

the
FREE
monthly for
homeless
people

the Pavement

February 2015 - Mini Issue





"It's a sign of the times..."

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 4,000+ copies of *The Pavement* to over 70 hostels, day centres, homeless surgeries, soup-runs and libraries. We use volunteer journalists and cartoonists 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 for their help with distribution. To find your nearest stockist, go to: www.thepavement.org.uk

Back on our feet

We've brought you a thinner issue than usual this month as we need to save costs. Hopefully we'll be back to full strength in March but meanwhile you can get listings for all homeless services – from winter shelters to arts projects, and from day centres to social events – on our website: www.thepavement.org.uk. You'll also find extra news, views, cartoons and more written by our volunteer journalists and contributors. Got a story to tell us? Get in touch.

Karin Goodwin

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twitter.com/ThePavementMag

thePavement

www.thepavement.org.uk

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Front cover: Men at dinner in St Marylebone Workhouse, London, c1900. Photograph published in Living London (Cassell, 1901)

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

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UK News

Runaways put at risk

Children and young people who have run away are being put in danger due to funding cuts to services, a new report has found.

The Railway Children's report – 'Reaching Safe Places' – found that an estimated 18,000 children or young people who run away this year will sleep rough or stay with someone they have only just met because there is nowhere for them to go when they need it most.

The report comes after the closure of all but one refuge for young runaways in the UK. It also found that local authority emergency accommodation is patchy, with 71 out of 110 local authorities unable to confirm they provide any for children under 16.

A third of those who work with 16–17-year-olds were struggling to get social care assessments to make sure they got the help that they needed.

Many young runaways said they had been abused, exploited or had found themselves in dangerous situations including sleeping rough.

Jane Thompson, author of the report and Railway Children's Research & Policy Officer, said: "Risky situations can happen almost immediately. Who you are with is far more critical than how long you've been away. When a teenager has

'run out of favours' and sleeping on a friend's sofa is no longer possible, ending up at the home of someone they barely know can happen very quickly. Behind closed doors, invisible to police and social workers, they often don't realise the risks until it's too late.

"Young people are struggling to find a safe place when they most need one."

In the report, many teenagers described the need for 'breathing space', maybe somewhere safe to go during the day for a few hours, where they can speak to someone they trust.

Dionne, one of the report's young peer researchers, said: "Having positive people around you when you're homeless and trying to find somewhere safe is essential. Some people might not have got into that situation if they had got help earlier. A lot didn't know where to get help. It was often later on, further down the line, that they finally got help."

The report calls on Ofsted to ensure local authorities are fulfilling their duty to young people.

Staff

***If you have run away and feel unsafe, call Missing People's free helpline on 116000, open 24 hours, 7 days a week, or call Childline on: 0800 1111
Services for Young People: www.thepavement.org.uk/services.php***



Some claim there are too many soup runs in Westminster (© The Simon Community)

Soup runs told to re-think

Leading London homeless charities will this month try to persuade those providing soup in the Strand and surrounding streets to consider offering alternative services in their local boroughs.

The Passage's Home for Good Partnerships project is organising a meeting on February 4 – hosted by The Connection at St Martin's – which attempts to bring together Westminster-based soup run organisers with local charities around the city to work in partnership.

Westminster City Council has long considered the number of soup runs operating from The Strand problematic and believes they encourage homeless people to congregate in the area.

However, in recent months the number is believed to have grown, with a variety of charities, faith groups and activists providing food on the streets. These include 'the Homeless Kitchen', a 24-hour stall originally set-up in Trafalgar Square giving away hot drinks and sandwiches.

However, some building-based charities claim that soup runs do not meet the needs of homeless people in a "productive way", as they provide food rather than help and support to get people off the streets.

In the past, Westminster City Council has considered byelaws to prevent people from giving out food on the streets. However, insiders now say that their approach is to be more of an attempt to win over "hearts and minds".

A spokesman from Thames Reach, which will be represented at the meeting by Jeremy Swain, said: "I think everyone appreciates the amazing efforts of all those involved in soup runs, but the idea is to help channel that energy into making a lasting impact on people's lives. That might be about helping people set up soup kitchens in their own areas – perhaps open up their church halls – and linking with housing services that can help people to move on with their lives."

However, Alastair Murray of Housing Justice, which hosts the Soup Run Forum and will also attend the meeting, said that there was a real need for support services in Westminster. "We would like to see more open-access indoor provision in Westminster and all the London boroughs. There is a real lack of friendly, neighbourhood drop-ins for people who are homeless or living in poverty, where they can hang out and access facilities.

"Currently, many of the day centres are restricted to working with those who are verified rough sleepers with their details on CHAIN. And while the staff do an excellent job, unfortunately many people boycott them because they will only work with people who will sign-up to coming off the streets."

Karin Goodwin

www.thepassage.org.uk

Law calls for 'soup menus'

"Lobster, sir or madam?" It's unlikely to be something you'll be offered at a soup kitchen. But due to a new EU directive forcing makers to list ingredients to which people are commonly allergic, if it's on the menu, you should know all about it.

The new allergy labelling legislation, which came into force in December 2014, states that organisations who are registered as a food business – including soup kitchens or runs – must make sure their customers know about ingredients that they might be allergic to such as nuts and eggs and, of course, shellfish.

Other ingredients that must be specified by a label, menu or sign include wheat, milk and oats.

Failure to comply with the regulations could result in a fine of up to £5,000, though the actual amount will be decided by magistrates in each case, according to the Food Standards Agency.

For soup run organisers, it's proving an unwanted headache. "We're volunteers. We provide food free of charge – it's like giving sandwiches to our friends," said Bob Bailey, from Agape, whose members travel from Woking to London every week to hold a soup run along Embankment.

"Must every sandwich that's given out have a label on it saying what

the contents are? It's absolutely ridiculous... I have a boxful marked 'cheese', one 'egg', one 'ham', one 'tuna' – I don't intend to do any more, frankly."

For Kate Mooney, senior volunteer at Corunna's Cadogan Street soup run in Glasgow, there are other pressing concerns, such as trying to get the council to fix a long-abandoned street light. But she knows about the regulations. "It's something that I'm aware of – for example, at church we have to say what's in everything. But it's not something we've done at the soup kitchen."

