

## Missing



#### Adam Mcconnachie

Adam Mcconnachie has been missing from Horley, Surrey, since 14 March 2024. He was 59 when he was last seen.

Adam, 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.



#### **Ernestas Dagys**

Ernestas Dagys has been missing from Drummore, Dumfries and Galloway, since 27 February 2024. He was 42 when he was last seen

Ernestas, 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 Adam or Ernestas, you can contact our helpline anonymously on 116 000 or 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.



### A lifeline when someone disappears

TURN TO PAGES A – P FOR THE LIST OF SERVICES

**Cover:** This issue's cover is *Rough sleeper* by John Fleissner, Fleissner is a socially conscious artist based in America. Rough sleeper has also been displayed as a mural. as well as a print. Check out Fleissner on Instagram: @iohnfleissner

#### © John Fleissner

#### The Pavement magazine

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John Sheehy

## **Daily tasking**

by John Sheehy

I'm aiming to write every day of the year: poems, monologues, lyrics, tiny stories, extremely short plays, film scripts. With this you are gaining something, some time with my writing. Someone said to me my writing is dark, darkness I come from. I do use quotes from other poets and philosophers, yes, some days I maybe write one, and another half, words with a sketch or maybe multiple sketches. When a word comes or a word and half. I will write the word down while sketching. using felt-tips, crayons, paint, biro, pencil, watercolour. History carries value, education is classed. diminished senses are debilitating. lessons learned from historic series this is my second write-up today, my second attempt. We won't be geniuses at all times, it is ok to wrap it up, even rubbish, stuff written wrong. Well I don't, won't be writing for readers. I'm not an entertainer, royal pardon please.

## 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

# Being heard

Nealected, underserved and ultimately not listened to. This is how many people experiencing homelessness will feel every day. July's election saw a change of government, but day-to-day the challenges and barriers people in the homeless community face are unlikely to change any time soon.

But some services, organisations and people have been there all along. lending a hand and an ear to hear. On page 12, Marsha visits the Museum of Homeless, one such organisation, to learn about a new book it has published.

Deputy editor Mat uses his column this issue to focus on the barriers people experiencing homelessness face accessing healthcare on page 20. Darren, meanwhile, speaks with a service user grateful for the support the Solace Community in Wolverhampton has provided. Read the interview on page 18.

Elsewhere, you can find all of the regular news, views and cartoons, as well as the List of services in the middle pages of the magazine.

the Pavement team www.pavement.org.uk

## Five ways to wellbeing

Five free and achievable ways to improve your wellbeing and happiness, compiled by Rhiannon England:

- 1. Connect: renew lost friendships, say "hello" and smile, consider joining a group activity, send a card to a family member
- 2. Stay active: any increase in physical activity is good. Walking more. getting off the bus a stop early, joining a free activity through local groups
- 3. Keep learning: start crosswords, sudoku, learn a few words of a new language, visit the library, learn a new skill
- 4. Be mindful: really look around at nature, consider free mindfulness, yoga or meditation classes. Consider staying in the present more than looking to the past. Look for the positive. Take up art
- 5. Give or volunteer: thank people around you who are helping or providing a service, e.g. staff or bus drivers. Offer help to those who need more than yourself. Consider joining a group volunteering in the community.

### Village Vision

Vermont Construction Group will build a 40-home Embassy Village for the charity Embassy, addressing homelessness in Manchester, Set on land owned by Peel Waters, this modular housing project aims for completion in 2025. The village will offer modular homes for 40 homeless. men and include a village hall, green spaces, allotments and a sports area. The Moulding Foundation has donated £3.5m for the first 24 homes with an additional £1m needed for the rest. Embassy cofounder Sid Williams highlighted the project's sustainable, long-term strategy, aiding residents in finding work and managing homes.

## **Eviction epidemic**

London's streets are seeina more and more rough sleepers, driven by a dramatic rise in no-fault evictions More than 1.500 renters found themselves homeless last year after being evicted by their landlords, as reported by the Bia Issue. With a staggering 11.993 people seen sleeping rough in 2023/24, a 19 % increase from the previous year, the crisis deepens. The delay in abolishing Section 21 evictions leaves many at risk, pushing them out with as little as two months' notice. Campaigners and advocacy groups emphasise that the increase in homelessness is not just a statistic but a stark reminder of the real lives disrupted, as women, children and elderly individuals are left in extremely vulnerable and dangerous situations with nowhere to turn.

#### Safe Haven?

Thousands of Ukrainian refugees in the UK face homelessness and exploitation, according to the British Red Cross. Over 9.000 of the 200.000 families staying in the UK risk homelessness due to strained relationships with hosts and difficulties in the housing market. Homelessness is four times more common amona Ukrainians than the general UK population. There were 379 new arrivals weekly between February and mid-June 2024. Some have faced dire situations, including unsuitable housing and exploitation, with many being left to sleep on beaches and benches after being made homeless at unsociable hours. The British Red Cross urges the government to improve support and create effective resettlement plans. It is calling for increased assistance for private rental market entry and affordable housing. A report with Heriot-Watt University predicts 6.220 Ukrainian families will seek homelessness support by the end of 2024, a 13% increase from the previous year.



Book corner: André Rostant had his first book published by the Arkbound Foundation in July. The Muffin Man draws on André's own experience as a Big Issue vendor, touching on the themes of homelessness, isolation and alienation. Speaking at the book's launch, André said: "I want the book to make people challenge their own personal assumptions about street sleepers."

• You can read André's debut piece in the Pavement on page 14. To find out more about The Muffin Man, visit the Arkbound website here: arkbound.com/product/the-muffin-man-by-andre-rostant

## Rising hope

Hope Rise, a ground-breaking project by ZED PODS, Bristol City Council, Bristol Housing Festival, and YMCA has introduced the UK's first 100 % affordable net-zero carbon housing development. Situated atop a car park, this innovative project comprises 11 homes for vulnerable voung people at risk of homelessness. It utilises precisionengineered modular construction. significantly reducing on-site disruption and ensuring high energy efficiency. With solar panels and energy-efficient systems, the homes are designed to minimise running costs

#### Heartless Home Office

In an appalling display of bureaucratic failure. Thelma Campbell, an 89-year-old Windrush generation member, faces eviction and homelessness. Despite six decades of contributing to Britain. the Home Office cannot confirm her identity, denving her a British passport. With her Tottenham home deemed uninhabitable. London's Haringev Council refuses to rehouse her without this critical document. As her family and community watch on outraged, this shocking case highlights the devastating mental toll on our elderly Windrush community, as they face lifedisrupting events, loneliness, and homelessness under a heartless system that fails to recognise its hardworking citizens.

