers advice

CL Clothing store

D Drugs workers

DA Debt advice

DT Dentist

EF Ex-forces

EO Ex-offenders

ET Education/training

F Food

FF Free food

## stmartins.org.uk

Mon, Tue, Thu, Fri: 9am–1pm; Wed:  
9–12.30am; Sat & Sun: 9am–1pm  
(invite only)

Rough sleepers outreach, training &  
career advice, activity programmes &  
support for complex needs. For people  
16+. Visit website for more info.

AH, A, AC, BS, BA, CA, CL, D, ET, F, FC, IT, MS,  
MH, MD, OW

## HOLY CROSS CENTRE TRUST

Holy Cross Ch, Cromer St, WC1H 8JU  
0207 278 4437; [www.hcct.org.uk/](http://www.hcct.org.uk/)

Mon: 4–9pm (drop-in); Wed & Fri:  
12am–3pm (refugee & asylum seekers)  
Internet, free meal & referrals. Initial  
advice & guidance, referral & emotional  
support. Volunteering/peer-to-peer  
support encouraged.

AD, FF, IT, LA, OL

## THE MANNA AT ST STEPHEN'S

17 Canonbury Rd, N1 2DF

020 7226 5369; [www.themanna.org.uk](http://www.themanna.org.uk)

Tue: 7–9pm; Fri: 10am–12am; Wed:  
1–3pm

Drop-in and key work service. Food,  
showers, laundry service (£1), pool,  
table tennis, singing, art, poetry and  
gardening. Helpline: 020 7226 5369.

AH, A, AC, BS, BA, BE, CA, CL, DA, FF, IT, LA, MD,  
OL, TS

## THE MANNA CENTRE

6 Melior St, SE1 3QP

020 7357 9363; [www.mannasociety.org.uk](http://www.mannasociety.org.uk)

Tue: 10am–1pm (chiroprapist alt weeks);  
9.30–12am (mental health); Wed:  
10am–1pm (osteopath); Thu: 9.30am–  
1pm (DWP); 9.30am–1pm (health  
advice for refugees); 10am–1pm  
(computers); Fri: 9.30am–1pm (nurse)  
Sun: 10.30–11am (clothing store, 2nd &  
3rd of month, Oct–May)

Open 7 days a week. Services include  
breakfast & lunch, showers, housing &  
welfare advice. All services are free.

AH, BS, BA, CL, ET, FF, FC, MS, MH, TS

## THE PASSAGE

St Vincent's Centre, Carlisle Pl, SW1P  
1NL

020 7592 1850; [passage.org.uk](http://passage.org.uk)

Mon–Fri: 8–12am (rough sleepers),  
12am–2pm (lunch), 2–6pm  
(appointments), 4.30–6pm (rough  
sleepers); Sat & Sun: 9–12am  
For people 25+.

AH, A, BA, CA, CL, D, ET, F, FC, IT, MS, MH, TS

## THE SALVATION ARMY (CHALK FARM)

10–16 Haverstock Hill, NW3 2XY

020 7485 1605; [www.salvationarmy.org.uk/chalk-farm](http://www.salvationarmy.org.uk/chalk-farm)

Mon: 6pm–8pm (men); Wed: 6pm–  
7.30pm (men & women)

BS, F

## THE SALVATION ARMY (NUMBER 10 DROP-IN CENTRE)

10 Princes St, W1B 2LH

020 7629 5424; [www.salvationarmy.org.uk](http://www.salvationarmy.org.uk)

FC Foot care  
IT Internet access  
L Laundry  
LA Legal advice  
LF Leisure facilities

LS Luggage storage  
MD Music/drama  
MH Mental health  
MS Medical/  
health services

NE Needle exchange  
OL Outreach worker links  
OW Outreach workers  
SF Step-free  
SH Sexual health

TS Tenancy support

## org.uk/no-10-drop-centre

Wed: 5.30–8pm (soup kitchen); Wed: 2.30–4pm (advice & enquiries); Mon: 2.30–4pm (film club; advice & enquiries); Tue: 2.30–4pm (art, board games); Tue: 11–12am (JobcentrePlus); Thu: 10–12am (appointments); Fri: 2.30p–4pm (table tennis; advice & enquiries)

Ask a member of staff to arrange an appointment.

