



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.

## The Pavement team

[news@thepavement.org.uk](mailto:news@thepavement.org.uk)  
[twitter.com/ThePavementMag](https://twitter.com/ThePavementMag)

**thePavement**

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

London/West Midlands/Scotland:

Issue 105 / October–November 2016

Published by *The Pavement*, Registered Charity Number 1110656, [web@thepavement.org.uk](http://web@thepavement.org.uk).

**Managing editor:** Karin Goodwin [karin@thepavement.org.uk](mailto:karin@thepavement.org.uk) **Web editor** Val Stevenson [val@thepavement.org.uk](mailto:val@thepavement.org.uk)

**Reporters:** Mat Amp, Sirena Bergman, Marco Biagini, Jane Evans, Dan Falvey, Catherine Heath, Katharine Hibbert, Ben McCabe **Contributors:** Ella Alexander, Mat Amp, Christina Clark, Yousif Farah, Gemsii, Ian Kalman, Caroline McCue, Alex McKay **Photographers** Lisa Boyd, Eddie Ngugi, Ilisa Stack, Alex Withers.

**London Co-ordinator:** Mat Amp [london@thepavement.org.uk](mailto:london@thepavement.org.uk) **Scotland Co-ordinator** Marco Biagini [scotland@thepavement.org.uk](mailto:scotland@thepavement.org.uk) **Fundraising** Kirsten Kearney [fundraising@thepavement.org.uk](mailto:fundraising@thepavement.org.uk)

**The List directory:** Val Stevenson [val@thepavement.org.uk](mailto:val@thepavement.org.uk) **Distribution:** [london@thepavement.org.uk](mailto:london@thepavement.org.uk) and James Blakely [scotland@thepavement.org.uk](mailto:scotland@thepavement.org.uk)

**Printed by:** [www.evonprint.co.uk](http://www.evonprint.co.uk) (West Sussex)

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.

## Contents

About us.....	4
Project 240 .....	5–7
Bekki Perriman.....	8–9
Opinion: Mat Amp .....	11
Cartoon .....	12
Cathy comes home .....	12–15
Cartoon .....	16
Art in crisis.....	17–18
Homeless Festival.....	19–20
Dragon Café.....	21–25
News.....	26–29
Housing rights .....	30–31

## The List..... 1–16 (homeless services insert)

*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*.

*The Pavement* (print) ISSN 1757-0476  
*The Pavement* (online) ISSN 1757-0484

# 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) [FocusE15: focus15.org](http://FocusE15.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**

---

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.**

---

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 Café 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:**

---

**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:**

---

**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

---

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

---

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

---

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**  
Or write to our address on page 3

**Updated: June 2016**

## ADVICE & DROP-INS

### ACTION ON DEPRESSION

Glasgow – 38 Elmbank Cres, G2 4PS  
Edinburgh – Methodist Church, Nicolson  
Sq, EH8 9BX

Ayr – 42 Prestwick Rd, KA8 9ND  
**0131 226 8152; actionondepression.org**

Opening hours vary – call for info.  
Information, support, understanding  
and care for people suffering from  
depression. Self-help support groups.

**C**

### ADVOCARD

332 Leith Walk, Edinburgh EH6 5BR  
**0131 554 5307; www.advocard.org.uk/**

Mon–Fri: 10am–4pm  
Independent individual and collective  
advocacy services for people with  
mental health problems in Edinburgh  
(including the Royal Edinburgh  
Hospital). Individual advocacy also  
available to any prisoner within HMP  
Edinburgh. Text messages: 07920 207  
564.

**AH, AD, BA, CA, DA, LA, MH, SF**

### BARONY (CONTACT POINT)

101 High Riggs, Tollcross, Edinburgh  
EH3 9RP  
**0845 140 7777; www.baronyha.org.uk/contact-point-edinburgh.html**

Drop-in times:

Mon: 2–8pm; Tue: 10.30am–4.30pm;  
Wed: 10.30am–4.30pm; Thu: 2–8pm;  
Fri & Sat: closed; Sun: 11am–4pm  
Mental health resource that provides  
a safe place for those experiencing  
mental health problems to socialise or  
gain 1:1 or peer support. As well as

drop-in services, Contact Point offers a range of group activities, ranging from an arts group, to a walking group to a games group.

AC, AD, AH, C, ET, LF, MH, MD, TS

## BREATHING SPACE SCOTLAND

0800 83 85 87; [breathingspace.scot/](http://breathingspace.scot/)

Fri–Sun: 24/7; Mon–Thu: 6pm–2am  
Free, confidential phone service for anyone in Scotland experiencing low mood, depression or anxiety. Experienced advisors listen and offer advice. For support outside opening hours, contact Samaritans on 116 123 (24/7).

AD, C, MH

## CASUS OMISSUS – THE ABERDEEN LAW PROJECT

Ferryhill Community Centre, Albury Rd, Aberdeen, AB11 6TN  
-Woodside Community Centre, Marquis Rd, Aberdeen, AB24 2QY  
01224 272 434; [abdnlawproject.com/](http://abdnlawproject.com/)  
Mon–Fri: 10am–5pm; Thu: 5.30–7.30pm

Initial advice, written advice, casework, representation and form-filling for residents of Scotland. Covers employment, housing, benefits etc.

AH, BA, LA, TS

## CRISIS SKYLIGHT (EDINBURGH)

4 Crichton's Close, Edinburgh, EH8 8DT

## DETAILS WRONG?

Help us! Email [val@thepavement.org.uk](mailto:val@thepavement.org.uk)  
Thanks.

0131 209 7700; [www.crisis.org.uk/pages/crisis-skylight-edinburgh.html](http://www.crisis.org.uk/pages/crisis-skylight-edinburgh.html)

Mon–Fri: 9am–5pm  
Helps single homeless people. Learning programme, one-to-one coaching and housing advice. Arts and photography classes. Visit the website or phone for details.