#### **Future** is now

Shelter, with 22 offices across England and Scotland, advised over 31.000 households in 2023. With the continuing housing crisis. the demand for its services has soared. Shelter has partnered with technology firm Ciptex to 'enhance' its efforts in supporting individuals at risk of homelessness. The new system – a multi-channel self-service contact centre powered by Ciptex's technology – claims to provide personalised support, assigning each caller their own advisor and freeing up mainline advisors to tackle urgent cases

But the 'streamlined' service delivery comes with a disappointing modern twist. AI-powered chatbots will be tasked with managing inquiries, removing a human element to the service. Strangely, Simon Weeks, CEO of Ciptex, suggested in a press release the collaboration is a bold step towards addressing homelessness with compassion.

 Find out more about what help and advice Shelter can offer you at: england.shelter.org.uk/get\_help



Chairman of the Seoul 2024 Homeless World Cup Lee Kuen-Ho poses with an AFC player of the tournament trophy in 2012. © AP Photo

Football for change: Big Issue Korea and the Seoul 2024 Local Organising Committee (LOC) have appointed former Korea Republic footballer Lee Keun-Ho as Chairman of the Seoul 2024 Homeless World Cup. Lee, who played 84 times for his country and scored at the 2014 FIFA World Cup, will guide the preparations for this transformative event.

Set to take place at Hanyang University in September, the tournament will feature 64 teams from 49 countries, including over 500 players who have experienced homelessness. This eight-day festival of football aims to inspire change and raise awareness about homelessness through the universal language of sport. Lee expressed his honour and excitement in leading this initiative, emphasising that "by hosting this prestigious tournament." we [South Korea and the tournament organisers] will use football as a common interest to many across Korea and the world, raising awareness of the importance of housing rights, calling for change, and to expand social empathy around the global issue of homelessness."



## Sight support

Scotland's first evecare clinic specifically for homeless individuals has opened at the Crisis Skylight Centre in Edinburah, funded by Specsavers, This clinic, managed by Vision Care for Homeless People (VCHP), offers free evecare services and operates from the new wellness floor, which also supports various health services Over 60 attendees including representatives from Crisis, VCHP and Specsavers. attended the opening event. Mark Kennedy of Crisis Skylight and Jenny Stephenson of Specsavers stressed the importance of making evecare accessible to all VCHP founder Elaine Styles praised the clinic. which includes a dispense area, as a testament to their partnership's success. This initiative aims to ensure equitable evecare access and advocates for policy changes to better serve the homeless community. The collaboration hopes to expand these vital services and improve health outcomes for those experiencing homelessness.

#### Swift removal

Ahead of Taylor Swift's concerts in Edinburah in June, some homeless people have been relocated to Aberdeen and Glasgow due to a shortage of accommodation. Shelter Scotland criticised this as a "blatant injustice," stating that homeless people should not compete with tourists for lodging, Edinburgh City Council is working to find alternative housing for those affected. The council attributed the issue to a broader housing emergency declared in November, marked by record homelessness, a shortage of social housing and high private rental costs. The Scottish government also declared a national housing emergency, emphasising the urgent need for a different approach. Shelter Scotland director Alison Watson highlighted the injustice, noting that families should not be forced miles from their communities, although the council maintains that using tourist accommodation for homeless households is a last resort.

affordable homes production halted due to housing emergency cuts. In July the Scottish Government cut funding to the Scottish

Government's flagship affordable homes supply programme, which had been launched with the aim of ending homelessness.

### **Housing Limbo**

Linda McVean a mother from Glasaow, has urgently called for action as she arieves the loss of her son. Frankie McVean, who was stuck in housing limbo. Her plea has highlighted a devastating issue: over 160 people have died in temporary accommodation due to the city's housing crisis. Sarah Brown, whose son died waiting for permanent housing, urges urgent action. "We need safe, stable homes, not temporary fixes," she said. Her call comes as Glasgow City Council faces intense scrutiny over systemic failures in providing adequate housing. The council has declared a housing emergency, acknowledging unprecedented pressures and uraina both UK and Scottish governments for more funding. These tragedies underscore the dire need for immediate solutions to prevent further loss of life in Glasgow's housing limbo.

## Temporary solutions

Homelessness in Glasaow has surged, with nearly 3,000 children now in temporary accommodation. The formerly SNP-run council's housing emergency declaration has failed to curb the crisis. Labour MSP Mark Griffin criticised soaring rents. unaffordable mortgages and record homelessness, accusing the SNP of exacerbating the issue by slashing affordable housing funds. As of June. 7.371 people were in temporary accommodation, up from 7,265 in April, with £27m spent on private hotels and B&Bs in 2023/24 for the homeless. Campaigners demand immediate restoration of housing budgets and increased secure. permanent, social housing. In July's general election, Scottish Labour won all six seats in the city.

£33m

debt 'owed' by homeless people to councils in Scotland for the cost of temporary accommodation.

**75%** 

of people in temporary accommodation unable to afford the charges meted out by local authorities for using the emergency support, according to Homeless Action Scotland.

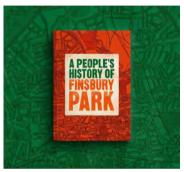
# A people's history

The Museum of Homelessness has published its first book A People's History of Finsbury Park. *Marsha Glenn* shares highlights from the book launch event

On 5 June, the Pavement visited the Manor House Lodge inside London's Finsbury Park to attend the launch of a new book by the Museum of Homelessness (MoH).