AH, BA, CL, LA

## THE TAB

Shoreditch Tabernacle Baptist Ch, 3 Godfrey Pl, E2 7NT  
020 7739 3076; [www.tabcentre.com/tab-centre](http://www.tabcentre.com/tab-centre)

Fri: 9–12am

Support & friendship to people experiencing alcohol & drug addiction.

D, F

## THE WELCOME PROJECT

2 St Marys Road, Ilford IG1 1QX  
020 8514 3283; [www.ihrbc.org.uk/](http://www.ihrbc.org.uk/)  
Tue & Thu: 10.00am–3pm; Wed & Fri: 9.00am–3pm

Support work, nurse-led clinic, counselling, ESOL & other sessions that support independent living. Allotment, gardening, exercise, therapeutic massage. Referral via Streetlink only.

AH, BS, BA, CL, FF

## TRIUMPHANT CHURCH INTERNATIONAL

136 West Green Rd, S Tottenham, N15 5AD

020 8800 6001; [www.triumphant.org.uk/community-outreach/homeless-feeding-project/](http://www.triumphant.org.uk/community-outreach/homeless-feeding-project/)

Sun: 9–11am (drop-in); Wed: 7–8pm (drop-in); Sun: 9–10am

AD, CL, FF

## UNION CHAPEL (MARGINS HOMELESSNESS PROJECT)

Compton Terr, Upper St, N1 2XD  
0207 704 6636; [www.unionchapel.org.uk/about-us/the-margins-project/](http://www.unionchapel.org.uk/about-us/the-margins-project/)  
Sun: 3–5pm (earlier if no more tickets)  
Entrance in Compton Ave. Get ticket & wait to be called.

AH, BS, CL, FF, LA

## UPPER HOLLOWAY BAPTIST CHURCH (ARCHWAY DROP-IN CENTRE)

11 Tollington Way, N7 6RG  
020 7272 2104; [www.stjohnsarchway.com/archway-drop-in-centre/](http://www.stjohnsarchway.com/archway-drop-in-centre/)

Mon: 10–12am (sandwiches, soups, drinks)

Food (£1), a change of clothes and somewhere to spend time. Counselling, advice, information.

CL, F, LA

## WEBBER STREET (LONDON CITY MISSION)

6–8 Webber St, SE1 8QA  
020 7928 1677

Mon–Sat: 9.30–10am (breakfast);

10–11.30am (showers, clothing – not Friday); Tue & Thu: 10–12am (nurse);

Fri: 9am–12am (advice & info drop-in)

List for showers taken on Monday. Short

KEY	A Alcohol workers	B Barber	CA Careers advice	EF Ex-forces
	AC Art classes	BA Benefits advice	CL Clothing store	EO Ex-offenders
	AD Advocacy	BE Bedding available	D Drugs workers	ET Education/training
	AH Accommodation/ housing advice	BS Bathroom/showers	DA Debt advice	F Food
		C Counselling	DT Dentist	FF Free food

Bible talk each morning – prayer & other spiritual help offered.  
Closed first Wed of each month.

*BS, CL, F, LF, MS, MH, OL*

## WEST LONDON DAY CENTRE

134–136 Seymour Pl, London  
020 7569 5900; [www.wlm.org.uk/what-we-do/wldc](http://www.wlm.org.uk/what-we-do/wldc)

Mon–Fri: 8.45–10am (rough sleepers);  
Mon–Fri: 10–11.30am (drop-in); Mon–  
Thu: 11.45–12.45am (appointments);  
Mon & Thu: 1.30–3.30pm (drop-in for  
those with tenancies)

*AC, BS, BA, CL, C, F, IT, LS, MS, OL, TS*

## WHITECHAPEL MISSION

212 Whitechapel Rd, E1 1BJ  
020 7247 8280; [www.whitechapel.org.uk](http://www.whitechapel.org.uk)

Mon–Sun: 6–11am (breakfast 8–10am);  
Sat: 12am–2.30pm (women)  
Welcoming centre open 365 days a year.

