

An abstract painting of a cracked pavement surface. The colors are vibrant and varied, including shades of blue, green, yellow, pink, and brown. The cracks are thick and black, creating a grid-like pattern across the surface. In the upper left, there is a faint, sketchy figure of a person. In the upper right, there is a more defined figure of a person wearing a blue shirt and a pink top. The overall style is expressive and textured, with visible brushstrokes and a sense of movement.

# *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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Editor: Jake Cudsi [editor@thepavement.org.uk](mailto:editor@thepavement.org.uk)

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

Designer: Marco Biagini [scotland@thepavement.org.uk](mailto:scotland@thepavement.org.uk)

**Writers/Researchers:** Mat Amp (deputy editor), Nicola Baird, Chris Bird, Liv Boyce, Sophie Dianne, Leon Eckford, Greta Gillett, Marsha Glenn, Kieran Hughes, Ian Kalman, Ant Mac, Mohammed Musa, Emdad Rahman, Garnet Roach, Jocelyn Robson, Chris Sampson, Bronagh Sheridan, Janet Wilkes

**Artwork:** Chris Bird, Ken Pyne, Lui Saatchi, Mike Stokoe

**London Co-ordinator:** Sophie Dianne  
[london@thepavement.org.uk](mailto:london@thepavement.org.uk)

**Scotland Co-ordinator** Marco Biagini  
[scotland@thepavement.org.uk](mailto:scotland@thepavement.org.uk)

## Contents

About us.....	4
Editorial.....	5
News.....	6 – 11
Experience.....	12 – 13
History.....	14 – 15
Pyne cartoon.....	16
Stokoe cartoon.....	17
Outreach.....	18 – 19
My thoughts.....	20
Health.....	21
Interview.....	22 – 23
Politics.....	24 – 25
Poetry.....	26 – 27
Satire.....	28 – 30
Your rights.....	31

## The List (centre)..... A – P

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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

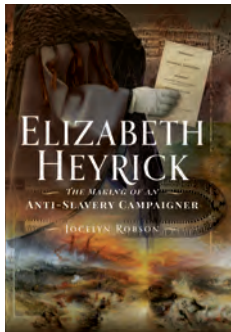
equal, created in the image of God.

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.



Volunteers on outreach © PINT

### 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."

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## 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?

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[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!





### 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>E</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)

### Are your details incorrect?

Please send changes to:  
[web@thepavement.org.uk](mailto:web@thepavement.org.uk)

### DAY CENTRES

#### GLASGOW CITY MISSION

20 Crimea Street, Glasgow G2 8PW  
0141 221 2630

[glasgowcitymission.com](http://glasgowcitymission.com)

Mon – Fri: 10am – 8pm (drop in);

1 – 3pm (lunch); 6 – 7:30pm (dinner);

10am – 4pm & 6 – 7:30pm (advocacy)

Welcoming day centre with numerous activities, services and classes for homeless people and those struggling with money.

*AC, AH, FF, IT, SF*

#### LODGING HOUSE MISSION

35 East Campbell St, Glasgow G1 5DT

0141 552 0285

[lhm-glasgow.org.uk](http://lhm-glasgow.org.uk)

Mon – Fri: 9:30 – 11:30am & 1:30 – 3pm

Free Breakfast: 8 – 10am

Free Lunch: 12noon – 1:30pm

Narcotics Anonymous: Tue 7pm;

Thu 6pm; Fri 9:30pm; Sun 6:30pm

We have an Intervention Worker who provides a range of services including emotional support, benefits checks, filling out forms and signposting to relevant organisations. Check website or call in for info on other services.

*AH, AD, B, BA, BS, CA, CI, C, DT, T, F, FF, FC, IT, LS, MD, SS, TS, EO*

## MARIE TRUST

29 Albion Street, Glasgow, G1 1LH  
0141 286 0065  
[www.themarietrust.org](http://www.themarietrust.org)  
Mon – Fri: 10am – 5pm  
Drop-in, no appointment necessary.  
We offer crisis intervention, IT access,  
training kitchen, creative workshops and  
food provision among other services.  
*C, ET, F, FF, IT, LF, SF*

## NIDDY ST WELLBEING CENTRE

25 Niddy St, Edinburgh, EH1 1LG  
0131 523 1060  
[www.salvationarmy.org.uk/niddy-street-wellbeing-centre](http://www.salvationarmy.org.uk/niddy-street-wellbeing-centre)  
Mon – Fri: 9:45am – 1pm (drop-in)  
Mon: 10am (20min mindfulness group)  
Mon: 1pm (Women of Worth Group)  
Tue: 10am & Thu: 1pm (Here and Now)  
Thu: 2pm (Move, Breathe, Relax)  
Fri: 1:30pm (Movie Club)  
We aim to provide open-access  
support in all aspects of wellbeing for  
those whose lives are impacted by  
homelessness.  
*C, LF, MH*