AH, AC, ET, IT, LF, MD

## DRINKLINE

0800 731 4314; [www.drinkaware.co.uk/](http://www.drinkaware.co.uk/)

Mon–Fri: 9am–8pm; Sat–Sun: 11am–4pm  
Free, confidential phone helpline for people worried about their alcohol intake or anyone concerned about them. Advice on services to help you cut down your drinking.

A, C, OL

## EDINBURGH CYRENIANS

0131 475 2354; [cyrenians.scot/](http://cyrenians.scot/)  
Mon–Fri: 10am–4pm

Advice, information and support phone helpline for people who are homeless, threatened with homelessness or struggling with addiction.

AH, AD, D, ET, LA, OL

## FOLLOW UP (FOUR SQUARE – EDINBURGH)

67 Logie Green Rd, Edinburgh EH7 4HF  
0131 557 7915; [www.foursquare.org.uk/](http://www.foursquare.org.uk/)

### 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  
DL Drugs workers  
DA Debt advice  
DT Dentist

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

Housing support to individuals, couples and families in order to help them maintain their tenancies and avoid a housing crisis. Assistance, advice and encouragement to enable tenants to live independently.

AH, AD, BA, DA, TS

## FREE LEGAL ADVICE CENTRE

Edinburgh Centre for Professional Legal Studies, Univ of Edinburgh, 9B Holyrood Rd., Edinburgh, EH8 8FP

0800 073 0150 (voicemail only); [www.freelegaladvice.ed.ac.uk/contact/](http://www.freelegaladvice.ed.ac.uk/contact/)

Mon: 6–9pm (appointments only during university term time)

Aims: to provide excellent free legal advice; to support the community; and to enhance the learning experience of law students.

LA

## GLASGOW CITY COUNCIL

0800 838 502; [www.glasgow.gov.uk/](http://www.glasgow.gov.uk/)

Mon–Thu: 8.45am–4.45pm; Fri: 8.45am–3.45pm

For anyone who is homeless, threatened with homelessness, or in need of advice about homelessness. Visit the website to find out your nearest advisers.

AH, AD, BA, DA, TS

## GLASGOW CITY MISSION (CITY CENTRE PROJECT)

20 Crimea St, Glasgow G2 8PW

0141 221 2630; [www.glasgowcitymission.com/](http://www.glasgowcitymission.com/)

Mon–Fri: 8–10pm (drop-in)

If you are experiencing problems such

as homelessness and you need support or just someone to talk to, email ([info@glasgowcitymission.com](mailto:info@glasgowcitymission.com)) or phone. Day and evening services include English, numeracy, literacy and IT classes; support for foreign nationals and young people; lunch clubs and social events – details on their website. Fully accessible.

AD, C, ET, F, FF, IT, LF, LF, SF

## GLASGOW COUNCIL ON ALCOHOL

2nd Floor, 14 North Claremont Street, G3 7LE

0141 554 5368; [www.glasgowcouncilonalcogol.org/](http://www.glasgowcouncilonalcogol.org/)

Mon–Wed: 9am–9pm; Thu: 9am–5pm; Sat: 9am–1pm

Supports people who are homeless or at risk of being homeless as a result of alcohol misuse. It provides advice, information and support around alcohol-related housing issues.

AH, AD, A, BA, DA, ET, LF, OW, TS

## GLASGOW HOMELESSNESS NETWORK

Unit 16a, Adelphi Centre, 12 Commercial Rd, Glasgow G5 0PQ

0141 420 7272; [www.ghn.org.uk/](http://www.ghn.org.uk/)

Mon–Fri: 9.30am–4.30pm

Umbrella organisation for groups and individuals who want to ensure that outcomes for people affected by homelessness meet their needs, interests and aspirations. The Homeless Information Pages ([www.ghn.org.uk/hip/](http://www.ghn.org.uk/hip/)) list many useful addresses.

AH

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 services  
NE Needle exchange

OL Outreach worker links  
OW Outreach workers  
SF Step-free  
SH Sexual health  
TS Tenancy support



## KNOW THE SCORE

0800 587 5879; [knowthescore.info/](http://knowthescore.info/)

Mon–Sun: 8am–11pm (helpline)

Free confidential drugs information helpline and good online advice for people in Scotland.

C, D

## LODGING HOUSE MISSION (GLASGOW)

35 East Campbell St, Glasgow G1 5DT

0141 552 0285; [www.lhm-glasgow.org.uk/](http://www.lhm-glasgow.org.uk/)

Mon–Fri: 8am–2pm

Provides care and support to homeless, vulnerable and socially excluded people. Includes pool, social area, canteen, bathing facilities.

AH, AD, A, B, BS, BA, CL, DA, D, F, FF, FC, IT, L, LF, LS, MD, TS

## MISSIONARIES OF CHARITY (HOPETOUN CRES)

18 Hopetoun Cres, Edinburgh EH7 4AY

0131 557 8219

Sun–Wed & Fri: 4–4.30pm

Hostel where 90 per cent of residents are over 40. Ring or drop in 24 hours a day. Not step-free.

FF

## MOVE ON (GLASGOW)

4th Floor, 24 St Enoch Sq, Glasgow, G1 4DB

0141 221 2272; [www.moveon.org.uk/](http://www.moveon.org.uk/)

Mon–Fri: 9am–5pm

Enables homeless people to develop the skills and tools they need to reach

their own long-term solutions. Provides services for young people aged 18–28.

AH, AD, BA, DA, ET, OW, TS

## NUMBER 20 (FOUR SQUARE EDINBURGH)

Women only – call for address

0131 557 1739; [foursquare.org.uk](http://foursquare.org.uk)

Temporary supported accommodation for young women aged 16–21 who are homeless or at risk.

C, D, MH, OW

## PRE-SYNC 27 (EDINBURGH)

27 George Street, Bathgate, EH48 1PW

01506 205 413; [cyrenians.scot](http://cyrenians.scot)

Mon: 1–4.45pm (10am–1pm for parent-child group); Tue–Fri: 10am–4.45pm;

Wed: 7–8pm (CA)

Drop-in and helpline helping people move away from addiction. Run by the Cyrenians.