*AH, A, B, BS, BE, BA, CL, C, DA, D, F, IT, MS, OL, TS*

## WSUP (THE WEEKEND SERVICE USER PROJECT)

Woolwich Central Baptist Ch, Simmons Rd, SE18 6UX  
07426046283; [wsupwoolwich.org/](http://wsupwoolwich.org/)  
Sat: 10.30am–2.30pm (clothing 3rd Sat of month)

*AC, B, BS, CL, FF, LA*

**HELP!**  
Tell us about  
changes to times  
etc. Email [val@thepavemeetn.org.uk](mailto:val@thepavemeetn.org.uk)

## DRUGS/ALCOHOL

### ADDACTION SMART

9b Mitcham Lane,  
Streatham, SW16 6LG  
020 8677 9541;

[www.addaction.org.uk/service-finder.asp?section=98&itemid=318](http://www.addaction.org.uk/service-finder.asp?section=98&itemid=318)

Mon–Fri: 10am–4.30pm  
Advice, info, support. Assessment, counselling, complementary therapies, referral to specialist providers & user groups.

*AD, C, D, MS, NE, OW*

### ANTIDOTE SERVICES (LONDON FRIEND)

86 Caledonian Rd, N1 9DN  
020 7833 1674

Mon–Fri: 10am–6pm; Mon: 11am–1pm  
(drop-in for referral or chat. Women workers, 86 Caledonian Rd); Mon: 9–12am (walk-in clinic, MSM clinic, Capper St); Tue: 5–7pm (MSM CODE clinic, 56 Dean St); Thu: 6–8.30pm (LGBT drop-in, 32a Wardour St)  
Drug & alcohol service targeted at the LGBT community. Also work through the Club Drug Clinic (<http://clubdrugclinic.cnw1.nhs.uk/>)

*A, C, D, SH*

### BREAK THE CYCLE

Community Hse, 311 Fore St, Enfield, N9 0PZ

020 8373 6307 /07807 789473; [btc@ggcce.org.uk](mailto:btc@ggcce.org.uk)

Mon–Fri: 9am–3pm (café for clients)

*FC* Foot care  
*IT* Internet access  
*L* Laundry  
*LA* Legal advice  
*LF* Leisure facilities

*LS* Luggage storage  
*MD* Music/drama  
*MH* Mental health  
*MS* Medical/health services

*NE* Needle exchange  
*OL* Outreach worker links  
*OW* Outreach workers  
*SF* Step-free  
*SH* Sexual health

*TS* Tenancy support



accessing treatment at 12 Centre Way, Claverings); Tue & Wed: 9–12am (peer-support); Wed: 3–4pm women only); Fri: 2–6pm (peer-support)

Set up by current & ex-users of Enfield drug treatment services.

**AD, D, F**

## CENTRAL AND NW LONDON SUBSTANCE MISUSE SERVICE

Crowther Mkt, 282 North End Rd, SW6 1NH

Mon–Fri: 9am–5pm

<http://www.cnwl.nhs.uk/services/>

Info on a wide range of drug, alcohol, mental health & medical services.

**A, C, D, MS**

## CRANSTOUN CITY RDS (CRISIS INTERVENTION)

W Hart Hse, 352–358 City Rd, EC1V 2PY  
**020 7843 1640/020 7278 8671; www.cranstoun.org/**

Residential crisis intervention, primary healthcare & assessment, detox, one-to-one support, group work, complementary therapies etc. Inpatient detox. Helpline (24/7) run by trained staff.

