

# thePavement

The *FREE* monthly for Scotland's homeless

November 2009

A man with curly hair and a blue checkered shirt is holding a large bundle of thin, brown sticks or branches. He is looking directly at the camera with a neutral expression. The background is a bright, overcast sky. The sticks are bundled together at the bottom and fan out upwards, some reaching towards the top of the frame. The man's hands are visible, holding the bundle. He is wearing a black wristband on his left wrist and a watch on his right wrist.

**BRANCHING OUT:  
AN INNOVATIVE, GREEN,  
MENTAL HEALTH PROJECT**

I'M ON GOOGLE  
STREET VIEW!



# thePavement

www.thepavement.org.uk

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# The Editor

## Homeless online and blogging

Get online. Our website ([www.thepavement.org.uk](http://www.thepavement.org.uk)) is relaunching this month, supporting both this edition and our sister-magazine down south. It addresses some of the inadequacies of the previous site, but also has an archive of stories and an easy to access online directory.

It's a good site, and should be as useful as it is interesting.

The internet offers a lot, if used correctly, especially if you're homeless. Free messaging, search engines and plenty of entertainment mean that it's an excellent resource for those on the street, but it's also good for getting your ideas heard.

This month, despite the cover story being a Glasgow project, Edinburgh is making the headlines with new social housing. However this news should be seen in the context of the homeless figures having risen again – so its impact is somewhat lessened.

**Karen Chung**

Scotland Editor

[chung@thepavement.org.uk](mailto:chung@thepavement.org.uk)

**Next month:** Surviving the Feastive Season

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Branching out – a novel approach to mental health, see story page 4

Photography by Forestry Commission Scotland © 2009

Page 4: Forestry Commission Scotland / John McFarlane © 2009

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# Out of the woods

*A project for mental health patients uses the healing power of nature*

How many of us at some point or another have taken a walk to 'clear our head' and reaped the benefits? The answer is likely almost all of us.

With this in mind, Branching Out, an innovative project for mental health patients in Greater Glasgow and Clyde, was piloted by Forestry Commission Scotland, in an bid to use woodland areas and the natural environment to promote the health and wellbeing of people living in urban areas.

With more and more of us living in crowded cities, it can sometimes seem difficult to reconnect with nature and embrace its therapeutic effects, and an increasing

number of people are suffering from mental health problems such as depression and anxiety.

The innovative project recognised this and is using the healing power of nature as a rehabilitative treatment. The initiative is a free service, which aims to treat patients through nature activities over a 12-week period, for around three hours each week. Activities include physical activities such as health walks and tai chi, conservation work such as rhododendron clearance and coppicing, bush craft and shelter-building, and photography and sculpture.

At the end of the 12-week course, participants are presented with certificates marking their achievements, and have the opportunity to share their experiences.

Research confirmed that the 'Branching Out' project not only increased the physical activity of those involved, but that participants have seen improvements in areas such as self-esteem, confidence, motivation, sense of achievement and social skills. One member of the mental health team said 'In terms of outcomes I've noticed improvements in motivation, a broadening of interests, confidence, social skills and improved symptom management.'

Many of the clients themselves have also noticed changes in their general wellbeing and have greatly profited from the entire experience. One enthused: 'I just think it's a great project and it's really affected my life... it's something that I can remember.' Many claim it has helped them socially due to the team-building exercises, and many more have claimed it has boosted their confidence. One thankful client said 'It's opened my mind up again.' Given the project's popularity, it is likely that in the new year, Branching Out will also be working with Forensic Services, Addiction Services Glasgow and Glasgow North ESF Project/Glasgow South Integrated Services (SAMH/NHS).

To take part, It is a referral service, so to take part in the course you must be referred as part of a mental health service group.

For more information, contact Kirsty Cathrine, Community and Environment Ranger: [kirsty.cathrine@forestry.gsi.gov.uk](mailto:kirsty.cathrine@forestry.gsi.gov.uk)

*Laura Blakley*





*"It's opened my mind  
up again"*

# Scottish news

*All the homeless news from across Scotland*

## Bang on target

Edinburgh council's new housing initiative sees the spectacular demolition of the Gracemount tower blocks pave the way for 220 affordable homes.

In Edinburgh, a new era in social housing began with a bang when three tower blocks were demolished in Gracemount on Sunday 25th October (pictured below). Local schoolboy Robert Miller, 11, won the competition to push the button, with his site-safety poster for the event. Council Leader, Cllr Jenny Dawe, and former resident Margaret Jeffrey joined him in lighting the fuse.

The demolition is part of the

council's 21st Century Homes regeneration project. The three multi-storey blocks, built in 1962, will be replaced by 220 affordable new homes, with communal gardens and a children's play park.

Speaking before the explosions, Edinburgh's Housing Leader, Councillor Paul Edie, said: "For the first time in a generation the Council plans to build new council homes and this marks a major shift in strategy that will boost the future of social housing in Edinburgh for the 21st Century.

"This demolition will kick-start a programme of council-led investment worth up to £150 million aiming to build 1,300 homes across the Capital."

It took less than 5 seconds for

Garvald, Soutra and Fala Courts - once homes to 246 households - to be razed to the ground. The site is expected to be cleared by January, with construction starting in the spring/summer of 2010. The 220 new homes will contribute towards the council's aim to build 12,000 affordable homes over the next ten years.

Cllr Dawe commented: "Many people have fond memories of the flats at Gracemount, but now we can look to the future as we drive to create new homes for the 21st Century."

*Mateo Stanger*

- See the demolition at [www.youtube.com/edinburghcouncil](http://www.youtube.com/edinburghcouncil)



## Bye bye Right to Buy

A quarter of Scottish households lives in social housing – that's over 600,000 households across the country. Since its introduction 30 years ago, the Right to Buy has resulted in the discounted sale of almost half a million of those homes for rent in Scotland. But now new legislation means Right To Buy for new and returning tenants entering the social rented sector will end in 2010, although existing tenants will not be affected. Over a 10 year period it is estimated the Right To Buy reforms will retain up to 18,000 properties in the social housing sector that otherwise would be sold off.