Eager guests and supporters arrived long before the launching programme began. One of the trustees. Rachel, welcomed and invited us to visit the community pond dua by hand and the adjacent growing garden. The ecosystem around the quiet pond offered stability and a sense of permanent home. Due to the drizzling weather after a little while we all had to gather inside the historic lodge. Tiny rooms were filled up quickly as the weather demanded a cuppa. It was such a homely and warm environment where writers activists and local heroes came together to celebrate the written history of the Finsbury Park area.

Matt Turtle, one of the co-founders and directors of the museum, recalled this powerful anthology started as a small zine. He was extremely proud to present the collection of adapted literature pieces created by passionate contributors, including: Alan Denney, Benji



Cover of A People's History of Finsbury Park, designed by Matt Bonner. © The Museum of Homelessness

Human, Lisa Ogun, David Tovey, Malcolm Grant, Milly Gumm, Bekki Perriman, Jeremy Worman, Hasan Kahya, Isabella Pojuner, Mark, Rachel and Melissa.

A People's History of Finsbury Park explores myths and legends about the area, shares untold histories of squatting, testimonials and poetry from people who live or have lived there. The black-and-white historical photos and the current park landscape images present a unique insight into this bustling and diverse



part of London. They are capable on their own of telling us the whole story including the systematic underlying discrimination, as well as the loving community spirit.

The People's Right to Wild Camping and Squatting: A Timeline by Benji Human challenges the misleading media narrative of the homeless community. Lisa Ogun shared her heartwarming experience of travelling to different parts of the world, only to find her home in the Finsbury Park area. Poet and translator Hasan Kahya dedicates a poem to the Seven Sisters Road:

A writhing snake of a road that runs along the leafy Finsbury Park for a while, before it hisses past the new Museum of Homelessness where, It's cut in two by Green Lanes.

Since 2015, the MoH has been making history and educating the population through building a

national collection for homelessness preserving and sharing histories of homelessness, poverty and social action. They carry out independent investigations and campaigns to influence policymakers for the change we need to become a united and compassionate society. The driven MoH team believes in practical, mutual aid-style direct actions. They create exceptional. high-quality artistic events, exhibitions and content to bring individuals and communities together. I thoroughly enjoyed a successful book launching event followed by an open mic session exploring creativity in all of us.

 The book is designed by Matt Bonner and printed by Calverts Co-op. A People's History of Finsbury Park is available to buy from the Museum of Homelessness for £12: museumofhomelessness.org/ news/launching-a-peopleshistory-of-finsbury-park

# Not begging but drowning

On the dismal failure of government to confront the increase in homelessness in the UK and how policy has actively worsened the situation. By *André Rostant* 

As I write, a young man lies in St Mary's, Paddington, his pelvis shattered. Ben – a West-End beggar – threw himself under a tube train last month

Toddler, dog, level with knees. shopping bags. Sat amid cigarette butts, spat out chewing gum, on a crap-covered pavement, straining to peer up at passers-by. You could be Taylor Swift sitting naked and most won't notice you, foundering as they are in a fog of their own preoccupations, noses pressed to phones, personal theme tunes filling their ears. You make a noise: "Spare change? Can you help? Change please?" You may get drops, a few guid, occasionally a note There's food and drink too. Oh, the excitement! So wonderful are the benefits and marvels that our former Home Secretary, Suella Brayerman, thinks people, "many of them from abroad," make a lifestyle choice to sleep and beg in the street. Interestinaly, 120 % more people have been seduced into this attractive way of living since Braverman's party was elected in 2010

Fourteen years of Tory rule made

temporary housing more popular, too. They came to power, meeting just under 50,000 households in temporary accommodation. By 2022 they had doubled that to nearly 100,000 – 57,000 of those in London. Nearly all these people would be on the breadline, struggling. Before you say it, no! They're not all unemployed: 55% of households in temporary accommodation have somebody working – only slightly below the 59.1% national average.

But the Tories will never be short of suggestions: erstwhile Safeguarding Minister Rachel MacLean feels people in hardship should be "taking on more hours or moving to a better paid job," which brings us back to the West End, and our seated beggar. Well, not so much him...

Yes, 'him': 85% of those found rough sleeping in Westminster are men. One caveat here: at the times of counting, many female street sleepers might be riding on the underground or 'hiding' in cafes or public buildings – because, in our chauvinist society, they are considerably more susceptible to many kinds of assault.

But the people he (whom is most

likely to be between 18 and 55 years old) looks up at, who are they?

London, the City, conjures images of wildebeest-like suited herds trampling from tube stations (well. for me it does). However, commuting to Westminster eclipses that in the Square Mile: over half a million, plus half a million tourists and 296 000 shoppers, that's two million leas a day traversing the horizon of Westminster's street begaars. Our main concern here is those coming into work. Why travel? Why don't they simply move to Westminster? Now I am forced to assail you with more statistics. The real median income in London is £36.708. £566 67 a week take-home. The median weekly rent for a two-bed flat in Westminster is £825. And there vou have it. It's not rocket science.

There is the odd bargain, though, look it up: a four-bed house on Chippenham Road, Maida Vale. a snip at £911.54 per week. No catch. One simple explanation is that this is a former local authority property. Over 40% of right-to-buy homes now generate fat profits for private landlords

None of it is a mystery. Suella Braverman is herself a landlord, in a party of whose MPs – before so many made the lifestyle choice to leave Parliament – 20 % were landlords, a party that receives significant donations from property developers like Graham Edwards, a party which

seamlessly continued Margaret Thatcher's policy of preaching free markets but vigorously intervening at every turn to shape those markets in favour of particular commercial and property interests, not least in the housing 'market'. And here. fishing among the statistics, is an interesting pattern emerging? While there has been a 12% decrease in poverty amona private renters in the capital over the last decade, in the surrounding area the poorest 40% of the population has swelled by 400,000. It's almost as if policy is forcina a particular demographic out of London

Somehow, despite Lee Anderson's cookery advice, despite Ian Duncan Smith's shroud waving over sinful despondency and in the teeth of the Kafkaesque Universal Credit regime, thousands still flock to a lifestyle they can only savour until their death at 42 (compared to the national average of 74 for men, and 79 for women), which makes them nine times more likely to kill themselves and four times more likely to die from unnatural causes

We can only hope the Starmy Army gets a handle on all this, and that Ben's surprise at still being alive brings some positive outcome.

