

the
FREE
mag for
homeless
people

the Pavement

September / October 2017





Helen Montgomery

Age at disappearance: 45

Helen has been missing from Wirral, Merseyside since 6 August 2008.

If you think you can help the search, please call or text Missing People on 116 000, or email 116000@missingpeople.org.uk.

Helen, we're here for you whenever you need us.

Call. Text. Any time. Free. Confidential. Open 24/7 Call – 116 000



Registered Charity No. 1020419



Steven Street

Age at disappearance: 51

Steven has been missing from Waltham Forest, London since 23 June this year.

If you think you can help the search, please call or text Missing People on 116 000, or email 116000@missingpeople.org.uk.

Steven, we would love to hear from you.

Call. Text. Any time. Free. Confidential. Open 24/7 Call – 116 000



Registered Charity No. 1020419

Inside out

This month we're looking at the issue of prisons. Not everyone who is homeless will ever experience the criminal justice system. But it makes it more likely, especially if you end up on the streets. About a third of homeless people have been in prison. There's also the other side of the coin – leaving jail can mean you end up homeless. We look at the facts, and highlight how you can get help. Plus: have a read of our uplifting feature on how hill walking can save your life.

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Cover image: 'A Sharp Exit' was painted by an inmate at HMP Edinburgh, and won the Koestler Trust's Commended Award for Painting. See p16 for more.

Image courtesy of the Koestler Trust

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The Pavement: A magazine for homeless readers

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

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

In London alone, we deliver 5,000+ 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 homelessness 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. We are grateful to Fareshare for their help with distribution.

From the Ground Up (FTGU)

This is a partner project between *the Pavement* and Groundswell, an award-winning charity that helps homeless people take control of their lives. It is funded by Comic Relief.

Our From the Ground Up participants receive support and training to help them create content for the magazine and website that tells the stories about homelessness that matter to them. They then raise these issues with policy makers and practitioners at our action days, aimed at driving change.
www.groundswell.org.uk

Get involved

Volunteer: we are always looking for volunteer journalists with experience. We particularly welcome those who've been homeless, and we will try to place you on a suitable programme offering training and support. We also urgently need volunteers to help us check listings and fundraise. Get in touch with 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 what you can:
www.thepavement.org.uk

From prison to the streets

Why do so many people end up homeless after leaving prison?

Leaving prison is a difficult time. There are so many adjustments to make: family to make up to; friends to reconnect to... and you may need to negotiate with some who could cause you harm.

And there are questions running through your mind: if you got clean inside, will you make it now you're out? Are your benefits sorted? Will employers ever be able to see past criminal convictions?

It's also time to find a new home. That's not easy. If your sentence was 13 weeks or more, your housing benefits will stop.

This means that for many people going to prison, pre-existing housing will no longer be available on release from prison.

If family and friends are not on your side, and the council doesn't assess you as priority need, where do you go?

According to the Chain data – information centrally gathered about rough sleepers in London – 71 people on the streets of the UK capital gave their last settled address as prison.

Even more – 86 people or 3 per cent of rough sleepers – said that the



Hope © Franco Folini, Creative Commons

reason that they were homeless was that their jail sentence had come to an end.

(The most common reasons are eviction and family breakdown). 1,856 had experience of serving time in prison, a rise from 1,779 the previous year. In Westminster alone, 40 per cent of people sleeping rough have been in prison.

The Scottish Government revealed that in 2016–2017, six per cent of all applications for assistance with housing came from people being released from prison/ hospital/ care or another form of institution.

It's even worse for women, three out of five of whom will end up homeless on release from prison. Last year it emerged that female prisoners leaving Bronzefield prison in Surrey were being given tents and sleeping bags on release.

Christine Buntrock, operations manager of Turning Point Scotland, which supports offenders leaving prison, says: "In our experience, housing and the risk of homelessness is a significant issue for people leaving prison.

"We believe more support should be available for people preparing to leave custody and once they return to their community."

Daniel Lee, from London, knows what it's like to find yourself street homeless after time in prison. He says he was lucky – he had family and friends who helped him out until he was back on his feet.

But through his job as a case-worker in Ipswich for the St Giles Trust, a charity that supports offenders, he has met plenty of people who are not so fortunate.

Working with offenders from a local bail hostel, he is meant to help people access training, support and a job. But, in fact, an increasing amount

of time is spent helping people with housing issues.

Many find themselves at the end of their stay in the hostel with nowhere to go. And if they don't have a local connection, the council will refuse to house them. The only option open at that stage is to try to secure the rare bits of funding available to help people to get a deposit for a private let, along with enough to pay the rent until housing benefit comes through.

It's not easy. "If your basic needs are met, then you can function," he says. "You can't expect anyone who is homeless to get a job." Yet that's what homeless people have to do to prove a local connection if they don't already have one. If they cannot, they could be sent back to the area they come from. "Some people are happy to back to the area they came from," he says. "But some just can't.

"They don't want to go back to their old life or they will be in danger – some have had death threats."

He is working with a young man who has just completed a four-year sentence but can't go back to his home town because death threats have been made against him.

The police don't want to know, says Lee, and neither do the council. He has managed to get him into a

night shelter but doesn't know what this 21-year-old's next step is.

"If there was more funding for people who have just been released from prison, it would be such a big help," he says.

Crisis agrees, calling for more government money for Help to Rent schemes which offer tenants support and help reassure the landlord that the rent will be paid. They are also calling for a national rent deposit scheme, pointing out that there is a "help to buy" government scheme – why not help to rent?

There are plenty of support schemes out there but not all work, and reoffending rates remain high. As Christine Buntrock of Turning Point points out: "People are also spending a long time in temporary accommodation, reducing availability to other service users.

"Until someone has an address, the initial claim for ESA benefits is difficult, as they state you must have an address. That wait for financial support also increases the risk of homelessness and reoffending."

The answer seems so simple: priority housing for everyone leaving prison and support to make that housing into a home while they get back on their feet.

Anything else is criminal.

Karin Goodwin / Katherine Paterson

Get help: www.stgilestrust.org.uk

Priority need

When applying to the council, you need to show why you are in a priority need group. Some local councils may treat you as being in 'priority need' after prison or remand, but only if you can show how this has made you vulnerable. NB In Scotland the council has no priority need category. The council should take into account mental illness, learning or physical disability, background in care, the armed forces or if you are fleeing violence.

Intentionally homeless

If you were evicted from your previous home because of criminal or antisocial behaviour, or because of rent arrears, or gave up your home while in prison, the council may decide you are intentionally homeless. You can appeal this decision and get advice. In Scotland, the council should house you while it investigates.

What area?

A local connection can be established by living, working, or having immediate family in the area. Time spent in prison in an area does not give you a local connection with the area the prison is in. However, if you fleeing domestic violence you can apply to any council.

Experience: the insider

Jerry* spent over two years at Wandsworth Prison before finishing his sentence at the Isle of Sheppey. But while prison can be hard to deal with, he claims there are things you can do to help you avoid homelessness and get back on track after release.

** We agreed to change the writer's name to protect his identity.*

Prison can be a tough ride but mostly it's grotty and boring. I witnessed my fair share of violence, threats and riots. But depending on how you handle it, the experience can be a productive one.

While I was in jail, I got involved in everything I could: education for IT classes, employability, and I spent nearly 18 months working on the prison radio at Wandsworth. There are no guarantees, but when I got stuck in and contributed, great things happened. After a year, I was promoted to senior broadcast producer.

I learned so much and kept my brain engaged, which kept me optimistic for the future.

Prison isn't just full of junkies and armed robbers. There are also white-collar criminals, people convicted

of tax frauds, film credit fraud, and people who did not expect to end up in prison for things they did at work. I talked to all sorts of guys. I'm friendly, and I met a lot of people from all walks of life.

When it comes time to leave prison, it's worth making contact with the people in your whole life's network of friends to find someone and somewhere that has an extra room where you could feel secure.

If you're homeless leaving jail, your options are a council flat, a hostel or the street. But in all honesty, it's difficult enough in the current climate for single mothers with kids to find social housing, so really don't count on that.

When I was sentenced, I effectively disappeared from society. I couldn't pay my rent and lost the flat I had a lease on. Even my bank account was closed, despite efforts to contact them, and I had no savings.

I did, however, have the good fortune to be offered a stable, secure and long-term home to go to after I left jail, courtesy of a long-time friend who happened to have a spare room in the house she owns. It was an amazing ray of hope, and it gave me such confidence and peace of mind. Without her, I would have been homeless on release.

Not everyone is so lucky. If you have no support from family or friends, you will need to go and see the prison's resettlement department



Prison Bars © Fiatlux, Flickr

for help with benefits and housing in the months leading up to your release. Help them help you because they are far more likely to contribute more when they see you making the effort.

Even though I had a place to stay, I still had to get my benefits sorted.

It's paramount that you get your application sorted before you leave prison as there can be a uncomfortable wait for Universal Credit. It's paid in arrears, so expect to wait a few weeks for an appointment and another couple of weeks for payment. Seriously, just get this sorted before you leave jail: it will save you a lot of pain and stress.