Deputy First Minister Nicola Sturgeon said: "Home ownership is a laudable ambition. It is an aspiration this government supports and through our investment in shared equity, we are helping more than 1,500 people get a foot on the housing ladder this year. But we also have a responsibility to provide homes for those who want to rent or cannot afford to buy. The credit crunch and the recession have reminded us just how important that duty is."

"But building new homes for rent is pointless if we then simply sell them off under the Right to Buy. That is why I believe the Right to Buy has had its day. Over the next decade our proposals will safeguard up to 18,000 houses for future generations. We are working hard to reverse decades of decline in council house building. This year, our £26 million investment will enable work to start on 1,300 new homes across Scotland, the first by central government in 30 years."

### Staff

- For more information, see [www.trippinguptrump.com](http://www.trippinguptrump.com)

## Veterans booklet

There are about half a million veterans in Scotland, a tenth of the Scottish population. Most do well and go on to lead meaningful and fulfilling lives after leaving service. However, others fare badly and can find it difficult to readjust to civilian life after living in military regimes, and many have experienced stigma and other negative reactions.

To help tackle the problem a project was funded by the Scottish Veterans Society to provide a practical guide for working with ex-servicemen. James Dalrymple of mental health charity SAMH and Malcolm Luig, a former military social worker, wrote and compiled the document and constructed the evidence base with support from Combat Stress and other veteran and non-service agencies.

The resultant *'Life Force: A Practical Guide for Working With Scotland's Veterans'* details information for community agencies that provide first contact and ongoing support for veterans. These agencies had experience of working with veterans, but had no specialist advice on the issues that they face, or the difficulties they may have had. The guide provides a practical understanding of how to best identify and work with veterans and their families, as well as signposting information for appropriate support.

One of the specific issues and concern it raises is homelessness. Single servicemen are particularly vulnerable on discharge, because they have may have no satisfactory accommodation arrangements and they can then fall into a cycle of joblessness. The difficulty is often compounded if the veteran is returning to an area of high unemployment, leading to mental health problems including stress, depression, anger, drugs and alcohol abuse.

Contributor Paul Haylor, from Veterans First Point, works with

homeless veterans. He says: "We find out how the veteran became homeless and help to obtain accommodation and prepare an action plan. We primarily use Whiteford House Edinburgh (part of the Scottish Veterans Housing Association which provides accommodation across Scotland). If the veteran has mental health problems medical service is provided by the Edinburgh Homeless Practice."

The free guide is available to all community agencies working with veterans who may require support, as well as Citizen's Advice Bureaus in Scotland – and now a proposal is underway to extend distribution to GPs practices.

*Ken Fruish*

## Government backs call for more affordable housing

Housing Minister Alex Neil backed housing charity Shelter Scotland's recent call for the UK Government to unlock more money for affordable housing in Scotland.

Mr Neil said: "I welcome Shelter Scotland's support for an acceleration of capital spending from 2011-12 into next year - it's essential if we are to sustain our record levels of investment in affordable housing and other vital infrastructure into 2010-11. We hope that all parties in Scotland will join with the Scottish Government, Shelter, the STUC and others in urging the Chancellor to announce accelerated spending for next year in his Pre-Budget Report."

"Public expenditure on housing in Scotland, as a share of total spend, is considerably more than in England."

### Staff

## More rights for tenants?

It is estimated that up to 300 households a year are affected in Scotland when a landlord lets out a property in breach of a mortgage agreement, and the property is subsequently repossessed. But now the government is consulting on proposals for more protection for unauthorised tenants. If there is support for the measures, the Government will propose amendments at Stage 2 of the Home Owner and Debtor Protection (Scotland) Bill.

Minister for Housing and Communities Alex Neil said:

"It is important to consider if protection needs to be strengthened, because this issue can mean misery for unsuspecting tenants, who find themselves in an unfortunate position through no fault of their own. However we need to balance our concern for ensuring such tenants have appropriate time to find alternative accommodation, and aren't made homeless, with ensuring that we don't unfairly constrain lenders' ability to repossess.

"The introduction of the Home Owner and Debtor Protection (Scotland) Bill to Parliament provides an opportunity to consult and bring enhanced protection into force quickly."

*Staff*

## New cash for housing associations

Scottish Housing Associations are to benefit from access to a £50 million European lending facility, the Scottish Government and the European Investment Bank announced today. The fund offers housing associations an alternative private lending source helping to support new affordable home developments and jobs in the house building sector.

Chief Executive of The Housing

Finance Corporation, Piers Williamson, said: "We welcome this opportunity to greatly extend our existing Scottish commitment and look forward to working with a broad range of Scottish Housing Associations over the coming months to help them deliver new housing in the communities they serve."

As well as helping housing associations to access new sources of lending, the Scottish Government will invest more than £1.65 billion over three years in affordable homes across Scotland, and is on track to build 8,100 homes this year. A further £50 million is being invested to reverse decades of decline in council house building. So far, 17 councils are benefitting from the largest council house building programme for 30 years with over 1,300 new council homes planned across Scotland.

The EIB funds will be provided to Housing Associations through The Housing Finance Corporation (THFC). THFC is an independent, specialist, not-for-profit finance company that makes loans to over 120 regulated Housing Associations, throughout the United Kingdom.

*Staff*

## Poverty figures

The latest official figures on poverty in Scotland, the Scottish Index of Multiple Deprivation (SIMD), show that Glasgow has continually improved, lifting more areas of the city out of deprivation. While there are still pockets of deprivation in parts of Dundee, Fife, North Ayrshire and North Lanarkshire, other areas such as Clackmannanshire, South Lanarkshire and West Dunbartonshire have shown improvements.