"These regulations are about giving consumers more information and making it easier for those with food allergies to understand what they are eating," said Emma Brady, of Birmingham City Council. "We are currently working with all businesses to ensure compliance."

According to the FSA, around 5,000 people go to hospital and 10 die because of food allergies every year, on average.

What's in a chicken korma?
The FSA suggests you should list milk (in the yoghurt), sesame and mustard (in the garam masala), almonds, and cooking oil (as this can contain a blend of several ingredients, including peanuts, nuts and soya).

Carinya Sharples

Homelessness past

A new exhibition at London's Geffrye Museum is set to shine light on the hidden lives of homeless people who lived in the capital more than 100 years ago – and raise painful questions about why homeless people are still struggling to find decent places to live today.

'Homes of the Homeless: Seeking Shelter in Victorian London', which runs from 24 March to 12 July, will draw together photos and objects dating back as far as 1840 – plus contemporary records – to illustrate the experience of the tens of thousands of people who slept rough or stayed in shelters or lodging houses in Victorian London.

Their tough circumstances means they left behind few personal items, according to curator Hannah Fleming. However, the exhibition features some of the few objects to have survived from the era, including a bottle of carbolic acid and an enamel spittoon owned by homeless Victorians, along with colourful bits of broken pottery excavated from a pit at Gun Street in Spitalfields, which was once the outdoor toilet for a common lodging house. Described in one report included in the exhibition as "extremely filthy and disgusting", these lodging houses were poorly regarded at the time.

'Homes of the Homeless' will also showcase interviews carried



'The Pinch of Poverty', by Thomas Benjamin Kennington, oil on canvas, 1891.

© Coram in the care of the Foundling Museum

out by Salvation Army founder William Booth, who spoke to homeless men during 1890.

One man, sleeping rough on a bench on the Embankment in that year told Booth: "It's very fair out here of nights, seat's rather hard, but a bit of waste paper makes it a lot softer. We have women sleep here often, and children too." There was rarely any trouble, he reported: "We're too sleepy to make a row."

Dr Jane Hamlett, one of three history academics whose research into Victorian homelessness has contributed to the exhibition, said: "It tells you a lot about homelessness: "If you were elderly, or ill or a child, then often there was no alternative to going into an institution. You were stuck, and it could be very grim. But

some of the able-bodied learned to play the system very well, went into and came out of shelters repeatedly, and some learned a trade and managed to get themselves out of poverty. The experience of the Victorian homeless was far from uniform."

While the exhibition is ticketed, there's also a free display 'Home and Hope', created by young people with experience of homelessness from the New Horizon Youth Centre. One told a Geffrye researcher: "It seems that all the changes that were being made in a positive way, to try and make things better for homeless people... you know, it's just going backwards."

Katharine Hibbert

www.geffrye-museum.org.uk

News in brief

Homeless news from the UK and across the world

Housing not voter priority

Housing remains outside the top 10 most important issues for voters just months before the general election, according to an influential poll.

The Ipsos Mori poll, released in late December and reported by *Inside Housing*, shows housing is only the 11th most important issue to voters.

Despite the growing number of activists highlighting homelessness, only 11 per cent of respondents said it was an 'important issue' facing Britain today. Immigration remains by far the biggest concern among voters, mentioned by 42 per cent of respondents, with the economy and the NHS both ranked highly, with 33 per cent each. Over a fifth mentioned unemployment.

The Ipsos Mori issues index is based on a sample of 970 adults.

Staff

Register to vote this May: www.gov.uk/register-to-vote

Stuck in the system

A new report from youth charity YMCA has found many residents in supported accommodation feel trapped in supported housing.

Eighty per cent said they are worried about the prospects of being able to find somewhere to live when they are ready to move on. And over half (56 per cent) said although they were ready to leave, they were currently unable to do so because of a range of reasons.

In response to the findings in the 'Delayed until further notice' report, the YMCA is calling on the government to implement five steps, which include creating a national 'help to rent' scheme and extending transitional support for those leaving supported accommodation.

Staff

Protests gather pace

Not one but two housing demonstrations are on the calendar this spring. On 17 March, the Homes for Britain Housing Rally will converge on Westminster with live music and speeches (<http://www.housing.org.uk/get-involved/general-election/the-rally/>). And on 15 April, the March for the Homeless will take place – with simultaneous protests due to be held across the UK and Ireland. For details: www.streetskitchen.co.uk

Staff



Readers raise their voices

Three *Pavement* readers turned volunteer writers have had their work published in the *Independent* newspaper.

In the special feature in support of the paper's homeless veterans appeal, Chris Ubsdell and Gemskii from London, and Joe from Glasgow shared their personal experiences of homelessness.

Here at the *Pavement* we've also launched three new projects to help you get your voices heard. If you're interested in writing for the *Pavement*, joining our readers' panel or are a service provider willing to host one of our news surgeries, contact carinya@thepavement.org.uk
Staff

Aussies feel the heat

Homeless people in Melbourne are to get free entry to cinemas and swimming pools to cope with the upcoming heatwave.

In the same way that cold weather shelters open in the UK after three consecutive nights below zero, homeless services in the Australian city will monitor the weather – but for high rather than low temperatures.

A City of Melbourne spokeswoman told the *Guardian*: "Extreme heat is a silent killer that takes its highest toll on our most vulnerable, such as those



Hollywood Anderson in New York

who are homeless." An estimated 167 people died from heat in the state of Victoria last January.
Staff

Homeless busker wows 'Idol'

A New York busker who used to sleep on trains is off to Hollywood after *American Idol* judges unanimously gave the thumbs-up to his heartfelt audition.

The appropriately named Hollywood Anderson performed his own composition, 'My Best Friend', to a panel that included singer Jennifer Lopez.

The 22-year-old learned to play the guitar a year ago after it was given to him by a worker at a youth homeless shelter, Covenant House.
Staff

Recovery from Crisis

Ioane Marc Jones met one man who benefited from the support at Crisis at Christmas

"You're only one wage packet away from homelessness," Tony begins, speaking from bitter experience

Roughly two years ago, Tony lost his job as a night porter and, due to his inability to pay the rent, he was soon evicted.