## STREETWORK CRISIS CENTRE (EDINBURGH SUPPORT HUB)

22 Holyrood Road, Edinburgh EH8 8AF  
0808 178 2323;  
[www.simonscotland.org](http://www.simonscotland.org)  
Mon – Fri: 8:45am – 8pm  
except Wednesdays: 10am – 8pm  
Sat – Sun: 9am – 5pm  
Supporting anyone in Edinburgh who  
does not have a safe place to sleep.  
*AH, AD, BA, BS, C, FF, IT, TS*

## SIMON COMMUNITY ACCESS HUB

389 Argyle Street, Glasgow, G2 8LR  
0141 552 4164; [simonscotland.org](http://simonscotland.org)  
Mon, Tue, Thur & Fri: 9am – 5pm  
Wed: 10am – 5pm  
Drop in to get help with benefits, health,  
finances, legal advice, access to the  
digital world and more.  
*MH, AH, AD, A, DW, OL, OW*

## ACCOMMODATION

### BLUE TRIANGLE

Various locations  
0141 221 8365  
[www.bluetriangle.org.uk](http://www.bluetriangle.org.uk)  
We provide safe hostel type  
accommodation for people who are  
homeless or at risk of homelessness.  
Various services around Scotland, for  
men and women aged 18 – 40.  
*AH, AD*

### CASTLECLIFF (CITY OF EDINBURGH COUNCIL)

25 Johnston Terrace,  
Edinburgh, EH1 2NH  
0131 225 1643  
Monday – Sunday: 24hour  
Emergency direct-access hostel for  
single people or couples, who are  
homeless and over 16. Referral only via  
City of Edinburgh Council:  
0131 529 7125 or 0800 032 5968 (out  
of hours).  
*AH, BS, BE, CL, TS*

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

## CROSSREACH (CUNNINGHAM HOUSE)

205 Cowgate, Edinburgh EH1 1JH  
0131 225 4795 (open 24/7)

[crossreach.org.uk/our-locations/cunningham-house](http://crossreach.org.uk/our-locations/cunningham-house)

Ring or visit site for information.

Short-term supported residential accommodation for single homeless people (18–65) who have additional support needs.

TS

## DUNEDIN HARBOUR

4 Parliament St, Leith,  
Edinburgh, EH6 6EB

0131 624 5800

[tinyurl.com/vvx5fxtp](http://tinyurl.com/vvx5fxtp)

Accommodation and support for vulnerable individuals who are sleeping rough or at risk of sleeping rough.

Couples and pets accepted.

Referral via Edinburgh City Council:

0131 529 7125 or 0800 032 5968 (out of hours).

AH, AD, A, BA, CA, DW

## ROCK TRUST

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

We are Scotland's youth homelessness charity. Our aim is to end youth homelessness in Scotland by ensuring that every young person has access to expert youth specific services to assist them to avoid, survive and move on from homelessness.

AH, ET

## SAFE IN SCOTLAND

Formerly the Destitution Night Shelter  
[www.safeinScotland.com](http://www.safeinScotland.com)

24/7 accommodation for destitute asylum seekers. Please do not come directly to venue without referral.

For Referral, visit:

[www.safeinScotland.com/referrals](http://www.safeinScotland.com/referrals)  
or phone:

Scottish Refugee Council: 0808 1967 274

Govan Community Proj: 0800 310 0054

British Red Cross: 0808 196 3651

AH, BS

## SIMON COMMUNITY SCOTLAND

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

Glasgow: 0800 027 7466 (open 24/7)

Edinburgh: 0808 178 2323 (open 24/7)

Accommodation and support services.

See STREETWORK and ACCESS HUB for information about those services.

MH, AH, AD, A, DW, OL, OW

## THE MUNGO FOUNDATION (DE PAUL HOUSE)

27 Cruden St, Govan, G51 3RP

0141 445 2800

[www.themungofoundation.org.uk/service/de-paul-house](http://www.themungofoundation.org.uk/service/de-paul-house)

Support and accommodation for young men & women (16-21). Referral only via Social Work Care Manager.

AH, AD

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



## FOOD

### BALVICAR STREET

Balvicar St, Glasgow, G42 8QU

Thurs: 7pm – 9pm

Soup run every week.

*FF*

### CARRUBBERS CHRISTIAN CENTRE

65 High St, Edinburgh EH1 1SR

0131 556 2626; [www.carrubbers.org](http://www.carrubbers.org)

Sundays: 9 – 10am

More Than A Meal: Free breakfast from the café door.

*FF*

### CADOGAN STREET

39 Cadogan House, Glasgow G2 7AB

**Directly opposite No.28, on corner**

Wed: 8pm; Thu & every 2nd Sun: 7pm

Soup, sandwich and hot drinks.

