

An abstract painting of a cracked pavement surface. The foreground is dominated by large, irregular shapes in shades of yellow, green, and light blue, separated by thick black lines representing cracks. In the background, there are faint, sketchy figures of people, one appearing to be sitting or lying down on the left, and another on the right. The overall style is expressive and textured, with visible brushstrokes and a rich, somewhat somber color palette.

# *the* Pavement

the free magazine for homeless people

Issue 150: Reflections  
June – July 2024

Abdol

# Missing



David Skerrett

David Skerrett has been missing from Bognor Regis, West Sussex, since 15 June 2019. He was 63 when he was last seen.

David, use our free and confidential helpline; we can offer support and advice without judgement, and the opportunity to send a message to loved ones. Call or text 116 000. Or, email us on [116000@missingpeople.org.uk](mailto:116000@missingpeople.org.uk).



Paul Johnson

Paul Johnson has been missing from St Andrews, Scotland, since 15 September 2021. He was 74 when he was last seen.

Paul, we're here for you whenever you need us; we can talk through your options, send a message for you and help you be safe. Call or text 116 000. It's free and confidential.

If you think you may know something about David or Paul, you can contact our helpline anonymously on **116 000** or [116000@missingpeople.org.uk](mailto:116000@missingpeople.org.uk), or you can send a letter to 'Freepost Missing People'.

Our helpline is also available for anyone who is missing, away from home or thinking of leaving. We can talk through your options, give you advice and support or pass a message to someone. It's free and confidential.

**missing  
people**

Registered charity in England and Wales (1020419)  
and in Scotland (SC047419)

**A lifeline when someone disappears**

TURN TO PAGES A – P  
FOR THE LIST OF SERVICES

**Cover:** Abdol Azizi's *The Project* is our cover artwork this issue. Five figures are gathered around a table, their proximity to each other suggests they are friends or part of a community or group. Azizi works with the 240 Project, an arts and wellness group for people affected by homelessness and exclusion. © 240 Project

- Visit its Instagram page @240wellbeing

### *The Pavement magazine*

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© Chris Bird

### Repetition

a poem by Ant Mac

Errors change things  
eras change with time  
time hinges on brackets  
brackets hold time within  
hands hold onto what they need  
needs hold onto musts  
musts outweigh all reason  
reason and musts a  
seasoned dichotomy  
challenge the will with  
the will to challenge  
duelling with the inner-self  
heart and logic can become bionic  
organic mechanics  
fluctuated with patterns  
codes that flash  
sporadically timed  
what offers an alternative to order?  
Order relents to past events  
eras change everything  
and errors change and frame the past  
all eras change at last.

### Welcome to *the Pavement*: a magazine for homeless readers

We're a small charity, founded in London in 2005, producing a pocket-sized mag full of news, views and cartoons that helps people in moments of crisis as well as giving info which may be needed to move on. Right in the centre is a list of places to help you.

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. Each issue we print 8,500 FREE bimonthly magazines written for homeless and insecurely-housed readers in London and Scotland. You can find *the Pavement* at hostels, day centres, homeless surgeries, soup-runs and libraries.

### Help needed

We are always looking for volunteer journalists and photographers to create exclusive content that's written with our readers in mind. We particularly welcome those who've experienced homelessness. Or can you fundraise or donate so we can keep providing *the Pavement* for free? We also need London volunteers to help with distribution.

A big thank you to our readers and writers.

- [editor@thepavement.org.uk](mailto:editor@thepavement.org.uk)

# Reflections

Reflecting can often be associated with reliving difficult experiences and living in the past, but it is also an opportunity to move forward. For many of us, reflecting on events in our lives can help us take lessons from those very experiences, or appreciate how far we've come.

Greta Gillett reflects on a tough few years and takes strength from her resolve and perseverance on page 12. Leon Eckford wants us to recognise the power of reflection on page 20. Meanwhile, there is the good work of a couple of services in the spotlight on pages 18 and 22 (stories by Emdad Rahman and Sophie Dianne, respectively). Elsewhere you can find all of the regular news, views and cartoons.

**the Pavement team**  
[www.pavement.org.uk](http://www.pavement.org.uk)

This magazine is the 150th issue of *the Pavement*. On the right is a picture of *the Pavement's* very first issue, printed in 2005. Back then the magazine was in fact a newspaper consisting of eight pages of news, service listings and cartoons.

That very first issue's editorial bemoaned the then government's failure to pursue a "long-term, joined-up approach" to ending homelessness. Sound familiar?

But things have changed in the intervening years. Regrettably, not for the better. In 2005, an independent count of rough sleepers in London, conducted by the Simon Community, found there were 300 people sleeping rough in the capital. An official count carried out late last year found 4,389 people to be sleeping rough in London.

Across the UK there has been a rise in people experiencing homelessness, an ever-worsening housing crisis and successive governments slashing funding for vital services. Not much to celebrate, then. But *the Pavement* will continue to be there for people in crisis, just as we set out to almost 20 years ago.

Thanks to everybody who has contributed to the magazine and to all of our readers through the years. We hope *the Pavement* has been a helpful source of information, support and entertainment.

- Read every issue of *the Pavement* mag at [www.thepavement.org.uk](http://www.thepavement.org.uk)



## Grand opening

The Museum of Homelessness (MoH) opened its doors to the public for the first time on 24 May. Situated close to Manor House entrance to Finsbury Park, north London, MoH has refurbished the groundskeeper's lodge in the park and has run a series of workshops for people experiencing homelessness in the buildup to officially opening. The museum's first show at its new home is called *How to Survive the Apocalypse*, an immersive exhibition drawing on MoH's front-line experience supporting the homeless community on London. The exhibition will be open on Fridays and Saturdays through to November 2024.

- **For more information on *How to Survive the Apocalypse* and the museum's calendar of events, visit the webpage here: [museumofhomelessness.org/whats-on](https://museumofhomelessness.org/whats-on)**
- **Learn more about the MoH's work on its website: [museumofhomelessness.org](https://museumofhomelessness.org)**

## Plan panned

Draconian plans to criminalise rough sleepers for being deemed "a nuisance" or having an "excessive smell" have been dropped by ministers, after Tory MPs threatened to rebel against the proposal. Former home secretary Suella Braverman

brought forward the proposal, wishing to tack it onto the heavily criticised criminal justice bill. For now, the plan, much like its architect, has been binned. Announcing the scrapping of the proposal, home secretary James Cleverly also promised the government will be "scrapping the outdated Vagrancy Act and replacing it with new measures that focus on supporting people".

## Publishing news

A new publishing imprint has been established to give a platform to authors with experience of homelessness. The Arts Council has provided funding to support Unheard Voices, an imprint hosted by The Endless Bookcase, an existing publishing company based in St Albans. The imprint's start-up grant from the Arts Council will cover production and publishing costs for up to five new authors in fiction, poetry or non-fiction.

- **See the Unheard Voices advert in the centre pages of the magazine for information on how to get your writing published**

TURN TO PAGES A – P  
FOR THE LIST OF SERVICES



© Centre for Homelessness Impact

**The Together Through Homelessness project**, run by Dogs Trust, passed an impressive milestone in April, supporting 10,000 dogs with over 30,000 free vet treatments since the project began. The project provides free emergency and routine veterinary care to the dogs of people experiencing homelessness across the UK. Commenting on the milestone and the project's work, James Hickman, Head of Outreach Projects at Dogs Trust, said in a press release: "For many people experiencing homelessness, their dog is more than just a faithful companion; they are family."

- To find a service working with the Together Through Homelessness project near you, check out the Dogs Trust website's interactive map here: [dogstrusthopeproject.org.uk/help-with-vet-care/where-we-work](https://dogstrusthopeproject.org.uk/help-with-vet-care/where-we-work)



**Book club:** a new book about homelessness was released earlier this year. *Roof-less* is the firsthand experience of Christopher Hoggings, who was caught up in the UK's housing crisis and experienced homelessness, family loss and an autism diagnosis in quick succession. Hoggings writes that the book tells the story of the housing crisis "in words and pictures," featuring as it does his artwork (he designed the cover image seen to the left).

- Find out more about the book or order a copy yourself here: [www.etsy.com/listing/1688134479/roof-less-the-housing-crisis-in-words?etsrc=sdt](https://www.etsy.com/listing/1688134479/roof-less-the-housing-crisis-in-words?etsrc=sdt)

© Christopher Hoggings

**£10m** additional funding promised by London mayor Sadiq Khan to tackle rough sleeping in the capital.

**£36.3m** City hall budget for rough sleeping in 2023, according to *the Guardian*.

**4,389** people counted sleeping rough in London in fourth quarter count of 2023.

TURN TO PAGES A – P  
FOR THE LIST OF SERVICES





© the Pavement

**Beat the heat:** summer heat can be deadly, so it's important to stay hydrated. Most major train stations in Edinburgh, Glasgow and London will have free refill fountains like the one pictured above, taken in Islington, London. Places open to the public such as libraries and museums will also usually have free water refill fountains.

- For more tips on staying safe this summer, see Groundswell health advice on page 21



## New housing bill

The Scottish Government published new legislation in late March affecting people at risk of or experiencing homelessness. The Housing (Scotland) Bill introduces an 'ask and act' duty on social landlords and bodies, such as the police and health settings, to ask about a person's housing situation and act to prevent homelessness where possible. Included in the bill are reforms to provide for people threatened with homelessness up to six months ahead, with provisions also being made for tenants experiencing domestic abuse. Elsewhere in the bill there is a proposal for long-term rent controls for private tenancies. Loss of private tenancy is a leading cause of homelessness in the UK. Housing minister Paul McLennan told *Scottish Housing News*: "Early action, through the kinds of measures included in the Housing Bill, results in fewer people reaching the point of housing crisis. It also means people facing homelessness have more choice and control over where they live".