After a short spell sofa-surfing, Tony, for the first time in his life, became street homeless. With little prospect of employment in his home town, Tony moved around Britain looking for work or accommodation, yet was persistently turned away.

One evening, he found himself wrapped up not-so-warm under a bridge in Exeter. "The winter of 2012 was the coldest for years," Tony recalls.

He moved to London hoping for a break, but instead found himself wandering around city, with nowhere to go.

In the hope of a hot shower and a bit of grub, Tony often visited shelters across London. "Some were terribly unhygienic," he says, "nothing like this place." Indeed, Crisis's pop-up shelter in Westminster College – where Tony and I sat on garish modern sofas discussing his journey back in December – is not your average homeless shelter. It was at a Crisis shelter like this that Tony found himself two years ago.

The place is packed with eager volunteers, art sprawls across the high ceilings and the colourful Christmas decorations provide a welcoming atmosphere. The idea is to provide everything someone who is on the streets would need, with makeshift dentist surgeries, barbers, clinics, workshops and advice centres all on offer. Guests, who arrive on 23 December are invited to receive a haircut, a health check and job advice, all in the same vicinity.

Tony remembers how welcome that all was when he first turned up in 2012. He says Crisis gave him an opportunity to improve his situation dramatically – and he seized it with both hands. He was, and indeed still is, exceptionally grateful. Since his experience with homelessness, Tony has volunteered with Crisis for the past two years. "It's gone full circle," he says, "they helped me, and now I'm able to help others."

As a volunteer, Tony hears stories like his own. Homeless people continue to be turned away from the authorities, shelters across the city are full, there is little, if any, government support; and the seemingly endless battle for work and accommodation persists. Tony understands this more than most. His hard-won struggle isn't over, yet it appears that in helping others he gets a sense of relief.

Find out more: www.crisis.org.uk



HEARTBREAK HOTEL

DEvised BY THE WORD ON THE STREET TEAM

DRAWN BY MIKE DONALDSON



Advice: Sleeping soundly

Getting your full 40 winks can help you better face life's struggles, says mental health nurse Christina Clark.

They say that money doesn't buy happiness, but apparently it does buy sleep. A survey of 2,000 adults in the UK found that more than three times as many people on lower incomes have trouble sleeping compared to those with the highest salaries.

Of those surveyed, 81 per cent felt that lack of sleep had a negative impact on their well-being and general happiness.

The survey was commissioned by StreetLink, as part of Homeless Link and St Mungo's Broadway's government-funded campaign to encourage rough sleepers to contact them for help.

Sleep – or the lack of it – affects the way we think and feel.

Not getting enough sleep can lead to poorer mental health and higher levels of anxiety. A study by the Mental Health Foundation in 2011 found that people who do not sleep well are four times more likely to have problems with relationships than those who sleep well, and three times as likely to experience low mood (83 per cent compared to 27 per cent).

They also found that they are three times as likely to have their concentration affected (78 per cent compared to 26 per cent), three times less likely to complete tasks

at work or in their personal lives (68 per cent compared to 23 per cent) and more than twice as likely to suffer from deficiency in energy.

When you're homeless, getting a good night's sleep can be particularly tough. But it's worth understanding the effect it has on your mood. Research has found that eight out of 10 people who have slept rough have reported poorer mental health, and depression and anxiety are linked to sleep deprivation.

The official advice on improving your the quality of your sleep can be difficult to follow if you don't have a regular place to lay your head: no-one's going to sleep as well on a sofa as they would in their own bed. And if you're sleeping on the streets, just getting a few hours shut-eye is frankly miraculous.

But once you've managed to find somewhere to stay try to follow the National Sleep Foundation advice:

- Avoid stimulants such as coffee and nicotine too close to bedtime, as well as food containing sugar.
- Take regular exercise during the day – try yoga before bedtime.
- Spend time outdoors – natural light helps your body rhythms
- Create a relaxing bedtime routine and (though difficult) try not to →



Getting any sleep at all can be tough on the streets. © Franco Folini/Creative Commons

spend too much time thinking about your troubles before sleep.

It's sometimes very hard to 'switch off' our worries before bedtime. For some, this may seem impossible. One really useful way of doing this is to keep telling yourself you need the sleep to help you to be stronger to deal with things tomorrow. There is nothing you can do about your worries whilst you're trying to sleep. Some people find it helpful to write the worries down earlier in the evening, close the notebook before bed and then think to themselves: "I'm dealing with that, just not right now."

You can also try some free relax-

ation techniques, which will help the body and mind.

- www.nhs.uk/conditions/stress-anxiety-depression/pages/ways-relieve-stress.aspx
- www.mind.org.uk/information-support/tips-for-everyday-living/relaxation-tips/
- www.mentalhealth.org.uk/help-information/podcasts/stress-relaxation-full-works/

To contact StreetLink, call 0300 500 0914, visit www.streetlink.or.uk or download the app.



Graham Moore
Age at disappearance: 63

Graham has been missing from Norris Green, Liverpool since 01 June 2014 .

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

Graham, we would love to hear from you.

Call. Text. Any time. Free.
Confidential. 116 000

**missing
people**

Registered Charity No. 1215473



Shaun Ritchie
Age at disappearance: 20

Shaun has been missing from Fraserburgh, Scotland since 31 October 2014 .

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

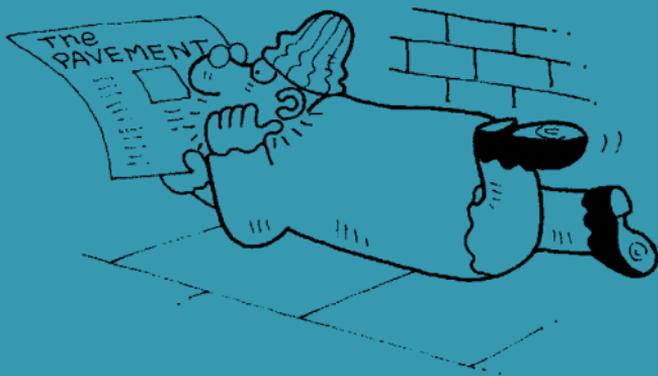
Shaun, we would love to hear from you.