Meanwhile, please give some thought to why – or whether – you have actually chosen to live as you do.





# Jill's story

This is a moving story of a service user's unique life journey of triumph over adversity and her fight to be heard. The story involves sensitive material some readers may find disturbing. Interview and accompanying words by *Darren Harvey* 

My life was never an easy one. When I was born, my mother and father were ill-equipped to raise children. Consequently, I was taken away by authorities to a foster home. It was a sad fact my other three siblings, born later, had to endure the same fate. At this time, I never had a voice. I was too young to express what I needed. I was labelled a problem child. My behaviour was erratic and difficult to manage through the chaos I was born into. The only way I could express myself was through anger and emotion.

When I was eight, I endured physical, mental and sexual abuse at the hands of my foster parents. This experience became the defining point in my life towards an inevitable path of self-destruction. Some 40 years later, I am still unable to process what happened in my head.

Luckily, authorities were alerted and removed me from that environment, placing me up for adoption. My adoptive parents were the ones who saved me. I quickly called them my mum and dad because of the love they gave me. They always told me the story

of how they chose me. Originally, they wanted two sons but when they saw a photo of me, they saw in my eyes a window to my soul and knew from then onwards that I was their daughter. Despite a very happy, stable and loving childhood with them, I was unable to escape the demons of my past.

I blamed myself a lot of the time for what had happened to me in foster care and isolated myself from others as a way of protecting myself. If dad had known I was taking drugs. it would have broken his heart. However, I started taking heroin and crack cocaine as a way of coping with my mental health issues. The relationship I had with my partner was abusive and violent, culminating in me seeking refuge and becoming homeless. I became an alcoholic to dull the pain and make me forget my problems temporarily. As a result, my health and appearance declined to such a degree that I saw myself in the mirror one day knowing exactly where life was going to take me: to an early grave. It was then that I heard my inner voice telling me to snap out of it before it was too late

## Support

Jill's story details struggles with substance abuse and trauma. If you have experienced similar difficulties and are looking for support, try these services

- Drinkline is England's national alcohol helpline. Call the free helpline on 0300 123 1110 weekdays 9am - 8pm, weekends 11am - 4pm
- With You provides a range of support for people with alcohol, drugs and mental health issues in Scotland through local services or online. Visit the website to find a service that suits you here: www.wearewithyou.org. uk/advice-and-information
- Refuge is a UK domestic abuse organisation for women. Contact for free, 24/7, on 0808 2000 247 in England, or call 0800 027 1234 in Scotland.

and I became determined to change and love myself more. It was this pivotal moment in my life where I was being heard by my own voice.

In 2017, I entered a supportive accommodation project for people suffering from multiple mental health issues in Wolverhampton. From day one. I had a voice and staff listened to me. I felt reassured speaking to experienced staff members who had overcome similar strugales themselves. The accommodation project also employed a retired priest in the day centre who never preached, but listened, reassured and gave me hope.

The Solace Community has given me the chance of being heard. It has helped me address my anger issues through having someone there to talk to day or night, giving me self-belief. Over seven years, this has

enabled me to move from the main hostel towards semi-independent living within the project, where life is the best it has ever been

We often lack the confidence and self-esteem to communicate and be heard. But everyone residing in the hostel has a unique story to tell of their pain and struggles that has brought them to this point in their lives. It is important to talk about it and places like the Solace Community are there to support and successfully guide you into independent living.

In sharing my story with the Pavement readers. I would like it to inspire others to turn their bad life experiences into something positive. I never thought I could do it, but there is a support network out there for you that will listen, advise and help vou.

## Barriers to healthcare

Thoughts on the difficulties and stigma people experiencing homelessness face when trying to access healthcare. By Mat Amp

There is this pervasive view in and around the girdle of middle England that casts people on the 'dole' and the 'sick' as scroungers who are sucking up tax dollars to live the life of Riley. Of course, the plethora of one-size-fits all TV shows that focus on the most unfit and dysfunctional of families don't help that stereotype. Nor does the portrayal of vulnerable people in the media as work shirkers hell-bent on ringing every dollar out of the 'hard working man'.

Part of the dynamic is the creation of a desire in the public's will to exact some sort of revenge on these people who they perceive to be getting something for nothing. Political parties desperately chasing votes, create organisations and campaigns to tackle this 'fraud' that often ends up costing way more than they ever end up saving.

This is apart from the fact that encouraging neighbours to dob on each other is reminiscent of policies enacted by Stalin in Russia as he went about locking up and exiling hordes of the country's population. That may sound dramatic, but how the fuck is it ever going to be right to police your neighbour's behaviour. Obviously, you don't turn a blind eye



© Luis Saatchi

if your nextie is trafficking 12-yearolds into sex slavery but dobbing them in for getting a few illicit dollars back from the tax man is too much. Far too much.

People's attitude to vulnerable people is one of the major reasons why people in vulnerable positions continue to encounter problems with the system. There is no political



will to change these things because they impact a minority of people who tend not to vote. And it is a very British attitude to tell people to stop bitching and moaning when they point to the problems they face in life.

As someone who is in treatment for active addiction, I too often encounter practical barriers to accessing healthcare. For example, I am in full time employment and part of my job is travelling to other cities in the UK for several days at a time. This can make it difficult to pick up my prescription for an opiate substitute: because it has to be picked up on a certain day and if it isn't picked up within the following two days your prescription is terminated and you have to see a doctor and get rescripted.

Also, I can't use the online booking system to book appointments

because I have a rolling appointment with my case worker and the system can only handle one appointment at a time. This means I have to book appointments via the phone system and before I got a phone contract I was on a pay-by-the-minute phone. where being put on hold for 20 to 30 minutes could cost me up to £10. When I had an abscess and was desperate to see someone. I spent £14 trying to get through but ran out of credit before I did I didn't get seen and the abscess got out of control until I needed emergency surgery.