Can direct to other services.

*FF, OL*

### GLASGOW CITY MISSION

20 Crimea Street, Glasgow G2 8PW

0141 221 2630

[glasgowcitymission.com](http://glasgowcitymission.com)

Mon – Fri: 10am – 8pm (drop in);

1 – 3pm (lunch); 6 – 7:30pm (dinner);

10am – 4pm & 6 – 7:30pm (advocacy)

Lunch and dinner provided, among many other services.

*AC, AH, FF, IT, SF*

### H4TH (HELP FOR THE HOMELESS)

07396 755747

[www.help4thehomeless.charity](http://www.help4thehomeless.charity)

Cadogan Street, Glasgow

Thursdays: 8 – 10pm

H4TH is a weekly outdoor soup kitchen for free food and clothing.

*FF, CL*

### HOMELESS PROJECT SCOTLAND

194 Argyle Street, Glasgow, G2 8HA

0800 999 2477 (emergency helpline)

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

Food distribution, hygiene packs,

advice all available. Based in Glasgow.

Emergency line: 0800 999 2477

*FF, OL*

### MISSIONARIES OF CHARITY (HOPETOUN CRESCENT)

18 Hopetoun Cres, Edinburgh EH7 4AY

0131 556 5444

Mon, Tue, Wed & Fri: 3:45 – 4:45pm

Sundays: 1:30 – 4:15pm

*FF*

### QUEEN'S PARK GOVANHILL PARISH CHURCH

170 Queen's Drive, Glasgow G42 8QZ

0141 423 3654; [qpGPC.com](http://qpGPC.com)

Sun: 5pm (Club 170 – free take out

meal, toiletries, clothing - all year round)

Tues: 12noon (Lunch Stop)

Thurs: 10am (Coffee Club & Food Bank)

PLEASE NOTE: Lunch Stop & Coffee

Club only runs from September – June.

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

#### 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

**SOCIAL BITE – ABERDEEN**

516 Union St, Aberdeen, AB10 1TT  
 0131 353 0250; [social-bite.co.uk](http://social-bite.co.uk)  
 Mon – Fri: 8 – 9:30am (breakfast)  
 Mon, Tue, Wed, Fri: 3:15 – 4pm (take away food)  
 Thu: 3:15 – 5pm (Sit-in Social Supper)  
 FF

**SOCIAL BITE – EDINBURGH**

131 Rose St, Edinburgh, EH2 3DT  
 0131 353 0250; [social-bite.co.uk](http://social-bite.co.uk)  
 Mon – Fri: 8 – 9:30am (breakfast)  
 Mon – Fri: 4 – 4:45pm (evening scan)  
 Thu: 4 – 5pm (Mixed Social Supper)  
 FF

**SOCIAL BITE – GLASGOW**

10 Sauchiehall St, Glasgow, G2 3GF  
 0131 353 0250; [social-bite.co.uk](http://social-bite.co.uk)  
 Mon – Fri: 8 – 9:30am (breakfast)  
 Wed: 4:45 – 5:45pm (Social Supper)  
 Wed: 6:15 – 7pm (Womens Social Supper)  
 Mon, Tue, Thu, Fri: 5 – 6pm (Take away food)  
 FF

**STEPS TO HOPE**

St Cuthberts, 5 Lothian Rd, EH1 2EP  
 07949 838 666 (24-7)  
[www.stepstohope.co.uk](http://www.stepstohope.co.uk)  
 Monday Munchies: 6pm  
 Sunday Suppers: 5pm  
 FF

**HEALTH & MENTAL HEALTH****CAMPAIGN AGAINST LIVING MISERABLY (CALM)**

0800 58 58 58; [thecalzone.net](http://thecalzone.net)  
 Open 5pm – midnight, 365 days a year  
 Calm is leading a movement against suicide. Call, email or chat on website.  
 MH

**GAMH**

0141 552 5592; [www.gamh.org.uk](http://www.gamh.org.uk)  
 Mon – Fri: 9am – 2pm  
 Emotional and practical support, information and advice for homeless people with mental health problems.  
 MH, AH, AD, C

**HEALTH IN MIND**

0131 225 8508  
[health-in-mind.org.uk](http://health-in-mind.org.uk)  
 Monday – Friday: 9am – 5pm  
 A range of mental health and wellbeing services for people with housing and mental health support needs. You can self-refer to most services or ask your GP to refer you. Phone for information.  
 MH, AH, AD, C, TS, AC, ET

**HELP FOR DEPRESSION**

[www.healthline.com/health/depression/help-for-depression#TreatmentFacts1](http://www.healthline.com/health/depression/help-for-depression#TreatmentFacts1)  
 An online comprehensive explanation of the various approaches and treatments for depression.  
 MH

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



## HEARING VOICES NETWORK

[www.hearing-voices.org](http://www.hearing-voices.org)

A network for people who hear voices and see visions. For groups info email [info@hearing-voices.org](mailto:info@hearing-voices.org)

*MH, C*

## HUNTER STREET HOMELESS HEALTH & RESOURCES SERVICES

55 Hunter Street, Glasgow, G4 0UP

0141 553 2801 (call before visiting)

<https://tinyurl.com/2p27yup>

Mon – Fri: 2 – 4pm

Phone reception before visitng.