Call. Text. Any time. Free.
Confidential. 116 000

**missing
people**

Registered Charity No. 1215473

**If you know a service that
isn't listed here, get them
to submit their service @
our website:
www.thepavement.org.uk**



**Or email corrections to
thelist@thepavement.org.uk**

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
SH	Sexual health advice
TS	Tenancy support

Email changes and suggestions to:

thelist@thepavement.org.uk

Or write to our address on page 3

For a full list of services:

www.thepavement.org.uk

the List

ADVICE SERVICES

ADVICENOW

www.advicenow.org.uk/

Up-to-date information on rights and legal issues.

AD, AH, BA, LA

ADVISORY SERVICE FOR SQUATTERS

0203 216 0099 (0845 644 5814

from landlines outside London); www.squatter.org.uk

BASE 25

Castle Hse, Wheelers Fold, W'hampton WV1 1ST

01902 572040

Mon–Thur: 12am–6pm; Fri: 12am–5pm;

Sat: 1pm–3pm

Advice & support for 11–25-year-olds.

Groups for young women, fathers, asylum seekers and refugees. Free phone: 0800 0730233

AH, AD, BA, C, D, ET, LA, OL, SH

CHADD OUTREACH SUPPORT SERVICE

98–99 Dixons Green Rd, Dudley DY2 7DJ

1384 864232

Mon–Fri: 9pm–5pm

Advice, help and signposting to other services. Benefits, debt, registering with a GP, work and college, tenancy etc.

BA, DA, ET, OL, TS

CITIZENS ADVICE BUREAU

www.citizensadvice.org.uk/

Free information and advice on legal, financial and other problems. Go to the website to find your nearest branch.

AS, BA, DA

COMMUNITY LEGAL ADVICE

0845 345 4345; [www.](http://www.communitylegaladvice.org.uk)

communitylegaladvice.org.uk

Nationwide

Mon–Fri: 9am–8pm; Sat: 9am–12:30pm

Free, specialist advice on housing, benefits, tax credits, debt etc.

AD, BA, DA, H

DERBY HOMES

Milestone Hse, 93 Green La, Derby DE1 1RX

01332 642150

Mon–Sun: 24 hours (emergency); Mon–

Fri: 1pm–4pm (assessment)

For single homeless people in Derby.

Emergency accommodation.

AH, BA, BE, BS, DA, L, LF

DUDLEY MBC HOMELESSNESS PREVENTION TEAM

259 Castle St, Dudley DY1 1LQ

01384 815035

Mon–Fri: 9pm–5pm

If you are without housing/ accommodation outside office hours or at weekends, call the emergency housing team 0300 555 8283.

AH

MIDLAND HEART (HOMELESS SERVICES CENTRE)

44 Bradford St, Digbeth, B'ham B5 6HX
0345 6020 540; 0121 233 6370

Mon, Wed, Fri: 10am–6pm; Tue: 10pm–8pm; Thur: 10pm–2pm

Drop-in and phone housing advice. Outreach. Tenancy support for rough sleepers, refugees, asylum seekers, young people with multiple needs, people with current or past drug problems. Alcohol & mental health referrals.

AH, BA, OW, TS

GET CONNECTED

0808 808 4994; [www.getconnected.](http://www.getconnected.org.uk/)

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

Mon–Sun: 1pm–11pm (helpline & webchat)

Confidential helpline service for young people under 25 who need help, but don't know where to turn. Free connections to local and national services and sources of help for young people. Phone, text (80849) or email via the website.

AD, AS, BA, CA, DA, OL

ST BASIL'S

120 Heath Mill Lane, Deritend, Birmingham, West Midlands B9 4AX

0121 772 2483

Mon–Thu: 9pm–5pm

Advice and services for people 16–25 who are homeless or are facing homelessness. Call Youthline (0300 30 30 099) to speak to make an appointment. Out of hours/emergency numbers: 16- & 17-year-olds – 0121 675 4806; 18-years-old and above – 0121 303 2296.

AH, AD, BA, CA, C, ET, OL

SOLIHULL COMMUNITY HOUSING

(Chelmsley Wood), 6/8 Coppice Way, Chelmsley Wood, Solihull, Birmingham, B37 5TX

0121 704 1515

Mon, Tues, Thu: 9am–5pm;
Wed: 10am–5pm; Fri: 9am–
4:30pm; Sat: 9am–1pm

AH

SANDWELL COUNCIL (HOUSING OPTIONS)

Court Hse, 335–337
High St, W Bromwich
B70 8LU
0121 569 6000 (press 3)

Mon–Fri: 8pm–5:30pm

If you are at risk of becoming homeless,
contact the Housing Options Team.

Outside office hours, call 0121 569
6800/02 or email housing@sandwell.gov.uk.

AH,AD

SOLIHULL COMMUNITY HOUSING

Phone (0121 717 1515), text
(07781 474 722) or email (info@solihullcommunityhousing.org.uk).

Mon–Fri: 8am–8pm; Sat: 8am–1pm.

Apply as homeless if you have nowhere
to stay or may lose your home in the
next 28 days.

AH

SQUATTERS LEGAL NETWORK

Emergency advice and legal support
for people threatened with arrest
or arrested for squatting: 24-hour
emergency phone: 07925769858.
sln@aktivix.org; network23.org/
squatterslegalnetwork

WALSALL MBC HOMELESSNESS & HOUSING ADVICE SERVICE



2nd Fl, Civic Centre, Darwall
St, Walsall WS1 1TP
01922 653405

Mon–Fri: 9am–5pm.

If it's urgent, call in
2pm–3pm. Out-of-hours
emergencies, call 01922
650000 & speak to
the duty social worker.

General advice out-of-
hours: 0845 1112836.

AH,TS

WALSALL RENT GUARANTEE SCHEME

PO Box 1427, Walsall, WS4 2YT
01922 746798

Mon & Wed: 10am–12am

Helps people registered as homeless in
Walsall to access private rents.

AH

ANIMALS / PETS

BLUE CROSS (BROMSGROVE REHOMING CENTRE)

Wildmoor La, Catshill, Bromsgrove B61
0RJ

0300 777 1460

Mon & Tue: 10pm–3pm; Thur–Sat:
10pm–3pm; Sun: 10pm–2pm; (also
Bank Hols exc. 25–26 Dec & 1 Jan)

Pet care clinic for people who can't
afford private vets' fees in the B60, B61
and B97 postcode areas. Ring for more
information.