Persevere and don't let small set-backs put you off your stride. Listen: they don't hate prisoners – they just don't like bitterness and being barked at. So just be nice, stay cool and keep asking for the appointment or whatever else it is that you need.

Some regions have houses of multiple occupancy, decent houses where you can find a single room in a shared home. Benefits will cover your rent, so why not find somewhere that you want to live by going on easyroommate.com or Gumtree, or just search 'rent a room' in wherever it may be. If, for some reason you can't do this before you leave jail, ask a friend or family member to help you.

If you cannot find a security deposit, ask for the Prison Funders Directory where you will find a number of organisations willing



"He's smoking again!"

See Page 24 for our news story on how the smoking ban is causing prison riots

to help. Make the applications yourself. I know many guys that were successful at getting grants and contributions for a variety of needs, including a security deposit.

On release, the relief soon gave way to anxiety, and with £47 in my pocket I felt powerless and bewildered. I hadn't managed to deal with my benefits in prison and as a result I had to get online and complete an application for the new 'Universal Credit.' I really regretted not doing it while I had the time on the inside.

Probation will help you with anything prison or sentence-related. They even helped me with the miraculous speeding ticket I managed to get while I was inside. Don't be afraid to ask them for help. That's what they are there for.

Don't expect any miracles from the job centre, but be proactive. Send out CVs and tap into whatever network you have, both personal and professional. I contacted the people that ran the radio at Wandsworth, and to my surprise, they're keen to hire me.

It's important to apply some guerrilla tactics to your job search. Some companies happily employ ex-offenders – seek them out. Or get involved in a voluntary project that may connect you to further opportunity. The options you have are limited, but use your imagination and creativity to make connections.

Persevere. Don't give in to depression or self doubt. Just click 'NEXT!' in your mind.

I realised straight away how 'alive' I felt without alcohol whilst in jail. Now, I wake up earlier with lots more energy, and feel more motivated to act on my goals. The sooner you get over the temptation to 'party' and manage to crack on without a hangover, you will notice the benefits.

I volunteered to write this article and its liberating to share my story and get stuck in to something constructive. Try writing for something, talk to people, find a vocation and start contributing, because when you share yourself with others you'll become motivated and connected. That's when good things will start to come back to you.

There's a book I read in jail called *The Go-Giver* by Bob Burg & John David Mann. It's a fast read, and a wonderful little parable with an upbeat philosophy about life and work. I recommend it.

Read between the lines and you'll find a powerful message that imparts wisdom and guidance. I wish you the very best on your journey, and hope that you find the success that you deserve. Go forth.

Experience: the outside inner

Cheryl has spent the last 10 years in and out of Scotland's main women's prison

Sometimes when I was homeless, I used to deliberately go out to get arrested. I would shoplift or commit a breach of the peace; a bed or a hot meal seemed like a better option for me than sleeping rough. I know now that it actually made my situation worse.

I think I would try to be sent to prison for attention and support, because when you're on drugs and homeless, no one is looking out for you. On the outside, all doors get closed, whereas in prison, you get accounted for.

You can go in to prison on a Methadone prescription but fellow inmates introduce you to other drugs when you're there. You get random drug tests and if they see a dirty sample, they take you off your Methadone – just like that, with no period to ease you off. This happened to me, and I started to have fits.

When you first get sent to prison, it's scary. You hear scary stories about sexual violence and you worry about who you're going to be sharing a cell with. But it's actually not as bad as you think.

It doesn't matter what crime a person has committed: if they can get their hands on drugs, they become everybody's best pal. Drugs hold so much power in there because

so many women are craving them.

In recent months, the prison service has introduced Through Care workers who help you with accommodation on your release and with your further treatment options. My Through Care worker helped me get into rehab.

I've now realised that I was taking drugs to suppress my insecurities.

I hadn't thought I was affecting anyone else by going in and out of prison and by my drug taking. I would blame anyone and everyone and say that it was their fault I was taking drugs. I didn't accept that it was my own insecurities and selfishness that was making it happen.

I've learned that all my behaviour has been about my own need for acceptance. I am now involved with Jericho, which is a recovery programme. I've been involved in a performance with them and it has given me the best buzz I've ever had... and that was without drugs. I've been doing group therapy sessions three times a week. It's made me be really honest, which I haven't been for years.

Ultimately I would like to be connected with my kids again and be able to maintain a tenancy. The first thing for me is to continue to be drug free and in control of my recovery.

Inside out: Prison art on show

The British sculptor who created the iconic Angel of the North has curated an major exhibition of the work of prison artists serving time.

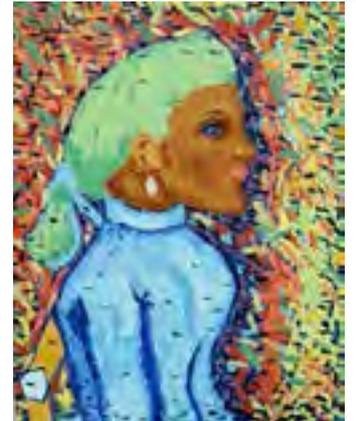
Antony Gormley, one of the UK's most famous artists, has put together prison arts charity the Koestler Trust's 10th annual exhibition. Held at the Southbank Centre in London from 21 September till 15 November, the works are by detainees in the UK's prisons, secure hospitals and immigration removal centres as well as by ex-offenders in the community.

The Koestler Trust is the UK's best-known prison arts charity. It runs the annual Koestler Awards to motivate people to take part in the arts and to show off the talent of people in the criminal justice system.

The works selected for the exhibition come from over 7,000 pieces of fine art, design, writing and music entered into this year's Koestler Awards. Some of the artworks are for sale, with proceeds being divided between Victim Support, the Koestler Trust and the artists themselves.

Ex-offenders have also been trained and employed by the trust to provide guided tours and staff pop-up shops at the exhibition.

Antony Gormley, curator, said: "Art is a place in which you can do what you like. In the words of one prisoner: 'in our minds, we can always be free'."



Top: *A Little Bit of Everything*
HMP YO1 Cornton Vale © Koestler Trust

Bottom: *Portrait of Girl in Blue Dress*,
HMP Barlinnie © Koestler Trust



Painting from Memory, HMP Shotts, Silver Award for Theme: Journey © Koestler Trust



Evolution, HMP Shotts © Koestler Trust

I want this work to say something to all of us outside about what it feels like to be a detainee, inside."

Sally Taylor, chief executive of the Koestler Trust, said that she was "thrilled" to have Gormley curate the show. "He is an inspirational figure and much-loved artist both for our entrants and for the general public," she added. "We anticipate with great excitement a unique, provocative and thoughtful approach to the curation of the exhibition."

As well as the Angel of the North, a 20-metre steel winged "angel" in Gateshead, Gormley is known for Another Place, a sculpture involving 100 cast iron figures facing towards

the sea on Crosby Beach near Liverpool.

In 1994 he was awarded the Turner Prize and was quoted as saying he felt guilty and embarrassed to have won.

A separate exhibition by Koestler Trust Scotland will open at Glasgow's Tramway exhibition space on 10 November. It is to be curated by Jenni Fagan, who wrote about the care system in *The Panopticon*, a reference to Jeremy Bentham's 18th century concept for a prison designed so inmates could be unknowingly observed.

Karin Goodwin

Population Explosion

Prison numbers are at an all-time high. The prison population of England and Wales rose by about 90 per cent to just over 85,500 between 1990 and 2016. In Scotland, the increase was 62 per cent, to just under 7,500.

Here are some ideas to reduce numbers:

1. Reform drug laws and improve access to addiction services

Drugs offences account for 15 per cent of all prison sentences (nearly 20 per cent for under-18s), and the figures for theft are about the same. Many argue that number would fall drastically if we both addressed both our drug laws and made sure that rehab was available to everyone who needs it.

Get help: If you want to address drug or alcohol problems, calling your GP or local drug treatment service is a good place to start.

Ask your support worker or call the drug helpline on **0300 123 6600** for information.

If you're clean and ready to take the next step, why not volunteer for a drug reform charity such as Transform and help other people overcome their addictions (you may need to disclose your criminal convictions to join): www.tdpf.org.uk

2. Offer better mental health services

About 70 per cent of prisoners have two or more diagnosable mental health conditions when they enter prison, according to the Prison Reform Trust.

Many have been unable to get the help they need in the community – black and ethnic minority groups struggle, in particular, and are 40 per cent more likely to get help after being sentenced than through a GP referral.

Get help: If you are struggling with your mental health, speak to your GP and ask for a referral. Even if you are homeless, all GPs should register you.

Mental health charity Mind is also a good source of information: www.mind.org.uk

3. End prison sentences under six months

Recent figures show that 57 per cent of those who had served less than six months in prison went on to re-offend.

The Criminal Justice and Licensing (Scotland) Act 2010 introduced “a presumption” against prison sentences of less than three months, limiting them to when there is no other option. But it still happens. In 2015–16, 4,066 individuals were

given prison sentences of less than three months – equivalent to nearly 30 per cent of all prison sentences.