Specialist, highly personalised services for Homelessness, Alcohol and Drug Recovery, Mental Health and Justice Services in the Gallowgate area.

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

## MIND (NATIONAL)

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

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

Mon – Fri: 9am – 6pm

Advice and support to empower anyone experiencing a mental health problem.

Support line: 0300 102 1234

Legal support: 0300 466 6463

Welfare benefits: 0300 123 3393

*MH, AD, LA*

## NHS INFORM - SCOTLAND

[www.nhsinform.scot](http://www.nhsinform.scot)

Online health information service.

*MS, MH*

## PENUMBRA

57 Albion Rd, Edinburgh EH7 5QY

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

Mon – Fri: 9am – 5pm

Offers a wide range of mental health support. Use contact form on their website for help and signposting to services in various locations.

*MH, A, C, D, TS*

## SAMARITANS

116 123 (Helpline open 24hr, 365days)

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

Whatever you're going through, free and confidential mental health support. You can take things at your own pace, they will listen carefully and talk things through on a confidential basis.

*C, MH*

## SANE (NATIONAL)

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

[support@sane.org.uk](mailto:support@sane.org.uk)

SANEline: 0300 304 7000

Callback service: 0300 124 7900

Mon – Sun: 4 – 10pm (365 days a year)

We believe that no-one affected by mental illness should face crisis, distress or despair alone. Information on schizophrenia, depression and bi-polar disorder in Bengali, Chinese, Gujarati, Punjabi & Urdu as well as English.

*C*

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

## SURVIVORS OF BEREAVEMENT BY SUICIDE (NATIONAL)

0300 111 5065

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

Mon – Tue: 9am – 7pm

Support for people over 18 bereaved by suicide. Phone or email or visit the website to find your nearest group.

*AD*

## THE SANDYFORD INITIATIVE

2-6 Sandyford Place, Sauchiehall Street, Glasgow, G3 7NB

0141 211 8130;

[www.sandyford.scot](http://www.sandyford.scot)

Mon – Fri: 8:45am – 4:15pm

Specialist sexual health services: counselling for male survivors of childhood sexual abuse.

Emergency contraception and rape/assault services.

Testing and counselling for men who have sex with men and for women involved in prostitution.

*MH, AD, C, DW, FC, MS, NE, OL*

## YOUNG MINDS (NATIONAL)

020 7089 5050

Text SHOUT to 85258 (24/7 support)

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

Young Minds makes sure all young people get the best possible mental health support and have the resilience to overcome life's challenges. Advice on mental health, medications and depression. Advice on Coronavirus too.

*AD, MH, MS*

## RECOVERY

### BETHANY CHRISTIAN TRUST

65 Bonnington Rd, Edinburgh, EH6 5JQ  
0131 561 8930;

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

Supports individuals and families to help them tackle long-term homelessness problems including addictions, debt, lack of furniture, unemployment and social isolation. Welcome Centre & multiple other services across Scotland – call for information.

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

### COCAINE ANONYMOUS (SCOT)

PO Box 26812, Glasgow G1 9AB

0141 959 6363 (24/7);

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

Fellowship of people who help each other to stay off cocaine, crack and other drugs. Contact them to find your nearest meeting. It is patterned very closely after Alcoholics Anonymous.

*C*

### CROSSREACH (RANKEILLOR INITIATIVE - EDINBURGH)

10 Palmerston Pl, Edinburgh, EH12 5AA

0131 225 4901

<https://bit.ly/30N3eA2>

Mon – Fri: 9am – 5pm (phone for referral)

For those in the early stages of recovering from substance use, we can provide temporary accommodation in shared flats while you get back on your feet again.

*AH, A, C, DW, BA, BS, CL, CA, 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 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



## **CROSSREACH MOVE ON (WHITEINCH - GLASGOW)**

0/5, 13 Victoria Park Drive South,  
Whiteinch, Glasgow G14 9RN  
0141 959 5069;

<https://bit.ly/2MKuxzU>

Mon – Fri: 8am – 10pm;

Sat & Sun: 9am – 5pm;

Phone first for referral/to arrange a visit.

Temporary furnished accommodation and support to adults in recovery from substance misuse, who have achieved a period of stability through residential or community rehabilitation.