**C, D, MS**

## CRI (184 CAMDEN)

The Blue Door, 184 Royal College St, NW1 9NN

**020 7485 2722; 184camden@cri.org.uk**

Mon: 9.30am–9pm; Tue, Wed, Fri:

9.30am–5.30pm; Thu: 9.30am–3pm

For adults in Camden with substance use issues. Drop in, phone or email.

**AH, AD, BA, C, D, LA, MS, MH, NE, OL**

## DAIS CAMDEN SOUTH

264 Pentonville Rd, N1 9JY

**0808 178 0113; www.cri.org.uk**

Mon–Fri: 9am–5pm (office hours);

Mon–Fri: 12.30am–5.30pm (drop-in)

For Camden residents 18+.

**A, D, OW**

## EVOLVE HOUSING & SUPPORT

9 Akabusi Close, Croydon CR0 6YL

**020 8662 1171; www.evolvehousing.org.uk**

Mon–Fri: 9am–4pm

Accommodation for people 21–69

who are dry/clean & wish to remain so.

Priority to Croydon applicants. Phone.

**A, C, D**

## GATEWAY SERVICE (BARKING & DAGENHAM)

Red Lion Hse, 38 George St, Barking, IG11 8FE

**020 8507 8668 / 020 8594 8504;**

**www.cri.org.uk/content/gateway-barking-and-dagenham**

Tue & Thu: 9am–8pm; Mon, Wed, Fri:

9am–5pm

For drug users 19+. Drop in or phone.

**C, D, MS, MH, NE**

## GREAT CHAPEL STREET MEDICAL CENTRE

13 Great Chapel St, W1F 8FL

**020 7437 9360**

Mon, Tue, Thu: 10am–12.30am

### KEY

**A** Alcohol workers  
**AC** Art classes  
**AD** Advocacy  
**AH** Accommodation/  
housing advice

**B** Barber  
**BA** Benefits advice  
**BE** Bedding available  
**BS** Bathroom/showers  
**C** Counselling

**CA** Careers advice  
**CL** Clothing store  
**D** Drugs workers  
**DA** Debt advice  
**DT** Dentist

**EF** Ex-forces  
**EO** Ex-offenders  
**ET** Education/training  
**F** Food  
**FF** Free food

(doctor); Mon–Fri: 2pm–4.30pm  
(doctor); Tue: 2–4.30pm (counselling);  
Mon: 10–12am (counselling); Mon–Fri:  
10–12.30am (nurse; drugs, alcohol &  
MH nurse; housing advisor); Mon–Fri:  
2–4.30pm (nurse; & drugs, alcohol & MH  
nurse; housing advisor); Fri: 9–12.30am  
(podiatry); Tue & Thu: 10am–5pm  
(dental service)

Wide range of drop-in services.

Psychiatrist by appointment.

*AH, AD, A, C, D, FC, MS, MH*

## HOPE WORLDWIDE/ TWO STEP

360 City Rd, EC1V 2PY

**020 7713 7655; [www.hopeworldwide.org.uk](http://www.hopeworldwide.org.uk)**

Mon–Thu: 10am–4pm (appointments)

Works with refugees, homeless people,  
ex-offenders & those with drug &  
alcohol issues. Abstinence programme.

*AH, AD, A, C, D, TS*

## ISIS (ISLINGTON)

99–101 Seven Sisters Rd, N7 7QP

**020 7272 1231 / 020 7561 3310;**

**[www.cri.org.uk/content/isis-islington](http://www.cri.org.uk/content/isis-islington)**

Thu: 2–8pm; Mon, Wed, Fri: 10.30am–  
5pm (drop-in); Tue: 2–5.00pm (drop-in);

Some treatment options are by  
appointment only, so phone first.

Helpline: **0808 800 0019.**

*CL, C, D, ET, MS, NE, OW, SH*

## ISLINGTON YOUNG PEOPLE'S DRUG AND ALCOHOL SERVICE (IYPDAS)

50 Isledon Rd, London N7 7LD

**020 7527 5099**

Mon–Fri: 9am–5pm

For people up to 21 who are using drugs  
or alcohol. They can meet wherever you  
feel comfortable. Confidential service:  
advice, and substitute prescribing.