Although levels of employment deprivation in the most deprived areas is still well above

the national average of 9 per cent, the figures also show employment deprivation has fallen in the most deprived areas from 30 per cent to 26 per cent.

The Scottish Government published a joint statement, focusing all partners on tackling the challenges facing the most deprived communities. Priorities will include tackling the root causes of deprivation, early interventions to address emerging problems, joint working between community planning partners and improving job opportunities.

Housing Minister Alex Neil said: "It is encouraging to see progress and the sustained change that is happening in Glasgow but there are still serious problems to be addressed in our communities. We know there are areas where daily life is a lot harder because of the area you live in, and this is unacceptable. That means we are taking bold steps to tackle long running social issues like drug and alcohol abuse that have been left to fester for too long.

"We're also breathing new life into communities right across the country, investing millions of pounds in large-scale regeneration projects and affordable house building. Importantly, we are giving local councils more flexibility to deliver local work, training, health and education initiatives that is right for the people in their communities.

"All this will contribute to making a lasting change and ensure everyone in Scotland has equal opportunity to reach their full potential."

*Staff*

## Changing Lives Award for Edinburgh woman

An ex-homeless woman has been recognised at a national awards ceremony for getting her life back on track.



Celia Sa, 36, was named runner-up in the new talent category of the Crisis Changing Lives Awards, held in London.

While studying for a Masters Degree at Edinburgh University, Ms Sa got into debt, often using a credit card to pay her rent. After graduating she found herself sleeping on friends' floors and sofas, finally moving into Edinburgh's Cranston Street Hostel for two months.

But with the support of charity Crisis, Ms Sa, from Mozambique, won funding to train as a support worker for other ethnic minority women, and secured a paid placement with a charity. She now works for Saheliya, a black and minority ethnic women's mental health organisation in Edinburgh.

*Staff*

## Still on course

As work begins on Donald Trump's £1 billion golf course in Aberdeenshire, angry residents vow to take the council to task over its decision-making process.

"I trust Aberdeenshire Council to know its Highland history and to resist giving in to Trump." Oscar-winning actress Tilda Swinton

Three years after The Donald Trump Organisation arrived in Aberdeen, work has started on the £1 billion golf course at the Menie Estate. The Formartine Committee of Aberdeenshire Council accepted the planning application for the start of grass planting and the erection of site fences.

Meanwhile, as work commenced at Menie, residents and supporters of the Tripping Up Trump campaign [see last month's issue @ [www.thepavement.org.uk](http://www.thepavement.org.uk)] continue to lobby Aberdeenshire council and scrutinize its' decision-making process on the development. In recent weeks the council has been accused of being

"too close" to the Trump project.

Donald Trump's son, Donald Jr, was present as work began on what his father has said will be "the greatest golf course in history". He reflected on the long planning process, which has become increasingly strained lately: "This has been, according to our lawyers, the most scrutinised masterplan and zoning process in the history of development in Scotland. We have complied with everything. We have more environmentalists on our team than anyone in the history of the world probably."

Meanwhile, documents obtained under Freedom of Information laws reveal that the council's leading planning officer, Dr Christine Gore, advised lawyers of the Trump Organisation that "close liaison..." would be needed to control the negative publicity caused by plans to evict local homeowners. Dr Gore's letter concludes that the council would need: "A managed approach to what is inevitably going to be a difficult and emotive reaction."

Spinwatch has suggested that Dr Gore's correspondence with Trump's lawyers demonstrates a "conflict of interest". The Glasgow-based organization, which monitors public relations, has threatened to lodge a complaint with the Scottish Public Services Ombudsman if the council fails to hold its own inquiry. Sarah Malone, a spokeswoman for Donald Trump, dismissed the accusations as "mischief-making", whilst a spokeswoman for Aberdeenshire council said early discussions on the issue of Compulsory Purchase Orders were held in private out of respect for the residents.

The mounting opposition to the Trump Organisation has welcomed the support of Hollywood actress Tilda Swinton. British-born Swinton signed the online petition against the use of CPOs to evict householders and commented, "Surely this kind of industrial bullying has been discredited enough. I

trust Aberdeenshire Council to know its Highland history and to resist giving in to this attempt at a 21st-century clearance."

Trump responded in typically robust fashion, claiming that he has the support of Sean Connery, in what threatens to turn into a game of Scots Top Trumps.

As the issue continues to make headlines, it is hoped that the focus will remain on the homeowners who look set to be evicted. David Milne, one of the affected local residents, has no plans to protest the recent developments on the Menie site. "There was no point," he sighs. "Aberdeenshire Council have done exactly what they were told to do by the Trump Organization. When we do protest, we will do it properly, correctly and legally."

*Mateo Stanger*

***The Pavement Scotland is delivered  
by James Tait (centre) and the team at  
FFWD Bicycle Messengers***



## TELEPHONE SERVICES GLASGOW

### Glasgow Women's Support

**Project**  
31 Stockwell Street, G1 4RZ  
Mon, Tues, Thurs, Fri: 10am  
- 4.30pm; Wed: 2 - 4.30pm  
Information, advice and initial  
support for women who have  
experienced sexual abuse

## WEBSITES

### Mental Fight Club

*A creative/arts site for those  
with mental illness.*  
uk.geocities.com/gabriele-  
jenkinson@btinternet.com/

### The Pavement Online

Soon to have an online version of  
*The Other List*, which will soon be in  
several translations to download.  
www.thepavement.org.uk/  
services.htm

**Proud to be mad**  
*A campaigning site for those  
with mental illness*  
www.proudtobemad.co.uk

## Stonewall Housing

Adds the housing needs of les-  
bians and gay men. Provides tempo-  
rary, supported housing for 16 - 25  
years old lesbians and gay men.  
www.stonewallhousing.org