What you can do: Volunteer to help build a fairer criminal justice system – you could mentor a young person, or help at on a community justice project.

Don't let having a criminal record put you off. Lived experience can be an advantage in some roles.

Find out more at the Prison Reform Trust: www.prisonreformtrust.org.uk/GetInvolveduk

4. Value family contact

Keeping close family ties can help prevent reoffending. However, due to distance or circumstance some family members will be unable to see or speak to their loved one as often as they can, if at all.

There are no official figures, but it is estimated 200,000 children in England and Wales and 30,000 children in Scotland have had a parent in prison.

Families have noted that having a loved one in prison makes it feel like they are also serving a sentence. In August, Reform Scotland called for pilots looking at innovative ideas for increasing contact.

Get help: Many prisons have family visiting facilities – ask what is available. Family Lives has good

advice: <http://tinyurl.com/yapwexff>
In Scotland you can visit www.familiesoutside.org.uk

Check with the prison about local support groups too.

5. Stop locking up women

About 80 per cent of women who go to prison commit non-violent offences. They are twice as likely as men to have no previous convictions. But, it is claimed that women receive harsher treatment from the criminal justice system than men for equivalent crimes.

They are often victims too. According to the Prison Reform Trust, not only have half of women in prison experienced domestic violence, 53 per cent suffered abuse while they were children. Women are also nearly twice as likely to suffer from depression as men in prison.

Get help: Women in Prison is a good starting point to find out more about the help on offer:

www.womeninprison.org.uk.

Treasures Foundation offers accommodation via a referral process for women with a history of offending and addiction – treasuresfoundation.org.uk

In Glasgow, Tomorrow's Women offers everything from prison gate pick-up to mentoring, trauma support and more: <http://tinyurl.com/y7rhkww8>



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Alternative highs

Raynor Winn met ex-offenders who went walking and found it saved their lives.

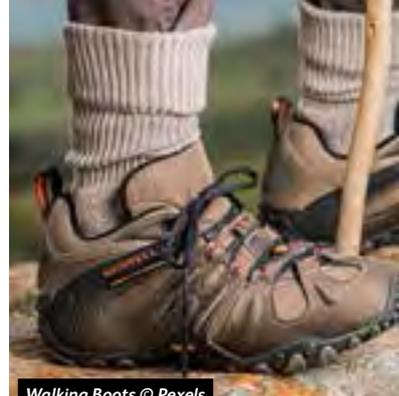
I was at the lowest point, homeless, with no hope for the future when I decided to go for a walk. By the time I stopped 600 miles later, it had literally changed my life.

Not only had it given me the space and time to come to terms with the life-changing events I had gone through, it had also given me a sense of inner strength that would help me rebuild my life. Walking such a long distance, with a rucksack on my back that contained everything I needed to survive, empowered me in a way that nothing else has.

I discovered I wasn't the only one to experience this transformation when I met the project manager of ACE, a Caritas Care charity project, who was also walking the path with a very large rucksack on her back.

She described ACE as a 'through the gate' charity, which operates on a self-referral basis for prisoners from all over the country. The project prepares ex-offenders for release and supports them as they return to the community.

The charity is also the home of the Men After Prison group (MAP). The group is run by men who have lived through the issues that leaving prison presents and with the help of the ACE project, have



Walking Boots © Pexels

worked through drug and alcohol dependencies and recovered to a point where they're rediscovering life.

The men chose to begin a walking group, taking long hikes in the mountains of the Lake District.

This gave them time to walk and talk with others in the same situation, a space to think about new lives and ways forward, giving each other the support they needed to continue to strengthen their mental health and sense of well-being. So much so that ACE could see the power of this form of green therapy and developed it into yet another one of the charity's projects: Alternative Highs.

ACE trained some of the MAP men to become mentors, known as the ambassadors, with the aim of working with young people from the



Plants and trees produce chemicals that help us manage our stress levels © Pexels

most vulnerable estates, whose lives mean they're at risk of falling into anti-social behaviour and drugs.

The MAP mentors, working with the partner charity 1 Life to Live, take the young people into the mountains and countryside. Through walking, kayaking and outdoor experience they show them how to find a new 'alternative high' and with it an alternative way of living.

But this is a two-way experience. Not only are the young people benefitting, but the ex-offenders too. By sharing their prison stories and the life experiences that brought them there with the young people, they're helping to prevent those teenagers from making the same mistakes, while at the same time turning their most negative of

memories into something positive.

So what is it about a walk in the wilderness that can change lives in this way?

How can putting one foot in front of another save people from the point of despair and turn ex-offenders into community mentors?

It seems too simple: after all, it hardly needs teams of specialists or expensive equipment, just a pair of boots and a green path. But scientists may be on the way to finding the answer to that. Studies have found that walking in the countryside is far more beneficial than in an urban setting, but why would that be?

It's been known for a while that undertaking an activity in a green setting can be soothing, but it seems it can actually trigger a physical

response. Chemicals emitted by plants, known as secondary metabolites, can cause our levels of adrenaline, the human stress hormone, to drop when we're exposed to them.

And when the stress levels fall it becomes easier to find a way through the problems. This in turn reduces feelings of anger and aggression, and can even prevent heart attacks.

Whatever the cause, in my experience the beneficial effects of a long walk in the countryside are undeniable.

After a few days of walking I found I was letting go of anxieties I thought I'd carry for a lifetime. An even longer walk can make you push your boundaries to discover that you're capable of so much more than you thought possible.

It's at that point, as I found myself, that your long walk can actually save your life. Or as one MAP ambassador trying to explain the feeling of testing his own comfort zones, said: "It's unbelievable, a real alternative high."

Raynor Winn

Walking groups and outdoor activities

• ACE at Caritas Care

Lancashire

– www.caritascare.org.uk
– 01772 732 313

Explore the countryside. Walking boots and waterproofs available on loan

• Barony Contact Point

Edinburgh

– www.baronyha.org.uk/
– 0345 140 7777

Contact Point offers daily activities including a walking group every Tuesday and a swimming group every Wednesday.

• Forestry Commission

UK-wide

– <http://tinyurl.com/yak9n7rf>
– 01420 526 191

Training and work experience in forest maintenance activities - good step towards a sustainable job.

• Outdoor Muckers

UK-wide

– www.outdoormuckers.co.uk
– twitter.com/outdoormuckers

Funds support for training in outdoors careers/ activities/ pursuits for people experiencing homelessness.

Prison system: worst state for 60 years

The prison system is more 'chaotic and dangerous' than it has been for 60 years, according to a high profile former prisoner.

Eric Allison, who has been the *Guardian* newspaper's prison correspondent since 2003, was first sent to prison at just 14 and in total has spent 16 years behind bars, all for theft-related offences.

He lived through the prison riots in Parkhurst, Strangeways and Hull, but claims that the situation is now "bleak" as prisons become increasingly over-crowded and violent.

His comments come after a new report by Peter Clarke, the Chief Inspector of Prisons, which notes "startling increases on all types of violence" in England and Wales' prisons.

Clarke's report states that violence levels in prison have worsened significantly in the last year. Murder and suicide in prisons is at a 25-year high, with a 27 per cent increase in all assaults in the last year. He also claims that none of the young offenders units he inspected were safe for the young people serving time in them.

In the 12 months leading up to March 2017, 113 prisoners took their own lives and six murders occurred. Normally only one or two prison murders happen every

year. Numbers of deaths in Scottish prisoners – 28 last year and 16 already in 2017 - are also "shocking", according to campaigners.

The use of drugs has also risen sharply, with drugs seized almost 30 times a day in prisons in England and Wales in the year leading up to March 2017. Inspectors found that 63 per cent of prisoners said it was "easy to get drugs" and 22 per cent of prisoners said they had begun taking drugs inside prison.

The report also states that prisoners are being kept locked in their cells for up to 23 hours per day.

The recommendation is that prisoners should be unlocked for 10 hours a day, but the current low levels of staffing means that prisoners are being kept in their cells for their own safety.

In his comment piece in the *Guardian*, Allison notes that he experienced a 'better environment' in prison following the 1991 Woolf report, written by former chief justice Harry Woolf, which recommended a better prison system.

"But I say, hand on heart, I have never seen the system in such a chaotic and dangerous state as it is now," he continues.

He told the *Pavement* that society needed to reconsider its "culture of

revenge" and question whether our "someone-must-pay mentality" is really addressing the problem of anti-social behaviour. "It is bleak," he told us. "I hear horror stories all the time, but the public are seem to be so anaesthetised to it that it is not enough that a prisoner dies due to neglect. It doesn't seem to result in any action being taken.

"We know that it's not working – look at the re-offending rates.

"Honestly, I think that it's worse than when I was young."

And he stressed that prisoners should speak out and complain if they felt they were being mistreated.

"Prisoners can speak out and they can legitimately complain," he added. "There are people who care, and there are people who can help."

He also urged people to make the most of opportunities available inside including education and rehab support.