- You can read the bill and its proposals online here: [www.parliament.scot/bills-and-laws/bills/housing-scotland-bill-session-6/introduced](http://www.parliament.scot/bills-and-laws/bills/housing-scotland-bill-session-6/introduced)

## Closing shop

Right There, an **Edinburgh** charity, has said it has been forced to close two of its homeless accommodation sites in the capital by the City of Edinburgh Council. *Third Force News (TFN)* reports the council's refusal to pass on an uplift in housing benefit to increase the housing management payment to the charity led to the decision, which also puts the jobs of 19 support workers at risk. The facilities house up to 44 people experiencing homelessness at a time. Speaking to *TFN*, Janet Haugh, CEO of Right There, said: "We have done everything in our power to resolve this with the Council but sadly as a charity we simply cannot absorb a projected £2.5 million deficit over the next five years and continue running this service."

# 2,544

children in temporary accommodation in Glasgow, according to *The Herald*.

# 7,066

people staying in temporary accommodation in Glasgow as of January this year, figures from a *Glasgow Times* report show.

## National emergency

The Scottish government announced a national housing crisis in May. The emergency was called a week after John Swinney was named first minister, replacing Humza Yousaf. Swinney and the government faced calls to declare an emergency by a number of local authorities, including Glasgow and Edinburgh. Although the declaration has been welcomed by councils and charities, it doesn't come with additional funding, nor has any new policy been put into action. Instead, the declaration of a housing emergency represents an acknowledgement by the government of the dire situation. Quoted in the *Big Issue*, housing minister Paul McLennan suggested the government will invest £600m in affordable housing, while also introducing rent controls.

## Council failures

In an alarming report, the Scottish Housing Regulator (SHR) has identified eight local authorities at risk of “systemic failure” in delivering homelessness services. The SHR's risk assessment of social landlords found the following councils are failing to meet demand for homelessness services: Aberdeen City, Dumfries and Galloway, Dundee City, East Lothian, East Renfrewshire, Fife, Stirling and West Lothian. Last December the SHR announced Glasgow and Edinburgh are experiencing “systemic failure” in their homelessness services. *Inside Housing* shared a worrying line from the SHR report: “From our [SHR's] ongoing engagement with all local authorities, we anticipate that the position for many will continue to deteriorate in the short to medium term.”

**1,091** unique guests stayed at Glasgow City Mission's Overnight Welcome Centre (OWC) last winter, which ran from 1 December 2023 – 31 March 2024.

**534** guests stayed at the OWC during 2022–23, representing an increase of over 50%.

**4,810** presentations were made to the OWC in 2023–24, making it their busiest ever year, reports *The Herald*.

# Reflecting on things

The smallest things can lead us to reflect on our past and remind us of difficult times. It's important to remember who you are and how far you have come, while also enjoying the little things, writes *Greta Gillett*

Once you have been homeless and gone through what we have gone through, no matter the time that has passed – and whether you are 'stable' and back into society (what bullshit), so many things, so many tiny little things make you reflect with a multitude of emotions.

For example, every time I'm in a greasy spoon-type café I will remember the times I would make one coffee last hours, filling all my pockets with as much sugar and ketchup sachets and tissues as I possibly could.

So now those little brown packets of sugar and little red sachets of ketchup remind me of how I felt stuffing my pockets with things that were free for customers. I was a customer and yet I felt like a dirty thief.

I felt like I was taking up space and if someone sat at the table next to me, I would try my best to smile, as if to say, "don't fear me, I'm good."

And if they were a mum with their baby on their lap, if they sat and breastfed, or read stories to toddlers or cut up food, I wanted to say loudly and clearly, "hello, I'm a mum too,

I know you see me here by myself but actually I have children, three girls and a boy, and now I'm running around the world from city to city, hitchhiking and hiding, desperately trying to find the reason not to kill myself."

I wanted to tell that mum, or that waitress, or the person in the street who looked away as I caught them staring at me, that I was beaten and they took my children and then my home and I was slowly dying on the inside.

Pale and thin, I looked like a junkie but I didn't even smoke, covered in tattoos telling stories of my children, remembering how sometimes for treats I would go with all four children and we would sit at a table and share chips and sausages and glasses of water.

I remember people would tell me how well behaved and polite my children were.

All of these memories that were running through my mind and overloading my brain simply came from packets of brown sugar.

I'm very particular. Brown sugar with coffee; white sugar with tea; brown sauce with sausages; ketchup

with bacon. And yet I hate so much that society demands of us to be organised. To fit a narrative, to be good and grateful and quiet and fucking small.

I spoke up, I reported, I begged for help and they took my children. My four children who I raised, who I birthed, who I fed with my milk.

So my plan for survival, to be a winner in this sad story, was to have adventures, go places, fill my life with new stories and new people and art and music and to smell the grass. All so one day I can tell my children that while we were apart, I thought about them every day and I fought for them every day and they can tell people their mum is an artist and she writes stories and she has been all over the world.

And if they want when they're older they can also say their mum was abused and their mum was homeless and their mum was lied to and they were taken from their mum when she asked for help.

But my story, my memory, the way I came back, the way I found myself through the nightmares, the hallucinations, the terrors, the panic, the threats, was that I took a lot of pleasure in the small details.

If someone shared a happy memory with me of their own story I listened intently, when I made tea in my hostel, I used my own mug from Poundland and the exact peppermint



An untitled work © Lui Saatchi

tea with just half a teaspoon of honey to sooth myself and with each sip I started to shake less and my breathing slowed down.

On my daily walks I would take out my phone and photograph the flowers growing out of cracks and one photo is still up in my bedroom today to remember that feeling I had that day as I walked the streets.

Let us not forget who we are, let life's troubles not take over, let systems not break us down. We are like those photos I took of flowers sprouting from rubble and cracks. Something beautiful can bud from the strangest places. ■

# History lesson

A short introduction to a remarkable figure from the past you may not be familiar with. Elizabeth Heyrick's support for homeless people in the 19th century resonates today.

By *Jocelyn Robson*

Homelessness is in the headlines and not for the first time. Two hundred years ago, when England introduced the 1824 Vagrancy Act, it was intended to rid the Georgian streets from increasing numbers of homeless and penniless people.

The ending of the Napoleonic wars in 1815 and the Industrial Revolution forced thousands out of the countryside and into cities like London, Leicester, Liverpool and Birmingham. The destitute sought refuge, hoping to find employment. Discharged soldiers and sailors, as well as economic migrants from Ireland and Scotland, arrived in London particularly, and found themselves obliged to sleep on the streets.

These so-called rogues and vagabonds were vulnerable. Sanctions and penalties were raised against them, with the authorities handing out rewards to anyone who could round them up. Policy makers struggled to contain the displaced, including those living outdoors or in barns, the beggars, peddlers, itinerants, prostitutes, gypsies. Regardless of injuries or ailments,

harsher laws were called for against these vulnerable people.

Some opposed these moves and William Wilberforce, the abolitionist and politician, was one of those condemning the 1824 Act. He said that it failed to take an individual's circumstances into account. Did anyone know what had happened to these people? Or question why they were living on the streets?

Another, lesser-known abolitionist, Elizabeth Heyrick, was reading her newspaper one morning when a particular piece caught her attention: it outlined the provisions of the new Vagrancy Act. She was horrified to read that many of those classified as rogues or vagabonds were now liable for imprisonment or flogging. Women were not permitted to speak in public, so Heyrick picked up her pen and wrote a pamphlet – like a true Georgian blogger.

By her own admittance, she was one of those who supported the so-called rogues and vagabonds. The 1824 Vagrancy Act effectively branded misfortune with the stigma of crime. Heyrick was a devout Quaker and believed everyone to be

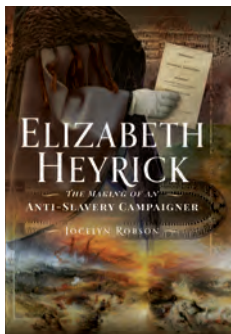
equal, created in the image of God.

Within the Christian Church, there is an emphasis on charity and generosity. Followers are taught to give to the hungry and offer sanctuary to the poor. Yet the Government legislation was doing the exact opposite. People's welfare was being reduced by circumstances beyond their control: by fluctuations in trade, population increase and even the substitution of mechanical over manual labour. Why should the poor be stigmatised, robbed of their independence and punished? What crimes had been committed?

So, what were the Government's motives? Heyrick wondered, was it the wounds or deformities of these people, could it possibly be the unpleasant rags? Or was it simply the commercial implications. Some claimed that vagrants posed a threat to the livelihoods of respectable shopkeepers and tradesmen.

Why had no one exposed the injustice of these persecuting measures? How is it that no one had noticed the cruel system of tyranny they would surely lead to? And pointedly, she asked, as the anti-slavery movement was gathering pace, where were the great abolitionists – the sworn enemies to slavery and oppression – when this legislation was proposed to the House?

Today's readers may not be



© Pen & Sword History

aware that some parts of this 1824 legislation are actually still in force. Homeless people are still being arrested and the intended replacement legislation (the Criminal Justice bill) has not yet been passed by Parliament. In May 2024, some MPs rebelled over proposals to give police powers to fine rough sleepers for, among other things, 'excessive noise' and 'smells'. What would Elizabeth Heyrick have made of these new provisions? She was deeply shocked at her contemporaries' efforts to criminalise rough sleepers. Certainly, she would surely disapprove of the current Governments intentions.

Over the course of her life, Heyrick continued to fight fiercely for the rights of oppressed people and she became one of the most outspoken anti-slavery campaigners of her time.

• **Jocelyn Robson's biography of Elizabeth Heyrick is due to be published soon by Pen & Sword History** ■



" I SOMETIMES WISH I HAD A HAPPY PAST  
THAT WOULD CATCH UP ON ME "





*“Congratulations, you have saved up enough loyalty points to use the toilet facilities for one minute, after 8pm, on Tuesdays, starting in February 2025 providing you fill out this 18 page questionnaire...”*

# Good news cycle

**FoodCycle nourish communities with food and conversation.**  
***Emdad Rahman* visited one of its London services to find out more**

Those who are at the forefront of homeless outreach will identify with me when I describe the levels of creativity involved when it comes to ensuring continuity and consistency of services.