### Streetmate

An independent site with sub-  
stantial information on housing,  
working and learning, built for  
those homeless who use the  
internet and want to do-it-them-  
selves as much as possible.  
www.streetmate.org

## WEBSITES EDINBURGH

### Homeless Edinburgh

A comprehensive website contain-  
ing information about services  
in Edinburgh including hostels,  
advice and support centres. Also  
has information on over 8,000  
services outside Edinburgh  
www.homelessedinburgh.org

## WEBSITES GLASGOW

### Homeless Information Pages

*Lots of useful information  
and advice on homeless serv-  
ices in and around Glasgow*  
www.hipinglasgow.com

**Read the news, keep informed  
& search our directory of  
services online @ our new  
website**  
**www.thepavement.org.uk**

## Victor Bell

### Age at disappearance: 40

Victor has been missing  
from York, Yorkshire since  
March 2009, but could also  
be in Scotland.

There is great concern for  
his safety and he is urged  
to call our confidential  
service **Message Home** on  
**Freephone 0800 700 740**  
for advice and support.

Victor is of slim build with  
brown eyes and straight  
brown hair.

When last seen he was  
wearing, Blue jeans, a black  
jacket tan walking boots  
and a green fishing hat.

If you have seen Victor  
please call the 24-hour  
confidential **Missing People** on  
**Freephone 0500 700 700**  
or email: **seensomeone@**  
**missingpeople.org.uk**

**missing people**  
Help. Change lives. Restore





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**Get Connected**  
 0808 808 4994  
 Free advice for young people  
 (1pm – 7pm daily)

**Frank**  
 0800 776 600  
 Free 24-hr drug helpline

**Domestic Violence Helpline**  
 0808 2000 247

# TELEPHONE SERVICES

**Glasgow Women's Support Project**  
 See *Telephone Services Glasgow*

**SAY Women Accommodation Project**  
 3rd Floor, 30 Bell St, G1 1LG  
 0141 552 5803  
 Provides support and counselling to young women aged 16 – 25 who are homeless or threatened with homelessness and are survivors of rape or sexual abuse AS, C, SH

**Message Home Helpline**  
 0800 700 740  
 24 hrs daily

**National Debtline**  
 0808 808 4000  
**Runaway Helpline**  
 0808 800 7070  
 Free line for under-18s who have left home

**The Samaritans**  
 08457 90 9090

# TELEPHONE SERVICES EDINBURGH

**Edinburgh City Mission**  
 Counselling and crossline helpline  
 0845 658 0045  
 Providing a listening service for anyone in emotional crisis. Also offers face-to-face counselling by appointment

**UK Human Trafficking Centre**  
 0114 252 3891

**Shelter**  
 0808 800 4444  
 Housing info and advice  
 8am–8pm daily

**SANeline**  
 0845 767 8000  
 6 – 11 pm  
 Out-of-hours helpline for those affected by mental health

**Job Centre Plus (benefits agency)**  
 To make a claim  
 0800 055 6688  
 For queries about existing claims  
 For Income Support, Jobseekers Allowance or Incapacity Benefit  
 0845 377 6001  
 For Social Fund enquiries  
 0845 608 8661  
 For the Pensions Service  
 0845 60 60 265



## PERFORMING ARTS

tbcc

## SOUP KITCHENS & SOUP RUNS EDINBURGH

**Barony Contact Point**  
101 High Riggs, EH3 9RP  
0871 700 7777 / 0131 622 1867  
Tue: 10.30am - 4pm;  
Thur: 10am - 1pm,  
FF, P

**Calton Centre**  
121 Montgomery Street, EH7 5EP  
0131 661 5252  
Tues: 6 - 8.30pm  
FF, P

**Corruber's Christian Centre**  
65 High Street, EH1 1SR  
0131 556 2626  
Sun: 8.30 - 9am  
FF, P

**Grassmarket Mission**  
79/3 Grassmarket, EH1 2HJ  
0131 225 3626  
Mon: 7 - 9pm; Tues: 6 - 7pm;  
Wed: 1 - 4pm; Fri: 1 - 4pm,  
Sat 9 - 10.30pm  
AC, FF, P

**Jericho house**  
53 Lothian Street, EH1 1HB  
0131 225 8230  
Sun: 10am - 2pm; Weds  
and Thurs: 6 - 7.30pm  
FF, P

**Little Sisters of the Poor**  
43 Gilmore Place, EH3 9NG  
0131 229 5672  
Every day 1 - 2pm and 6 - 7pm  
FF, P

**Missionaries of Charity**  
18 Hopeoun Crescent, EH7 4AY  
0131 557 8219  
Every day except Thur:  
3.45 - 4.30pm  
FF, P

## SOUP KITCHENS & SOUP RUNS GLASGOW

**Soup Van**  
Every night: 9 - 9.45pm  
Runs from Waverley Bridge to  
Grassmarket and North Bridge  
FF, P

**Balvicar Street**  
G42 8QU  
Thurs: 7 - 9pm  
FF, P

**Cadogan Street**  
Glasgow G2 7AB  
Runs at these times:  
Sun: 9 - 10pm; Mon: 7.30 -  
9pm; Tues: 8.45pm - 12.30am;  
Wed: 9 - 10pm; Fri: 8 - 9pm  
FF, P

**Rokpa Glasgow**  
Kagyu Samye Dzong  
The Tibetan Buddhist Centre  
7 Ashley Street  
Glasgow  
G3 6DR  
0141 332 9950  
FF, P