Rehab if appropriate. Please phone first.

*AD, A, D, OW*

## KAIRO COMMUNITY TRUST

22 Linden Grove, SE15 3LF

**020 7277 6264**

Mon–Fri: 9am–5pm

Supported accommodation for  
single homeless people 18+ who are  
committed to becoming clean & dry,  
& have low support needs. Help with  
benefits, & getting ID & funding.

*AD, A, BA, D*

## KALEIDOSCOPE KINGSTON DRUGS SERVICE

28–46 Cromwell Rd, Kingston upon  
Thames, KT2 6RN

**0208 549 2681**

Mon–Fri: 9–11 am (dispensary) & 4.30–  
6.30pm (dispensary); Sat: 10am–1pm  
(dispensary); Mon–Fri: 9am–1pm &  
2.30–6pm (needle exchange); Sat:  
10am–1pm (needle exch.); Mon–Fri:  
9am–1pm & 2.30–5.30pm (care co-  
ordination)

For drug users in the Kingston area,  
particularly heroin users. Medical team.  
Doctor's clinic, Methadone scripts, dual  
diagnosis, education & training.

*D, ET, MS, NE, OW*

*FC* Foot care  
*IT* Internet access  
*L* Laundry  
*LA* Legal advice  
*LF* Leisure facilities

*LS* Luggage storage  
*MD* Music/drama  
*MH* Mental health  
*MS* Medical/health  
services

*NE* Needle exchange  
*OL* Outreach worker links  
*OW* Outreach workers  
*SF* Step-free  
*SH* Sexual health

*TS* Tenancy support

## **LIFELINE BASIS SUBSTANCE MISUSE SERVICE**

Royal Arsenal Medical Centre, 21  
Arsenal Way, SE16 6TE  
**020 3696 2640; [lifelinebasis.org.uk/](http://lifelinebasis.org.uk/)**

Mon–Fri: 9am–5pm (later by  
appointment)

For people using cannabis, cocaine,  
party drugs,; new psychoactive  
substances (NPS, formerly ‘legal highs’),  
steroids, alcohol (non-dependent); and  
‘chemsex’.

*A, AC, D, LF, OL, OW, SF*

## **NEEDLE EXCHANGE VAN**

London WC2

Mon–Fri: 4–7pm

White van parked by Centrepont.

*D, NE*

## **NEW DIRECTION**

410 Lewisham High St, SE13 6LJ

**020 8314 5566; [www.cri.org.uk/](http://www.cri.org.uk/content/new-direction-lewisham)**

**content/new-direction-lewisham**

Thu & Fri: 10am–5pm (drop-in); Tue:

1.30–5pm (drop-in); Mon & Wed:

10am–7pm (drop-in)

NA, CA & SMART groups. For

assessment, attend an open access  
session. Accept referrals by phone.

*A, C, D, ET, MS, NE, OW*

## **REMAR ASSOCIATION UK**

847 High Rd, Leytonstone, E11 1HH

**020 8539 0452; [www.remar.uk.com](http://www.remar.uk.com)**

Wed: 7.30–8.30pm (William IV St – hot  
drinks, biscuits, sandwiches)

24-hour helpline: **0791 758 5056**

*A, D, FF*

## **SHP**

245 Grays Inn Rd, WC1X 8QY

**020 7520 8660; [www.shp.org.uk](http://www.shp.org.uk)**

Mon–Sun: 9am–5pm (referrals)

Accommodation & support. To discuss  
referral, phone.