Dedicated frontliners will often piggyback to stretch resources, swap ideas and make ends meet in pursuit of continuity of services and kind gestures.

I recently read up on Dr Helen Kingston from Frome, a pioneering GP who recognised the impact loneliness was having on the physical health of her patients and set up the Compassionate Frome project in 2013 as a result.

In partnership with Frome Medical Practice and Health Connections Mendip, Dr Kingston created a service directory of more than 400 local care providers and volunteers to help people reconnect with their community. Services included helping with shopping and dog-walking, exercise classes and choir practice.

Hoping to find similar platforms to support local homeless friends, it wasn't long before I came across FoodCycle.

At FoodCycle, the vision is to make



**Volunteers at FoodCycle with Emdad (far right) © Emdad Rahman**

food poverty, loneliness and food waste a thing of the past for every community.

With community dining week in, week out, volunteers cook fresh lunches to feed the hungry. They give company to the lonely in our communities, providing delicious meals and great conversation, using food which would otherwise go to waste.

The idea here is to connect communities, reducing loneliness and food poverty, working with volunteers and surplus food to help people.

This is all done through creating

welcoming spaces for people from all walks of life to meet, eat and have conversations. It's excellent support for people's health and mental wellbeing.

By cooking with surplus ingredients, FoodCycle promotes healthy, sustainable attitudes towards food and its impact on the environment, helping people to learn more about healthy eating.

As a result, we have been introducing homeless friends as well as struggling families to delicious, hot, home-cooked vegetarian food.

I have known Joe for a decade and he has been living on and off the streets. The first step for me was to reassure him that he wouldn't be judged and nobody would look down on him.

After years of being made to feel invisible, verbally abused, hit, spat on, beaten and robbed, it isn't difficult to see why people like Joe severely struggle for confidence in social situations.

Joe is not stereotypical and his appearance as a homeless man living on the streets of London isn't based on our prejudices and misconceptions.

If you saw him, you'd never guess he often sleeps rough, as he takes great pride in washing, grooming and changing his clothes. His items

of choice for kind people who ask what he would like are sandwiches, toiletries, boxer shorts and hygiene products.

"Washing, grooming and changing clothes has a really positive impact on my mental health and I try my best to avoid the dishevelled look. It sometimes works against me too. People can be so cruel and I get barbed comments about not looking 'homeless enough' as I present well generally.

"But the feeling of self-worth and personal pride is more important for me. I do actually have bad teeth. It can be a giveaway but I rarely offer a toothy grin so the secret is safe."

Joe had to be coaxed into visiting FoodCycle at Barking Al Madinah Mosque, where he has joined a few homeless people each week. They don't know each other and the volunteers don't ask questions. This helps with building confidence and tackling any genuine feelings of insecurity.

The experience is even more beneficial as it is now a platform for homeless guests to relax, savour delicious food and most importantly, start to take tentative steps to build friendships by fostering trust through socialising.

- **Emdad is on X (Twitter):**  
[@emdad07](https://twitter.com/emdad07) ■

# Learning from Narcissus

In the age of mindfulness, wellbeing and mental health awareness, the power of reflection and the need for individual reflection needs to be understood and appreciated.

By *Leon Eckford*

My grandmother had a picture in her bedroom as I grew up, which was of a porcelain-faced young woman looking into a pool of water surrounded by the most beautiful ornate garden.

You could assume it was an image that showed the definition of narcissus, where Narcissus himself was a figure from Greek mythology who was so impossibly handsome that he fell in love with his own image reflected in a pool of water.

You could have also asserted that the girl was looking for an identity in the water below, where she did not see the ethereal beauty beaming back at herself. During my journey into rehabilitation for opiate addiction, this was my reading of the girl staring into the pool. For me, it was seeing the bottom of the pool as the surface level fascia that the reflection presented was unrecognisable and disturbing.

Sometimes, I could just about stomach what beamed back at me, all greying hair, yellowing teeth due to years of smoking, laughter lines stained with the experience and the universality of loss, grief, suffering,

relationship breakdown and the host of other psychosocial turbulence that we as human beings encounter.

Oprah, Gwyneth Paltrow and other Hollywood self-help gurus are able to breathe this away in their private gated utopias. How can they tell someone living under a bridge in LA or sleeping in a piss-soaked alleyway in Whitechapel to develop a mantra in the spirit of self-healing? But there is something in reflection.

Now when I think about that picture of the girl, I believe she looks in the pool, she sees her beauty, but the world does not recognise it as it is too busy getting on with its own mechanisms – more important and fundamental than her own self-perceived suffering.

Ultimately, the journey of self-discovery is deeply personal and nuanced. While societal influences and external pressures may shape our perceptions, true understanding comes from within. It's essential to cultivate empathy, resilience and a sense of purpose to navigate the complexities of life with authenticity and compassion.

# Surviving summer

Climate change has increased the regularity of extreme weather events, including exceptionally warm weather and heatwaves.

Hot weather carries risks. Groundswell staff have some tips on beating the heat this summer

**Emergency protocols** may be in place for extreme hot temperatures. Your local council may be offering accommodation or other support. Local homelessness services will be alerted to these, so please contact them to find out what's on offer. Here are some other tips.

- Carry a water bottle and know where to refill. Many stations in London, Glasgow and Edinburgh have fountains
- Make use of public spaces such as libraries and museums to stay cool indoors
- Avoid or limit your use of alcohol, substances, caffeine and sugar
- Wear a hat with loose-fitting clothes
- Apply sunscreen and try to stick to shaded areas
- Avoid physical activity where you can.

Groundswell exists to enable people who have experience of homelessness to create solutions and move themselves out of homelessness – to the benefit of our whole society. Our vision is of an equal and inclusive society, where the solutions to homelessness come from the people with experience of homelessness.



# PINT talk

An interview with Cee Star, founder of People in Need Today, a charity delivering outreach services to people experiencing homelessness in London. Interview by *Sophie Dianne*

People in Need Today (PINT) was established 18 years ago at grassroots level. Since this time the organisation has gained charity status. It now has an army of dedicated volunteers, working at outreach projects seven days a week across London.

**In February, I interviewed PINT's founder Cee Star. I began by asking him how the organisation started.**

**And what his motivation was:**

I started my career in the music business and got very successful. I've worked with some big names and won awards. But I could see what was going on around me. Kids from local council estates were getting involved with gangs. Some as young as 12 or 13. These kids were vulnerable, coming from broken homes, often neglected by families. They didn't want social services involved so they were either sleeping rough or staying with gang members. I was saving food from music events and giving it to the kids. I wanted to do more. To give them something else to focus on and keep them out of trouble. So, I started mentoring them. I got them doing

workshops in my recording studio.

**How did PINT evolve from this?**

PINT stands for People in Need Today. Regardless of your ethnicity, religion, sexuality, gender or age, if you're vulnerable for whatever reason, we want to help you. At some point in our lives, we all need help. We are accessible seven days a week, running a variety of outreach projects. Currently we provide food for up to 150 homeless people, give support to vulnerable families and collect donations of clothes, sanitary products and surplus food. We just want to improve lives and mental stability.

**What would you say is the most important part of PINT's work?**

All our work comes from the heart, we like to build strong relationships with the community and the individuals we help. It's all about befriending and providing consistency. And that comes from keeping those roots. I met a 73-year-old woman who felt safer on the streets than in a hostel. She said her clothes would get stolen and she was physically hurt. It's absolutely disgusting.



### **What would you say are the biggest challenges to ending homelessness in the UK?**

They're in a trap. People find themselves in a vicious cycle and it is difficult to find a way out. Often rough sleepers become institutionalised by their circumstances. The cost of living crisis has just made things worse. Even when people are able to get off the streets, landlords are providing dodgy properties with awful conditions. These houses and flats should be vetted. It's disgraceful.

### **Have you noticed an increase in the number of people becoming homeless?**

We've met lots of refugees and I particularly remember a family who put their kids into care and started

living in a tent. They were working over-time so they could save money for a new home. That's one of the reasons our family outreach is so important. At the weekend we drop off food parcels to families who desperately need it. It's like a prevention method. In modern day England, it shouldn't be like this.

### **Going forward then, what are PINT's plans for the future?**

I'd like to take a step back and let the volunteers take over. Until that time. I want to create more exposure for PINT and continue to increase our outreach.

- **Details on PINT outreach services can be found in the List in the centre pages of the magazine. Follow PINT on Instagram @pintgiving** ■

# Same old story?

The Scottish National Party's John Swinney is Scotland's new First Minister, replacing Humza Yousaf MSP. But his tenure may be more of the same, rather than a breath of fresh air, writes *Liv Boyce*

Humza Yousaf could never have predicted the end of the Bute House Agreement would mean the end of his tenure as First Minister quite as quickly as it happened. While he has taken responsibility for his own downfall, it clearly was not the end he predicted when on Thursday 25 April he insisted he would not resign as First Minister. Despite the premature end, his achievements of being the first Muslim and person of colour to be First Minister is certainly something to be celebrated.

However, the period of uncertainty does not seem over for the Scottish National Party (SNP). While John Swinney's lack of opposition for party leader is being branded as a sign of unity within party loyalists, it appears that the party may not command the amount of popular support they once held. A recent poll showed that the SNP is set to retain just 15 of its current 43 seats at a General Election, with Labour expected to win 28. John Swinney's quick coronation is designed to settle the nerves of voters in Scotland with an experienced politician at the helm. Although the opposition are quick to disregard John Swinney, his

years at the top of politics might play out with the voters. But, the volatility of the SNP since Nicola Sturgeon resigned and the arrests as a result of Operation Branchform may have done too much damage for John Swinney to repair.