**St. Simon's Church**  
Dunaskin Street, G11 6PG  
Sun: 1.30 - 2.30pm  
FF, P

**St. Patrick's Church**  
North Street, G3 7DA  
Thur & Sun: 8pm - 9pm  
FF, P

**St. Columba's Church**  
St. Vincent Street, G2  
Sun: 7.30 - 9pm  
FF, P

## SPECIALIST SERVICES

**Waterloo Street**  
G2  
Thur: 10pm - 12am  
FF, P

**National Schizophrenic Fellowship (Scotland)**  
6 Newington Business  
Centre, Dalkeith Road Mews,  
Edinburgh, EH16 5DU  
Mon-Fri: 9am-4pm  
0131 662 4359  
Support and action for people  
affected by mental illness  
(including friends and carers)  
MH

## SPECIALIST SERVICES EDINBURGH

**Edinburgh Women's Aid**  
4 Cheyne Street, EH4 1JB  
0131 315 8110  
Mon: 1-3pm; Tues, Wed &  
Fri: 10am-3pm; Thur: 10am-  
7pm; Sat: 10am-1pm  
Information, support and refuge  
for women, and accompanying  
children, fleeing domestic abuse  
AS, AD, C, H, OL, P

## Streetwork

**Women's Service**  
4 Bellvue Street, EH7 4BY  
0131 476 2023  
AS, A, BA, C, D, H, NE, SH  
www.streetwork.org.uk

## SPECIALIST SERVICES GLASGOW

**GAMH Homeless Support Project**  
123 West Street, G40 1DN  
0141 554 6200  
Mon - Fri: 9am - 5pm  
(4.30pm on Friday)  
Provides flexible emotional and  
practical support, information  
and advice for homeless people  
in Glasgow with mental health prob-  
lems. Phone, write or just drop in  
C, MH, P

## Glasgow Rent Deposit and Support Scheme

3rd Floor, Crowngate Business  
Centre, 117 Brook Street, G40 3AP  
0141 550 7140  
Mon-Thur: 9am-4pm; Fri: 9am-3pm  
AS, BA, C, H, IT, TS

**EX-FORCES EDINBURGH**  
 erans and access to dedicated one-to-one welfare service  
[www.veterans-uk.info](http://www.veterans-uk.info)

**WHITEFOORD HOUSE**  
 53 Canongate, EH8 8BS  
 0131 556 6827  
 Ring first  
 Mon - Fri: 7am - 5pm  
 Accommodation for homeless  
 ex-service men and women,  
 including ex-merchant mariners.  
 Can accept married couples

**JOB CENTRE PLUS**  
 See Telephone Services for helplines

**MEDICAL SERVICES EDINBURGH**  
**Edinburgh Homeless Practice**  
**(Cowgate Clinic)**  
 20 Cowgate, EH1 1JX  
 0131 240 2810  
 Mon, Wed - Fri: 9am - 12.45pm,  
 1.45 - 5pm; Tues 9am - 12.45pm  
 Health service for homeless people,  
 including a general nursing and  
 treatment room, mental health  
 care, 10 GP sessions a week, as well  
 as dental services two mornings  
 a week. Also provides a chiropody  
 service, occupational therapist,  
 clinical psychologist and psy-  
 chiatrist. A bathing service and  
 clothes exchange is available too  
 A, DT, D, FC, MS, MH, P, SH

**MEDICAL SERVICES GLASGOW**  
**The Physical Health Care Team**  
 55 Hunter St, G4 0UP  
 0141 553 2826  
 Mon - Fri: 1 - 5pm  
 Has two GPs and a team of nurses  
 and office staff who also run  
 clinics at some hostels. Appoint-  
 ments not necessary. They also  
 provide support for people who  
 have hospital appointments  
 and want someone to go along  
 with them. There is also an  
 addiction and mental health  
 team based at this address  
 A, D, FC, MH, MS, P, SH

**AWOL?**  
 01380 738137  
 Call the 'Reclaim Your Life' scheme  
 from SSAFA (Soldiers, Sailors,  
 Airmen and Families Associa-  
 tion): Mon - Fri: 9am - 10am  
**Royal British Legion**  
 08457 725 725  
 Ring the Legionline to see  
 how they can help ex-service-  
 men and ex-servicewomen  
**Veterans UK**  
 0800 169 2277  
 Free help and advice for vet-

**EX-FORCES**  
 tbc

**EVENTS**  
**ENTERTAINMENT & SOCIAL**  
 AS, CL, ET, P, TS  
 work for homeless people  
[www.emmasuglasgow.org.uk](http://www.emmasuglasgow.org.uk)  
 Provide accommodation and  
 0141 353 3912  
 101 Ellismere Street, G22 5QT  
**Emmas Glasgow**  
 C, ET  
[www.glasgowsimon.org.uk](http://www.glasgowsimon.org.uk)  
 and run between 10am and 4pm  
 organised on a rolling programme  
 20 Cowgate, EH1 1JX  
 0131 240 2810  
 Mon, Wed - Fri: 9am - 12.45pm,  
 1.45 - 5pm; Tues 9am - 12.45pm  
 Health service for homeless people,  
 including a general nursing and  
 treatment room, mental health  
 care, 10 GP sessions a week, as well  
 as dental services two mornings  
 a week. Also provides a chiropody  
 service, occupational therapist,  
 clinical psychologist and psy-  
 chiatrist. A bathing service and  
 clothes exchange is available too  
 A, DT, D, FC, MS, MH, P, SH

**Edinburgh Homeless Practice**  
**(Cowgate Clinic)**  
 20 Cowgate, EH1 1JX  
 0131 240 2810  
 Mon, Wed - Fri: 9am - 12.45pm,  
 1.45 - 5pm; Tues 9am - 12.45pm  
 Health service for homeless people,  
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 clinical psychologist and psy-  
 chiatrist. A bathing service and  
 clothes exchange is available too  
 A, DT, D, FC, MS, MH, P, SH