C, D, MH, OW

## RAPE CRISIS SCOTLAND

46 Bath St, Glasgow G2 1HG

General enquiries: 0141 331 4180;

Evening helpline: 08088 01 03 02;

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

Mon–Fri: 9:30am–4:30am; Mon–Sun:

6pm–midnight (confidential helpline)

For anyone affected by sexual violence.

Helpline offers free and confidential

support and information, and can

put you in touch with other services.

Minicom service for deaf or hard of

hearing people (0141 332 2168).

Interpreters if your first language is not English. Free confidential support and

### 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

DL Drugs workers

DA Debt advice

DT Dentist

EF Ex-forces

EO Ex-offenders

ET Education/training

F Food

FF Free food

information for women and girls who have experienced any form of sexual violence at any time in their lives.

**AD, C, MS**

→  
**ARTS FOR  
HOMELESS  
PEOPLE!**

### **ROCK TRUST (ALBANY ST)**

55 Albany St, Edinburgh EH1 3QY  
**0131 557 4059; [www.rocktrust.org/](http://www.rocktrust.org/)**  
Mon–Fri: 9am–5pm (1:1 support, groupwork, crisis support, food parcels, showers, laundry); Mon, Tue: 5–7pm (cooking); Thur: 6–8.15pm (healthy living); Sat: 11am–1pm (free breakfast)  
Advises, educates and supports young people. Enables them to build the personal skills and resources required to make a positive and healthy transition to adulthood, while avoiding or moving on from homelessness. Not step-free.

**AH, BS, BE, BA, CA, CL, ET, F, FF, IT, L, OL, OW, TS**

### **ROCK TRUST (WEST LOTHIAN)**

**01506 591 860; [www.rocktrust.org/](http://www.rocktrust.org/)**  
Mon–Fri: 9am–5pm (hotline)  
Rock Trust's Bedrock West Lothian project is a supported accommodation service by referral only. No drop-in service but call for information.

**AH, C, ET**

### **SCOTTISH CHILD LAW CENTRE HOTLINE**

**0131 667 6333 – all ages; 0800 328 8970 – under 21s (landline);  
0300 330 1421 – under 21s (mobile);  
[advice@sclc.org.uk](mailto:advice@sclc.org.uk); [www.sclc.org.uk/](http://www.sclc.org.uk/)**  
Mon–Fri: 9.30am–4pm (hotline only)  
Free expert advice on the law relating

to children and young people by phone and email. Services are available throughout Scotland. Also training, conferences and publications.

**AH, AD, LA, MH, SH, TS**

### **SHELTER SCOTLAND (EDINBURGH HOUSING AID CENTRE)**

6 Sth Charlotte St, Edinburgh EH2 4AW  
**0808 800 4444; [scotland.shelter.org.uk/](http://scotland.shelter.org.uk/)**  
Mon–Fri: 9am–5:30pm  
Information, advice, advocacy and representation for people facing housing problems. If you need more help than the helpline can give, you can be referred to local specialist services. Telephone advice line staffed by trained housing advisers, 9am–5pm, Mon–Fri (free from Virgin, Orange, 3, T-mobile, Vodafone and O2).

**AH, AD, LA, OL, TS**

### **SHELTER SCOTLAND (GLASGOW COMMUNITY HUB)**

1st Fl Suite 2, Breckenridge Hse, 274 Sauchiehall St, Glasgow G2 3EH  
**0808 800 4444; [scotland.shelter.org.uk/](http://scotland.shelter.org.uk/)**  
Mon–Fri: 9am–5pm  
For people facing homelessness, eviction, rent arrears, disrepair, overcrowding, mortgage arrears etc. Referrals to specialist services.

**AH, AD, C, LA, TS**

**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 services  
**NE** Needle exchange

**OL** Outreach worker links  
**OW** Outreach workers  
**SF** Step-free  
**SH** Sexual health  
**TS** Tenancy support

→  
**EX FORCES**



**SIMON COMMUNITY SCOTLAND  
(STREET OUTREACH FREEPHONE)**  
0800 027 7466; [www.simonscotland.org/](http://www.simonscotland.org/)

Mon–Sun: 24 hours (hotline only)  
Information and advice people who are sleeping rough or at risk of sleeping rough in Glasgow city centre.

*AH, C, ET*

**STOPOVER (FOUR SQUARE –  
EDINBURGH)**

40 Grove St, Edinburgh, EH3 8AT  
0131 229 6907; [foursquare.org.uk](http://foursquare.org.uk)  
Open 2/4

Advice and shelter open to individuals aged 16–21 years, who are either homeless or at risk.

*AH, BE, BS, C, OL, OW*

**STREETWORK CRISIS CENTRE**

22 Holyrood Rd, Edinburgh EH8 8AF  
0131 557 6055; [www.streetwork.org.uk/](http://www.streetwork.org.uk/)

Helpline: 24/7; Mon–Sun: 7.15am–9.45pm

Support for people sleeping rough or at risk of homelessness. Assistance with housing, benefits, domestic violence, addictions, info and referrals. Washing, toilets and storage facilities. Helpline: 0808 178 2323 (open at night)

*AH, BS, BA, CA, CL, D, ET, IT, L, LS, MH, OL, OW*

**THE BIG ISSUE (GLASGOW)**

107 Saltmarket, Glasgow G2 9TG  
0141 553 0924; [www.bigissue.com/](http://www.bigissue.com/)  
Mon: 9am–3.30pm; Tue–Fri: 7.30am–

3.30pm; Sat: 8.30–12.30am;  
Offers a self-employment opportunity to anyone who is facing poverty. Vendors buy their magazines for £1.25 and sell them for £2.50.