His years at the top of politics were not exactly drama-free however. As leader of the party in 2004, he jumped before he was pushed, after Alex Salmond persuaded him to step down to avoid senior party figures calling for his resignation after the results of a European Parliament election. After a few years as a backbench MSP, he became a minister again in 2007 when the SNP were in opposition. His most notable years were when Nicola Sturgeon was First Minister, under whom he was made Cabinet Secretary for Education and Skills and then Deputy First Minister. However, after suffering from two votes of no confidences due to a 2020 SQA exam controversy and the refusal to publish legal advice, Nicola Sturgeon's announcement she was stepping down from frontline politics in 2022 gave John Swinney the perfect cover to duck and run.





While it appears he might be the only man for the job, he seems to be a reluctant rather than a ready First Minister. Even in his acceptance speech, he admitted he had not envisioned his future as leader of the SNP.

John Swinney is seeking to rule on a unity platform, bringing together those dissenting voices from the SNP backbenchers, such as Fergus Ewing who lost the whip under Humza Yousaf, as well as repairing the hurt caused to the Scottish Green Party after the ending of the informal coalition arrangements. Ruling as a minority government means he'll have to rely on cross-party support to be able to bring through a policy agenda. His pledge to bring Kate Forbes into government in return for not standing against him may well alienate those SNP supporters who feel her traditional views are not

suitable to the progressive government which once brought in the Gender Recognition Reform (Scotland) Bill.

In his acceptance speech, John Swinney said he would continue to persuade people of the case for independence, but would also focus on the cost-of-living crisis, the NHS, public services and the climate crisis. He also said addressing the "intense pressure" on housing in rural areas such as Perthshire would be among his main priorities. As for tackling the country's homelessness crisis, Swinney has spoken briefly about the need to repurpose empty homes for suitable accommodation. He has also made promises to replenish Scotland's housing supply. It remains to be seen whether he'll be able to achieve any of this, but if the SNP are aiming for any kind of electoral success, he needs to hope he can.

# Home is where the hope is

Three poems taking on the themes of home, loneliness and hope.  
 Words by *Marsha Glenn, Mohammed Musa and Janet Wilkes*

## No. 64 Park Road by Marsha Glenn

I had four walls.  
 I had a door,  
 I could lock it:

Serenity.

There were floating clouds in the window frame,  
 darkness, ceramic owls  
 of different shapes and colours.  
 House plants that kept dying.  
 In my twisted thoughts  
 I still had hope.

I had tried and tried  
 to make my home:  
 in three different countries,  
 in 10 different houses  
 in 24 different rooms.

I felt I belonged there  
 even when I was too tired of selling burgers  
 even when I was too hurt from the man  
 I wanted to be loved by.

And I could let myself go there,  
 I'd surrendered to my darkest thoughts,  
 hoping by next morning I would feel better.  
 I learnt to give up on  
 blaming others for my miseries.

I have learned  
 to never stop  
 rebuilding  
 my dream of  
 home.

# People need homes

by Janet Wilkes

Only single buds will burst their  
Skins and green the tree where the fields  
Once were, with deep rooted thistles,  
Buttercups and clover. Only  
The scarecrow, that vagrant man with  
A glint in his eye (that's neither  
Friendly nor harsh), will loiter by  
Flats being built in the fields where  
He stood all day long keeping watch.

People forget the scent of late  
Summer as it ends in the fields  
And shades of green in the hedgerows.  
But the single buds that burst their  
Skins, that green the tree will catch the  
Eye of the vagrant man who will  
Look up and say, "People need homes  
And I'm going there – I'm homeless  
Now and I've done my time on the land."

---

## Not alone

by Mohammed Musa

Once about a time there were friends travelling around the world. One friend said "bro, let's chill on the seaside, on top of the bridge." The sea was blue and its waves went up and down.

The city were beautiful, not many friends had been here before but one day there were a shadow of a ghost behind a broken mirror in my house. It was white and had scars and screeched. No one was in the house but I've felt I was not alone.

When I opened the door to my room, I felt there were somebody near me, I heard the sound of the footsteps. I knew there was somebody there with me, that I was not alone

The mirror made sounds, screams again, the man in the mirror was not me

My door was green, the window broken. The door was locked from the inside. Sounds coming from outside.

There were no sound. There were no hope in my broken cells but there were someone I could trust and again I was not alone. ■

# Doing time, part I

In his previous misadventure, time-travelling sleuth McHaggis was arrested. Now he finds himself imprisoned with some strange characters, plotting an escape. Screenplay by *Chris Sampson*

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**Previously:** McHaggis was carted off by the rozzers due to new draconian laws which enable the constabulary to arrest anyone who “looks like they’ve slept rough” and/or “smells excessively”. As our man had just returned from medieval times, he fitted both descriptions. Now read on, in a sort of screenplay pastiche...

## I

**Int. Chateau D’fiif Prison. Day (get it? Chateau De thief?)**

[McHaggis and several other cons are gathered around a lunch table in true Norman Stanley Fletcher style. There is The Count of Monte Cristo, from 1844, falsely imprisoned due to the machinations of a fiendish adversary who has nicked the fortune that is rightfully his. Also, the Discount of Monte Cristo, from 1910, jailed for offering bargains on a bank holiday and – gasp! – not wearing a hat, a monstrous incursion in the Edwardian era. Then there’s the Miscount of Monte Cristo, from a US election that was said by the losing candidate to be fixed (most years, basically). And finally, the C\*nt of Monte Cristo, from 1974, whose crimes were unspecified, but so bad that part of his very name has to be obscured by an asterisk! McHaggis was uneasy in the company of such cut-throats, diddlers and brigands. As ever, the cons are arguing.]

**Discount (affronted):** What do you mean, I never give you anything, Miscount?

**Miscount (matter-of-factly):** I’m saying you’re tight with money, that’s all. And spuds. Can I have one of yours?

**Discount (shouty):** Get stuffed! When you first arrived, I gave you the shirt off my back! And the underpants off my anus!

**Count (outraged):** Dear Lord! Can we have one meal – just one – without your anus being thrust in our faces?

---

[He throws down his plate, unable to eat after this latest outrage. The C\*nt interprets this as a signal for the traditional prison food fight, which usually descends into a riot. He catches Discount full in the face.]

**C\*nt:** Have some soggy cauliflower, Discount!

**Discount:** Aargh! My beautiful face! Now who'll be able to see my dreadful over-acting?

**Count:** Sod this for a game of soldiers! Let's make a break for it while the screws are dealing with these ruffians! Are you with me, McHaggis?

**McHaggis:** Not so fast, amigo!

[He has adopted a tough, vaguely Mexican-sounding persona since being jailed, the better to fit in with other prison clichés.]

Not so fast! You are forgetting, Count, that this is a temporal prison, with prisoners from different eras doing time in the same place – to wit 19th century France – in order to save 21st century costs.

**Count:** Oh? But why are costs so high in your century?

**McHaggis:** Because everything has been privatised and farmed out to the private sector, thus pushing up the costs. Plus, there's little regulation of the private sector when things go wrong, and what little there is often ignored by governments.

[This information might have been better coming at the start of the screenplay, to set the scene, but it is so badly written that it will likely never be filmed – yes, not even by Channel 5!]

**Discount:** Well, I for one approve of such cost-cutting! Why, if I suck up to our jailers, then it shall become obvious to them and their corporate masters that I can be an asset to them, and they shall surely release me.

Providing I snitch on you other prisoners, of course.

**Miscount:** Of course! Disgracefully weaselly, but quite in keeping with your character, Discount.

**Count:** What a pair of crawlers! I think I preferred it when you were spoiling our meals with a soupcon of anus!

**C\*nt:** Even I am appalled by this corporate snidey-bastardliness, and, as all here know, I'm such a wrong 'un that my very name contains an asterisk! So, we have been imprisoned in the past to protect the corrupt system in the future!

**McHaggis:** No offence, amigos, but I think you lot have driven me a little stir crazy. And there's very little help for mental health issues in the Victorian era.

[Prison guard Crufts Robinson, the requisite evil screw, arrives with some other goons to quell the riot.]

**Crufts:** That's right, McHaggis, you snivelling fruitcake! It'll be basket-weaving for you if I have my way.

**McHaggis:** Why, if it isn't Crufts Robinson, the evil screw who makes our lives a misery!

**Goon #1:** Ahem!

**McHaggis:** Soz. I mean, why, if it isn't Crufts Robinson... and other assorted goons.

**Goon #1:** Thank you! Nice to be acknowledged!

**Crufts:** The old methods of policing don't work, McHaggis. Arresting people after they've committed a crime? Ridiculous! But the Powers That Be (PTB for short) have come up with a new policy.

**Count:** Oh? And what's that, screw?

**Crufts:** I'm glad you asked, Monte Cristo. Otherwise without interrupting me, this would have been too long a tirade for the average viewer to stomach, and they'd have turned over to Channel 5+1 – or internet filth – long since.

**C\*nt:** Get on with it, screw! We've broken up enough of your diatribe. Now, tell us what the PTB have come up with. And it better be pretty draconian, or by crikey, there'll likely be some flipping' pushback! Right, fellas?

**Count, Discount, Miscount:** Too bleeding right!

**To be continued in the next issue...**



# Housing in England: Your Rights

Your local council does not always have to help you find emergency accommodation if you are homeless.

If you need help right now, please try these numbers below.

Ask them to help you make an emergency housing application.

**For free help with your emergency housing application:**

**1. Streetlink**

- Tel: **0300 500 0914** & also an App

**2. Shelter**

- Web: [www.shelter.org.uk](http://www.shelter.org.uk)
- Tel: **0808 800 4444**  
(8am–8pm Monday – Friday,  
8am–5pm weekends)

**3. Citizens Advice Bureau**

- Web: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)
- Tel: **03444 111 444**

**If your application is rejected:**

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

Visit [www.thepavement.org.uk](http://www.thepavement.org.uk) for a more detailed version of your housing rights in England and Scotland.

# Housing in Scotland: Your Rights

Call Shelter Scotland for free housing advice

9am–5pm, Monday to Friday on **0808 800 4444**.