*AH, AD, AC, BA, CA, DA, D, ET, IT, LA, MS, OW, TS*

## **SPITALFIELDS CRYPT TRUST**

116–118 Shoreditch High St, E1 6JN

**020 7613 3055; [www.sct.org.uk/our-](http://www.sct.org.uk/our-services/acorn-house)**

**services/acorn-house**

Tue: 1–3pm (St Leonard’s Ch); Wed:

10–12am (St L’s); Thu: 11am–2pm

(women’s lunch club, St L’s) Fri: 1–3pm

(St L’s. Film Club); Fri: 9–11:30am (The

Tab Centre); Thu: 8–10am (Tab)

Single homeless men 25+ with alcohol,  
drug or gambling problems. Must be  
prepared to address their addiction.

*AH, A, BA, C, DA, D, LA, MH*

## **ASHA FOUNDATION**

Alexandra Hse, 241 High St, TW8 ONE

**020 8560 4583**

Mon–Sun: 10am–10pm (online

counselling: <http://bit.ly/1zLeJhi>)

Helpline for people with mental health  
or drug use difficulties.

*AD, A, C, D, MS, MH*

## **THE NEHEMIAH PROJECT**

47 Tooting Bec Gdns, SW16 1RF

**020 8773 7417; [www.tnp.org.uk](http://www.tnp.org.uk)**

For men caught up in alcohol, drugs &  
crime. Supported housing & move-on  
accommodation. Phone.

*AD, A, C, D*

## **THE PILION TRUST**

Unit 205, Omnibus Building, 39–41

North Rd, N7 9PD

**020 7700 2498; [piliontrust.blogspot.](http://piliontrust.blogspot.co.uk/)**

**co.uk/**  
Mon–Fri: 10am–5pm; Sun: 2–5pm

(outreach at Margins, Union Chapel)

For people who have been affected by drugs, alcohol and mental health.

*AD, A, C, D, MH, OW*

### **THE SEVENTY4 FOUNDATION**

18 Dartmouth St, SW1H 9BL

020 7233 0400; [www.wdp.org.uk/find-us/seventy4-foundation](http://www.wdp.org.uk/find-us/seventy4-foundation)

Mon, Wed, Fri: 9.30am–5pm; Tue & Thu: 9.30am–8pm

Counselling for people with drug or alcohol dependency problems. Dual diagnosis. Phone for an appointment.

*A, C, D*

### **THE TAB**

Shoreditch Tabernacle Baptist Church, 3 Godfrey Pl, E2 7NT

020 7739 3076; [www.tabcentre.com/tab-centre](http://www.tabcentre.com/tab-centre)

Fri: 9–12am

Support & friendship to people experiencing alcohol & drug addiction.

*D, F*

### **TURNING POINT S WESTMINSTER DRUG AND ALCOHOL SERVICE**

32a Wardour St, W1D 6QR

020 7437 3523; [www.turning-point.co.uk/south-westminster](http://www.turning-point.co.uk/south-westminster)

Mon–Fri: 10am–5.30pm; Sat & Sun: 11am–4.30pm

*C, D, MH, NE, OL*

### **WDP – WESTMINSTER DRUG PROJECT**

470–474 Harrow Rd, W9 3RU

020 7266 6200; [www.wdp.org.uk](http://www.wdp.org.uk)

Mon–Fri: 1–5pm (drop-in)

Open access, structured treatment, outreach & aftercare. Advice about blood-borne viruses. Helpline: 020 7266

6300.

*AH, AD, C, D, MS, NE, OL, OW*

### **WDP – ENFIELD ROOTS**

12 Centre Way, Claverings Ind Est, Montagu Rd, N9 0AH

020 8379 6970; [www.wdp.org.uk/find-us/london/enfield](http://www.wdp.org.uk/find-us/london/enfield)

For people coming through criminal justice system & experiencing problems with drugs /alcohol.