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

ARTS

THE CHOIR WITH NO NAME BIRMINGHAM

Carrs Lane Church Centre, Carrs La,
Birmingham B4 7SX

07794 100938; www.choirwithnoame.org

Thu: 6.30pm–8.30pm (rehearsal & dinner)

Choir for people who have experienced homelessness

FF, MD

OPEN FILM CLUB

www.opencinema.net

Participants programme films they would like to see, meet the professional filmmakers that inspire them, and make films based on their own ideas and experiences. Fantastic organisation!

FF, LA

CRISIS SKYLIGHT BIRMINGHAM

0121 348 7950

Running at various locations – call for details – www.crisis.org.uk

AC, ET, IT, MD

BENEFITS AGENCY

JOBCENTRE PLUS

To make a claim: **0800 055 6688**

For queries about existing claims: **0845**

377 6001. For Social Fund enquiries: **0845 608 8661**. For the Pensions

Service: **0845 606 0265**

BME/REFUGEE

ASYLUM AID

0207 354 9264; www.asylumaid.org.uk/

Tue: 1pm–4pm (advice line)

Free legal advice and representation for asylum seekers.

AD

CENTREPOINT STREETS PROJECT

The Warehouse, 26R, Carters Green, W Bromwich B70 9LW

0871 717 7284

Mon–Thu: 10am–4pm

Support services for young people, asylum seekers and refugees, homeless and disadvantaged people. Soup kitchen and respite centre.

COVENTRY REFUGEE CENTRE

15 Bishop St, Coventry CV1 1HU

024 7622 7254

Mon–Thu: 9pm–5pm; Wed & Fri:

1am–5pm (asylum appointments); Fri: 9pm–4pm

Helps asylum seekers and EU citizens with subsistence, housing, health, racial harassment etc. Helps refugees given leave to remain to set up home. Women's and youth groups.

AH, C, ET, LA, TS

DUDLEY REFUGEE SUPPORT TEAM

17 St James's Rd, Dudley DY1 1JG

01384 812626 or 815108

Mon–Fri: 9am–5pm

Culturally sensitive support service.

Advice on benefits, harassment,

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

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

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



domestic violence, housing. Floating support.

AH, BA, OW

WALSALL MBC (REFUGEE SUPPORT TEAM)

2nd Fl, Civic Center, Darwall St, Walsall WS1 1TP

01922 653827, 653840, 653476

Mon, Tue, Thu & Fri: 8.45am–5.15pm;

Wed: 9.30am–5.15pm

Advice on housing, employment, benefits, debt and health. Signposting service.

AH, BA, OL

DAY CENTRES/DROP-INS

COVENTRY CYRENIANS

Oakwood Hse, Cheylesmore, Coventry CV1 2HL

024 7622 8099

Mon–Fri: 9:30pm–4pm

Aims to empower homeless, vulnerable and disadvantaged people in Coventry and Warks to live as independently as possible. Freephone: 0800 0180 579.

AH, BA, BS, CL, DA, F, L, OW, TS

COVENTRY JESUS CENTRE – THE BRIDGE DROP-IN

7 Lamb St, Coventry, CV1 4AE

02476 550033

Mon: 10am–1pm; Tue–Fri: 9am–4pm;

Sun: 9am–10:30am; Sat: 9am–12am

Support groups, skills classes, café and drop-in.

AH, BA, BE, BS, CL, DA, ET, FF, FC, IT, L, LA, LF, LS, MS, MD, OW, TS

THE GLEBE CENTRE

Wednesbury Rd, Walsall, WS1 3RU

01922 625687

Mon–Fri: 9am–4pm

For people aged 18+ who vulnerable because they are homeless, unemployed, drug dependent, have mental health issues or are socially excluded. 'Wet room' and garden.

A, AH, BA, BS, CL, DT, ET, F, LA, MS, MH

MAGGS DAY CENTRE

St Albans, Deansway, Worcester WR1 2JD

01905 25027; www.maggsdaycentre.co.uk

Sat: 12pm–12:30am (sandwiches outside); Sun–Thu: 8pm–12:45am

Safe, non-judgmental and welcoming place. Range of services and signposting to others.

AD, AH, BS, C, CL, D, FF, L, MS, OL, TS

THE SALVATION ARMY (WAY AHEAD PROJECT, LEAMINGTON)

1a Chapel St, Leamington Spa, CV31 1EJ

01926 883613

Wed–Tue: 9:30pm–11:30am

Advice, support, signposting and referrals to emergency and longer term housing. Breakfast and food parcels. Access to phone and computers.

AH, BA, BS, ET, F, IT, L, LA, OL

SIFA FIRESIDE

48–52 Allcock St, B'ham B9 4DY

0121 766 1700

Mon–Fri: 9pm–1pm (nurse Tues & Fri;

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

chiroprapist Thurs); Sat & Sun:
10:30pm–11:30am
Help, accommodation
& support for people
dealing with alcohol issues;
counselling; resettlement and
tenancy support; training; help
for people on probation. Help with
emergency accommodation.

AH, BA, BS, C, DA, ET, FF, LA, MS, OW, TS

ST GEORGE'S HOUSE

St George's Hub, St Marks Rd, Chapel
Ash, Wolverhampton, WV3 0TZ
01902 421904

Mon–Fri: 9:15am–4:30pm
Helps people 18+ to avoid becoming
homeless and to live independently
after resettlement. Leisure and sporting
activities.

AD, AH, BE, CL, F, LA, TS

ST GEORGE'S HOUSE DROP-IN

1 Clarence St, Wolverhampton WV1
1WZ
01902 714746

Fri: 2:15pm–3pm; Mon–Thu: 2:15pm–
4:30pm; Mon–Fri: 9:30am–1:30pm
For homeless people, ex-offenders,
substance misusers and others who are
often barred from other services and
facilities. Advice, support and guidance,
and signposting to other services.