You may be able to make a homeless application with a local council. This is different from a housing options interview and from an application to the mainstream housing waiting list.

You have the right to temporary accommodation while the council considers your application. The council must notify you of its decision in writing.

**TELL US:** If you want to order more or less copies of *the Pavement* OR need to make a change to the list of services in the centre pages please use the contact details on p3. Thanks!

My notepad...

A large notepad area with horizontal lines for writing, overlaid on a colorful, abstract painting of faces.

Make sure you read...

**the Pavement**

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





## London List

### KEY TO ALL SERVICES

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

Updates: [web@thepavement.org.uk](mailto:web@thepavement.org.uk)  
Compiled: June 2024

This is a partial list, tailored for this issue of *the Pavement*. Full list at [thepavement.org.uk/services.php](http://thepavement.org.uk/services.php)

### FOOD

#### ACE OF CLUBS

St Alphonsus Rd, London, SW4 7AS  
020 7720 2811: [aceofclubs.org.uk](http://aceofclubs.org.uk)

Mon – Fri: 9:30am – 16:30pm

We provide safety, food, warmth, clothing, laundry, showers, housing support and someone to talk to.

Various activities and services available throughout the week:

Mon – Fri: Lunch 12noon – 2:15pm

(£1 contribution encouraged)

Mon – Thur: 12noon – 2:30pm

(Caseworkers: appointment only)

Mon, Wed, Fri: 9:20 – 11.40am

(Showers: appointment only)

Mon – Fri: 12noon – 2:30pm (IT suite)

Mon & Thurs: 11.30am – 2.30pm

(NHS Nurse: appointment only)

Weds: 11am – 2.30pm

(NHS Dentist: appointment only)

Every other Thurs: Refugees/Asylum

Seekers & Migrant Support

Mon – Fri: Laundry service available

throughout the week at £2 per load.

*AH, B, BA, BS, BE, CL, ET, F, MS, OL*

#### AMURT UK

0208 806 4250

[amurt.org.uk/projects/feeding-program](http://amurt.org.uk/projects/feeding-program)

Thursday: 6:30 – 7:30pm

(Lincoln's Inn Fields: Hot Meals, Tea & Coffee and Healthy Energy Snacks)

Thursday: 12:30 – 1:30pm and 17:30

onwards (3A Cazenove Road, Stoke

Newington: Pre-packed Hot Meals and free fresh vegetables for the taking)

Thursday: 1:30pm onwards

(The Greenhouse GP surgery, London Fields: Pre-packed Hot Meals and Healthy Energy Snacks)  
 Thursday: 1:30pm onwards (Health E1 Homeless Medical Centre, Brick Lane: Pre-packed Hot Meals and Healthy Energy Snacks)

*FF, F, SF*

## CLCC FARM STREET CHURCH

114 Mount Street, Mayfair W1K 3AH  
**07864 642 543**  
[centrallondoncatholicchurches@gmail.com](mailto:centrallondoncatholicchurches@gmail.com)

Wed & Sat: 11:30am – 2pm

This service aims to create a safe environment that is clean, welcoming, social and a space where guests can be. There is no ticket system. Guests are welcomed for hot/cold drinks, fruit and biscuits. A hot meal is then served between 12noon and 2pm. Activities which guests enjoy on site include chess and taking part in creative writing. There is also a priest who hosts the Lectio Divina Bible study for the group.

*FF*

## OUR FORGOTTEN NEIGHBOURS

[www.ourforgottenneighbours.co.uk](http://www.ourforgottenneighbours.co.uk)  
 Thu: 5pm at Toynbee Hall, Commercial Street, E1

Fri: 2pm at Lidl Seven Sisters Road, Finsbury Park, N4

Soup kitchen with food and toiletries  
 Services for refugees.

*FF*

## REFETTORIO FELIX ST CUTHBERT'S

The Philbeach Hall, 51 Philbeach Gardens, Earl's Court, SW5 9EB  
**020 7835 1389; refettoriofelix.com**  
 Wed: 12noon – 2pm (NHS nurse)  
 Mon – Fri: 12noon – 2pm (free lunch)  
 We offer takeaway and sit-in food.

*AH, F*

## REFUGEE COMMUNITY KITCHEN

[refugeecommunitykitchen.org](http://refugeecommunitykitchen.org)  
 It offers a large variety of food at every service, including soup, salad, eggs, tea and coffee as well as a nutritious delicious main and dessert.

*Tuesday:*

### Camden Town Station

7 – 8pm: Camden High St, NW1 8NH

*Wednesday:*

### Archway Tube Station

6.30 – 7:30pm: Junction Rd, N19 5QT

*Thursday:*

### Goodge St Tube Station

7 – 8pm: 75 Tottenham Ct Rd, W1P 9PA

*Friday:*

### Swiss Cottage Tube Station

6:30 – 7:30pm: Finchley Rd, NW3 6HY

*Saturday:*

### St John the Baptist Church

1:30 – 2:30pm: Pitfield St, N1 6NP

*Sunday:*

### Bethnal Green Tube Station

7 – 8pm: Cambridge Health Rd, E2 0ET

### Brixton

5:30 – 6:30pm: Windrush Sq, SW2 1JQ

**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

**SIMON COMMUNITY**

Edith Cavell statue next to the St Martin-in-the-Fields church  
07442 306000

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

Tue, Wed & Thu: 8:30 – 10:30pm  
Street outreach service in London's West End three nights a week providing food, hot and cold drinks, snacks, toiletries, clothes and a limited number of sleeping bags are given out.

*BE, FF*

**THE SOUP KITCHEN @ AIC**

79a Tottenham Ct Rd, London W1T 4TD  
[amchurch.co.uk/serve/the-soup-kitchen](http://amchurch.co.uk/serve/the-soup-kitchen)

Mon – Sat: 10am – 12noon  
Providing 120+ meals a day, six days a week at the American International Church. A consultation room allows for regular visits by mental health professionals, dentists, doctors and more.

*D, DT, FF, MS*

**ST PATRICK'S OPEN HOUSE**

21a Soho Square, London, W1D 4NR  
020 7437 2010; [stpatricksoho.org](http://stpatricksoho.org)  
Mon, Fri & Sat: 8:30am; Breakfast Club, indoor seated – first come first served. Limited showers also available.

Tue – Thu: 7pm; Open House evening meal, indoor seated service with limited capacity, ticket holders only.

*FF, BS*

**STREETS KITCHEN**

[streetskitchen.org/locations/london](http://streetskitchen.org/locations/london)  
Daily food in various London locations.  
Tue & Sat: 7am Breakfast at Camden & Kings Cross.

*Also, Monday:*

**Tooting Streets Kitchen**

6:45 – 7:15pm outside Iceland at  
25 Tooting High St, London, SW17 0SN

*Tuesday:*

**Camden Streets Kitchen**

7.30pm nr Camden Town tube, NW1 8QL

**Clapham Common**

7.30pm near Joe's Pizza, opp Waitrose  
8-1 The Pavement, London, SW4 0HY

*Wednesday:*

**Camden Streets Kitchen**

7.30pm nr Camden Town tube, NW1 8QL

**Stockwell Streets Kitchen**

7.30pm next to Stockwell tube, SW4 6TA

*Thursday:*

**Camden Streets Kitchen**

7.30pm nr Camden Town tube, NW1 8QL

**Hackney Streets Kitchen**

8pm outside Hackney Central Library

*Friday:*

**Archway Streets Kitchen**

7pm outside Archway tube station

**Kilburn Streets Kitchen**

7.30-8.15pm nr Kilburn High Rd tube

**Dalston Streets Kitchen**

8pm Ridley Rd, opp train station E8 2PN

*Saturday:*

**Camden Streets Kitchen**

7.30pm nr Camden Town tube, NW1 8QL

**Hackney Streets Kitchen**

8pm St John's Churchway, opp M&S

*Sunday:*

**Haringey**

5pm Outside Seven Sisters Station

*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

FULL LIST  
AVAILABLE ON  
OUR WEBSITE



## DAY CENTRES

### ALL PEOPLE ALL PLACES

Pymmes Park Visitors Centre,  
Edmonton, N18 2UF

[www.allpeopleallplaces.org](http://www.allpeopleallplaces.org)

Tue – Thu: 8am – 2pm

Best entrance to the park is just off Victoria Street and the closest station is Silver Street overground.

Breakfast and lunch available alongside hot drinks. Access to our service is on a drop-in basis, with casework offered by appointment. Change of clothes available, and 'care packages' for rough sleepers with toiletries & sleeping bag.

We have an immigration solicitor visit our day centre once a month.

Enable Drug and Alcohol Service drop in once or twice a week and speak to clients who want to have a chat about their substance misuse, they also sometimes run men's groups and discuss mental health and tools to manage emotions. Washing machine/dryer available to use.

*A, D, FF, CL, L, OW, LA, OW*

### CARDINAL HUME CENTRE

3/7 Arneway Street, Horseferry Road,  
London, SW1P 2BG

020 7227 1673

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

[info@cardinalhumecentre.org.uk](mailto:info@cardinalhumecentre.org.uk)

Mon – Fri: 9:30am – 2pm (Welcome Hub)

Mon – Fri: 9:30am – 3pm (Advice line)

We are able to provide basic advice and refer to other services within the Centre

and give any information you need, including other places to go for help if we can't help you.

Services at the centre include: Welfare rights and housing advice, employment and learning, immigration advice, family services.

*AH, BA, C, CA, ET, OL, TS*

### CONNECTION AT ST MARTIN'S

12 Adelaide Street, London, WC2N 4HW

020 7766 5544, [services@cstm.org.uk](mailto:services@cstm.org.uk)

[www.connection-at-stmartins.org.uk](http://www.connection-at-stmartins.org.uk)

Mon, Tue, Thu, Fri: 9am – 3pm (drop-in);

3 – 4:30pm (appointment only)

Wed: 9am – 12:15pm (women only)

Provides short- and long-term support to people affected by homelessness, substance abuse, mental health etc.