*MH, AH, A, C, DW, TS, SF*

## **DRINKAWARE**

0800 7 314 314 (Drinkline Scotland)  
[drinkaware.co.uk](http://drinkaware.co.uk)

Mon – Fri: 9am – 9pm;

Sat & Sun: 10am – 4pm

Free, confidential helpline for people worried about their alcohol intake or anyone concerned about them.

*A, C, OL*

## **FRANK**

0300 123 6600, [www.talktofrank.com](http://www.talktofrank.com)  
82111 (text line)

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*

## **GLASGOW COUNCIL ON ALCOHOL**

14 North Clarendon St, Glasgow G3 7LE  
0141 353 1800

[www.glasgowcouncilonalcohol.org](http://www.glasgowcouncilonalcohol.org)  
0808 802 9000 (freephone helpline)

Mon – Thu: 9am – 9pm;

Fri: 9am – 5pm; Sat: 9am – 1pm

GCA is an accredited counselling service and provides individual, free and confidential counselling for people experiencing alcohol-related difficulties and those affected by someone else's alcohol use. Group and 1-1 support.

*A, C, OL, SF*

## **HEALTH IN MIND**

0131 225 8508

[health-in-mind.org.uk](http://health-in-mind.org.uk)

Monday – Friday: 9am – 5pm

A range of mental health and wellbeing services for people with housing and mental health support needs. You can self-refer to most services or ask your GP to refer you. Phone for information.

*MH, AH, AD, C, TS, AC, ET*

## **HUNTER STREET HOMELESS HEALTH & RESOURCES SERVICES**

55 Hunter Street, Glasgow, G4 0UP  
0141 553 2801 (call before visiting)

<https://tinyurl.com/2p27yunn>

Mon – Fri: 2 – 4pm

Phone reception before visiting.

Specialist, highly personalised services for Homelessness, Alcohol and Drug Recovery, Mental Health and Justice Services in the Gallowgate area.

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



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) on [jaselectricity@gmail.com](mailto:jaselectricity@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...

## NARCOTICS ANONYMOUS (NA)

0300 999 1212; [ukna.org](http://ukna.org)  
Helpline open 10am – midnight.  
Online meetings available.

*D*

## NORTH EAST RECOVERY COMMUNITY – GLASGOW

20 Broad Street, Glasgow, G40 2QL  
0141 554 5235  
[www.northeastrecoverycommunity-glasgow.co.uk](http://www.northeastrecoverycommunity-glasgow.co.uk)  
NERC run six successful recovery cafes – a safe and confidential place for individuals and their family members who are recovering from addiction. We offer a running group and an arts and crafts group across the North East of the city, and online Meditation on Zoom every Tuesday and Thursday evening.

*AC, MD, MH*

## SECOND CHANCE PROJECT

402 Sauchiehall St, Glasgow G2 3JD  
0141 336 7272  
[secondchanceproject.co.uk](http://secondchanceproject.co.uk)  
Mon – Fri: 9am – 5pm  
Three-stage day treatment programme for people with drug and/or alcohol problems. Self-referral.

*ET, DW, A, C*

## SMART RECOVERY

[smartrecovery.org.uk/online-meetings](http://smartrecovery.org.uk/online-meetings)  
Zoom meetings listed on the website.  
Use their call-back service between 9am – 5pm: request by email: [support@smartrecovery.org.uk](mailto:support@smartrecovery.org.uk)

*C, D*

## TURNING POINT SCOTLAND (ALCOHOL & DRUG CRISIS)

80 Tradeston Street, Glasgow, G5 8BG  
0141 420 6969; [bit.ly/3HGJci5](https://bit.ly/3HGJci5)  
Mon – Sun: 24 hours  
Turning Point Scotland Glasgow Alcohol and Drug Crisis Service offers integrated health and social care which provides low threshold, direct access services for people experiencing a crisis due to alcohol or other drug use including people who may be experiencing homelessness. These include a crisis residential unit, 24-hour Injecting Equipment Provision (needle exchange), woundcare, harm reduction advice, signposting and naloxone training and provision.

*A, C, D, LF, MS, NE, SF, AD, AH, FC*

## TURNING POINT SCOTLAND (ALCOHOL & DRUG RECOVERY)

112 Commerce Street, Tradeston, Glasgow G5 9NT  
0141 948 0092  
[bit.ly/3xer4AX](https://bit.ly/3xer4AX)  
Mon – Sun: 24 hours  
Needle exchange & temp accommodation. 24 hour service for homeless people in crisis because of mental health, drugs or alcohol. A 12-bed residential unit provides a safe environment to withdraw from a chaotic lifestyle. Average stay is 28–36 days.