The practical hurdles you face can make you feel vaquely paranoid, like the system is against you, although technically it isn't paranoia, is it, if your fear is justified? And it is in this state that many people experiencing homelessness turn up to medical appointments. We are ready to be slapped down and we often think we deserve to be. So even if we did have the confidence and composure to speak up for ourselves, we wouldn't because deep down inside we are sure we don't deserve to be treated with care and respect. People who think they are not worth carina for need a little bit extra in the form of reassurance, compassion and care. We are easily dismissed but like a parched cactus in the desert we wait for that small drop of rain that will sustain us for the hard dry months ahead

# Doing time, part II

Time traveller McHaggis is serving time, arrested under draconian laws. As he plots an escape, he bickers with fellow inmates and struggles with prison guards.

Screenplay by Chris Sampson

**Previously:** McHaggis was imprisoned due to new laws enabling the police 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. Part one of this story threw us into a strange scene, with McHaggis conversing with fellow inmates the Count of Monte Cristo, the Discount of Monte Cristo, the Miscount of Monte Cristo and, finally, the C\*nt of Monte Cristo. The group's arguing was interrupted by no-nonsense guard Crufts, who brings news of fresh draconian policy. Now read on...

McHaggis: Who elected you spokesman, C\*nt?

C\*nt: Shut it, McHaggis! Crufts is right! You are a big loony! And a knob-end!

Crufts: If I might get back to my exposition? Now where was I? Oh yes: the powers that be have decided that instead of waiting for people to commit crimes and then trying to catch the culprit, from now on, everyone will be put in jail, and only let out if their appeals find them innocent.

[Shocked gasps from the cons.]

McHaggis: Everyone? You mean, everyone in Britain is to be jailed?

Crufts: Well, when I say everyone, I mean BAME types: gays, LGBTQPR's or whatever they're calling themselves this week! You know, the preferred pronoun brigade: blacks, Asians, anyone who's got a bit of a suntan or who looks like he might have slept rough or votes Labour or Green. They're bound to be guilty of

something, if not now then eventually, so why wait for them to commit felonies before locking 'em up?

McHaggis: That's the absurd reasoning of racists and backwards Daily Mail/Express readers!

Crufts: Thanks! I didn't think you'd approve!

McHaggis: I bloody well don't!

C\*nt: Does anyone else think that this opening scene has gone on far too long? Isn't it time to write "Fade to: " and cut to the next scene?

FADE TO:

#### TT EXT. OUTSIDE PUB. DAY.

[Several drinkers and smokers huddle round their pints and ciggies outside a pub. Suddenly, a Victorian Temperance man arrives, with mutton chop sideburns, on a penny-farthing and takes a blunderbuss out of his iacket.1

Temperance man: Eat lead, mother-farquars! This'll teach you to drink alcohol!

[He blasts the drinkers and smokers with his gun, then cycles off unsteadily, his drive-by complete. 1

Survivor: Gasp! Another Temperance Movement drive-by! Summon the constabulary! Aargh!

[Survivor will have to change his name, for he has expired; dead of his wounds.]

To be continued in the next issue...

# Your Rights

Everybody has the right to good health. Read this reproduction of a Groundswell pocket guide to learn more about your healthcare rights

#### Agency and advocacy

You have the right to be involved in the decisions made about your health. If you don't like or are unsure about a decision made about you, or a course of action proposed for you, you can say so. Ask as many questions as you need to in any appointments you have.

After visiting a health setting, you can contact the setting and ask for another conversation about your health.

You are also entitled to having an advocate at your appointments. This does not have to be official advocate – it can be family, a friend, support worker or anyone else you trust to advocate. Advocates can help you remember what has been said and can ask questions on your behalf.

Search online for an advocacy service near you.

#### Human rights

Simply: you have the right to be treated with dignity and respect, without abuse or neglect. This is one of your human rights. Address any concerns you have with the way you are being treated with somebody at your place of treatment, or someone else involved in your care.



#### What is available to you

- Health settings should provide you with suitable and nutritious food when receiving treatment
- They will be mindful of any dietary needs and will respect any dietary needs related to religious beliefs. Tell someone about your dietary requirements when you arrive at a health setting
- You are welcome to request access to view your health records. Ask someone at your GP practice to find out how to view them.

#### Homelessness and rights

- You have the right to register with a GP practice without proof of address or a photo ID. Your immigration status doesn't matter, either
- Hospitals should only discharge you from their care if you have somewhere safe to go to
- Also, hospitals should complete an assessment to organise additional support for you if needed
- If you are experiencing homelessness or don't have a safe place to go to after your visit, you can talk to someone working on the ward and ask to see your care plan
- While not always possible, you can ask to be treated at a location that best suits you. Ask the person who made the referral to whatever health setting you are being sent to if you can be seen somewhere else.

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.



## Come cook with us

A community-led cookbook in Barking & Dagenham aims to empower residents, including those experiencing homelessness, to prepare nutritious, low-cost meals. By *Emdad Rahman* 

A council cost-of-living survey this year in Barking & Dagenham has shown that one in two residents said they either skip or have fewer meals because they can't afford it. Food also ranked number one as a top pain point for residents, followed by gas and electricity bills, and rent or mortgage costs.

The survey also showed that one in three residents were unable to cope with the cost-of-living increase. Working with local people of diverse and different backgrounds, and on various stages of the social ladder, the council launched a community-led cookbook in a bid to support local people to cook tasty, nourishing, low-cost meals from scratch.

For those operating on the frontlines, this initiative has proven particularly helpful in supporting local homeless people and rough sleepers in various London boroughs. As a result, copies of the free publication have been shared with those experiencing homelessness, who now have an opportunity to prepare and consume good food on a budget.

The cookbook, titled *Come Cook With Us* is proving to be popular with those who are sleeping rough on

the streets, as well as with residents of homeless hostels, in temporary accommodation and people who for various reasons are facing economic challenges and struggling to make ends meet

Julia (not her real name) is from Chiswick, West London, but is constantly on the move. Her life is spent moving from one location to another and she recently joined a community of homeless people living in tents in the car park of a shopping centre. It was short-lived, as after two months the developers moved in, completely cleaning out the commune of tents that had taken over the once-secluded spot.