*BS*

### EMMAUS GREENWICH STREET SOULS

Woolwich Common Community Centre,  
SE18 4DW

[streetsouls@emmausgreenwich.org](mailto:streetsouls@emmausgreenwich.org)

Thu: 6 – 8pm

*FF, CL, OW, L*

### EMMAUS WESTMINSTER STREET SOULS

St Stephen's, Rochester Row, SW1P 1LE

[streetsouls@emmausgreenwich.org](mailto:streetsouls@emmausgreenwich.org)

1st & 3rd Fri of the month: 7:30 – 9pm

Street Souls offers support to anyone in need. We offer food, clothing and other items, weekly activities, a listening ear and signposting to local organisations.

*FF, CL, OW, L*

#### 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

**THE MANNA**

St Stephens Church Hall, 17 Canonbury Road, London, N1 2DF

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

Tue: 2–7pm; Thu & Fri: 10am–4pm

Wed: (Activity day: call or check website)

A day centre for marginalised, vulnerable and homeless people with a wide range of services available to guests, including: Food; Laundry; Showers; Key work advice.

*BS, FF, L*

**THE MANNA CENTRE**

12 Melior Street, London, SE1 3QP

**www.mannasociety.org.uk**

Day centre open seven days a week, 8:30am–1:30pm. All services are free.

Mon–Sun: Breakfast & lunch; showers

Mon–Fri: Housing and welfare advice; mobile phone charging

Mon, Wed & Fri: 9am–12pm (Nurse)

Mon: 10–10:45am (clothing store by ticket only)

Mon–Thu: 10:30am–1pm (computers)

Tue, 10am–11:30am (mental health)

Every 2<sup>nd</sup> Tue: 10am–1pm (chiroprapist)

*AH, BA, BS, CL, FF, IT, L, MH, MS*

**THE PASSAGE**

St Vincent's Centre, Carlisle Place, London, SW1P 1NL

**020 7592 1850; info@passage.org.uk**

Mon–Fri: 9am–12noon & 1–3:30pm

Provides practical support and services to help change lives. The Passage runs a modern Resource Centre, four accommodation projects, outreach services, health services, homelessness

prevention schemes and a modern slavery support programme.

Services include: Initial assessment and advice; Showers, toilets and laundry; Breakfast and lunch service; Benefits advice; Housing advice; Mental health support; Access to Nurses and GPs; Education and employment training; Welfare rights advice; Support groups.

*AH, BA, BS, CL, FF, IT, L, MH, MS*

**SPIRES CENTRE**

8 Tooting Bec Gardens, SW16 1RB

**020 8696 0943; www.spires.org.uk**

Mon, Tue, Thu, Fri: 9am–10:30am

(Rough Sleeper's Space)

Wed: 10am–12.30pm (women only)

The rough sleeper breakfasts run four days a week, where homeless & vulnerably housed people are

offered food, clothes and other basic necessities before being assessed. Our

key workers access each individual's housing requirements and address their underlying support needs.

*AH, BA, CL, FF*

**WHITECHAPEL MISSION**

212 Whitechapel Road, London, E1 1BJ

**0300 011 1400**

**whitechapel.org.uk/help/timetable**

Mon–Sun: 6–11am (Drop-in)

Mon–Sun: 8–10am (free breakfast)

Mon–Fri: 6–10am (women's

showers); 7–10am (men's showers & clothing); 8am–3pm (Advice Centre & Computing)

Day centre with various services.

*AH, BA, CL, FF*

*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



## LGBTIQ+

### AKT (LONDON)

19-20 Parr Street, London, N1 7GW  
**020 7831 6562; [www.akt.org.uk/refer](http://www.akt.org.uk/refer)**  
 Mon – Fri: 10am – 4.30pm  
 For LGBT 16 – 25-year-olds who are homeless or living in a hostile or violent environment after coming out.  
 Housing advice: [gethelp@akt.org.uk](mailto:gethelp@akt.org.uk)  
**C**

### CAFE QUEERO

52 Lant Street, SE1 1RB  
[lgbtiqoutside.org/centre](http://lgbtiqoutside.org/centre)  
 Tue: 10am – 2pm  
 Pop into the LGBTIQ+ Centre for its weekly drop-in service. Free breakfast, showers, housing advice, WiFi, clothing, toiletries, LGBTIQ+ library and a quiet / sensory space available.  
**AH, BS, CL, FF, IT, LF**

### EACH

**0808 1000 143; [www.each.education](http://www.each.education)**  
 Mon – Fri: 9am – 4.30pm (helpline);  
 EACH provides a free and confidential, homophobic, biphobic or transphobic bullying reporting service for children and young people up to 18 years of age.  
 Email: [info@each.education](mailto:info@each.education).  
**[www.facebook.com/eacheducation](http://www.facebook.com/eacheducation)**  
**AD, C, LA**

### GALOP

[www.galop.org.uk](http://www.galop.org.uk)  
**0800 999 5428** is the National Helpline for LGBT+ Victims and Survivors of Abuse and Violence. Helpline is open  
 Mon – Thu: 10am – 8:30pm  
 Fri: 10am – 4:30pm  
 Support with domestic abuse; hate crime; sexual abuse, rape and violence; conversion therapy. Online chat too.  
**AH, AD, C, MS, LA**

### OUTSIDE PROJECT & STAR REFUGE

**0207359 5767** (Stonewall helpline)  
 Open Mon – Fri: 10am – 1pm  
[lgbtiqoutside.org](http://lgbtiqoutside.org)  
 Referral form: [www.stonewallhousing.org/services/referral-form](http://www.stonewallhousing.org/services/referral-form)  
 The Outside Project runs the LGBTIQ+ Centre, an inclusive and supportive space operating seven days a week.  
 See LGBTIQ+ centre timetable here:  
[lgbtiqoutside.org/centre](http://lgbtiqoutside.org/centre)  
**AH**

### QUEER HOMELESSNESS RECOVERY GROUP

The LGBTIQ+ Centre, 52 Lant Street, London, SE1 1RB  
[lgbtiqoutside.org/centre](http://lgbtiqoutside.org/centre)  
 Wed: 1:30 – 4pm  
 Get help and advice with practical and peer support following a period of homelessness. Support with bills, house search and settling into a new environment.  
**AH, BA**

#### KEY

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

**B** Barber  
**BA** Benefits advice  
**BE** Bedding available  
**BS** Bathroom/showers  
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**EO** Ex-offenders  
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**F** Food  
**FF** Free food

**STONEWALL HOUSING**

8 Coppergate House, 10 White's Row,  
London, E1 7NF

[stonewallhousing.org](http://stonewallhousing.org)

0800 6 404 404

- Option 1 advice.

- Option 2 advocacy.

- Option 3 supported housing,

Mon – Fri: 10am – 1pm

Stonewall has a self-referral form,

and can provide the following:

Housing support and advice; specialist

support around domestic abuse;

mental health advocacy; safe and

supported accommodation schemes.

Fill in a self-referral form online here:

[stonewallhousing.org/referralform](http://stonewallhousing.org/referralform)

*MH, C, ET, OL, OW, SH*

**SWITCHBOARD LGBT+**

0800 0119 100; [switchboard.lgbt](http://switchboard.lgbt)

Mon–Sun: 10am – 10pm (helpline)

For LGBT+ people who have experienced

hate crime, sexual violence or domestic

abuse. Supports people who have

had problems with the police or have

questions about the criminal justice

system. Chat option available on

website for advice and support.

*LA, AD, MH*

**OTHER****HOTEL SCHOOL**

[www.hotelschool.org.uk/contact](http://www.hotelschool.org.uk/contact)

Hotel School teaches hospitality skills to people who are vulnerable and

experiencing homelessness, matches

them to sustainable employment, and

supports them in their first steps into

work. Hotel School is a joint venture

between The Passage (London's largest

voluntary sector homeless resource

centre) and The Goring Hotel.

**Referral Criteria/Eligibility:** Applicants

must be 18+; No borough restrictions;

No previous experience required, but

an interest in hospitality is essential;

Willingness to make a commitment to

10 weeks of training. Please send any

queries via the contact form or email:

[zoem@hotelschool.org.uk](mailto:zoem@hotelschool.org.uk)

*CA, ET*

**THE BIG ISSUE**

020 7526 3445

[www.bigissue.com/become-a-vendor](http://www.bigissue.com/become-a-vendor)

As a Big Issue vendor, you can buy

the magazine for £2 and sell it for £4,

earning £2 per magazine sold. Working

as a vendor is fully flexible, vendors can

sell on their pitches any time of day,

working their own hours, as their own

boss to earn as much as they can. New

vendors receive 30 free magazines

allocated over a six-week period. You

will have access to 1:1 support and

the opportunity to join programmes,

training and work placements.

*CA, ET*

*FC* Foot care  
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FULL LIST  
AVAILABLE ON  
OUR WEBSITE



## GROOVE, GROOM & GRUB

[facebook.com/getyourmojoworkin](https://facebook.com/getyourmojoworkin)  
07498 041 824

Tuesday 12pm – 2pm: next to Angel Station, under the covered area.

Tuesday 3pm – 5pm: outside Finsbury Park Station under the bridge.

## HAIRCUTS4HOMELESS

Various locations in London

[www.haircuts4homeless.com](http://www.haircuts4homeless.com)

Mobile hairdresser at numerous outreach services and day centres in London. For appointment please email: [team@haircuts4homeless.com](mailto:team@haircuts4homeless.com)

## STREET STORAGE

close to Kings Cross

07932 830 440; [streetstorage.org](http://streetstorage.org)

Mon, Tue, Thu & Fri: 10am – 4pm

Wed: 1 – 4pm

CL

## HOBBIES

### STREETWISE OPERA

Southbank Centre, Belvedere Road, London, SE1 8XX

[streetwiseopera.org](http://streetwiseopera.org); 020 3987 7535

Wednesdays: 4 – 6pm

If you are homeless, vulnerably housed or affected by homelessness, Streetwise invites you to discover, or re-connect with, the joy of singing. It also runs free weekly singing and creative workshops in Manchester and Nottingham. Visit website for more information.