*SF*

**THE MARIE TRUST**

32 Midland St, Glasgow G1 4PR  
0141 221 0169 (option 2); [www.themarietrust.org/](http://www.themarietrust.org/)

Mon–Fri: 9am–4pm (closed 11.30–12.30)

Day service for people affected by homelessness/poverty. Offers low-cost breakfast and lunch, as well as a range of classes and activities.

*AH, AD, AC, BS, BE, BA, CA, CL, C, ET, F, FC, IT, MS, OL, OW*

**THE SALVATION ARMY  
(REGENER8+ DROP IN)**

25 Niddry St, Edinburgh EH1 1LG  
0131 523 1060; [www.salvationarmy.org.uk/drop-in-centres](http://www.salvationarmy.org.uk/drop-in-centres)

Mon–Fri: 9–12.45am

Cheap, good quality breakfast & dinner; Crisis Intervention Support workers; Gateway Visiting Support Offices; safe space; games; chaplaincy; various activity groups.

*AH, AD, AC, BS, BE, BA, CL, F, FF, IT, L, LF, TS*

**THE SALVATION ARMY (E ADAM ST)**

1 East Adam St, Edinburgh EH8 9TF  
0131 667 4313; [www.salvationarmy.org.uk/](http://www.salvationarmy.org.uk/)

Mon: 9–12am; Tue & Thu: 3–9pm; Fri: 1–4pm; Sat: 6–9pm

**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

Friendly church. Weekly job club and fortnightly lunch club – call for details.

**AH, A, BA, CL, ET, F, FF**

## UNIVERSITY OF STRATHCLYDE LAW CLINIC

Level 5, Graham Hill Bldg, 40 George St,  
Glasgow G1 1BA

**0141 548 5995; [www.lawclinic.org.uk](http://www.lawclinic.org.uk)**

Mon–Fri: 9am–5pm

Legal & written advice, casework,  
representation and form-filling in  
the areas of employment, housing,  
consumer, benefits etc. More info from  
the website.

**AH, BA, LA, TS**

## ARTS

### CREATIVE COLLECTIVE

Platform, The Bridge, 1000 Westerhouse  
Rd, Glasgow G34 9JW

**0141 276 9696; [www.platform-online.co.uk](http://www.platform-online.co.uk)**

Thu: 6:30–8:30pm

A free, friendly and inviting group  
for people looking to make friends or  
improve their own wellbeing

**AC, MD**

### CRISIS SKYLIGHT (EDINBURGH)

4 Crichton's Close, Edinburgh, EH8 8DT  
**0131 209 7700; <http://www.crisis.org.uk/pages/crisis-skylight-edinburgh.html>**

Mon–Fri: 9am–5pm; Tue: 2–4pm

(singing & creative writing classes);  
Wed: 1–3pm (music classes)

Helps single homeless people, including

creative arts and music workshops.

**AC, AH, ET, IT, LF, MD**

### GIVIN' IT LALDIE

Gorbals Parish Church, 1 Errol Gardens,  
Glasgow G5 0RA

**07728 323636; [www.givinitlaldie.org.uk](http://www.givinitlaldie.org.uk)**

Wed: 7.15–9pm (Gorbals Community  
Choir); Wed: 1.30–3pm (Sing For Life  
choir) & 5.30–6.30pm (Strum For Life  
guitar group)

The Gorbals Community Choir is  
completely free, all music is taught by  
ear and you can choose where to sit –  
it's all about making friends and having  
fun. Sing for Life is a choir suitable for  
older adults, individuals with health  
problems or anyone who would enjoy a  
gentle, uplifting singing session. Strum  
for Life is a community guitar class for  
all ages and levels. Guitars are provided  
(or you can bring your own).

**MD**

### GLASGOW CITY MISSION (CITY CENTRE PROJECT)

20 Crimea St, Glasgow G2 8PW

**0141 221 2630; [www.glasgowcitymission.com/](http://www.glasgowcitymission.com/)**

Mon: 12noon – 2pm (photography)

Photography classes

**AD, C, ET, F, FF, IT, LF, LF, SF**

### GOVANHILL BATHS

Govanhill Baths, 99 Calder Street,  
Glasgow, G42 7RA

**0141 433 2999 [govanhillbaths.com](http://govanhillbaths.com)**

Mon–Sun: 10am–5pm

**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 services  
**NE** Needle exchange

**OL** Outreach worker links  
**OW** Outreach workers  
**SF** Step-free  
**SH** Sexual health  
**TS** Tenancy support



Community and arts centre in former Govanhill swimming pool. Regular programme of arts events including pottery classes and Rags2Riches upcycling classes.

AC

## ON THE CORNER

257 London Road, Glasgow, G40 1PE  
0141 237 1221; [www.otcscotland.com](http://www.otcscotland.com)

Wed: 6–7pm (craft groups)

Community space offering craft and upcycling workshops to anyone. Every 2nd week is in collaboration with the Glasgow Mental Health Support Group.

AC

## RAISED VOICES (JACKSON ENTRY)

The Serenity Café, 8 Jackson Entry, Edinburgh EH8 8PJ

07968546034; [raisedvoices.org.uk/](http://raisedvoices.org.uk/)

Wed: 7–9pm

Creative writing and performance workshops for homeless people in Edinburgh. They produce plays, poetry, podcasts, spoken word and music based around the stories of the homeless people that use the service.

AC, MD

## RAISED VOICES (PIRNIEFIELD BANK)

27/3 Pirniefeld Bank, Edinburgh EH6 7QH

07968546034; [raisedvoices.org.uk/](http://raisedvoices.org.uk/)

Provides creative services for homeless people in Edinburgh. This can range from creative writing workshops to organising fundraisers for other

charities. Phone for details.

ET, LF, MD

## THE ART FACTORY

Platform, The Bridge, 1000 Westerhouse Road, Glasgow, G34 9JW

0141 276 9696; [www.platform-online.co.uk](http://www.platform-online.co.uk)

Tue: 1–2pm

A weekly group for anyone who wants to draw, paint or try a new craft. You could be brand new to it or did it years ago and want to try it again.