AD, AH, BA, D, ET, F, LA, LF, OL

WHITEFRIARS HOUSING (THE CHACE CENTRE)

The Chace Centre, Chace Ave, Coventry
CV3 3AB



HEALTH /
MEDICAL
over the page

024 7630 2694

Mon–Fri: 9am–12am;
Mon–Thu: 2pm–5pm; Fri:
1pm–4:30pm
For single men 18+ with a
connection to Coventry.

CA, ET, LA, LF, OL

DOMESTIC VIOLENCE

DOMESTIC VIOLENCE HELPLINE

0808 2000 247

GILGAL

0121 773 1431

Mon–Sun: 24 hours
Safe emergency accommodation
and support to women and children.
Children's Development Worker. Will
accept families with boys up to 14
years. Birmingham Domestic Abuse
Refugeline: 0800 111 4223

AD, AH, LA, SH

PANAHHGAR

0800 055 6519

Support for Asian women and
their children. Safe house, advice,
information, advocacy, counselling,
children's services. In an emergency,
call 999 (minicom 0800 112 999).

AH, C, OL

THE HAVEN WOLVERHAMPTON

PO Box 105, Wolverhampton WV1 4LP
01902 572140

Mon–Sun: Open 24 hours
For women affected by domestic
violence and their children. Services

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

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

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



EX FORCES

include emergency accommodation, advocacy, emotional support, benefits and immigration support, resettlement, and help for children and young people. 24-hour helpline: 01902 713001

AD, AH, BA, C, MH

VALLEY HOUSE

Navigation Centre, 55–57 Bell Green Rd, Courthouse Green, Coventry CV6 7GQ
024 7626 6270 or 6290

Mon–Sun: 24 hours

Single people and parents with children, inc women escaping domestic violence/abuse, young homeless people, and young women who are pregnant or single parents. Basic skills and personal development. Day nursery. Referrals to other agencies for specialist help around drugs, alcohol, mental health.

CET, LA, OL

DRUGS / ALCOHOL

ADDACTION BIRMINGHAM

279 Gooch St, Highgate, B'ham, B5 7JE
0121 465 4030; www.addaction.org.uk

Mon–Fri: 10am–6pm

Information, support and advice for those with alcohol or drug problems.

A, AD, AH, BA, C, D, DA, MS, NE, OL, OW, SH

ALCOHOLICS ANONYMOUS

0845 769 7555

Fellowship of people who help each other to recover from alcoholism. Links to local support groups.

C

AQUARIUS

2nd Fl, 16 Kent St, Birmingham, B5 6RD
0121 622 8181

Mon–Fri: 9am–4:30pm

For people with alcohol, drugs and gambling addictions. Initiatives for S Asian communities, women, homeless people. 0121 685 6340 (North B'ham); 0121 414 0888 (South B'ham)

C, D

BIRMINGHAM DRUG & ALCOHOL TEAM

0121 303 4454

Visit birminghampublichealth.co.uk/ for signposting to drug and alcohol services. For information on treatment services in Birmingham, call 0300 5555 999.

A, D, ET

COCAINE ANONYMOUS (UK)

0800 612 0225

Mon–Sun: 10pm–10pm (phonenumber)

Fellowship of people who help each other to stay off cocaine, crack and other drugs. Contact them to find your nearest meeting.

C

DRUGSCOPE

www.drugscope.org.uk/

Excellent drug information site.

D

FRANK

0800 776 600

Free 24-hr drug helpline

D

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 BIRMINGHAM DRUGLINE ROUGH SLEEPERS VULNERABLE PERSONS TEAM (RSPV)

Dale Hse, New Meeting St, B'ham B4
7SX

0121 632 6363

Mon, Tue, Wed, Fri: 9:30pm–5:30pm;
Thu: 9:30pm–10pm

Service for adults (18+) who are
affected by drug use, homelessness
and/or the male sex industry

AH, BA, C, D, ET, NE, OW

EASTERN EUROPEANS

SIFA FIRESIDE

Day centre (see opposite) a range of
Eastern European languages available.

AH, BA, BS, C, DA, ET, FF, LA, MS, OW, TS

EX-FORCES

AWOL?

SSAFA Helpline: **01380 738137, 9am–
10am** Monday to Friday (answering
machine for call back outside these
times)

BIRMINGHAM CITY COUNCIL (HOUSING PATHWAYS)

0121 675 1683

Normally referral-only, but if you're ex-
forces, apply to the Housing Pathways
Team to access the service. Phone or
email [housingpathways@birmingham.
gcsx.gov.uk](mailto:housingpathways@birmingham.gcsx.gov.uk)

AH

COMBAT STRESS

01372 841600

Mon–Fri: 8:30pm–4:30pm

Excellent national ex-services charity
offering help with Post Traumatic Stress
Disorder (PTSD). Residential clinical
treatment and community outreach.

c, MH

ROYAL BRITISH LEGION

Legionline: 08457 725 725

Ring to see how the RBL can help

STONHAM (ELLESMERE)

Fullwood Hse, Ellesmere, Shropshire
SY12 0AA

01691 623756

Mon–Fri: 8:30am–5pm

Supported accommodation for ex-
services personnel.

AH, BA, TS

VETERANS UK

0800 169 2277; www.veterans-uk.info

Free help and advice for veterans and
access to dedicated welfare service.

EX-OFFENDERS

FOYER FEDERATION

020 7430 2212

Provides more than 10,000 homeless
16–25-year-olds with accommodation,
training, job search, support and
motivation. Phone for help.

AH, AD, CA, C, ET

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

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

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



ANAWIM

Balsall Heath Centre, 228 Mary St,
Balsall Heath, B'ham B12 9RJ
0121 440 5296
Tue–Fri: 9:30am–5pm; Mon: 11am–
4pm (out of hours: 07976 188 220)
Community project working to the
'one stop shop' approach. Women
undertake their community sentences
both on specified activity requirements
or community payback orders. Prison
in-reach and support to women.

AD, A, BA, CL, C, D, ET, FF, LA, SH

FOOD / SOUP RUNS

THE LEAF NETWORK

Sat: 6:30–7pm outside Waterstone's,
corner of High Street and New Street,
near Bullring, 0844 586 5710
Provided by a group of Muslim
organisations

FF

HEALTH / MEDICAL

DENTAL HELPLINE

0845 063 1188; www.dentalhealth.org/dental-helpline
Mon–Fri: 9am–5pm
Free, independent and impartial service
on all aspects of oral health.