MD

## STREET SOCCER LONDON

[streetsoccerlondon.org/play](http://streetsoccerlondon.org/play)  
[laura@streetsoccerlondon.org](mailto:laura@streetsoccerlondon.org)

We use the power of football to help people make positive changes in their lives. Visit a drop-in session for a free game, or email for more information.

### Mondays

4 – 6pm: Youth Drop-in @ Black Prince Trust (BPT), Beaufoy Walk, Lambeth

4 – 6pm: Youth U15's @ Powerleague Nine Elms

2 – 4pm: Adult Drop-In @ BPT

### Tuesdays

4 – 6pm: Youth Drop-In @ Powerleague Nine Elms

### Wednesdays

10am–12noon: Adult Drop-In @ BPT

1:30 – 3pm: Adult Drop-In @ Burgess Pk

4 – 6pm: Youth Drop-In @ Burgess Pk

4 – 6pm: Youth Drop-In @ BPT

### Thursdays

3 – 5pm: Adult Mixed Drop-In @ Powerleague Shoreditch

4 – 6pm: Youth Drop-In @ BPT

### Friday

4 – 6pm: Youth Girls 10-16 @ BPT

4 – 6pm: Youth 15-19 @ BPT

MD

## THE CHOIR WITH NO NAME

St Columba's, Knightsbridge, SW1X 0BD  
0746 492 8122; [choirwithnoname.org](http://choirwithnoname.org)

Thursdays: 6:30pm (singing starts 7pm)

Choir sings for an hour and half, then sit down together for a hot meal cooked by volunteers. No singing experience required, no audition, just pop down!

MD



Calling  
all...

# Authors!

An independent publisher, The Endless Bookcase, has a grant from the Arts Council to publish a series of up to five new authors who are homeless or have an experience of homelessness, under the new imprint, Unheard Voices.

Fiction, poetry or creative non-fiction is welcomed. No writing experience is necessary at this stage. Full support given with share of sales proceeds.

### Interested?

Contact Jason Electricity (Series Advisor) at [jasonelectricity@gmail.com](mailto:jasonelectricity@gmail.com) OR  
Neil Deuchar (Series Editor) at [neildeuchar@theendlessbookcase.com](mailto:neildeuchar@theendlessbookcase.com)



Supported using public funding by  
**ARTS COUNCIL  
ENGLAND**



Get  
your  
writing  
published...

## TURN A CORNER LIBRARY

07824 038 807

[turnacorner@qsa.org.uk](mailto:turnacorner@qsa.org.uk)

- The American Church, near Goodge St on Tues: 8:30am – 12:30pm

- Lincoln's Inn Fields, near Holborn on Wed: 5 – 8pm

- St Giles in the Fields, near Tottenham Court Road on Thu: 9am – 12:30pm

Turn a Corner is a mobile community library for people affected by homelessness. You do not need an appointment, fixed address or membership to visit or borrow a book.

MD

## PETS

### DOGS ON THE STREET

next to Charing X Police Station, WC2N

[dogsonthestreets.org](http://dogsonthestreets.org)

Sundays: 1:30 – 3pm

Fortnightly from 14th April 2024

Charity dedicated to the welfare of dogs belonging to the UK's homeless community. Fully equipped mobile veterinary surgery vehicle. All essential items and services are provided for free, from food provisions to new harnesses and leads plus training and grooming sessions.

## HOPE PROJECT

020 7833 7611

[www.dogstrusthopeproject.org.uk/help-with-vet-care/register-your-dog](http://www.dogstrusthopeproject.org.uk/help-with-vet-care/register-your-dog)

Mon – Fri: 9:30am – 4pm

Call ahead or visit website to register your dog and find a vet practice near you. Email: [tth@dogstrust.org.uk](mailto:tth@dogstrust.org.uk)

## STREETVET

[www.streetvet.co.uk/a-pet-needs-help](http://www.streetvet.co.uk/a-pet-needs-help)

StreetVet is a free veterinary care outreach service for pets of people experiencing homelessness.

## EX-OFFENDERS

### FORWARD TRUST

020 3981 5525; [forwardtrust.org.uk](http://forwardtrust.org.uk)

Empowers people to break the cycle of crime and addiction. Services are tailored to individuals' needs, strengths and motivations. Harm reduction, care and assessment, plus motivation, inspiration and support to transform your life.

A, C, DW

### NATIONAL PRISONERS' FAMILIES HELPLINE

0808 808 2003

[prisonersfamilies.org](http://prisonersfamilies.org)

Mon – Fri: 9am – 8pm (not Bank Holidays); Sat & Sun: 10am – 3pm

Advice, info & support if a family member is in the criminal justice system in England and Wales.

LA

## KEY

A Alcohol workers

AC Art classes

AD Advocacy

AH Accommodation/  
housing advice

B Barber

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D Drugs workers

DA Debt advice

DT Dentist

EF Ex-forces

EO Ex-offenders

ET Education/training

F Food

FF Free food

**TREASURES FOUNDATION**

07950 585 947

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

Monday – Friday: 10am – 5pm

Helps female ex-offenders and former addicts with a home and support.

By referral only, email:

[mandy@treasuresfoundation.org](mailto:mandy@treasuresfoundation.org)*MH, AH, F***WORKING CHANCE**[www.workingchance.org](http://www.workingchance.org)

Mon – Fri: 9am – 6pm

Supports women with criminal convictions and those leaving the care system into sustainable, quality employment. They place candidates into a huge variety of jobs. Help with CV writing, interview practice and advice disclosing convictions.

*AH, AD, BA, C, DA, ET, TS***EX-FORCES****COMBAT STRESS**[combatstress.org.uk](http://combatstress.org.uk)

0800 138 1619 (24/7 helpline)

01372 587 000 (urgent enquiries)

Mon – Sun: Open 24 hours

Residential clinical treatment and community outreach.

Helping former servicemen and women with mental health problems such as post-traumatic stress disorder (PTSD), anxiety and depression.

*MH, AD, C, OL***SSAFA FORCESLINE**0800 260 6767; [www.ssafa.org.uk](http://www.ssafa.org.uk)

Monday – Friday: 9am – 5pm;

SSAFA helps combat homelessness among ex-Service personnel.

Their London Homeless Division works with ex-Service rough sleepers. If you have gone AWOL, contact their Reclaim Your Life scheme and get your life back on track.

*AH, EF, TS***STOLL**

446 Fulham Road SW6 1DT

020 7385 2110; [stoll.org.uk](http://stoll.org.uk)

Monday – Friday: 8am – 8pm (closed 12.30 – 1.30);

Saturday &amp; Sunday: 8am – 5pm

Stoll is the leading provider of supported housing for ex-servicemen and women.

*MH, AH, AD, A, BA, CA, C, DA, DW, EF, ET, MD, OW, TS***WOMEN****CLEAN BREAK**

2 Patshull Road NW5 2LB

020 7482 8600, [cleanbreak.org.uk](http://cleanbreak.org.uk)

Inspirational theatre company working with women whose lives have been affected by the criminal justice system. Free courses in acting, writing, singing and recording. The Women's Space will be for women offenders and women at risk of offending due to drug or alcohol use or mental health needs.

*MH, A, DW, ET, MD, C, MS*

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FULL LIST  
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 OUR WEBSITE



## REFUGE

0808 2000 247

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

The freephone, 24-hour National Domestic Abuse helpline for women and children in England.

*CL*

## SMART WORKS

020 7288 1770

[london.smartworks.org.uk](http://london.smartworks.org.uk)

Smart clothing for women for job interviews. Mentoring programme run by CIPD and referrals for more help. Check website for nearest service.

*CL*

## SOLACE

0808 802 5565

[solacewomensaid.org/solace-accommodation](http://solacewomensaid.org/solace-accommodation)

Mon – Fri: 10am – 4pm

Tue: 6 – 8pm

Solace provides safe refuge and move on accommodation to hundreds of women and children made homeless through domestic or sexual abuse. Overall, Solace has 22 refuges offering 178 rooms across seven London boroughs for women and children fleeing abuse. Support is also provided to ensure women and children are safe and their core needs are met in relation to finances and welfare benefits, housing – especially move-on accommodation, legal matters, immigration issues, health, education, training and employment.

*AH, BA, C, CA, LA, MS*

## WOMEN'S AID

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

Women's Aid is the national charity working to end domestic abuse against women and children.

Services are available in these boroughs: Barking and Dagenham, Barnet, Bexley, Camden, Enfield, Hackney, Haringey, Havering, Islington, Newham, Redbridge, Royal Borough of Greenwich, Southwark, Tower Hamlets, Waltham Forest- Use this directory to find services in particular areas: [www.womensaid.org.uk/womens-aid-directory](http://www.womensaid.org.uk/womens-aid-directory)

*AH, BA, C, CA, LA, MS*

## HEALTHY MIND & BODY

### ANTIDOTE (LONDON FRIEND)

86 Caledonian Road N1 9DN

020 7833 1674

[londonfriend.org.uk/antidote](http://londonfriend.org.uk/antidote)

[antidote@londonfriend.org.uk](mailto:antidote@londonfriend.org.uk)

Mon: 11am – 1pm (in-person drop-in)

Email for more information

Drug and alcohol support, referral to detox clinics and prescribing centres, referral to our counselling service, drop-ins to discuss drug and alcohol issues, sexual health and steroid use issues, an intensive structured weekend programme (SWAP) and advice helpline.