AC

## THE MARIE TRUST

32 Midland St, Glasgow G1 4PR

0141 221 0169 (option 2); [www.themarietrust.org/](http://www.themarietrust.org/)

Tue: 1–4pm (Expressive Arts); Fri:

10–12noon (Art Drop-in)

Day service for people affected by homelessness/poverty. Offers art classes two days a week.

AH, AD, AC, BS, BE, BA, CA, CL, C, ET, F, FC, IT, MS, OL, OW

## ANIMALS/PETS

### PDSA PET AID HOSPITAL (EDINBURGH)

2B Hutchison Crossway, Edinburgh EH14 1RR

0131 443 6178; [www.pdsa.org.uk](http://www.pdsa.org.uk)

Mon–Fri: 9am–5pm (advice line – 0800 731 2502. Ring to check eligibility)

Veterinary surgery for pets.

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

## **PDSA PET AID HOSPITAL (GLASGOW EAST)**

Muiryfauld Dr, Tollcross, Glasgow G31 5RT

0141 763 0800; [www.pdsa.org.uk](http://www.pdsa.org.uk)

Mon–Fri: 9am–5pm (advice line – 0800 731 2502. Ring to check eligibility)

Veterinary surgery for pets.

PDSA Pet Aid Hospital (Glasgow)

1 Shamrock St, Glasgow G4 9JZ

0141 332 6944; [www.pdsa.org.uk](http://www.pdsa.org.uk)

Mon–Fri: 9am–5pm (advice line – 0800 731 2502. Ring to check eligibility)

Veterinary surgery for pets.

## **BME/REFUGEE**

### **SAFFRON PROJECT**

553 Shields Rd, Glasgow G41 2RW

0141 422 1112; [www.southside-ha.org/tenant-support/saffron-project/](http://www.southside-ha.org/tenant-support/saffron-project/)

Accommodation and support for single minority ethnic homeless people (16–25) with low support needs.

AH

## **DOMESTIC VIOLENCE**

### **DRUMCHAPEL WOMEN'S AID**

8 Essenside Ave, Glasgow G15 6DX

0141 944 0201; [www.scottishwomensaid.org.uk/](http://www.scottishwomensaid.org.uk/)

Mon : 9am–5pm (use emergency

number outside office hours.)

Information, support and temporary accommodation for women and their

children (boys up to 16) escaping domestic abuse. Drop-in centre and 24-hour on-call support. **Domestic Abuse Helpline: 0800 027 1234 (24/7).**

AH, AD, C, LA

### **EDINBURGH WOMEN'S AID**

4 Cheyne St, Edinburgh EH4 1JB

0131 315 8111; [edinwomensaid.co.uk/](http://edinwomensaid.co.uk/)

Tue, Wed, Fri: 10am–3pm (drop-in & helpline); Mon: 1–3pm (drop-in); Thu: 2–7pm (drop-in); Mon: 10am–3pm (helpline); Thu: 10am–7pm (helpline); Sat: 10am–1pm (drop-in & helpline)

An all-women, confidential organisation which provides information, support and, where appropriate, refuge accommodation for women and any accompanying children who have experienced or are at risk of domestic abuse.

AH, AD, C, OW, SF

### **LODGING HSE MISSION**

35 East Campbell St, Glasgow G1 5DT

0141 552 0285; [www.lhm-glasgow.org.uk/](http://www.lhm-glasgow.org.uk/)

Mon–Fri: 8.15am–3pm (food, IT, pool, games, support, showers)

Aims to restore dignity to Glasgow's poorest and to bring their service users back into mainstream society.

AH, AD, A, B, BS, BA, CL, DA, D, F, FF, FC, IT, L, LF, LS, MD, TS

### **RAPE CRISIS SCOTLAND**

Tara Hse, 46 Bath St, Glasgow G2 1HG

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 services  
NE Needle exchange

OL Outreach worker links  
OW Outreach workers  
SF Step-free  
SH Sexual health  
TS Tenancy support



**0141 331 4180; [www.rapecrisisscotland.org.uk/](http://www.rapecrisisscotland.org.uk/)**  
Mon–Sun: 6pm–midnight (confidential helpline)

For anyone affected by sexual violence. Helpline offers free and confidential support and information, and can put you in touch with other services. Minicom service for deaf or hard of hearing people (**0141 332 2168**). Interpreters if your first language is not English. Free confidential support and information for women and girls who have experienced any form of sexual violence at any time in their lives.

**AD, C, MS**

### SCOTTISH CHILD LAW CENTRE

54 East Crosscauseway, Edinburgh EH8 9HD

**0131 667 6333; [www.sclc.org.uk/](http://www.sclc.org.uk/)**

Mon–Fri: 9.30am–4.30pm

Free expert advice on the law relating to children and young people by phone and email. Services are available throughout Scotland. Also training, conferences and publications.

**AH, AD, LA, MH, SH, TS**

### SHAKTI WOMEN'S AID

Norton Pk, 57 Albion Rd, Edinburgh EH7 5QY

**0131 475 2399; [shaktiedinburgh.co.uk/](http://shaktiedinburgh.co.uk/)**

Mon–Fri: 9am–4.30pm

For black and ethnic minority women and children who are fleeing domestic abuse. Legal rights, welfare, immigration etc. Urdu, Bengali, Punjabi, Arabic,

Chinese & Thai. Answering machine has emergency number after 5pm.

**AD, BA, C, LA**

## DRUGS/ALCOHOL

### BETHANY CHRISTIAN CENTRE (MEN ONLY)

6 Casselbank St, Edinburgh EH6 5HA

**0131 454 3125; [www.bethanyct.com/](http://www.bethanyct.com/)**

Mon–Sun: 9am–9pm

For homeless or vulnerable men with alcohol or drug problems who wish to take part in a work training programme.