Justice Secretary David Lidington meanwhile has pledged that reforms are under way to make prison safer and has acknowledged the need for more staff.

"The work to make our prisons true places of reform and rehabilitation is already under way – and it will continue unabated," he said.

Lydia House & Karin Goodwin

How to complain

- **Prison Advice Service (PAS):**
UK-wide Tel : 0845 430 8923
Open on Mon, Wed & Fri
From 10am–1pm & 2pm–5pm

Free legal advice and information to prisoners throughout England and Wales regarding their rights, conditions of imprisonment. Freephone number is available from Prison.

- **The Independent Prison Monitor**
Scotland Tel : 0131 244 8482
Open on Mon–Fri, 9am–5pm

A 'watchdog' group who make sure prisons are properly run and will investigate complaints from prisoners. A prisoner can ask to speak to an independent prison monitor at any time via a freephone number or request a form.

- **Prison Ombudsman**
UK-wide Web: www.ppo.gov.uk
UK-wide Tel: 0845 010 7938
Scotland Web: www.spspo.org.uk
Scotland Tel: 0800 377 7330

Contact the Ombudsman if you have already made an internal complaint against a prison service but are not satisfied with the outcome. The Ombudsman advisors can often give you advice on how make a new complaint.

News in Brief

Deportation risk continues

The Home Office has been covertly using a data map created by the Greater London Authority to deport vulnerable rough sleepers across Britain, according to a report from *the Observer*.

The data map, called 'Chain – the Combined Homelessness and Information Network' - tracks sensitive and deeply personal information, such as the nationality, gender and mental health of a rough sleeper.

After a number of requests for the map, the Home Office was granted access in September 2016 for a period of six months before homeless charities found out and raised concern.

The news follows the introduction of new guidance for immigration enforcement in 2016, allowing the deportation of EU nationals on the basis that they are sleeping rough.

Liberty, the human rights group, has made an official complaint to the European Commission.

Martha Spurrier, Liberty director, said: "Now even people forced to sleep on the streets will be frightened to seek support. Who knows where else the Home Office's poisonous tentacles have reached?"

"The government must come clean and end these secret deals or we will look to challenge them in court."



Greater London Authority headquarters

© Adrian Pingstone

Smoking ban causes prison riots

Efforts to make prisons smoke-free are causing concern amongst prison staff. While prisons were excluded from the smoking ban of 2007, many prisons are phasing out tobacco in order to reduce the risk of second-hand smoke.

In Scotland, smoking will be officially banned in all prisons from November 2018.

However, riots in HMP Drake Hall in Staffordshire and rising levels of violence in HMP Cardiff following smoking bans have led staff to raise concerns that a smoking ban will cause a rise in violent incidents, vandalism and possession of contraband tobacco.

Proponents of the ban have promised that they will work closely with the NHS to help prisoners quit smoking safely.



Homeless Glaswegian women will receive free sanitary products © Ryan Kaldari

Free sanitary products in Glasgow

Homeless women in Glasgow are to receive free sanitary products from the charity Simon Community Scotland.

The SCS will supply its 'street teams' with the sanitary products. The teams also carry food, needle exchange and sleeping bags.

The move follows an increase in the number of homeless women in Glasgow. The sanitary pack comes accompanied by a pamphlet detailing access to wider services concerned with healthcare and housing across the city.

The packages – labelled 'period friendly pax' – are available in numerous locations such as homelessness services and day

centres. Monica Lenon MSP said she was delighted by the news, which she claimed was about "human rights and dignity."

Homeless numbers to double

Homeless charity Crisis has predicted that unless the government takes swift action, the number of people homeless in Britain will double to a figure they project could be as high as 575,000.

The research, undertaken by Heriot-Watt University on behalf of Crisis, also forecasts those sleeping rough will more than quadruple to 40,100, having been estimated at 9,100 in 2016.

The report also says that London is likely to account for more than half the number of homeless living in England by 2041.

Crisis believe affordable housing will allay the figure. Chief executive Jon Sparkes said: "With the right support at the right time, it doesn't need to be inevitable".

Over 200 empty Welsh houses

A huge 224 council houses in Swansea were empty on 21 July, according to a Freedom of Information request delivered on that date.

The news arrives as charity group The Wallich's Rough Sleepers

Intervention Team warned over a “worrying increase” in the number of homeless people across Wales.

The FOI also revealed that 12 council properties had been empty for up to six months, *Wales Online* has reported.

A spokesperson for Swansea council defended the number, claiming the figure was merely a “snapshot in time” and that on average there are only 60 council properties available for allocation weekly. Homelessness in Swansea currently increases by 21 per cent annually.

Homeless people build flats

A community project in Wrexham is assisting homeless military veterans to build their own homes.

Working together with builders and contractors, the veterans are constructing 16 new flats in the town.

The project, organised by the Community Self Build Agency, aims to instil new skills from plastering to woodwork, ultimately leading to future employment for the veterans.

Wrexham council backs the scheme, which involves homeless veterans aged between 23 and 52.

Daniel Williams, who served in Afghanistan where he was diagnosed with post-traumatic stress disorder, is one of those involved in the project.

Williams told *BBC News* that the



Builder at work © Kenneth Allen

project was his “best experience” since leaving the army and said he was looking forward to “getting a trade at the end of it”.

New building strategy in LA

A pilot project has been approved in Los Angeles that encourages homeowners to build second houses on their land to accommodate homeless people.

The project is one of Los Angeles County's 47 strategies to eradicate homelessness, which has increased by 23 per cent in the past year, according to the *Los Angeles Daily News*.

Participating homeowners can receive up to \$75,000 to build a second home, or up to \$50,000 to refurbish existing buildings on their land to make them legally habitable.

Homeless athlete wins bronze

Three-time Olympic gold medallist Tianna Bartoletta revealed that she has been homeless for the past few months.



Player warms up for Homeless World cup © Lisa Boyd

The 31-year-old American track athlete alleged that she was forced to flee an abusive relationship, *the National Post* has reported.

Despite her ordeal, Bartoletta collected a bronze medal in the long jump at the London IAAF World Championships this August.

“I still have no actual address, all to give myself a chance at having a life and the love I deserved — one that didn't involve fear or fighting, threats, and abuse,” Bartoletta revealed on Instagram following her podium finish.

New type of shelter in Manchester

A homeless shelter is being set up in the outskirts of Manchester that hopes to revolutionise the way such accommodation operates

The shelter, previously known as ‘Kashmir House’, has surveyed the

city's homeless people seeking to understand what services they need.

The 15 rooms will operate at a much cheaper rate than other local shelters, aiming to allow residents to save up for a new house of their own. Maria Marsden, the shelter's interim manager, told *the Manchester Evening News*, “Supported accommodation costs around £230, £240 a week.

“They would have to pay that unless they got other benefits – and Jobseekers will only give them up to £70 a week. So, basically, they're no better off in work.”

Three of the rooms will house a dedicated support worker alongside the person staying there, offering support in the hunt for their own accommodation.

Homeless World Cup kicks off in Oslo

The 2017 round of the Homeless World Cup began on 29 August at the Rådhusplassen city square in Oslo, Norway. The competition invites players from 54 countries across the globe who share the experience of homelessness.

The Big Issue reported that last year's competition, held in Glasgow, raised around £10m for various projects all over the world that provide employment opportunities to homeless people.



Room to Breathe

Good breathing is essential to a good quality of life, but lung health can be a big issue for homeless people.

When you see a medical professional you often only have a short time with them.

Make the most of your time and go in armed with this check-list:

1. Do you have any of the following issues?

- Regularly feel breathless
- Coughing
- Coloured phlegm
- 'Rattley' chest
- Wheezy Breath
- Pain when you breathe

2. How long have you had these issues?

3. How many health issues / disabilities am I aware I have?

4. What medication am I on?

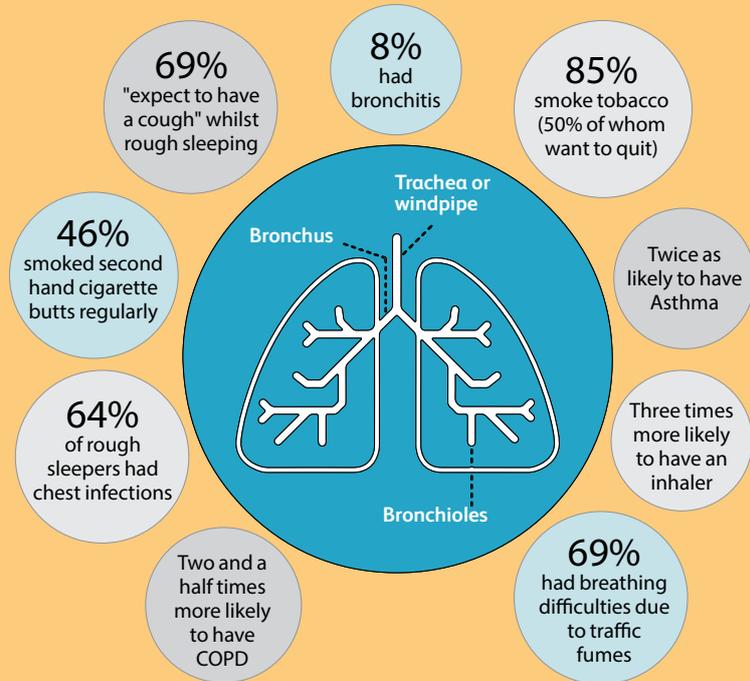
5. Do I have pain anywhere?