*A, C, DW, SH*

### KEY

*A* Alcohol workers

*AC* Art classes

*AD* Advocacy

*AH* Accommodation/  
housing advice

*B* Barber

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*EF* Ex-forces

*EO* Ex-offenders

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*F* Food

*FF* Free food

**CHANGE, GROW, LIVE RESET  
(TOWER HAMLETS)**

183 Whitechapel Road, E1 1DN  
020 388 99510

Mon, Thu, Fri: 10am – 4pm

Tue: 10am – 7pm; Wed: 12:30 – 7pm

Treatment & Recovery Service for people affected by substance misuse.

*A, D, MS*

**CAMDEN HEALTH IMPROVEMENT  
PRACTICE (HAMPSTEAD ROAD)**

108 Hampstead Road, NW1 2LS  
camdenhomelessgp.co.uk

020 3182 4200; chip@nhs.net

Mon, Wed & Thurs: 9:30am – 4:30pm

Tues 10:30am – 4:30pm, Fri 9am – 4pm

APPOINTMENT ONLY - call or email.

For people sleeping out or in hostels.

*MH, BA, BS, CL, DT, FC, MH, NE, OW*

**THE DOCTOR HICKEY SURGERY**

3–7 Arneway St, SW1P 2BG

thedoctorhickesurgery.co.uk

0207 222 8593

Mon – Fri: 9:30am – 12:30pm, then 1:45

– 4pm (except Wed afternoon - closed)

**Services:** The surgery has five GPs,

an Advanced Nurse Practitioner and

a Healthcare Assistant and provides

a full range of medical care solely for

people who are homeless from across

London. It has a particular focus on the

primary care management of substance

misuse, alcohol abuse and chronic

severe mental illness. Hosts a weekly

hepatology clinic run by a leading Liver

Specialist Consultant and Nurse.

*MS*

**GREAT CHAPEL ST MEDICAL CTR**

4th Floor, Soho Centre for Health,

1 Frith Street, Soho, London, W1D 3HZ

020 7437 9360; greatchapelst.org.uk

Appointments and walk-in clinics from:

**Bookable GP Clinic:** Mon: 10am; Tue:

11:30am; Wed: all day; Thu: 2pm

**GP Walk-ins:** Mon & Thu morn, Fri: 2pm

**Bookable Nurse Appointments:**

Mon: 2pm; Tue: 11:30am; Wed & Thu:

10am

**Nurse walk-ins:** Mon 2pm; Tue & Wed:

2pm; Fri: 10am

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

**GREENHOUSE**

19 Tudor Road, Hackney, E9 7SN

020 8510 4490

www.greenhousepractice.nhs.uk

Mon – Fri:

8am – 6:30pm (appointment only)

9am – 4:30pm (housing advice)

Medical care for men & women who are

sleeping rough. Also provide consultation

rooms for partner organisations to

provide housing and legal advice, social

justice, education and debt counselling.

*MH, AH, A, BA, DA, DW, NE, OL, LA, SF*

**HEARING VOICES NETWORK**

www.hearing-voices.org/hearing-

voices-groups/find-a-group

Network of over 180 mental health

support groups across the UK.

Email: [info@hearingvoices.org](mailto:info@hearingvoices.org)

*MH*

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## MAYTREE RESPITE CENTRE

020 7263 7070

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

10am – 6pm (email & phone support)

Maytree provides a one-off four-night stay for people who are in a suicidal crisis, with opportunity to talk, reflect and rest, subject to an assessment.

Staying here is **REFERRAL ONLY!**

*MH, C*

## MIND

0300 123 3393; [www.mind.org.uk](http://www.mind.org.uk)

[info@mind.org.uk](mailto:info@mind.org.uk)

Text SHOUT on 85258

Legal line: 0300 466 6463

Helpline and legal line open Monday – Friday 9am-6pm

Support for anyone experiencing a mental health problem.

*MH, AD, LA*

## THE NEHEMIAH PROJECT

47 Tooting Bec Gardens, Streatham SW16 1RF

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

Mon – Fri: 9am – 5pm (phone line open)

Nehemiah runs a residential recovery programme for men with a history of addiction; it is abstinence-based and the three-month therapeutic course is compulsory. Accepts self-referrals:

[www.tnp.org.uk/referrals](http://www.tnp.org.uk/referrals)

Or call 07719 960 703.

*AH, A, C, DW, ET, EO*

## REGIONAL HOMELESS ENGAGEMENT WITH SUBSTANCE TREATMENT (RHEST)

020 3745 0363

[www.phoenix-futures.org.uk](http://www.phoenix-futures.org.uk)

This service is aimed at improving access to drug and alcohol treatment for people who sleep rough.

The RHEST team at Phoenix Futures assertively engages with referrals through outreach and in-reach. It operates across all London boroughs.

It delivers time-limited interventions that improve access to services.

It will assess barriers to drug and alcohol treatment for each individual and collaborates with a range of agencies to improve outcomes.

You can make a self-referral if you are experiencing homelessness, are over 18 and you are willing to engage with the service. Referral form:

[www.phoenix-futures.org.uk/phoenix-futures-for/people-and-families-who-use-our-services/find-a-service/rhest-london-regional-homeless-engagement-with-substance-use-treatment-team](http://www.phoenix-futures.org.uk/phoenix-futures-for/people-and-families-who-use-our-services/find-a-service/rhest-london-regional-homeless-engagement-with-substance-use-treatment-team)

*A, S, MS, OW*

## RESET TREATMENT SERVICE (RTS)

71A Johnson Street, London, E1 0AQ

020 388 99510

Mon, Tue, Thu, Fri: 10am – 4pm

Wed: 12:30 – 4pm

Medical & complex risks appointments for people affected by substance misuse.

*A, D, MS*

**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

## RESET RECOVERY SUPPORT SERVICE (RRSS)

41 Spelman St, London, E1 5LQ  
020 388 99510  
Mon & Thu: 10am – 4pm  
Tue: 10am – 7:30pm; Wed: 12 – 7pm  
Fri: 10am – 8pm; Sat, Sun: 11am – 4pm  
Group therapy service for people affected by substance misuse.

*A, D, MS*

## TRAUMATIC STRESS CLINIC

020 3317 6820  
[www.candi.nhs.uk/services/traumatic-stress-clinic](http://www.candi.nhs.uk/services/traumatic-stress-clinic)  
Psychological treatment for people 18+ with post-traumatic stress disorder (PTSD) in North London. **Referral only:** Referrals have to come through iCope, care teams and secondary care mental health services. See website for info.

*MH*

## THE TRICKY PERIOD PROJECT

[www.facebook.com/TheTrickyPeriod](http://www.facebook.com/TheTrickyPeriod)  
Tricky Period is a grassroots group collaborating with local libraries, stations and other welcoming community spaces to provide period products to those experiencing homelessness and poverty.

*MH*

## NEED TO TALK

### ALONE IN LONDON FOR YOUNG PEOPLE (DEPAUL)

Endeavour Centre, Sherborne House, 34 Decima Street, London SE1 4QQ  
0207 278 4224; 0207 939 1220  
[uk.depaulcharity.org/london-get-help](http://uk.depaulcharity.org/london-get-help)  
Mon – Fri: 9am – 5pm  
Also counselling services for 11 to 25.  
*AH, AD, CA, C, ET, MH*

### FRANK

0300 123 6600 or 82111 (text line)  
[www.talktofrank.com](http://www.talktofrank.com)  
24hrs, 7 days a week (phone lines open)  
Live online chat available daily 2 – 6pm  
Honest drug advice for young people.  
Find local drug treatment centres.  
*DW, OL*

### SAMARITANS

116 123 (open 24/7)  
Provides support to anyone in emotional distress or at risk of suicide.  
*C*

### SHELTER

[england.shelter.org.uk/get\\_help](http://england.shelter.org.uk/get_help)  
0808 800 4444 (emergency helpline)  
Mon – Fri: 8am – 8pm  
Weekends: 9am – 5pm  
Website offers an online chat, advice line and directory.  
*AH, TS*

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

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

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

FULL LIST  
AVAILABLE ON  
OUR WEBSITE



## REFUGEE SUPPORT

### JOINT COUNCIL FOR THE WELFARE OF IMMIGRANTS

115 Old Street, EC1V 9RT

[jcwi.org.uk](http://jcwi.org.uk); 020 7251 8708

Mon, Tue, Thu: 10am – 1pm

The helpline is confidential and advice is free. Calls cost up to 13p per minute from landlines, 3p to 55p from mobiles. If you have no documentation and need free advice, call: **020 7553 7470**

[AD, LA](#)

### PRAXIS

Praxis Community Projects, Pott Street, London E2 0EF

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

**020 7729 7985**

2nd Wed of month: 9am (drop-in, next date is Wed 14th February)

Immigration advice available on Wed: 2 – 5pm & Thu: 10am – 1pm by calling **020 7749 7605**.

Praxis provides expert support to migrants and refugees in the UK. Its mission is to deliver direct services, i.e. legal advice and holistic welfare support; work together with other services in the UK to support service users; campaign for systemic change.

You can visit the drop-in clinic at the above address for free immigration advice. To visit you must be experiencing homelessness or on a very low income living in Tower Hamlets or Hackney (or you have no fixed address). Drop-in clinics run on the second Wednesday of the month.

[BA, LA](#)

### REFUGEE ACTION

[www.refugee-action.org.uk](http://www.refugee-action.org.uk)

**0207 952 1599** or **0759 518 9995**

[info@refugee-action.org.uk](mailto:info@refugee-action.org.uk)

Refugee Action provides information and advice on the asylum process, claiming asylum, getting support while claiming asylum and homelessness support. Its Asylum Crisis service supports asylum seekers in London needing accommodation or support.

[AH, BA, LA](#)

### UNITY PROJECT

[www.unity-project.org.uk/contact-us](http://www.unity-project.org.uk/contact-us)

Unity Project exists to support migrants who have no recourse to public funds (NRPF). We run weekly casework sessions every Tuesday where we provide appointments and workshops for people with NRPF to help make 'Change of Conditions' applications for recourse to public funds. This means that people can access the welfare safety net in times of crisis or hardship. We also provide emergency material supplies to those we assist. Contact Unity Project on its website.