*A, C, D, LF, MS, NE, SF, AD, AH, FC*

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

## TURNING POINT SCOTLAND (NORTH EAST RECOVERY HUB EDINBURGH)

5 Links Place, Leith, Edinburgh EH6 7EZ  
0131 554 7516

[tinyurl.com/bdcmzks](http://tinyurl.com/bdcmzks)

Mon & Fri: 9:15am – 4:45pm

Tue & Tue: 9:15am – 7:45pm

Wed: 11am – 4:45pm

Drop-in open, but with limited service.

Drop-in to arrange further 1-to-1

support.

Needle Exchange Mon – Fri at the times  
stated above.

Range of addiction and recovery  
services open to men and women aged  
16 and over who are aware they have a  
substance misuse problem and would  
like to start their recovery journey. Other  
services across Edinburgh available: call  
freephone number for information.

[A, AC, C, D, LF, MS, NE, SH, SF](#)

## WE ARE WITH YOU (NE GLASGOW RECOVERY HUB)

24-28 Broad Street, Bridgeton, Glasgow  
G40 2QL

0808 164 4261; [bit.ly/3v1Cupl](http://bit.ly/3v1Cupl)

Mon – Fri: 9am – 7pm

Sat & Sun: 10:30am – 2:30pm

(outside these hours, call 0808 178  
5901)

For your recovery from alcohol and drug  
use. Individual support and tailored  
interventions, including outreach,  
Call the helpline or email.

[OW, OL, MH, AD, A, DW, ET](#)

## WE ARE WITH YOU (NW GLASGOW RECOVERY HUB)

The Quadrangle, 59 Ruchill Street,  
Glasgow G20 9PX

0808 178 5901

[tinyurl.com/mvrwwyk4](http://tinyurl.com/mvrwwyk4)

Mon – Sun: 8am – 8pm

For your recovery from alcohol and drug  
use. Individual support and tailored  
interventions, incl outreach workers.

Call the helpline or email.

We're here to listen – you can tell us  
a little or as much as you want.

We'll work with you on your own goals,  
whether that's cutting down your drug  
or alcohol use, stopping completely or  
just getting a bit of advice.

[MH, AD, A, DW, OL, OW](#)

## HELP & ADVICE

### APEX SCOTLAND

9 Great Stuart St, Edinburgh, EH3 7TP  
0131 220 0130; [apexscotland.org.uk](http://apexscotland.org.uk)

For offenders, ex-offenders and young  
people at risk of offending. Services  
across Scotland - to find your local office  
please visit our website.

[AH, BA, CA, ET, IT](#)

### CHANGE

0808 8010 515; [changemh.org](http://changemh.org)

Mon – Fri: 10am – 4pm

We ensure that everyone has access to  
the support they need, when they need  
it, in a way which works best for them.

[MH](#)

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

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**MS** Medical services  
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**SH** Sexual health  
**TS** Tenancy support

FULL LIST  
AVAILABLE ON  
OUR WEBSITE



## GLASGOW WOMEN'S AID

4th Floor, 30 Bell St, Glasgow G1 1LG  
0141 553 2022

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

Mon – Fri: 9:30am – 4:30pm

Advice and support for women experiencing domestic violence and their children.

Domestic Abuse Helpline:

0800 027 1234 (24/7).

07401 288 595 (text or WhatsApp)

C

## WELLBEING FOR YOUNG PEOPLE

171 Wilton Street, Glasgow G20 6DF

0141 945 3871

[qcha.org.uk/qc-wellbeing/young-people](http://qcha.org.uk/qc-wellbeing/young-people)

Mon – Sun: Open 24 hours

Support for homeless 16–25 year olds.

Referral via City Council: 0141 287

0555 (for out of hours: 0800 838 502).

AH, AD, BA, C, ET

## EX-FORCES

### COMBAT STRESS (NATIONAL)

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

0800 138 1619

07537 173 683 (textline)

24hr, 365 days helpline

Confidential advice and support to veterans and their families.

MH, AD, C, OL

## ROYAL BRITISH LEGION

0808 802 8080

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

Mon – Sun: 8am – 8pm

Delivers information, advice and support to members of the British armed forces, reservists, veterans and their families across the UK. Visit one of their centres, phone or use their online resources to find out more.

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

## SCOTTISH VETERANS RESIDENCES

53 Canongate, Edinburgh EH8 8BS

0131 556 6827 (open 24hrs)

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

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

Online enquiry form on website.

AH

## 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.

AH, C

## VETERANS UK

0808 1914 2 18

[www.gov.uk/government/organisations/veterans-uk](http://www.gov.uk/government/organisations/veterans-uk)

Mon – Fri: 8am – 4pm

Free help and advice for veterans, and access to one-to-one welfare advice.