6. My current housing situation:

7. Do I smoke? How much?

8. Do I use drugs? Which ones?

Groundswell spoke to 330 people experiencing homelessness about their breathing problems. They found:



Top Tips

- **Get Vaccinated**
Ask a health professional for your flu jab (every autumn) & pneumonia jab (just once)
- **Watch where you sleep**
If you're sleeping out, avoid pigeon droppings and mould if you can
- **Avoid fumes if possible**
Sleeping and sitting out on busy roads can make it difficult to breathe

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

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

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

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

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

Housing in England : Your Rights

Your local council does not always have to help you find emergency accommodation 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 affect 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 hygienically unsafe accommodation
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.

KEY TO ALL SERVICES

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 and training
F	Food
FF	Free food
FC	Foot care
IT	Internet access
L	Laundry
LA	Legal advice
LF	Leisure facilities
LS	Luggage storage
MD	Music/drama
MH	Mental health
MS	Medical/health services
NE	Needle exchange
OL	Outreach worker links
OW	Outreach workers
ST	Step free access
SH	Sexual health advice
TS	Tenancy support

Email changes and suggestions to:
val@thepavement.org.uk

Updated: June 2017

ADVICE SERVICES

ADDACTION (NW GLASGOW RECOVERY HUB)

0808 178 5901; addaction.org.uk/

Mon–Sun: 8am–8pm

Support on your recovery from alcohol and drug use. Your support will be individual to you and all interventions will be tailored to meet your needs – including outreach workers coming to you so you do not need to travel. Call the helpline to refer yourself for services.

A, AD, D, MH, OW, OL

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 (inc. Royal Edinburgh Hospital).

Individual advocacy also available to any prisoner in HMP Edinburgh. Text messages: 07920 207 564.

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

BREATHING SPACE SCOTLAND

0800 83 85 87; <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. 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
01224 272 434;
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)

Crichton Hse, Edinburgh EH8 8DT
0131 209 7700; www.crisis.org.uk/get-help/edinburgh/
 Mon–Fri: 9am–5pm; Tue: 2–4pm
 (singing & creative writing); Wed:
 1–3pm (music)

Helps single homeless people get a
 more stable and secure future. Learning
 programme, one-to-one coaching and
 housing advice. Creative arts and music.
 Visit website or phone for more details.

AH, AC, ET, IT, LF, MD

CROSSREACH MOVE ON (WHITEINCH)

0/5, 13 Victoria Pk Dr South, Whiteinch,
 Glasgow G14 9RN
0141 959 5069; [crossreach.org.uk/
 whiteinch-move-service](http://crossreach.org.uk/whiteinch-move-service)
 Mon–Fri: 9am–5pm (phone for referral)
 Temporary accommodation and
 support to adults in recovery from
 substance misuse, who have achieved
 a period of stability through residential
 or community rehabilitation. Mainly for



people living clean, but some
 methadone, etc, users
 who are stable will be
 considered.

AH, A, C, D, MH, SF, TS

CROSSREACH (SIMPSON HSE)

52 Queen St, Edinburgh
 EH2 3NS

0131 225 1054 / 0131 225 6028;

simpson-house.org/

Wed: 2:45–4:30pm (SMART recovery
 group); Thur: 10:15–12am (A Life Worth
 Living group)

Counselling for people affected by their
 own or another's drug use, recovery
 support, one-to-one appointments, and
 work with children and young people
 affected by parental substance use.
 Phone in to self-refer to services, or drop
 in on Wed/Thu to register.

A, C, D, MH, SF

DRINKLINE

0300 123 1110; [www.drinkaware.
 co.uk/](http://www.drinkaware.co.uk/)

Mon–Fri: 9am–8pm; Sat & Sun:
 11am–4pm

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

EDINBURGH ACCESS PRACTICE (LEITH ST)

17 Leith St, Edinburgh EH1 3AT

0131 240 2810

Mon, Tue, Thu, Fri: 9–12:45am; Wed:
 10–12:45am (not 4th wk of month);
 Mon–Wed: 1:45–5pm (drop-in GP
 clinic); Thu: 9:45–12:45am (drop-in GP
 clinic)

Thu: 1:45–5pm (women & children
 drop-in clinic);

Fri: 1:45–5pm

Housing and social care service for those
 who have found themselves on the
 streets. Specialist GP practice providing
 a wide range of primary healthcare
 for people who may be having trouble
 registering with a GP who are homeless
 or have additional support needs such
 as issues with drugs and/or alcohol.
 (Colocated with project partners,
 Housing and Social Work.)

AH, AD, BA, DT, FC, MS, MH, NE, OL

EDINBURGH ACCESS PRACTICE (SPITAL ST)

22–24 Spittal St, Edinburgh EH3 9DU
0131 240 2810

Wed: 10–12:45am (drop-in GP clinic,
 closed every 4th week of month)

Mon, Tue, Thu, Fri: 9–12:45am; Mon,
 Thu, Fri: 1:45pm–5pm (drop-in GP clinic
 – Thurs men-only); Tue: 9:45–12:45am
 (drop-in GP clinic); Wed: 1:45–5pm
 (mental health assessment and benefits
 drop-in)

Housing and social care service for
 those who have found themselves on
 the streets. Accommodation advice,
 benefits advice. Specialist GP practice
 providing a wide range of primary
 healthcare for people who may be

having trouble registering with a GP
 who are homeless or have additional
 support needs such as issues with drugs
 and/or alcohol. (Colocated with project
 partners, Housing and Social Work.)

AH, AD, BA, DT, FC, MS, MH, NE, OL

EDINBURGH CYRENIANS

Norton Pk, 57 Albion Rd, Edinburgh
 EH7 5QY

0131 475 2354; <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)

Housing support to individuals, couples
 and families 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

GLASGOW CITY COUNCIL

0800 838 502; 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 issues. Visit website
 to find your nearest team of advisers.

AH, AD, BA, DA, TS

KEY

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

FC Foot care	LS Luggage storage	OL Outreach worker links
IT Internet access	MD Music/drama	OW Outreach workers
L Laundry	MH Mental health	SF Step-free
LA Legal advice	MS Medical services	SH Sexual health
LF Leisure facilities	NE Needle exchange	TS Tenancy support



GLASGOW CITY MISSION

20 Crimea St, Glasgow G2 8PW
0300 123 1110; glasgowcitymission.com/

Mon–Fri: 10am–10pm (drop-in 8–10pm); Mon & Wed: 10–12am (foodbank)

Care to vulnerable adults and children by fighting against poverty and disadvantage in Glasgow. We provide a programme of activities that not only supports immediate needs but also looks to address someone's situation of poverty and disadvantage.

AH, A, AC, BA, C, DA, ET, FF, IT, LA, LF, MD, TS

GLASGOW HOMELESSNESS NETWORK

Unit 16a, Adelphi Centre, 12 Commercial Rd, Glasgow G5 0PQ
0141 420 7272; www.ghn.org.uk/
Mon–Fri: 9:30am–4:30pm
Umbrella organisation for groups and individuals who want to end homelessness in Glasgow and ensure that outcomes for people affected by homelessness meet their needs, interests and aspirations. Not a direct service-provider. The Homeless Information Pages (<http://www.ghn.org.uk/hip/>) list many useful addresses.

AH

KNOW THE SCORE

0800 5875879; knowthescore.info/
Mon–Sun: 8am–11pm (helpline)
Free confidential 24-hour drugs information helpline and good online advice for people in Scotland.

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

LODGING HOUSE MISSION

35 East Campbell St, Glasgow G1 5DT
0141 552 0285; www.lhm-glasgow.org.uk/

Mon–Fri: 8:15am–3pm (F, IT, pool, games, support, showers); Mon: 12am–2pm (photography)

Aims to restore dignity to Glasgow's poorest and to bring their service users back into mainstream society. Also a choir for adults affected by issues of homelessness (Fri), and other arts.

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

MOVE ON (GLASGOW)

4th Fl, 24 St Enoch Sq, Glasgow G1 4AA
0141 221 2272; 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 specifically for people aged 18–28.

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

ROCK TRUST (ALBANY ST)

55 Albany St, Edinburgh EH1 3QY
0131 557 4059; www.rocktrust.org/
Thu: 6–8:15pm (healthy living); Sat: 11am–1pm (breakfast); Mon & Tue: 5pm–7pm (cooking group)

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 SF.

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

ROCK TRUST (WEST LOTHIAN)

20 Grampian Ct, Beveridge Sq, Livingston, Edinburgh EH54 6QF

01506 591 860; www.rocktrust.org/

Mon–Fri: 9am–5pm (hotline)

Supported accommodation service by referral only. No drop-in service but call for information.