**MEDICAL SERVICES GLASGOW**  
**The Physical Health Care Team**  
 55 Hunter St, G4 0UP  
 0141 553 2826  
 Mon - Fri: 1 - 5pm  
 Has two GPs and a team of nurses  
 and office staff who also run  
 clinics at some hostels. Appoint-  
 ments not necessary. They also  
 provide support for people who  
 have hospital appointments  
 and want someone to go along  
 with them. There is also an  
 addiction and mental health  
 team based at this address  
 A, D, FC, MH, MS, P, SH

**Veterans UK**  
 0800 169 2277  
 Free help and advice for vet-

**EMPLOYMENT AND TRAINING**  
**EDINBURGH**  
 Bethany Christian Centre (Men  
 only)  
 6 Casselbank St, EH6 5HA  
 0131 554 4071  
 For homeless or vulnerable men  
 with alcohol or drug problems who  
 wish to take part in a work training  
 programme [www.bethanyct.com](http://www.bethanyct.com)  
 CA, ET, P

**GLASGOW**  
 Glasgow Simon Community  
 - Resettlement Training Service  
 12 Commercial Road, G5 0PQ  
 0141 420 6105  
 Mon - Fri: 9am - 4pm  
 Runs short courses that help people  
 look at their choices, rights and  
 opportunities in settling down. Open  
 to anyone over 16. Courses are  
 organised on a rolling programme  
 and run between 10am and 4pm  
[www.glasgowsimon.org.uk](http://www.glasgowsimon.org.uk)  
 C, ET

**Emmas Glasgow**  
 101 Ellismere Street, G22 5QT  
 0141 353 3912  
[www.emmasuglasgow.org.uk](http://www.emmasuglasgow.org.uk)  
 Provide accommodation and  
 work for homeless people  
 AS, CL, ET, P, TS

**ENTERTAINMENT & SOCIAL**  
 tbc

**EX-FORCES**

**DRUG / ALCOHOL SERVICES**  
**GLASGOW**  
**Alcohol Focus Scotland**  
 166 Buchanan St, Glasgow  
 0141 572 6700  
 Call-in, phone or email: Mon - Thurs:  
 9am - 5pm; Fri: 9am - 4.30pm  
 A, C, ET, P

**Breakthrough**  
 James Duncan House, 331  
 Bell Street, G4 0TJ  
 0141 552 9287  
 A joint health and social work  
 project offering services to  
 people with drug and alcohol  
 problems. It also incorporates  
 methadone prescribing.  
 A, C, D, MS, NE, P

**Cocaine Anonymous Scotland**  
 0141 959 6363  
[www.cascotland.org.uk](http://www.cascotland.org.uk)  
 Helpline offering help and support  
 to those with or recovering from  
 an addiction. Also offer meetings  
 and literature on addictions  
 A, AD, C, D

**Drug Crisis Centre**  
 The West Street Centre, 123  
 West Street, G5 8BA  
 0141 420 6969  
[www.turningpointscotland.com](http://www.turningpointscotland.com)  
 24hr service offering informa-  
 tion and advice to those who  
 abuse drugs. Also residential drug  
 rehab program. Family support  
 unit operates on this site.  
 D, NE, P

**EMPLOYMENT AND TRAINING**  
**EDINBURGH**  
 Bethany Christian Centre (Men  
 only)  
 6 Casselbank St, EH6 5HA  
 0131 554 4071  
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 with alcohol or drug problems who  
 wish to take part in a work training  
 programme [www.bethanyct.com](http://www.bethanyct.com)  
 CA, ET, P

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 Runs short courses that help people  
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[www.glasgowsimon.org.uk](http://www.glasgowsimon.org.uk)  
 C, ET

**Emmas Glasgow**  
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 0141 353 3912  
[www.emmasuglasgow.org.uk](http://www.emmasuglasgow.org.uk)  
 Provide accommodation and  
 work for homeless people  
 AS, CL, ET, P, TS

**ENTERTAINMENT & SOCIAL**  
 tbc

**EX-FORCES**

**Alcohol Focus Scotland**  
 166 Buchanan St, Glasgow  
 0141 572 6700  
 Call-in, phone or email: Mon - Thurs:  
 9am - 5pm; Fri: 9am - 4.30pm  
 A, C, ET, P

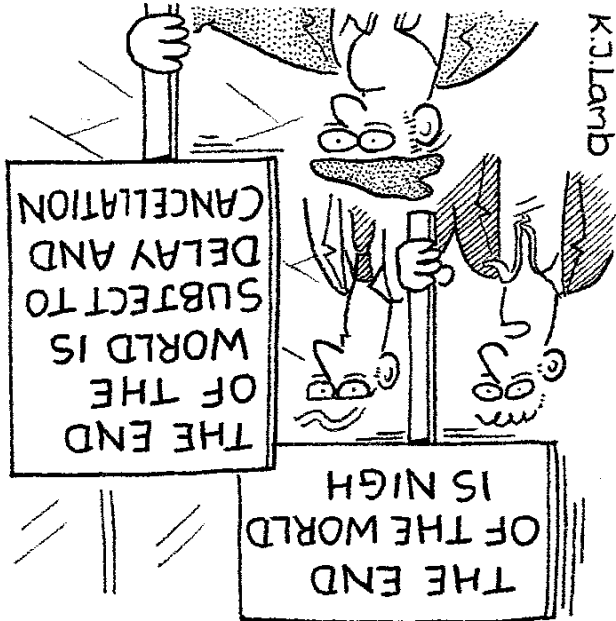
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 24hr service offering informa-  
 tion and advice to those who  
 abuse drugs. Also residential drug  
 rehab program. Family support  
 unit operates on this site.  
 D, NE, P

alcohol problems or anyone  
 concerned about alcohol misuse  
 A, C

*"He used to work for the railways"*







nence Programme (LEAP)  
0131 220 1607  
Referral from LEAP on:  
0131 332 3228

**Salvation Army – Ashbrook**  
492 Ferry Road, EH5 2DL  
0131 552 5705  
Single homeless people who are eligible for housing benefit  
www.salvationarmy.org.uk