Email: [veterans-uk@mod.gov.uk](mailto:veterans-uk@mod.gov.uk)

AH, DA, BA

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

**LGBTIQ+****EACH**

[each.education/homophobic-transphobic-helpline](http://each.education/homophobic-transphobic-helpline)

0808 1000 143 (helpline)

Helpline open Mon – Fri: 9am – 4:30pm

Helpline and support for young people affected by homophobic bullying.

If you have been a target of this bullying you can call our helpline, or email: [info@each.education](mailto:info@each.education)

*AD, C, LA*

**EQUALITY NETWORK**

[www.equality-network.org](http://www.equality-network.org)

0131 467 6039

A leading national charity working for lesbian, gay, bisexual, transgender and intersex (LGBTI) equality and human rights in Scotland.

Run events, 1-2-1 support groups and produce guidance.

*C, OL*

**GALOP**

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

0800 999 5428 (Domestic Abuse Help)

Mon – Thu: 10am – 8:30pm

Fri: 10am – 4:30pm

The LGBT+ anti-violence charity.

Offers support for LGBTQ+ people experiencing hate crime, sexual violence or transphobia. Online Galop chatbot available on website 24/7.

*AH, AD, C, MS, LA*

**LGBT HELPLINE SCOTLAND**

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

[helpline@lgbthealth.org.uk](mailto:helpline@lgbthealth.org.uk)

0800 464 7000 helpline open on:

Tue, Wed & Thu: 12noon – 9pm

Sun: 1 – 6pm

Working to improve the health, wellbeing and equality of lesbian, gay, bisexual, transgender (LGBT) people in Scotland.

*C, MH, OL*

**STONEWALL SCOTLAND**

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

0131 474 8019

Help, information and support for LGBT communities and their allies.

At Stonewall, we stand for lesbian, gay, bi, trans, queer, questioning and ace (LGBTQ+) people everywhere. We imagine a world where all LGBTQ+ people are free to be ourselves and can live our lives to the full.

*C, LA, OL*

**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. Phone or email [hello@switchboard.lgbt](mailto:hello@switchboard.lgbt) or message via the website. Bereavement help also.

*LA, AD, MH*

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

*LS* Luggage storage  
*MD* Music/drama  
*MH* Mental health  
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*OL* Outreach worker links  
*OW* Outreach workers  
*SF* Step-free  
*SH* Sexual health  
*TS* Tenancy support



## REFUGEE SUPPORT

### CENTRAL & WEST INTEGRATION NETWORK

Garnethill Multicultural Centre  
21 Rose Street, Glasgow, G3 6RE  
[www.cwin.org.uk](http://www.cwin.org.uk)  
0141 573 0978

Based in the centre and west end of Glasgow that supports asylum seekers, refugees, migrant workers and black and minority ethnic people to access resources that improve their standard of living.

*AD, FF, OL*

### GOVAN COMMUNITY PROJECT

31 Garmouth Street, Glasgow, G51 3PR  
[govancommunityproject.org.uk](http://govancommunityproject.org.uk)  
0800 310 0054

Mon – Thu: 10am – 1pm  
Advice, advocacy, food service and other support for refugees and people seeking asylum across Glasgow.

**Moss Heights Bike Library** works in the same way as a regular library, but instead of books we are lending bikes. Along with hiring a bike, it is also a hub for bike related activities. Call for details.

*AD, FF, OL*

### POSITIVE ACTION IN HOUSING

98 West George St, Glasgow, G2 1PJ  
0141 353 2220; [www.paih.org](http://www.paih.org)  
Mon – Fri: 9:30am – 4pm

**Housing advice:**

Tue: 2 – 4pm; Wed: 10am – 12noon

**Destitution Surgery:**

Mon: 10am – 12noon; Thu: 2 – 4pm

**Welfare Rights:**

Mon 2 – 4pm; Thu: 10am – 12noon

**Digital Assistance:**

Tue: 11am – 1pm; Wed: 2 – 4pm

**Homeless enquiries & Digital Skills:**

Fri: 9:30am – 4:30pm

Self-referral form available online. Independent, multilingual homelessness and human rights charity dedicated to supporting people from asylum seeker, refugee and ethnic minority communities. Any questions: [home@positiveactionh.org](mailto:home@positiveactionh.org)

*AH, FF*

### SAFE IN SCOTLAND

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

24/7 accommodation for destitute asylum seekers.

For Referral, phone:

Scottish Refugee Council:

**0808 1967 274;**

Govan Community Project:

**0800 310 0054;**

British Red Cross:

**0808 196 3651.**

Or contact us using the website referral form.