Julia has a sensitive digestive system and is careful about what she eats. She found the cookbook to be a great resource, and through donations from shoppers, was able to create her own recipes to prepare and consume. Her favourites were the chicken noodle soup, and daddy's pizza – a simple recipe shared by leader of the council Darren Rodwell.

"I might be on the streets, being moved from pillar to post but I can't just eat any food shoved in my face," said Julia.



© Emdad Rahman

"Some people are thoughtful and ask what I would like to eat, whilst others will shove their half-eaten burgers into my lap. I'm needy but do have dignity and self-respect."

Julia has been able to prepare simple, nourishing meals through ingredients bought for her by visiting shoppers. Two local restaurants have allowed kitchen staff to heat or toast food for her. "These kind acts let me eat my choice of food, which doesn't harm my gut, is simple to prepare and delicious, too."

Cooking clubs were also offered as a space for anyone to come along, learn and to share their own recipes, tips, skills and food stories.

Councillor Saima Ashraf, Deputy Leader and Cabinet Member for Community Leadership and Engagement at Barking & Dagenham Council, said: "Everyone should have the confidence to cook a wholesome meal from scratch at a low cost"

The community cookbook is a

way to empower people to cook and share and enjoy delicious food from the comfort of their homes.

"So, whether you're a beginner when it comes to cooking, or more experienced, this cookbook is for everyone," continued Ashraf.

"I was delighted to contribute a recipe and we are grateful to those who have shared their wonderful recipes with us. I hope that this book helps to preserve them, as well as celebrate the rich culinary heritage, knowledge and skills within our community."

The council has continued to work with community partners to support people who are struggling, as well as homeless people and those residing in hotels, which includes help with money, food, energy, wellbeing and more, both online and face-to-face at local community hubs.

 View or download a copy of Come Cook With Us here: www. lbbd.gov.uk/cook-with-us

## In desperation, they wrote

Formatted in prose paragraphs, while written in rhyming couplets, before *Christy Fleming* describes the desperate situation many people in Ireland find themselves in amidst a housing crisis

In a laneway, a man's face looked up, in his hand a paper cup. Begging for money, crying out for help. I wondered how that man felt. He reminded me of a friend who was on the streets because of mortagae debt he couldn't meet, summoned to court to defend his home shaken. scared he felt alone. In court he watched as the plaintiffs made their play, wanting vacant possession of family homes with the least limited stay, no concern as to how defendants would cope, if an order was given, they may as well be handing out ropes.

They wrote in desperation, not knowing what to expect, if a reply from the Office of An Taoiseach would have a positive effect on the possession orders pending, evictions staring them in the face, families terrified that vultures would now invade their space.

Landlords quitting the rental market, some TDs and Senators opting into the rental market. Irish tenants on their knees, informed by landlords that they must leave, some sleeping on cardboard boxes, others sleeping in cars and tents, thousands

## Dictionary

Taoiseach: the head of the Irish government

TD(s): short for Teachta Dála, a member of the lower house of the Irish Parliament

The Dáil: the lower house of the Irish Parliament.

of Irish citizens cannot afford the massive hikes in rent

Repossession of family homes, mothers, fathers, children scared and left alone. Our children's inheritance stolen, eviction the price families pay, their homes sold to vulture funds while families are threatened with prison if they stand in their way. Irish citizens locked up in Mountjoy for refusing to hand over their homes, separated from their children, incarcerated but not alone. With a hunger in their eyes, the defendants' homes their prize.

Your Honour, I say that on 29 February 2005. A said sum of money was advanced and the said mortagge went live. The defendant broke contract by defaulting on their loan so I ask that this honourable court make an order that they surrender the said home.

The judge looked to my friend and said, you have heard the barrister for the other side do you have anything to sav?

My friend said ves judge if I may. I'm just an ordinary family man strugaling to make ends meet. Trying to make the best of my financial situation after being let go from my employment. I fear for the future of my children and arandchildren and I worry as to how they will survive and be able to provide for their future families in this crazy upside-down world that we now reside in where an un-elected few have direct access to the ear of many elected politicians.

I put it to you your Honour, what can I. an ordinary citizen of Ireland. do to protect my family home from vulture funds and banks that want to evict us? It's a disgrace your Honour, where is the democracy that was fought for by our forefathers in 1916?

Listen here voung man. I have listened to your story of concern, however you are not here to talk about your democratic rights or 1916, you are here to discuss the matter regarding defaulting on vour mortagae loan, and it's for this reason, you will forfeit your home. My duty as judge is to serve judgement

your agreement with your mortgage lender was to pay your loan. You broke contract, you didn't pay, this is why you are standing here in front of me today.

Do vou understand. I am granting an order for possession with a stay of six months with costs to the plaintiff. Be advised, once the stay expires the plaintiff will instruct the sheriff to take possession of said property. Do vou understand?

Repossession of family homes. mothers, fathers, children scared and left alone Our children's inheritance stolen, eviction the price families pay. their homes sold to vulture funds while families are threatened with prison if they stand in their way. Irish citizens locked up in Mountiov for refusing to hand over their homes. separated from their children. incarcerated but not alone.

We implore you Taoiseach, we implore every politician elected to the Dáil, intervene now, stop repossession of family homes.

Speak with us Taoiseach, speak with us elected politicians, listen to the concerns of your constituents. those facing eviction and those already on the street.

What about our children and arandchildren and all future generations to come? What about security of tenure, will it be guaranteed? And just for now, providing homes for families in this, their greatest moment of need.

# Reading material

A review of a new book focusing on homelessness, *The Way Home*, by David Bullock. Review by *Sophie Dianne* 

David Bullock is an award-winning author who has been writing professionally for over a decade. His first book, *The Man Who Would be Jack*, was shortlisted for The People's Book Prize in 2018. Two years later, David started work on his first children's book, proving himself quite the creative, having written and illustrated it. The story follows the adventures of a police constable that helps his community.

A further three books about PC Ben have been published. David's other works include Valentine Doesn't Like Bears, which won the Cranthorpe Millner Literary Competition in 2019 and the highly regarded Collett the Wonder Vet, which has gone on to receive international endorsement from the Australian Vet Society, as well as a host of animal charities and public flaures.