**A, CA, D, ET**

### BETHANY CHRISTIAN TRUST

65 Bonnington Rd, Edinburgh EH6 5JQ

**0131 561 8930; [www.bethanychristiantrust.com/](http://www.bethanychristiantrust.com/)**

Tue: 12.30am–2.30pm (women-only drop-in); Thu: 1–3pm (men-only drop-in)

Supports individuals and families to help them tackle long-term homelessness problems including addictions, debt, lack of furniture, unemployment and social isolation.

**AH, A, CA, C, D, FF, OW**

### COCAINE ANONYMOUS (SCOTLAND)

PO Box 26812, Glasgow G1 9AB

**0141 959 6363; [www.cascotland.org.uk/](http://www.cascotland.org.uk/)**

Fellowship of people who help each other to stay off cocaine, crack and other drugs. Contact them (**info@cascotland.org.uk**) or the helpline

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

number) to find your nearest meeting.

C

### **CROSSREACH (RANKEILLOR INITIATIVE ANCHOR PROJECT)**

52 Queen St, Edinburgh EH2 3NS  
0131 225 4901; [www.crossreach.org.uk/](http://www.crossreach.org.uk/)

Mon–Fri: 9am–5pm

For men recovering from drug and/or alcohol addiction. Must have been clean for three months. Phone for application form.

A, BS, BA, CA, CL, C, D, ET

### **DRINK SMARTER**

0800 7314 314; [www.drinksmarter.org/](http://www.drinksmarter.org/)

Mon–Sun: 8am–11pm

Free, confidential helpline for people worried about their alcohol intake or anyone concerned about them. Advice on services to help you cut down your drinking.

A, C, OL

### **GLASGOW COUNCIL ON ALCOHOL (CLAREMONT ST)**

2nd Fl, 14 N Claremont St, Glasgow G3 7LE

0141 353 1800; [www.glasgowcouncilonalcohol.org/](http://www.glasgowcouncilonalcohol.org/)

Thu & Fri: 9am–5pm; Mon–Wed: 9am–9pm

Help and support to anyone experiencing problems related to alcohol consumption. Alcohol



**WORK &  
TRAINING**  
continues  
this way

counselling, training, prevention and education, group work, support, advice and information. Please phone to check times of fortnightly drop-in on Sats.

A, C

### **GLASGOW COUNCIL ON ALCOHOL (EAST COMMUNITY ALCOHOL SUPPORT SERVICE)**

26 Orr St, Glasgow G40 2AJ

0141 554 5368; [www.glasgowcouncilonalcohol.org/](http://www.glasgowcouncilonalcohol.org/)

Mon–Thu: 8.45am–4.45pm (drop-in 10–12pm); Fri: 8.45am–4pm (drop-in 10am–midday)

East CASS supports people who are homeless or at risk of being homeless as a result of alcohol misuse. It provides advice, information and support around alcohol-related housing issues.

AH, AD, A, BA, DA, ET, LF, OW, TS

### **GLASGOW COUNCIL ON ALCOHOL (SAUCHIEHALL ST)**

7th Fl, Newton Hse, 457 Sauchiehall St, Glasgow G2 3LG

0141 353 1800; [www.glasgowcouncilonalcohol.org/](http://www.glasgowcouncilonalcohol.org/)

Mon–Fri: 9am–9pm

Help and support to anyone experiencing problems related to alcohol consumption.

AH, AD, A, BA, DA, ET, LF, OW, TS

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 services  
NE Needle exchange

OL Outreach worker links  
OW Outreach workers  
SF Step-free  
SH Sexual health  
TS Tenancy support



**WORK /  
TRAINING**

## HUNTER STREET HOMELESS HEALTH SERVICE

55 Hunter St, Glasgow G4 0UP  
0141 553 2801; [www.nhs.uk/your-health/health-services/homeless-health-and-resource-services/](http://www.nhs.uk/your-health/health-services/homeless-health-and-resource-services/)  
Mon–Fri: 9am–5pm

A one-stop-shop to meet the health and addiction needs of service users who are homeless, and those living in emergency and temporary accommodation. Please phone before coming to make sure your needs can be met. Disabled accessible.

*A, D, FC, MS, MH, SH, SF*

## KNOW THE SCORE

0800 5875879; [knowthescore.info/](http://knowthescore.info/)  
Mon–Sun: 24/7 (helpline)  
Free confidential drugs information helpline and good online advice for people in Scotland.

## LODGING HSE MISSION

35 East Campbell St, Glasgow G1 5DT  
0141 552 0285; [www.lhm-glasgow.org.uk/](http://www.lhm-glasgow.org.uk/)

Mon–Fri: 8.15am–3pm (food, IT, pool, games, support, showers)  
Aims to restore dignity to Glasgow's poorest and to bring their service users back into mainstream society.

*AH, AD, A, B, BS, BA, CL, DA, D, F, FF, FC, IT, L, LF, LS, MD, TS*

## SPITTAL STREET CENTRE

22–24 Spittal St, Edinburgh EH3 9DU  
0131 537 8300; [www.nhslothian.scot.nhs.uk/GoingToHospital/Locations/Pages/SpittalStreetCentre.aspx](http://www.nhslothian.scot.nhs.uk/GoingToHospital/Locations/Pages/SpittalStreetCentre.aspx)

Mon–Fri: 9am–12.30am & 1–4pm (harm reduction); Mon–Thu: 9am–5pm (community drug problem service); Fri: 9am–4.30pm (community drug problem service); Mon–Fri: 9–12.30am & 1–4pm (HIV)

Wide range of services including drop-in needle exchange, outreach services for heroin users, methadone prescribing, SH and HIV advice.