AH, ET, SF

SCOTTISH CHILD & LAW CENTRE

54 East Crosscauseway, Edinburgh EH8 9HD

0131 667 6333 (hotline, all ages); www.scl.org.uk; advice@scl.org.uk

Mon–Fri: 9:30am–4:30pm (hotline)
0800 328 8970 – under 21s (landline);

0300 330 1421 – under 21s (mobile). Free advice on the law relating to children & young people. Services 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/; info@shaktiedinburgh.co.uk

Mon–Fri: 9:30am–4pm

Help for black minority ethnic (BME) women, children and young people who are experiencing, or who have experienced, domestic abuse.

AH, AD, BA, FF, OL, OW, SF

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



SHELTER SCOTLAND (EDINBURGH HOUSING AID CENTRE)

6 South Charlotte St, Edinburgh EH2 4AW
0808 800 4444; scotland.shelter.org.uk/

Mon–Fri: 9am–5pm

Information, advice, advocacy and representation for people facing housing problems. You can be referred to local specialist services. Telephone advice line staffed by trained housing advisers, 9am–5pm, Mon to 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/

Mon–Fri: 9am–5pm

For people facing homelessness, eviction, rent arrears, disrepair, overcrowding, mortgage arrears etc. Referrals to specialist services.

AH, AD, LA, TS

SIMON COMMUNITY SCOTLAND (ST OUTREACH FREEPHONE)

0800 027 7466 (hotline 24/7); <http://www.simonscotland.org>

A service for people who are sleeping rough or at risk of sleeping rough in Glasgow city centre.

OL

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



SPITAL STREET CENTRE

19b Sth Bridge St, Bathgate, Edinburgh EH48 1TR

01506 205 413; www.nhslothian.scot.nhs.uk/GoingToHospital/Locations/Pages/SpittalStreetCentre.aspx

Thurs: 9am–4:30pm (drop-in for women; wound clinic); Tue: 9am–4:30pm; Mon, Wed, Fri: 9am–4:30pm (drop-in dentist 1.30–3.30pm)

Wide range of recovery and addiction services including a drop-in needle exchange (closed Wednesday), dentist, sexual health and HIV advice, womens' group, wound clinic and more. Drop in or call for more information.

A, D, DT, MS, MH, NE, SH

THE BIG ISSUE (GLASGOW)

107 Saltmarket, Glasgow G20 9TG

01415530924; www.bigissue.com/

Mon: 9am–3:30pm; Sat: 8:30–12:30am; Tue–Fri: 7:30am–3:30pm

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 SALVATION ARMY (REGENER8+ DROP IN)

25 Niddry St, Edinburgh EH1 1LG

0131 523 1060; www.salvationarmy.org.uk/

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

TURNING POINT SCOTLAND (DRUG CRISIS CENTRE)

123 West St, Glasgow G5 8BA

0800 652 3757 (9am–5pm);

turningpointscotland.com/what-we-do/substance-misuse/glasgow-drug-crisis-centre/

Mon–Sun: 24 hours (drop-in, needle exchange, temp accommodation)

A safe, confidential 24/7 drop-in service which will support and encourage people to find ways of making their substance misuse less problematic and to achieve a better quality of life. Temporary accommodation available by self-referral. Max stay around 3 weeks.

A, A, C, D, LF, MS, NE, SH, SF

TURNING POINT SCOTLAND (HOMELESSNESS SERVICE)

112 Commerce St, Tradeston, Glasgow G5 9NT

0800 652 3757 (9am–5pm);

turningpointscotland.com/what-we-do/substance-misuse/glasgow-drug-crisis-centre/

Mon–Sun: 24 hours (needle exch & temp accommodation)

A safe, confidential 24/7 drop-in service which will support and encourage people to find ways of making their substance misuse less problematic and to achieve a better quality of life. Open 365 days a year. Temporary accommodation by self-referral. Max

stay around three weeks.

A, C, D, LF, MS, NE, SH, SF

TURNING POINT SCOTLAND (N.E. RECOVERY HUB EDINBURGH)

5 Links Pl, Leith, Edinburgh EH6 7EZ

0800 652 3757 (9am–5pm);

turningpointscotland.com/what-we-do/substance-misuse/edinburgh/

Mon, Wed, Thu: 10am–4pm (drop-in); Tue: 10am–7pm (drop-in); Fri: 10am–1pm (drop-in); Mon: 9am–4:45pm (needle exch); Tue & Thu: 9am–7:45pm (needle exch); Wed: 11am–4:45pm (needle exch); Fri: 9am–4:15pm (needle exch)

Addiction and recovery services open to men and women aged 16+ who are aware they have a substance misuse problem and would like to start their recovery journey. Phone or drop in for info. Cooking, art classes, gardening, etc. Other venues across Edinburgh: call freephone number for info.

A, AC, C, D, LF, MS, NE, SH, SF

UNIVERSITY OF STRATHCLYDE LAW CLINIC

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

014 1548 5995; www.lawclinic.org.uk/

Mon–Fri: 9am–5pm

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

AH, BA, LA, TS

DAY CENTRE/DROP-INS

BARONY (CONTACT POINT)

101 High Riggs, Tollcross, Edinburgh EH3 9RP

0845 140 7777; www.baronyha.org.uk/kirkcaldy-contact-point.html

Mon: 2–8pm (drop-in – art & games groups); Tue: 10:30am–4:30pm (drop-in – walking group & taster sessions); Thu: 2–8pm (drop-in – health, body & mind); Wed: 10:30am–4:30pm (drop-in – swimming & wellbeing groups); Sun: 11am–4pm (drop-in – read the Sun papers!)

Mental health resource that provides a safe place for those experiencing mental health problems to socialise or gain 1:1 or peer support. The service promotes healthy lifestyle choices and meaningful activity.

MH, MD

BARONY (LOTHIAN AND BORDERS OFFICE)

101 High Riggs, Tollcross, Edinburgh EH3 9RP

0345 140 7777; www.baronyha.org.uk/about-us.html

Mon: 2:30–4pm (art group); Tue: 10:30am–4pm; Thu: 3:30–7:30pm (drop-in); Fri: 11am–2pm (women only drop-in); Sun: 11am–4pm (drop-in); Mon: 6:30–9pm (art group)

Housing and supported accommodation across east and central Scotland for people whose accommodation choices are limited. Support for vulnerable adults, including

KEY

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

FC	Foot care	LS	Luggage storage	OL	Outreach worker links
IT	Internet access	MD	Music/drama	OW	Outreach workers
L	Laundry	MH	Mental health	SF	Step-free
LA	Legal advice	MS	Medical services	SH	Sexual health
LF	Leisure facilities	NE	Needle exchange	TS	Tenancy support



those with mental health problems and offending backgrounds. Runs three Contact Point day centres for clients with mental health problems in Edinburgh, Kirkcaldy and Buchhaven.
AH, AD, A, AC, C, D, LF, MH, OW, TS

GLASGOW CITY MISSION

20 Crimea St, Glasgow G2 8PW
0300 123 1110; glasgowcitymission.com/
Mon–Fri: 10am–10pm (drop-in 8–10pm); Mon & Wed: 10–12am (foodbank)
Care to vulnerable adults and children by fighting against poverty and disadvantage in Glasgow. We provide a programme of activities that not only supports immediate needs but also looks to address someone's situation of poverty and disadvantage.
AH, A, AC, BA, C, DA, ET, FF, IT, LA, LF, MD, TS

LODGING HOUSE MISSION

35 East Campbell St, Glasgow G1 5DT
0141 552 0285; www.lhm-glasgow.org.uk/
Mon–Fri: 8:15am–3pm (F, IT, pool, games, support, showers); Mon: 12am–2pm (photography)
Aims to restore dignity to Glasgow's poorest and to bring their service users back into mainstream society. Also a choir for adults affected by issues of homelessness (Fri), and other arts.
AH, AD, A, B, BS, BA, CL, DA, D, F, FF, FC, IT, L, LF, LS, MD, TS

MOVE ON (GLASGOW)

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

4th Fl, 24 St Enoch Sq, Glasgow G1 4AA
0141 221 2272; 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 people aged 18–28.
AH, AD, BA, DA, ET, OW, TS

PRE-SYNC 27 (EDINBURGH)

19b S Bridge St, Bathgate, Edinburgh EH48 1PW
01506 205 413; cyrenians.scot/family-people/addiction-recovery/
Mon: 10am–4:45pm (food from midday) & 6–7pm (ORT); Tue: 10am–4:45pm (AA at 13.00); Wed: 10am–4:45pm (food from midday) & 7pm–8pm (CA); Thu: 10am–4:45pm; Fri: 10am–4:45pm (food from midday; SMART group at 13.00)
A safe space for people to meet and help each other with their recovery following addiction. Drop in open to all. Activities including walking groups, guitar groups and and reiki sessions: drop in or phone to find out more.
A, D, LF, MH, MD, OW, SF