David's latest book *The Way Home* is a touching story about homelessness. A man and his dog travel from place to place, without shelter or a bed to sleep in. They have no door to close or a fire to keep them warm. But their dream of one day finding a place to call home keeps them going.

We all deserve a place to call



© David Bullock

home, and the dignity that brings. The Way Home is a touching story that softens a subject that is often uncomfortable. The lyrical prose and colourful pictures will bring delight to any child that reads it and help them to digest this issue. It would be dishonest to say that I didn't get through the book without shedding a tear. And then being delighted to see our protagonist and his friend get their dream home! This is a story of hope that should be part of any child's bookshelf.

All proceeds from the sales of *The Way Home* will go to help fund The Alma Beacon charity, which supports homeless people and those in need throughout Windsor.

## 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
- Tel: **0808 800 4444** (8am–8pm Monday – Friday, 8am–5pm weekends)

#### 3. Citizens Advice Bureau

- Web: 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 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





## the Pavement London List

#### **KEY TO ALL SERVICES**

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

Updates: web@thepavement.org.uk Compiled: August 2024

This is a partial list, tailored for this issue of the Pavement, Full list at thepavement.org.uk/services.php

#### **BEING HEARD**

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

Endeavour Centre, Sherborne House. 34 Decima Street, London SE1 400

0207 278 4224: 0207 939 1220

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

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

#### MIND

0300 123 3393; www.mind.org.uk

info@mind.ora.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

#### SAMARITANS

116 123 (open 24/7)

Provides support to anyone in emotional distress or at risk of suicide

C

#### FOOD

#### ACE OF CLUBS

St Alphonsus Rd. London, SW4 7AS 020 7720 2811: 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

#### ACTION AGAINST FOOD POVERTY

www.aafp.uk

Sat: 11am

Mobile outreach starting at St. Gilesin-the-Fields Church, next to Shower Box, then on to Soho Square and the American Church.

Offering food, supplies and conversation

FF

#### AMURT UK

0208 806 4250

amurt.org.uk/projects/feedingprogram

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@ amail.com

Wed & Sat: 11:30am - 2pm This service aims to create a safe environment that is clean, welcoming. social and a space where quests 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.

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

#### OUR FORGOTTEN NEIGHBOURS

www.ourforgottenneighbours.co.uk Mon: 2 – 5pm @ Chiswick High Road. across from the Health Centre, W4 Thu: 5pm @ Toynbee Hall, Commercial Street, E1

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

Soup kitchen with food and toiletries services for refugees.

FF

#### REFUGEE COMMUNITY KITCHEN

refugeecommunitykitchen.org info@refugeecommunitykitchen.org It offers a large variety of food at every service, including soup, salad, eggs, tea and coffee as well as a dessert.

#### Tuesdav:

#### 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 Sa. SW2 1JO

- FC Foot care
- IT Internet access Laundry
- LA Legal advice
  - LF Leisure facilities
- Luggage storage
- MD Music/drama MH Mental health
- MS Medical services

#### NE Needle exchange

#### THE SOUP KITCHEN @ AIC

79a Tottenham Ct Rd. London W1T 4TD amchurch.co.uk/serve/the-soup-kitchen Mon - Sat: 10am - 12noon

Mon. Tue & Fri: 6 – 7pm; dinner takeaway Mon: 10am - 12noon (solicitor)

Tue & Thu: 10am - 12noon (mental) health drop-in clinic)

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

#### STREETS KITCHEN

streetskitchen.org/locations/london Daily food in various London locations. Monday:

#### Camden Streets Kitchen

7 – 9am mobile breakfast club outreach across Camden and Euston

#### Hackney Streets Kitchen

8am – 12noon breakfast club outreach in Gillet Sauare, N16 8AZ

#### 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

SF Step-free

SH Sexual health

7:30pm near Joe's Pizza, opp Waitrose 8-1 The Pavement, London, SW4 0HY

#### Hackney Streets Kitchen

8am – 12noon breakfast club outreach in Gillet Square, N16 8AZ



#### Wednesday:

#### Camden Streets Kitchen

7:30pm nr Camden Town tube, NW1 80L

#### Hackney Streets Kitchen

8am – 12noon breakfast club outreach in Gillet Sauare, N16 8AZ

#### Stockwell Streets Kitchen

7:30pm next to Stockwell tube, SW4 6TA Thursday:

#### Camden Streets Kitchen

7 – 9am mobile breakfast club outreach across Camden and Euston, then; 7:30pm nr Camden Town tube, NW1 80L

#### Hackney Streets Kitchen

8am – 12noon breakfast club outreach in Gillet Square, N16 8AZ, then: 8pm outside Hackney Central Library Friday:

#### Archway Streets Kitchen

7:30pm outside Archway tube station Camden Streets Kitchen

#### 7:30pm nr Camden Town tube, NW1 80L

Hackney Streets Kitchen 8am – 12noon breakfast club outreach in Gillet Sauare, N16 8AZ

#### Kilburn Streets Kitchen

7:30-8:15pm nr Kilburn High Rd tube

#### Dalston Streets Kitchen

8pm Ridley Rd. opp train station E8 2PN Saturday:

#### Archway Streets Kitchen

7:30pm outside Archway tube station Camden Streets Kitchen

#### 7:30pm nr Camden Town tube, NW1 8QL

Hackney Streets Kitchen

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

#### Haringev

5pm Outside Seven Sisters Station

#### **HEALTHY MIND & BODY**

#### ANTIDOTE (LONDON FRIEND)

86 Caledonian Road N1 9DN 020 7833 1674

londonfriend.org.uk/antidote 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

#### 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 and Recovery Service for people affected by substance misuse. A.D.MS

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

108 Hampstead Road, NW1 2LS camdenhomelessap.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

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

#### THE DOCTOR HICKEY SURGERY

3-7 Arneway St. SW1P 2BG thedoctorhickevsurgery.co.uk 0207 222 8593

Mon - Fri:  $9:30\alpha m - 12:30pm$ , 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.greenhouseappractice.nhs.uk Mon - Fri:

8am – 6:30pm (appointment only)

9am – 4:30pm (housing advice)

Medical care for men & women who are sleeping rough. Also privde 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

#### THE NEHEMIAH PROJECT

47 Tooting Bec Gardens, Streatham SW16 1RF

020 8773 7417; 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

Or call 07719 960 703.