*A, C, D, MS, MH, NE, OL, OW*

## STREETWORK CRISIS CENTRE

22 Holyrood Rd, Edinburgh EH8 8AF  
0131 557 6055; [www.streetwork.org.uk/](http://www.streetwork.org.uk/)

Mon–Sun: 7.15am–9.45pm (call helpline outwith these hours)  
support for people sleeping rough or at risk of homelessness. Assistance with housing, benefits, domestic violence, addictions, information and referrals. Washing, toilets and storage facilities. Helpline: 0808 178 2323 (open at night)

*AH, BS, BA, CA, CL, D, ET, IT, L, LS, MH, OL, OW*

## TURNING POINT SCOTLAND (CHRYSALIS PROJECT)

9 Forrest Rd, Edinburgh EH1 2QH  
0131 226 5453; [www.turningpointscotland.com/](http://www.turningpointscotland.com/)

Mon–Thu: 9am–5pm; Fri: 9am–4.30pm  
Group work, support and key work for drug misusers (16+) who have recently stopped using or who have stabilised on prescribed medication.

*AD, C, D, OW*

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



## TURNING POINT SCOTLAND (DRUGS CRISIS CENTRE)

123 West St, Glasgow G5 8BA

0141 420 6969; [www.turningpointscotland.com/](http://www.turningpointscotland.com/)  
Mon–Fri: 9am–5pm

Accommodation and support for young people (16+) with addiction issues. 24-hour advice, support and assessment. Detox, NE, GP clinics, residential unit, post-residential methadone clinic, abscess and ulcer clinic, well woman clinic and much more. Also family support centre.

*D, MS, MS, NE*

## TURNING POINT SCOTLAND (LINK UP)

112 Commerce St, Glasgow G5 9NT  
0141 420 1929; [www.turningpointscotland.com/](http://www.turningpointscotland.com/)  
Mon–Sun: 24/7

For homeless people in crisis because of MH, drugs or alcohol. A 12-bed residential unit provides a safe environment to withdraw from a chaotic lifestyle. Average stay is 28–36 days.

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

## TURNING POINT SCOTLAND (MIDWAY PROJECT)

Kingston Business Centre, 75 Stanley St (3rd Floor), Glasgow G41 1JA  
0141 429 2668; [www.turningpointscotland.com/](http://www.turningpointscotland.com/)  
Support and accommodation for



YOUNG PEOPLE

homeless people (18+) with mental health and/or addiction issues.

*AH, A, BA, D, MH, OW, TS*

## EASTERN EUROPEANS

### BARKA UK

0207 275 7768; [www.barkauk.org](http://www.barkauk.org)  
Mon–Fri: 9am–4pm  
For C & E European migrants. Helpline: 0800 171 2926 (Polish, Russian, Romanian, English).

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

### NO ACCOMMODATION NETWORK

[naccom.org.uk/](http://naccom.org.uk/)  
Agencies accommodating migrants who have no recourse to public funds. Consult the website for your nearest project.

## EX-FORCES

### AWOL?

SSAFA Forcesline: 0845 241 7141,  
Mon–Fri, 9am–10am (answering machine for call back outside these times).

### COMBAT STRESS

0800 138 1619, 24/7 (via helpline, text 07537 404 719 or [combat.stress@rethink.org](http://combat.stress@rethink.org))

*AD, C, MH, OL*

*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 services  
*NE* Needle exchange

*OL* Outreach worker links  
*OW* Outreach workers  
*SF* Step-free  
*SH* Sexual health  
*TS* Tenancy support

## ROYAL BRITISH LEGION

Legionline: 08457 725 725

## SSAFA FORCESLINE

0845 241 7141; [www.ssafa.org.uk](http://www.ssafa.org.uk)

Mon–Fri: 9am–5.30pm

AH, A, BA, CA

## SPACES

The Beacon, Marne Rd, Catterick Garrison, North Yorkshire DL9 3AU

01748 833797; 01748 872940;

[spaces.org.uk/](http://spaces.org.uk/)

Helps single ex-regulars find accommodation when they leave the services.

## VETERANS UK

0800 169 2277; [www.veterans-uk.info](http://www.veterans-uk.info)

Help & advice. Dedicated welfare service.

## WHITEFOORD HOUSE

53 Canongate, Edinburgh EH8 8BS

0131 556 6827; [www.svronline.org/page.php?id=79](http://www.svronline.org/page.php?id=79)

Mon–Fri: 7am–5pm

Ring first. Accommodation for homeless ex-service men & women, including ex-merchant mariners. Can accept married couples.

AH

## FOOD/SOUP RUNS

### AL-KHAIR FOUNDATION IN PARTNERSHIP WITH MADRASSAH AL-FAROOQ

32–38 Dixon Ave, Crosshill, Glasgow G42 8EJ

0141 433 2686; [alkhair.org/glasgow](http://alkhair.org/glasgow)

Mon–Sat: 5.30–7pm (soup kitchen and foodbank)

Provides fresh meals six days a week.

Aims to contribute towards the betterment and prosperity of the people of Glasgow. Pushtu and Arabic spoken.

FF

## BALVICAR ST

Balvicar St, Glasgow G42 8QU

Thu: 7–9pm

Soup run near Queens Park.

FF

## BETHANY CHRISTIAN TRUST (CARE VAN)

0131 225 9445; [www.bethanychristiantrust.com/](http://www.bethanychristiantrust.com/)

Mon–Sun: 9–11pm

Joint venture by Edinburgh City Mission and Bethany Christian Trust goes out 364 evenings a year in Edinburgh city centre, starting at Waverley Bridge, then going to the Grassmarket and North Bridge. Soup, rolls and tea/coffee.

CL, FF

## CADOGAN ST

Corunna, 39 Cadogan Hse, Glasgow, G2 7BA

Mon–Sun: 9–10pm

Together ROPKA, Religious Society of Friends, St Mary's, Salvation Army, Glasgow Gurdwara, Emmaus, Caledonian Uni, FeedGlasgow, Glasgow Uni, Marks & Spencer, Marist Brothers, St Peter's, Humanists, Catholic Worker, City Mosque, GUSH and others provide a hot drink, soup, a sandwich and a friendly face to anyone over 20 years old. 365 days a year. Aim to direct homeless service users to appropriate services.