DT

DEPRESSION ALLIANCE

www.depressionalliance.org/how-we-can-help/
Information and support to people
affected by depression via self-help

groups and other supporter services.

C, MH

THE HEALTH XCHANGE

William Booth Lane, B'ham B4 6HA
0121 465 3965
Mon & Fri: 2:30pm–4:30pm; Tues, Wed,
Thu: 1pm–4pm; Wed & Thu: 9am–11am
Medical practice for homeless people
in Birmingham. Nurse clinics, GP
access, community alcohol services,
counselling, podiatrist etc.

MS

HEARING VOICES NETWORK

0114 271 8210 ; <http://www.hearing-voices.org/>
Tue: 1am–4pm (helpline)
A network for people who hear voices
and see visions. If you want information
about hearing voices groups, leave a
message on the contact number, or call
the helpline to speak to someone.

C, MH

HELP FOR DEPRESSION

www.helpfordepression.com
A comprehensive explanation of the
various approaches and treatments for
depression

MH

HOMELESS COMMUNITY MENTAL HEALTH TEAM

St Matthews Centre, Duddleston Manor
Rd, Nechells, B'ham, B7 4JN
0121 301 3350
Mon–Fri: 9am–5pm
For people aged 16+ in Birmingham

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

and Solihull. mental health services for people who are homeless and experiencing problems with mental health.

MH

SANELINE

Mon–Sun: 6pm – 11pm)

0845 767 8000

Out-of-hours helpline for those affected by mental health

MH

VISION CARE FOR HOMELESS PEOPLE

SIFA Fireside, 48–52 Allcock St, B'ham B9 4DY

0121 766 1700

Mon: 9am–12pm (not bank holidays)

Free comprehensive eyecare services.

MS

HOMELESS PERSONS UNIT

BIRMINGHAM CITY COUNCIL

www.birmingham.gov.uk

Click through 'housing'/'finding a home'/'help for homeless people'.

LGBT

STONEWALL HOUSING

020 7359 5767; www.stonewallhousing.org

Mon, Thu, Fri 10am–1pm; Tue & Wed 2–5pm

Housing advice for LGBT people.

AS

MISCELLANEOUS

THE CASTLE & CRYSTAL CREDIT UNION

25 New St, Dudley, DY1 1LT

01384 815771

All members (18+) can apply for a Handiloan (£100 to £500) and anyone living or working in Dudley can join.

DA

DABS PATHFINDER SERVICE

01255 852774; www.dabs.uk.com/pathfinder

Mon–Sun: 9am–9pm

Information and counselling for adult survivors of rape and childhood abuse. Please phone or write.

C, MS, MH

EAVES

Helps victims of trafficking for prostitution

020 7735 2062

MESSAGE HOME HELPLINE

0800 700 740, 24 hrs daily

NATIONAL DEBTLINE

0808 808 4000

NATIONAL HOMELESSNESS ADVICE SERVICE

www.nhas.org.uk

Readers can click on the section 'need advice'.

THE SAMARITANS

08457 90 9090

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

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

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



SAFE PROJECT

0121 440 6655

Mon: 12:45am–1:45pm (clinic – 0121 440 0034); Mon: 1:15pm–3:30pm (walk-in clinic); Wed: 12am–4pm (drop-in clinic); Thu: 11am–1:30pm (Methadone clinic – 0121 446 5381)

Promotes the health and wellbeing of female sex workers (18+) in Birmingham, Sandwell and Walsall.

AD, BA, C, CA, D, MS, OW, OL, SH

SHELTER

0808 800 4444

Housing advice, 8am–8pm daily

SURVIVORS UK

Mon, Tue & Thur: 7pm–10pm

020 7404 6234

Helpline for men who have been sexually assaulted at any time in their lives

TIME2TALK MEDIATION SERVICE

DACHS, Dudley MBC, 5 St James's Rd, Dudley DY1 1HP

01384 812 422

Mon–Fri: 9am–5pm (message service outside these hours. Interpreters can be arranged). Free for Dudley residents.

AD, C

UK HUMAN TRAFFICKING CENTRE

0114 252 3891

NIGHT SHELTERS

CHADD – ON ROUTE PROJECT

6 Dixons Green Rd, Dudley DY2 7DH

01384 455464

Mon–Fri: 9am–10pm; Sat & Sun: 7pm–10pm

Accommodation for men aged 16–27, inc. ex-offenders or those at risk.

AD, AH, ET, OL

COVENTRY AND WARWICKSHIRE YMCA – DAIMLER GREEN

Endeavour Ct, 20 Chelmarsh, Daimler Green, Coventry, CV6 3LB

024 7659 7009

Mon–Sun: Open 24 hours

Single homeless people and care leavers with low support needs.

AD, AH, CA, ET, IT, TS

COVENTRY FOYER

Holyhead Ct, Lower Holyhead, Rd, Coventry CV1 3AX

024 76251001

Mon–Sun: Open 24 hours

For young people 16–24 who require support around independent living.

AD, AH, CA, ET, IT, OL

MIDLAND HEART – HANWOOD HSE

Leopold St, Highgate, B'ham, B12 0QB

0121 753 1386

Mon–Fri: 8am–7pm

For single homeless men 25+.

AH, F

MIDLAND HEART – GILBERT RD

100–108 Gilbert Rd, Smethwick, Sandwell B66 4PZ

0121 555 6500

Mon–Fri: 8am–7pm

For 16–25-year-olds with low support

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

needs.

AH, TS

MIDLAND HEART – GRANGE RD

c/o 100 Gilbert Rd, Smethwick
– 0121 555 6500

Mon–Fri: 8am–7pm

For 16–25-year-olds with support needs.

AH, TS

MIDLAND HEART – MURDOCK RD

1–3 Murdock Rd, Smethwick B66 2LS
0121 555 8444

Mon–Fri: 8am–7pm

For locals aged 16–25 with medium
support needs.

AH, C, MH

MIDLAND HEART – ROLFE HSE FOYER

69 Rolfe St, Smethwick B66 2AR
0121 558 5739

Mon–Fri: 8am–7pm

For 16–25-year-olds with support
needs who are willing to engage with
employment, education and training
opportunities.