QUEEN'S PARK GOVANHILL PARISH CHURCH

170 Queen's Drive, Glasgow G42 8QZ
0141 423 3654; qpgpc.com
Wed: 5:30–8pm (free meal – 28 Daisey St, G42 8JL); Sun: 5–6pm (free meal, toiletries, clothing – 170 Queen's Dr, G42 8QZ); Tue & Wed: 10am–1:30pm (low-cost meal – 28 Daisey St, G42 8JL)
Church were everyone is someone and

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, F, FF, IT, MH, OL, OW

ROCK TRUST (ALBANY ST)

55 Albany St, Edinburgh EH1 3QY
0131 557 4059; www.rocktrust.org/
Thu: 6–8:15pm (healthy living); Sat: 11am–1pm (free breakfast); Mon & Tue: 5–7pm (cooking group)
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

SPITTAL STREET CENTRE

19b Sth Bridge St, Bathgate, Edinburgh EH48 1TR
01506 205 413; www.nhslothian.scot.nhs.uk/GoingToHospital/Locations/Pages/SpittalStreetCentre.aspx
Thu: 9am–4:30pm (drop-in for women; wound clinic); Tue: 9am–4:30pm; Mon, Wed, Fri: 9am–4:30pm (drop-in dentist 1.30–3.30pm)
Wide range of recovery and addiction services including a drop-in needle exchange (closed Wednesday), dentist, sexual health and HIV advice, womens' group, wound clinic and more. Drop in or call for more information.
A, D, DT, MS, MH, NE, SH

STREET SOCCER SCOTLAND (EDINBURGH)

07480 979919; streetsoccerscotland.org/
Mon: 2–4pm (Meadowbank Sports Centre);
Wed: 10:30–12am (Meadowbank SC);
Tue & Wed: 1–3pm (Portobello Powerleague); Thu: 11–12:30am (Craggs Sports Centre)
Referral only. These two-hour fun football sessions offer players a chance to meet new people, improve physical/mental health, increase confidence and provide players with a safe and positive environment. All our sessions are FREE, open to anyone aged 16+ and are delivered across numerous venues in Scotland. Call Robbie Wood on 07480 979919 for more information. Call Robbie Wood on 07480 979919
LF

STREET SOCCER SCOTLAND (LEITH)

2 Bernard St, Leith EH6 6PU
07481 500040; streetsoccerscotland.org/
Mon: 2–4pm (Lady Octavia Sports Centre); Tue & Thu: 1–3pm (Townhead Powerleague); Fri: 1–3pm (Paisley Powerleague)
Referral only. These two-hour fun football sessions offer players a chance to meet new people, improve physical/mental health, increase confidence and provide players with a safe and positive environment. FREE, open to anyone aged 16+ and delivered across

FC	Foot care	LS	Luggage storage	OL	Outreach worker links
IT	Internet access	MD	Music/drama	OW	Outreach workers
L	Laundry	MH	Mental health	SF	Step-free
LA	Legal advice	MS	Medical services	SH	Sexual health
LF	Leisure facilities	NE	Needle exchange	TS	Tenancy support



numerous venues in Scotland. Please call Robert Hare on 07481 500040 for more information.

LF

STREETWORK CRISIS CENTRE

22 Holyrood Rd, Edinburgh EH8 8AF
0131 557 6055; www.streetwork.org.uk/

Mon–Fri: 7am–10pm (drop-in); Sat & Sun: 8am–4pm (drop-in)
Helpline 24/7: 0808 178 2323. 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.

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

THE MARIE TRUST

32 Midland St, Glasgow G1 4PR
0141 221 0169 (option 2); www.themarietrust.org/
Mon–Fri: 9am–4pm (closed 11.30–12.30); Tue: 1–4pm (Expressive Arts); Fri: 10–12am (art drop-in)

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 (EAST ADAM ST)

1 East Adam St, Edinburgh EH8 9TF
0131 667 4313; www.salvationarmy.org.uk/

Mon: 9–12am; Tue & Thu: 3–9pm; Fri:

1–4pm; Sat: 6–9pm
Friendly church. Weekly job club and fortnightly lunch club – call for details.

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

THE SALVATION ARMY (REGENER8+ DROP IN)

25 Niddry St, Edinburgh EH1 1LG
0131 523 1060; www.salvationarmy.org.uk/

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

TURNING POINT SCOTLAND (DRUG CRISIS CENTRE)

123 West St, Glasgow G5 8BA
0800 652 3757 (9am–5pm); turningpointscotland.com/what-we-do/substance-misuse/glasgow-drug-crisis-centre/

Mon–Sun: 24 hours (drop-in, needle exchange, temp accommodation)
A safe, confidential 24/7 drop-in service which will support and encourage people to find ways of making their substance misuse less problematic and to achieve a better quality of life. Temporary accommodation available by self-referral. Max stay around 3 weeks.

A, C, D, LF, MS, NE, SH, SF

TURNING POINT SCOTLAND (HOMELESSNESS SERVICE)

112 Commerce St, Tradeston, Glasgow G5 9NT

0800 652 3757 (9am–5pm); turningpointscotland.com/what-we-do/substance-misuse/glasgow-drug-crisis-centre/

Mon–Sun: 24 hours (needle exch & temp accommodation)
A safe, confidential 24/7 drop-in service which will support and encourage people to find ways of making their substance misuse less problematic and to achieve a better quality of life. Open 365 days a year. Temporary accommodation by self-referral. Max stay around three weeks.

A, C, D, LF, MS, NE, SH, SF

TURNING POINT SCOTLAND (N.E. RECOVERY HUB EDINBURGH)

5 Links Pl, Leith, Edinburgh EH6 7EZ
0800 652 3757 (9am–5pm); turningpointscotland.com/what-we-do/substance-misuse/edinburgh/
Mon, Wed, Thu: 10am–4pm (drop-in); Tue: 10am–7pm (drop-in); Fri: 10am–1pm (drop-in); Mon: 9am–4:45pm (needle exch); Tue & Thu: 9am–7:45pm (needle exch); Wed: 11am–4:45pm (needle exch); Fri: 9am–4:15pm (needle exch)

Addiction and recovery services open to men and women aged 16+ who would like to start their recovery journey. Phone or drop in for info. Cooking, art classes, gardening, etc. Other venues across Edinburgh: call freephone

number for info.

A, AC, C, D, LF, MS, NE, SH, SF

THE WAYSIDE CLUB CENTRE

32 Midland St, Glasgow G1 4PR
0141 221 0169

Mon–Sun: 7:30–10pm; Sat: 1–4pm
Evening and weekend drop-in for people affected by homelessness and poverty.

B, BS, CL, FF

EX-OFFENDERS

APEX SCOTLAND

9 Great Stuart St, Edinburgh EH3 7TP
0131 220 0130; www.apexscotland.org.uk/

For offenders, ex-offenders and young people at risk of offending, many of whom may also be homeless. Their services will help clients to, for instance, move onto employment, training or further education. To find your local office, please click the link to visit the website. Head office is not step-free, but some local officers are – ring to check.

AH, BA, CA, ET, IT

BARONY (WEST LOTHIAN OFFICE)

6 Fairburn Place, Unit 1b, Fairburn Rd, Livingston EH54 6TN
0845 1407777; www.baronyha.org.uk

Mon–Fri: 10am–4pm
Good-quality housing and supported accommodation for people whose choices are limited. Works to meet the housing and support needs of vulnerable people, including those with

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

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



enduring mental health problems and offending backgrounds.

MH

EQUALITIES NATIONAL COUNCIL

Unit 1, The Hub, 123 Star La, E16 4PZ
0207 474 9812; www.equalitiesnationalcouncil.org.uk/

Mon–Fri: 10am–4pm
Supports people, including ex-offenders, to access fair and equal services, across health, social care, employment, further education, mentoring, advocacy, welfare benefits, housing & immigration.

AD, BA, ET, MS, MH

FORWARD (was RAPT)

020 3752 5560 ; www.forwardtrust.org.uk/

For released prisoners with addiction problems. Visit their website to find out your nearest advice centre.

A, C, D

NACRO

020 7840 1212; www.nacro.org.uk/
Go to their online Resettlement Service Finder for info on housing, employment, substance misuse etc. Info & advice for ex-offenders & people working with them: 020 7840 1212; helpline@nacro.org.uk.

AH, AD, C, D, ET, LA, LA

SACRO SUPPORTED ACCOMMODATION SERVICE

25 Nicolson Sq, Edinburgh EH8 9BX
0131 622 7500; www.sacro.org.uk/

Accommodation for ex-offenders (16+) with support needs. Priority given to people with a connection to Edinburgh, Lothian & Borders. Phone or drop in for application form.

STREETYOUTH (STREETWORK UK)

18 South Br, Edinburgh EH1 1LL
0131 344 0825; www.streetwork.org.uk/

Mon–Fri: 9am–5pm
Streetyouth works with young people (up to 26th birthday) who are at risk of, or experiencing, homelessness. Streetyouth provides street-based outreach and one-to-one support.