*A, C, D*

### **WDP – WANDSWORTH DRUG PROJECT**

86 Garratt Lane, SW18 4DB

020 8875 4400; [www.wdp.org.uk](http://www.wdp.org.uk)

Mon–Fri: 1–5pm; Sat: 1–4pm

*AH, AD, A, AC, CA, C, D, ET, MS, NE, OL, OW*

### **WANDSWORTH COMMUNITY DRUG AND ALCOHOL SERVICE (WCDAS)**

St John's Therapy Centre, 162 St John's Hill, Battersea, London SW11 1SW

020 8812 4120

Mon, Tue, Thu, Friday: 9am–4:30pm

Wed: 1–7pm

Specialist treatment for Wandsworth adults affected by drug and/or alcohol.

*A, D, ET, MS, MH, NE, OL, OW, SH, SF*

## **EASTERN EUROPEANS**

### **BARKA UK (RECONNECTIONS PROJECT)**

0207 275 7768; [www.barkauk.org/what-we-do](http://www.barkauk.org/what-we-do)

Mon–Fri: 9am–4pm

Supports C & E European migrants.

Advice, AA & NA groups, signposting to other organisations. Helpline: 0800

**171 2926** (Polish, Russian, Romanian & English).

**AH, A, BA, CA, D, LA, OL**

### **CARDINAL HUME CENTRE**

3–7 Arneway St, Horseferry Rd, SW1P 2BG

**020 7222 1602; www.**

**cardinalhumecentre.org.uk/**

Mon, Tue, Thu: 9:15am–4:30pm (not 1–2pm); Tue: 2pm–4pm (benefits adviser, by appointment); Wed: 9:15am–7pm (not 1–2pm); Wed: 2pm–4pm (job club); Wed: 5pm–7pm (IT)

**AH, AD, BA, C, CA, DA, ET, IT, MS, TS**

### **EAST EUROPEAN ADVICE CENTRE**

Polish Centre, 238–246 King St, W6 9LP

**020 8741 1288; www.eeac.org.uk**

Mon–Fri: 9.30am–4.30pm (advice line); Mon & Fri: 9.30am–1pm (drop-in); Wed: 11am–3pm (employment rights)

Advice & casework in homelessness prevention (**0800 121 4226**), employment rights. W London boroughs. English & Polish (Romanian, Bulgarian, Lithuanian & Hungarian with notice).

**AH, AD, BA, DA**

### **HACKNEY MIGRANT CENTRE**

St Mary's New Church Rooms, Spensley Walk, Stoke Newington Ch St, N16 9ES  
**www.hackneymigrantcentre.org.uk/**

Wed: 10am–4pm

Free immigration advice. Arrive early with documents or paperwork.

**AH, AD, LA**

### **HARINGEY MIGRANT SUPPORT CENTRE**

St John Vianney Church Hall, 386 West Green Rd, Haringey, N15 3QL

**07544078332; www.haringeycabx.org.uk/**

Mon: 1–5pm (drop-in, immigration & welfare advice, lunch)

**AD, BA, FF, LA**

### **OLALLO HOUSE**

**01707 671080; www.**

**saintjohnofgod.org/servicedetail.**

**php?passedid=37http://ind.**

**pn/1BzazyF**

Mon–Sun: 24 hours

Employment project for E European/C European rough sleepers. Referral via outreach team.

**CA, ET**

### **SVET**

Capital Hse, 134–138 Romford Rd, Stratford, E15 4LD

**0333 055 8585 (ext 245)**

Mo–Fri: 10am–4pm

Support for Russian-speaking migrants.

Specialist advice & advocacy in Russian, Polish, Ukrainian, Latvian, inc immigration & employment law. Warm and friendly. Community gardening and addiction support.

**AH, AD, BA, D, IT, L, LA, LS, OL**

### **UR4JOBS**

Upper Room, St Saviour Church, Cobbold Rd, W12 9LN

**www.theupperroom.org.uk/uk4-jobs**

Mon & Fri: 5.30–6.45pm (hot supper);

Mon & Tue: 12am–5pm (UR4JOBS);

Wed: 10am–5pm (Polish language counselling)

Help in finding work & education. Ring

for appointment: **07967 312 207**

(English & Polish); **07772 473554**

(English & Romanian).

**CA, ET**