AH, CA, ET, IT

MIDLAND HEART – ZAMBESI PROJECT

185 Stratford Rd, Sparkhill, B'ham B11
1AG

0121 766 7645

Mon–Fri: 8am–7pm

For single homeless men aged 45+.

AH, D



CHECK
OUR
WEBSITE
FOR MORE

NACRO – ALLESLEY OLD RD HOSTEL

43–45 Allesley Old Rd,
Coventry CV5 8BU
024 7669 1229

Mon–Fri: 9am–5pm

Single people 16–25 with low
support needs.

AD, AH, TS

P3 – BILSTON HOSTEL

53 Wellington Rd, W'hampton, WV14
6AQ

01902 490050

Mon–Sun: Open 24 hours

Single homeless men, inc. ex-offenders
and rough sleepers. Single homeless
men, including ex-offenders and
rough sleepers. Weekly visit by drugs
professional.

D

P3 – DICKENS LODGE

89-95 Dickens Rd, Wolverhampton
WV10 8SD

01902 572162

Mon–Sun: Open 24 hours

Single homeless men, including rough
sleepers, ex-offenders, people with
mental health needs and those with
alcohol or drug problems. Staff provide
support around daily living skills,
including finances, substance misuse
issues, mental health and access to
training. Help with moving on.

AD, AH, D, ET, MH, TS

P3 – THORNLEY STREET

27 Thornley St, Wolverhampton WV1

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

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

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



WORK /
TRAINING

1JS
01902 773721

Mon–Sun: Open 24 hours
Single homeless men. Must be
substance-free at time of admission.

AD, AH, BA, C, DA, D, ET, LA, LF, MH, OL

P3 – THORNLEY STREET

27 Thornley St, W'hampton WV1 1JS

01902 773721

Mon–Sun: 24 hours

Single homeless men. Potential
residents must be substance-free
at time of admission. Resettlement
support.

A, AD, AS, BA, C, D, DA, ET, LF, MH, OL

PRINCIP STREET HOSTEL

Waterside House, 33–35 Princip St,
B'ham B4 6LE

0121 359 5953

Mon–Sun: Open 24 hours

For single homeless men aged 25+ with
support needs, inc. mental health and/
or alcohol problems.

AD, MH

SALVATION ARMY (LINCOLN ST CENTRE)

1 Lincoln St, Coventry CV1 4JN

024 7625 1437

Mon–Sun: 7am–9pm

Staff provide help and advice as
required. Job seeking sessions, computer
literacy courses and basic skills sessions
are also available.

AD, CA, ET, IT, LA, LF, MS

SALVATION ARMY (WILLIAM BOOTH CENTRE)

c/o Homeless Single Point of Access,
Midland Heart – Homeless Services
Centre, 44 Bradford St, B'ham B5 6HX
0345 60 20 540 (24/7)

Mon, Tues, Wed, Fri: 10am–6pm; Thu:
10am–2pm

For single homeless men aged 18+
with low- to medium-support needs,
inc. refugees. Call in at Midland Heart's
Homeless Services Centre.

AH

ST ANNE'S HOSTEL

112 Moseley St, B'ham B12 0RY

0121 772 4406

Mon–Sun: Open 24 hours

For single homeless men aged 25+. May
accept dogs.

BA, D, ET, F, MS, OL

STONHAM (GILSON WAY HOSTEL)

c/o Morris Hse, 430–432 Chester Rd,
Castle Bromwich, B'ham B36 0LF

0121 770 9360

Mon–Fri: 9am–5pm

For single homeless people 16–25.

AD, AH, BA, CA, ET, OW, TS

STONHAM (MORRIS HOUSE)

430–432 Chester Rd, Castle Bromwich,
Birmingham B36 0LF

0121 770 9360

Mon–Fri: 9am–5pm

For single local homeless aged 16–25
with support needs.

AD, AH, C, D, IT, SH

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

STONHAM (ST GEORGE'S HOUSE)

Old Hall St, W'hampton WV1 3AT

01902 420536

Mon–Sun: 8am–10pm

Single homeless men and ex-offenders.

AD, AH, ET, OL, TS

WEST BROMWICH & DISTRICT YMCA

38 Carters Green, W Bromwich B70 9LG

For single homeless people aged 16–40 with support needs.

CA, ET, IT

WOLVERHAMPTON YMCA (BADGER COURT FOYER)

Cannock Rd, W'hampton WV10 0AD

01902 870382

Mon–Sun: Open 24 hours

Single homeless people aged 16–25 who have support needs around life skills and are willing to engage in training and support.

C, D, ET, IT, LF, OW, OL

WOLVERHAMPTON YMCA (RUGELEY FOYER)

Aelfgar Hse, Church St, Rugeley WS15 2WH

01889 585232

Mon–Fri: 9am–6pm

(call in or phone for appointment)

Young single homeless people 16–25.

AH, AD, BA, CA, C, ET



YOUNG PEOPLE

WINTER SHELTERS

Please see our website for updated details.

WORK / TRAINING

JERICHO FOUNDATION

196–197 Edward Rd, Balsall Heath, B'ham, B12 9LX

0121 440 7919; www.jcp.org.uk;

birmingham@jericho.org.uk

CA, ET

THE BIG ISSUE (WEST MIDLANDS)

Pace Hse, 23–25 Summer Lane, B'ham B19 3TN

0121 236 1936

Employment and training,

CA, ET

YOUNG PEOPLE

GET CONNECTED

0808 808 4994

Free, confidential advice for young people (under 25): 1–7pm daily

THE WHAT? CENTRE

23 Coventry St, Stourbridge DY8 1EP

01384 379992

Advice, information and therapeutic counselling for people aged 13–25 in Dudley.

AD, AH, BA, C, DA, ET, LA, MS, MH, SH

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

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

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



What a waste

We don't keep our fresh, natural food overnight to sell the following day. We never have and we never will.

For years we've worked with registered charities helping the homeless by offering our unsold sandwiches to them at the end of each day.

Unfortunately, some still get chucked away.

(And that really upsets us.)

**If you know of a charity in need of good food,
please tell them to call Giovanna Pasini
on 020 7932 5425.**

★ **PRET A MANGER** ★