FF, OL

## **CARRUBBERS CHRISTIAN CENTRE**

65 High St, Edinburgh EH1 1SR  
**0131 556 2626; [www.carrubbers.org/](http://www.carrubbers.org/)**  
Sun: 8am–9am  
Free breakfast along with a short religious service.

**FF**

## **JERICO HOUSE**

53 Lothian St, Edinburgh EH1 1HB  
**0131 225 8230; [www.jerichosociety.org.uk/edinburgh/4588830203](http://www.jerichosociety.org.uk/edinburgh/4588830203)**  
Wed & Thur: 6–7pm (soup kitchen)  
Sun: 10:30am–1.30pm (Sunday lunch)  
Soup, hot drinks and sandwiches. Open Christmas Day at 10am, but not 23 and 24 December.

**FF**

## **KAGYU SAMYE DZONG GLASGOW**

7 Ashley St, Glasgow, G3 6DR  
**0141 332 9950; [ksdglasgow.org.uk](http://ksdglasgow.org.uk)**  
Fri: 4–5:30pm; Sat: 11am–12:30pm;  
Sun: 6pm  
Tibetan Buddhist that provides food to anyone in need 3 times a week. Part of the Glasgow Soup Kitchen group.

**FF**

## **QUEEN'S PARK GOVANHILL PARISH CHURCH**

**0141 423 3654; [qpqpc.com/](http://qpqpc.com/)**  
- 28 Daisey Street, Glasgow, G42 8JL  
Wed: 5:30–8pm (free meal);  
Tue & Wed: 10am–1:30pm (low-cost meal)  
- 170 Queen's Dr, Glasgow G42 8QZ  
Sun: 5–6pm (free meal, toiletries and 2nd-hand clothing)  
Church where everyone is valued regardless of past, or present situation, where self-belief is nurtured and where everyone is loved unconditionally.

**AH, AD, B, BS, BA, CL, DA, FF, IT, MH, OL, OW**

## **ROCK TRUST (ALBANY ST)**

55 Albany St, Edinburgh EH1 3QY  
**0131 557 4059; [www.rocktrust.org/](http://www.rocktrust.org/)**  
Mon–Fri: 9am–5pm (drop in, 1:1 support, groupwork, crisis support, food parcels, showers, laundry facilities);  
Mon–Wed: 5–7pm (cooking group; health & wellbeing)  
Advises, educates and supports young people. Enables them to build the personal skills and resources required to make a positive and healthy transition to adulthood, while avoiding or moving on from homelessness. Not step-free.

**AH, BS, BE, BA, CA, CL, ET, F, FF, IT, L, OL, OW, TS**

## **SOCIAL BITE – GLASGOW**

- 103 St Vincent St, Glasgow, G2 5EA  
- 5 Bothwell St, Glasgow, G2 6NL  
**0131 220 8206; [social-bite.co.uk](http://social-bite.co.uk)**  
Mon–Fri: 7am–11am (free breakfast)  
Mon–Fri: 2pm–3pm then at 3:15pm (free items available)  
Mon: 4–6pm (Social Supper, only at St. Vincent Street shop)  
*NOTE: if collecting free food, you cannot sit inside the shop, expect from at Social Supper every Monday. Social Bite's profits are donated to good causes. One in four of its team is formerly homeless. Suspended items are bought by customers for homeless people.*

**FF**

## **SOCIAL BITE – EDINBURGH**

- 131 Rose St, Edinburgh EH2 3DT  
- 89 Shandwick Pl, Edinburgh EH2 3DT  
**0131 220 8206; [social-bite.co.uk](http://social-bite.co.uk)**  
Mon–Fri: 2pm–3pm then at 3:15pm (free items available)  
Social Bite's profits are donated to

good causes. One in four of its team is formerly homeless. Suspended items are bought by customers for homeless people.

FF

### **SOCIAL BITE – ABERDEEN**

516 Union St, Aberdeen AB10 1TT

**0131 220 8206; [social-bite.co.uk](http://social-bite.co.uk)**

Mon–Fri: 7am–11am (free breakfast)

Mon–Fri: 2pm–3pm then at 3:15pm

(free items available)

Every single penny of Social Bite's profits are donated to good causes. One in four of its team is formerly homeless.

Suspended items are bought by customers for homeless people.

FF

### **SOUPER SATURDAY (EDINBURGH)**

Old Saint Paul's Church, 67 Jeffrey St, Edinburgh, EH1 1DH

**07955 274058; [soutersaturday.org.uk/](http://soutersaturday.org.uk/)**

Sat: 8.30am–2pm

Free breakfast, lunch, sandwiches, coffee and conversation every Sat. Their porridge is legendary! Email: [admin@SouperSat.org.uk](mailto:admin@SouperSat.org.uk)

FF

### **ST COLUMBA'S CHURCH (THE SHILOH)**

St Vincent St, Glasgow G2

Sun: 7.30–9pm

FF

### **ST PATRICK'S CHURCH**

**0141 221 3579**

North St, Glasgow G3 7DA

Thu & Sun: 8–9pm

Catholic church but welcome to all - free food 3 times a week.

FF

### **ST SIMON'S CHURCH**

Dunaskin St, Glasgow G11 6PG

Fri: 6–7pm (Café Simon, run by the

Glasgow Simon Community); Sat:

1–3pm (Café Simon); Sun: 1.30pm–2.30pm

Catholic church but welcome to all – free food 3 times a week.

FF

### **THE SALVATION ARMY (REGENER8+ DROP IN)**

25 Niddry St, Edinburgh EH1 1LG

**0131 523 1060; [www.salvationarmy.org.uk/drop-in-centres](http://www.salvationarmy.org.uk/drop-in-centres)**

Mon–Fri: 9–12.45am

Cheap, good quality breakfast & dinner; Crisis Intervention Support workers; Gateway Visiting Support Offices; safe space; games; chaplaincy; various activity groups.

AH, AD, AC, BS, BE, BA, CL, F, FF, IT, L, LF, TS