## Men

**Gowrie Care – Caledonia House**  
Gilmore's Close, Grass-market, EH1 2HD  
0131 220 5078  
www.homelessedinburgh.org

## Women

**Cranston Street Hostel**  
2 Cranston Street, EH8 8BE  
0131 556 8939  
Temporary registered accommodation for single homeless women. Although the maximum stay is six months this can be extended under certain conditions  
www.homelessedinburgh.org

**Laurieston Centre**  
39 South Portland Street, G1 9JL  
0141 429 6533  
24hr Direct Access  
A, AS, BS, F, P

**Simon Community – Castlemilk Men's Accommodation Project**  
86-88 Arnprior Road, Castlemilk, G45 9HE  
Offers a group-living model of supported accommodation to men who have experience of long term homelessness and are committed to addressing addiction issues. Possibility of continuing support after moving into own home. Referral from social work or similar agency is required, accepts men from all over Glasgow  
0141 631 1798  
www.glasgowshimon.org

## Young people (16–25)

**Open Door Accommodation Project**  
7-12 Adelaide Street, Liverpool, EH54 5HG  
01506 430221  
Young single homeless people aged 16-21 with a local connection to West Lothian  
Ring first (8am - 8pm daily)  
www.odap.org.uk

**Rock Trust**  
55 Albany St, EH1 3QY  
0131 557 4059  
For young women who have a baby under 12 months or are pregnant as

**Talbot Association – Kingston Halls Direct Access Hostel**  
344 Paisley Road, G5 8RE  
0141 418 0955  
Ring first  
BS, C, DT, ET, F, H, L, MS, MH, P, SH  
**Turning Point Scotland – Link Up**  
112 Commerce Street, G5 9NT  
0141 420 1929  
A direct access service for homeless people in crisis as a result of mental health, drug, or alcohol problems  
A, AS, AD, C, D, FC, MS, P

## DRUG / ALCOHOL SERVICES

**Drinkline Scotland**  
Freepost, PO Box 4000, G3 8XX  
0800 7314 314  
Advice and info for people with

**Govanhill Women's Project**  
14 Polmadie Street, G42 0PQ  
0141 423 5599  
Works with single homeless women aged over 25 from the Glasgow area. The project is not suitable for women under 25 or those wanting to be accommodated with a partner or with children in their care. Ring first

**The Mungo Foundation – Rachel House**  
503 Baitic Street, G40 45G  
0141 556 5465  
Provides supported accommodation for single/pregnant mothers aged 16 to 25 and children up to ten years old

## Young people

**Council for Homeless Young People**  
171 Wilton Street, G20 6DF  
0141 945 3871  
chyp@btconnect.com  
Residential support for youngsters and young, single homeless people  
P

**Quarriers Stopover**  
189 Pollockshaws Road, G41 1PS  
0141 420 3121  
For young people 16-25. Accommodation is on the upper levels of a four-storey building so not suitable for people with physical disabilities  
A, C, D, ET, H, P  
www.quarriers.org.uk

**The Mungo Foundation – London Road Project**  
1920 London Road, G32 8XG  
0141 778 1184  
Works with 16-25 year olds who cannot access mainstream accommodation. (Open 24 hrs)  
www.themungofoundation.org.uk

as well as residents up to the age of 25.  
www.turningpointscotland.com  
P  
www.rocktrust.org

**Barony Contact Point**  
101 High Riggs, EH3 9RP  
0871 700 7777  
Mon: 6.30–9pm; Tue: 10.30am–4pm; Thu: 3.30–7.30pm; Fri: 11am–2pm (women only); Sun: 11am–4pm  
C, MH, P  
**Cowgate Day Centre**  
22 Holyrood Road, EH8 8AF  
0131 557 6055  
Every day: 10.30pm – 11.45am; 12.45 – 4.15pm. Appointments

## DAY CENTRES AND DROP-INS EDINBURGH

**Glasgow City Council**  
Homeless Person's Team  
Hamish Allan Centre, 180 Centre Street, G5 8EE  
0141 287 1800  
Mon–Thu: 8.45am–4.45pm; Fri: 8.45am–3.55pm  
AS, BA, C, DA, H, P, TS

**Glasgow City Council**  
For anyone who is homeless, in need of advice about homelessness, or threatened with homelessness, to discuss your circumstances with you in a private interview room and provide advice on what can be done next to help you  
AS, BA, C, DA, H, TS  
www.glasgow.gov.uk

AD, C, H, P  
0800 800 4444

**Glasgow Shelter Housing Aid Centre**  
First Floor Suite 2, Breckenridge House, 274 Sauchiehall St  
0344 893 5560  
Mon & Thu: 1–4pm, Tues & Fri 10am – 1pm  
Outside these times, there is a 24-hour helpline for advice and support – Shelterline:  
0800 800 4444

**GEN8 Action for Children (16-24)**  
Westwood Business Centre, 69 Aberdeide Road, G34 9HJ  
0141 771 6161  
Mon–Fri: 9am–5pm  
Advice and support for 16–24 year olds seeking accommodation  
AS, AD, BA, C, DA, H, P, TS

## ADVICE SERVICES GLASGOW

## DAY CENTRES AND DROP-INS GLASGOW

**The Ark**  
2 New Street, EH8 8BH  
0131 557 1197  
Mon – Fri: 7am – 12 noon; Advice sessions: Mon – Thurs 9am – 4pm; Fri 9am – 12 noon  
AS, BA, CL, FF, H, L, P, TS