*AH, BS*

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

**SCOTTISH REFUGEE COUNCIL**

[www.scottishrefugeecouncil.org.uk](http://www.scottishrefugeecouncil.org.uk)  
0808 1967 274

Mon, Tue, Thu & Fri: 9am – 5pm

Wed: 2 – 5pm

Advice and support for refugees and asylum seekers. Can signpost you to charities all over Scotland

*AD, BA, TS, OL*

**SHAKTI WOMEN'S AID**

57 Albion Road, Edinburgh, EH7 5QY  
0131 475 2399; [shaktiedinburgh.co.uk](http://shaktiedinburgh.co.uk)  
0800 027 1234 (24h Domestic Abuse help)

Mon & Wed – Fri: 9:30am – 4pm

Tue: 1 – 4pm

Support and information to Black Minority Ethnic (BME) women, children and young people experiencing and/or fleeing domestic abuse, forced marriage and anti-LGBTQI+ abuse.

*AD, OL, SF*

**THE WELCOMING**

20/1 Westfield Avenue, Edinburgh,  
EG11 2TT

[thewelcoming.org](http://thewelcoming.org); 0131 346 8577

Mon – Fri: 9am – 2pm (drop-in hours)

We welcome New Scots to Edinburgh, build community and learn together. We support New Scots to learn English, find jobs and access local services; offer opportunities for friendship, sustainable living, creativity, health and well-being; connect locals and New Scots through social and cultural exchange; and collaborate with others to influence positive change.

*AD*

**ART & CREATIVITY****GIVIN' IT LALDIE**

1 Errol Gardens, Glasgow, G5 0RA  
[givinitlaldie.org.uk](http://givinitlaldie.org.uk)

[givin.it.laldie@gmail.com](mailto:givin.it.laldie@gmail.com)

0141 280 0053

Phone open Tue – Thu: 9am – 5pm

Our music sessions are FREE & open to everyone – no auditions, no experience and no ability to read music required! We use music to build and strengthen our community, to connect people and to lift lives and improve well being – why not come along and have a go?

*MD*

**GOVANHILL BATHS**

126 Calder St, Glasgow, G42 7QP

[govanhillbaths.com](http://govanhillbaths.com)

0141 433 2999

Whether you're looking to be more active, meet new people, try something relaxing or increase your self confidence we hope to have something for everyone to take part in.

All our Wellbeing Programme activities are FREE and open to adults living within a mile of Govanhill who are not currently employed (or are on low income) and not in full-time education. Refugees and asylum-seekers are welcome to attend from anywhere in the city.

*MD*

*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



## LODGING HOUSE MISSION

35 East Campbell St, Glasgow G1 5DT  
0141 552 0285

[lhm-glasgow.org.uk](http://lhm-glasgow.org.uk)

Whether it's a workshop in Cooking, Crafts, Music, Digital Photography, Drama, Fitness Classes, attending the Women's Group or playing a game of football - there's something on offer for everyone.

*AC, MD, MH*

## PLATFORM – EASTERHOUSE

The Bridge, 1000 Westerhouse Road Easterhouse, Glasgow, G34 9JW  
[www.platform-online.co.uk/whats-on](http://www.platform-online.co.uk/whats-on)  
Platform is the arts centre at the heart of The Bridge community space in Easterhouse, offering a year-round programme of Pay-What-You-Like arts, craft and music classes. Check website for details about this month's activities.

*AC, MD*

## TURN THE TABLES – DJ SCHOOL

35 East Campbell St, Glasgow G1 5DT  
[www.turnthetables.co.uk](http://www.turnthetables.co.uk)

We support those who have experienced homelessness by delivering DJ workshops. Self referral form available on website: [www.turnthetables.co.uk/self-referral-application](http://www.turnthetables.co.uk/self-referral-application)

*MD*

## PETS

### PDSA PET HOSPITAL (EDINBURGH)

2B Hutchison Crossway, Edinburgh EH14 1RR

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

Monday – Friday: 8:30am – 5:30pm

Veterinary surgery offering medical care for pets and other animals. Please use the Freephone number or website to check availability: [pdsa.org.uk/pet-help-and-advice/eligibility](http://pdsa.org.uk/pet-help-and-advice/eligibility)

*SF*

### PDSA PET HOSPITAL (GLASGOW EAST)

Muiryfauld Drive, Tollcross, Glasgow G31 5RT

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

Monday – Friday: 8:30am – 5:30pm

Veterinary surgery offering medical care for pets and other animals. Please use the Freephone number or website to check availability: [pdsa.org.uk/pet-help-and-advice/eligibility](http://pdsa.org.uk/pet-help-and-advice/eligibility)

*SF*

### PDSA PET HOSPITAL (GLASGOW)

1 Shamrock Street, Glasgow G4 9JZ

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

Monday – Friday: 8:30am – 5:30pm

Veterinary surgery offering medical care for pets and other animals. Please use the Freephone number or website to check availability: [pdsa.org.uk/pet-help-and-advice/eligibility](http://pdsa.org.uk/pet-help-and-advice/eligibility)

*SF*