AH, A, BS, BA, CA, DA, D, ET, L, LS, MH, NE, OL, OW, SH, TS

WOMEN IN PRISON

Unit 10, The Ivories, 6 Northampton St, N1 2HY
020 7359 6674; www.womeninprison.org.uk/

Mon–Fri: 10am–4pm
For women affected by the criminal justice system. Advice on housing, education, mental health, legal rights, work, benefits, debt, domestic violence, & more. Freephone: 0800 953 0125 (ONLY for women affected by the criminal justice system, who can also write to FREEPOST RSLB-UABE-TYRT, Women in Prison, Unit 10, The Ivories, 6 Northampton St, N1 2HY).

AH, AD, BA, DA, LA, MH

FOOD/SOUP RUNS

AL-KHAIR FOUNDATION

32–38 Dixon Ave, Crosshill,
Glasgow G42 8EJ
0141 423 2686

Mon–Sat: 5:30–6:30pm (soup kitchen & foodbank)
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

Glasgow G42 8QU
Thu: 7–9pm
Soup run.

FF

BETHANY CHRISTIAN TRUST (CARE VAN)

Edinburgh
0131 225 9445; 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 at various locations. Please check their website for details. Soup, rolls & tea/coffee.

CL, FF

CADOGAN ST

Corunna, 39 Cadogan Hse, Glasgow G2 7BA
Mon–Sun: 9–10pm
Together ROPKA, Religious Society of

IF YOU SPOT A MISTAKE, TELL US! Email val@thepavement.org.uk

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/
Sun: 8–9am
Serves free breakfast along with a short service.

FF

GLASGOW CITY MISSION

20 Crimea St, Glasgow G2 8PW
0300 123 1110; glasgowcitymission.com/
Mon–Fri: 10am–10pm (drop-in 8–10pm); Mon & Wed: 10–12am (foodbank)
Care to vulnerable adults and children by fighting against poverty and disadvantage in Glasgow. We provide a programme of activities that not only supports immediate needs but also looks to address someones situation of poverty and disadvantage.

AH, A, AC, BA, C, DA, ET, FF, IT, LA, LF, MD, TS

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ET Education/training
F Food
FF Free food

FC Foot care
IT Internet access
L Laundry
LA Legal advice
LF Leisure facilities
LS Luggage storage
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MH Mental health
MS Medical services
NE Needle exchange

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SF Step-free
SH Sexual health
TS Tenancy support

JERICHO COMMUNITY

Charteris Centre, Harry Miller Hall, 138 Pleasance (side door), Edinburgh EH8 9RR

Sun: 9:15–12am (9.15, sandwiches & coffee; 11.00, hot meal)

Jericho Community welcomes you!

FF

KAGYU SAMYE DZONG GLASGOW

The Tibetan Buddhist Centre, 7 Ashley St, Glasgow G3 6DR

0141 332 9950; ksdglasgow.org.uk/

Fri: 4–5:30pm; Sat: 11–12:30am; Sun:

6–7:30pm

Tibetan Buddhist group that provides food to anyone in need three times a week. Part of the Glasgow Soup Kitchen group.

FF

MISSIONARIES OF CHARITY (HOPETOUN CRES)

18 Hopetoun Cres, Edinburgh EH7 4AY
0131 557 8219

Sun–Wed: 4–4:30pm; Fri: 4pm–4:30pm

Ninety per cent of residents are over 40.

Ring or drop in 24 hours a day. Not SF.

FF

QUEEN'S PARK GOVANHILL PARISH CHURCH

170 Queen's Drive, Glasgow G42 8QZ

0141 423 3654; qpgpc.com

Wed: 5:30–8pm (free meal – 28 Daisey St, G42 8JL); Sun: 5–6pm (free meal,

toiletries, clothing – 170 Queen's Dr, G42 8QZ); Tue & Wed: 10am–1:30pm

(low-cost meal – 28 Daisey St, G42 8JL)

Church where everyone valued, where self-belief is nurtured and where everyone is loved unconditionally.

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

ROCK TRUST (ALBANY ST)

55 Albany St, Edinburgh EH1 3QY

0131 557 4059; www.rocktrust.org/

Thu: 6–8:15pm (healthy living); Sat:

11am–1pm (free breakfast); Mon & Tue:

5–7pm (cooking group)

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 (BOTHWELL ST)

5 Bothwell St, Glasgow G2 6NL

0131 220 8206; social-bite.co.uk/

Mon–Fri: 7–11am (free breakfast) and

2–3pm (suspended 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. NOTE: if collecting free food, you cannot sit inside the shop.

FF

SOCIAL BITE (ROSE SREET)

131 Rose St, Edinburgh EH2 3DT

0131 220 8206; social-bite.co.uk/

Mon–Fri: 2pm–3pm (suspended 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

SOCIAL BITE (SHANDWICK PLACE)

89 Shandwick Pl, Edinburgh EH2 3DT

0131 220 8206; social-bite.co.uk/

Mon–Fri: 2pm–3pm (suspended items)

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

SOCIAL BITE (ST VINCENT ST)

103 St Vincent St, Glasgow G2 5EA

0131 220 8206; social-bite.co.uk/

Mon: 4–6pm (Social Supper); Mon–Fri:

7–11am (free breakfast) and 2–3pm

(suspended 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.

NOTE: if collecting free food, you cannot sit inside the shop, except at the Social Supper.

FF

SOCIAL BITE (UNION ST)

516 Union St, Aberdeen AB10 1TT

0131 220 8206; social-bite.co.uk/

Mon–Fri: 7–11am (free breakfast) and

2–3pm (suspended 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 SAT

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

07955 274058; soupersaturday.org.uk/

Sat: 8:30am–2pm (Old St Paul's Ch)

A faith-neutral food and social service

in Edinburgh. They offer free breakfast, lunch, sandwiches, coffee and conversation every Sat. Their porridge is legendary! Email: admin@SouperSat.org.uk

FF

SPITTAL STREET CENTRE

19b Sth Bridge St, Bathgate, Edinburgh EH48 1TR

01506 205 413; www.nhslothian.scot.nhs.uk/GoingToHospital/Locations/

Pages/SpittalStreetCentre.aspx

Thu: 9am–4:30pm (drop-in for women; wound clinic); Tue: 9am–4:30pm; Mon,

Wed, Fri: 9am–4:30pm (drop-in dentist 1.30–3.30pm)

Recovery and addiction services inc. drop-in needle exchange (closed Wednesday), dentist, sexual health and HIV advice, womens' group, wound clinic and more. Drop in or call for info.

A, D, DT, MS, MH, NE, SH

ST COLUMBA'S CHURCH (THE SHILOH)

St Vincent St, Glasgow G2

Sun: 7:30–9pm

FF

ST PATRICK'S CHURCH

North St, Glasgow G3 7DA

0141 221 3579

Thu & Sun: 8–9pm

Soup kitchen.

FF

THE SALVATION ARMY (REGENER8+ DROP IN)

25 Niddy St, Edinburgh EH1 1LG

0131 523 1060; www.salvationarmy.org.uk/

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

TURNING POINT SCOTLAND (DRUG CRISIS CENTRE)

123 West St, Glasgow G5 8BA
0800 652 3757 (9am–5pm);
turningpointscotland.com/what-we-do/substance-misuse/glasgow-drug-crisis-centre/

Mon–Sun: 24 hours (drop-in, needle exchange, temp accommodation)
A safe, confidential 24/7 drop-in service which will support and encourage people to find ways of making their substance misuse less problematic and to achieve a better quality of life. Temporary accommodation available by self-referral. Max stay around 3 weeks.

A, C, D, LF, MS, NE, SH, SF

TURNING POINT SCOTLAND (HOMELESSNESS SERVICE)

112 Commerce St, Tradeston, Glasgow G5 9NT
0800 652 3757 (9am–5pm);
turningpointscotland.com/what-we-do/substance-misuse/glasgow-drug-crisis-centre/

Mon–Sun: 24 hours (needle exch & temp accommodation)
A safe, confidential 24/7 drop-in service which will support and encourage people to find ways of making their substance misuse less problematic and to achieve a better quality of life. Open 365 days a year. Temporary accommodation by self-referral. Max

stay around three weeks.

A, C, D, LF, MS, NE, SH, SF

TURNING POINT SCOTLAND (N.E. RECOVERY HUB EDINBURGH)

5 Links Pl, Leith, Edinburgh EH6 7EZ
0800 652 3757 (9am–5pm);
turningpointscotland.com/what-we-do/substance-misuse/edinburgh/
Mon, Wed, Thu: 10am–4pm (drop-in);
Tue: 10am–7pm (drop-in); Fri: 10am–1pm (drop-in); Mon: 9am–4:45pm (needle exch); Tue & Thu: 9am–7:45pm (needle exch); Wed: 11am–4:45pm (needle exch); Fri: 9am–4:15pm (needle exch)

Addiction and recovery services open to men and women aged 16+ who are aware they have a substance misuse problem and would like to start their recovery journey. Phone or drop in for info. Cooking, art classes, gardening, etc. Other venues across Edinburgh; call freephone number for info.

A, AC, C, D, LF, MS, NE, SH, SF

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