**Four Square**  
67a Logie Green Road, Canonmills, EH7 4HF  
0131 557 7930  
www.foursquare.org.uk  
AS, ET, TS, P  
Mon–Thu: 8.45am–4.45pm; Fri: 8.45am–3.45pm  
www.ccrossreach.org.uk

**Social Care Council**  
Charis House, 47 Milton Road East, Edinburgh, EH1 5 2SR  
0131 657 2000  
Mon–Thu: 8.45am–4.45pm; Fri: 8.45am–3.45pm  
www.ccrossreach.org.uk

**Crossreach – Church of Scotland**  
Service users can also use the centre as a mailing address  
AD, BA, BS, F, L, LS, MH, SK  
every day: 7.30 – 11.45am  
Mon–Fri: 10–11.30am; 12.30–4pm; 7.30–11.00pm; Sat 1–4pm  
There are specific services for women and rough sleepers as well as health, addiction and other specialist services at specified times  
A, BS, C, D, F, MS, P, SH

## DIRECT ACCESS HOSTELS/ NIGHTSHELTERS EDINBURGH

All with low-support needs

**Bethany House**  
12 Couper St, Leith, EH6 6HH  
0131 557 1119  
Emergency accommodation for single homeless people  
0131 467 1010  
AS, AD, A, BS, BE, C, D, F, H, IT, L, LA, P

**Bethany Supported Housing**  
65 Bonnington Road, EH6 5JQ  
0131 553 1119  
Ring First

**Castlecliff Hostel**  
25 Johnston Terrace, EH1 2NH  
For homeless people aged 16 and over; accepts couples and people with pets  
0131 225 1643  
AS, BS, BE, H, L, P, TS

**Cunningham House**  
205 Cowgate, EH1 1JH  
For homeless people with additional support needs around alcohol, drugs, mental health and learning difficulties.  
0131 225 4795  
www.crossreach.org.uk

**Dunedin House**  
4 Parliament St, Leith, EH6 6EB  
0131 624 5800  
www.dunedin-harbour.org.uk

**Gowrie Care – St John's Hill**  
1 St John's Hill, EH8 9TS  
0131 557 5502  
Ring or drop in: Mon – Fri 9am – 2pm

**Randolph Crescent Hostel**  
2 Randolph Crescent, EH3 7TH  
Supported accommodation for single men and women from Lothian and Edinburgh Absti-

**Wayside Day Centre**  
32 Midland Street, G1 4PR  
0141 221 0169  
AS, A, BA, C, DA, ET, FF, F, H, IT, LF, MS, P, SH, TS  
0141 429 6533  
39 South Portland Street, G5 9JL  
Centre  
Salvation Army – The Laurieston

*"Economic recovery or no economic recovery?  
Let me toss my last coin"*



# the **OTHER** list

The directory of Scotland's homeless services

Updated 2nd November 2009

Key to this list:	Debt advice – DA	Luggage storage – LS
Accom assistance – AS	Dentist – DT	Medical services – MS
Advocacy – AD	Drugs workers – D	Mental health – MH
Alcohol workers – A	Education/training – ET	Music classes – MC
Art classes – AC	Free food – FF	Needle exchange – NE
Barber – B	Food – F	Outreach worker links – OL
Benefits advice – BA	Foot care – FC	Outreach workers – OB
Bathroom/showers – BS	Housing/accom advice – H	Pavement stockist – P
Bedding available – BE	Internet access – IT	Safe keeping – SK
Careers advice – CA	Laundry – L	Sexual health advice – SH
Clothing – CL	Leisure activities – LA	SSAFA – SS
Counselling – C	Leisure facilities – LF	Tenancy support – TS

If you've any changes or suggestions write to us at the address on page 3, or email: [thelist@thepavement.org.uk](mailto:thelist@thepavement.org.uk)

Updated entries: 15  
Services added: 2

## ADVICE SERVICES EDINBURGH

**Advocard**  
332 Leith Walk, EH6 5BR  
0131 554 5307  
[www.advocard.org.uk](http://www.advocard.org.uk)  
Mon – Fri: 10am – 4pm  
MH, P

**City of Edinburgh Council – Housing Options Team**  
1 Cockburn St, EH1 1BJ  
0131 529 7584 / 7368  
Mon, Wed, Thurs 8.30am – 5pm; Tues 10am – 5pm; Fri 8.30am – 3.40pm

Advice and information on housing options for homeless people, including assessment of priority need for housing. Out-of-hours emergencies phone 0800 032 5968  
AS, H, P  
**Edinburgh Cyrenians – Smartmove project**  
57 Albion Rd, EH7 5QY  
0131 475 2356  
Mon - Fri 10am - 4pm  
Advice, information and support for people who are homeless or threatened with homelessness  
AS, H, P, TS  
**Homeless Outreach Project**  
1a Grindlay Street Court, EH3 9AR  
0131 221 9099  
Mon - Fri: 9.30am - 5pm  
Outreach service for homeless people with mental health, alcohol and drug-related problems

AS, AD, A, BA, CA, C, D, ET, H, MH, P, OB, SH, TS  
**Streetwork**  
Mon - Fri, immediate practical help and advice for vulnerable people on the streets of Edinburgh  
**Service Delivery Team**  
2 New Street, EH8 8BH  
0131 556 9756  
AS, A, BA, C, D, H, NE, SH  
[www.streetwork.org.uk](http://www.streetwork.org.uk)  
**The Access Point**  
17-23 Leith Street, EH1 3AT  
0131 529 7438  
Services for people 16 years or over who do not have care of children  
Mon, Wed, Thu: 9am–5pm; Tue 10am–5pm; Fri: 9am–4pm (drop-in services only); Mon–Thu: 1.30–4pm; Fri: 1.30–3pm  
Emergency assistance outwith office hours phone 0800 731 6969