AH.A.C.DW.ET.EO



Laundry

- 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



LA Legal advice

LF Leisure facilities

#### REGIONAL HOMELESS ENGAGEMENT WITH SUBSTANCE TREATMENT (RHEST)

020 3745 0363

improve outcomes.

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

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/phoenixfutures-for/people-and-familieswho-use-our-services/find-a-service/ rhest-london-regional-homelessengagement-with-substance-usetreatment-team

A.S.MS.OW

#### RESET TREATMENT SERVICE (RTS)

71A Johnson Street, London, E1 0AO 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

# SERVICE (RRSS)

41 Spelman St. London, E1 5LO 020 388 99510

RESET RECOVERY SUPPORT

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/traumaticstress-clinic

Psychological treatment for people 18+ with post-traumatic stress disorder (PTSD) in North London. Referral only: Referrals have to come through iCope. core teams and secondary care mental health services. See website for info. мн

A Alcohol workers AC Art classes

AD Advocacy

AH Accomodation/ housing advice

R Rarber **BA** Benefits advice

**BE** Bedding available **BS** Bathroom/showers

Counselling

CA Careers advice

CL Clothing store Drugs workers

DA Debt advice **DT** Dentist

FF Ex-forces

EO Ex-offenders ET Education/training

F Food

FF Free food

# **DAY CENTRES**

#### ALL PEOPLE ALL PLACES

Pymmes Park Visitors Centre, Edmonton, N18 2UF 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 alonaside 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 aroups and discuss mental health and tools to manage emotions. Washing machine/ drver available to use.

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

#### CARDINAL HUME CENTRE

3/7 Arneway St, Horseferry Rd, SW1P 2BG **020 7227 1673** 

www.cardinalhumecentre.org.uk info@cardinalhumecentre.org.uk Mon – Fri: 9:30am – 3pm (Welcome Hub & 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

A11, DA, C, CA, L1, OL, 13

#### CONNECTION AT ST MARTIN'S

12 Adelaide Street, London, WC2N 4HW 020 7766 5544, services@cstm.org.uk www.connection-at-stmartins.org.uk Mon, Tue, Thu, Fri: 9am – 1:30pm (drop-in); 1:30 – 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 streetsouls@emmausgreenwich.org

Woolwich Service Users Project, 107 Brookhill Road, SE18 6BJ Mon: 3 – 6pm Woolwich Common Community Centre, 17 Leslie Smith Square, SE18 4DW Every other Thu: 6 –8pm

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 TS Tenancy support

OL Outreach worker links
OW Outreach workers

SF Step-free
SH Sexual health
TS Tangangus support

FULL LIST AVAILABLE ON OUR WEBSITE

# EMMAUS WESTMINSTER STREET SOULS

St Stephen's, Rochester Row, SW1P 1LE 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

#### 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
Mon – Sun: 8:30am – 1:30pm
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)

Tue, 10am – 11:30am (mental health) Every 2<sup>nd</sup> Tue: 10am – 1pm (chiropodist) Mon: 10am – 1pm (Accommodation advice at 020 7403 1931 (option 1)) Please note this service is only available on a Monday and for those looking for accommodation only.

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

#### REFETTORIO FELIX ST CUTHBERT'S

The Philbeach Hall, 51 Philbeach Gardens, Earl's Court, SW5 9EB 020 7835 1389; refettoriofelix.com Mon – Fri: 12noon – 2pm (free lunch) Mon: 11am – 2pm (Age UK drop-in) Tue: 12:30 – 1:30pm (Age UK lunch club) Tue: 12noon – 3pm (Turning Point caseworker drop-in)
Tue – Fri: 12noon – 3pm (Glass Door caseworker available)
Mon – Fri: Green Rooms, a dedicated wellness space with one-to-one mental health advice from a psychotherapist available by appointment Day centre which also offers food.

#### THE PASSAGE

AH.F

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

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.

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

Contact Jason Electricity (Series Advisor) on jasonelectricity@gmail.com or Neil Deuchar (Series Editor) at neildeuchar@theendlessbookcase.com



ARTS COUNCIL ENGLAND



unheard voices

Get

#### 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) Mon: 9 - 11:30am (Rough Sleeper's Space at 8 Tooting Bec Gardens) Tue: 9 - 11:30am (Rough Sleeper's Space at St Luke's Church, 13 Norwood High St, SE27 ODT)

Tue: 1 – 3pm (drop-in for new refugees facing homelessness)

Wed: 10am – 12:30pm (women only) Thu: 9am - 12:00pm (Women's only drop-in at Elmfield House, 5 Stockwell Mews, London, SW9 9GX)

The rough sleeper breakfasts run four days a week, where homeless and 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

# LGBTIO+

#### AKT (LONDON)

Hoxton Works. Unit 3.1 and 3.2. 128 Hoxton St. N1 6SH 020 7831 6562; www.akt.org.uk/refer

Mon - Fri: 10am - 4:30pm

\*APPOINTMENT ONLY

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

#### **CAFE OUEERO**

52 Lant Street, SE1 1RB lgbtigoutside.org/centre

Tue: 10am -2pm

Pop into the LGBTIO+ 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 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. Fmail: info@each education

www.facebook.com/eacheducation

AD.C.LA

Α	Alcohol workers

AC Art classes

- **BA** Benefits advice
- **BE** Bedding available **BS** Bathroom/showers
- Counselling
- CA Careers advice CL Clothing store Drugs workers
- **DT** Dentist
  - DA Debt advice
- **EF** Ex-forces
- EO Ex-offenders
- ET Education/training Food
- FF Free food

AD Advocacy AH Accomodation/ housing advice

B Barber

#### GALOP

www.aalop.ora.uk 0800 999 5428 is the National Helpline for LGRT+ Victims and Survivors of Abuse and Violence, Helpline is open Mon - Thu: 10am - 8pm Fri: 10am - 4pm 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 - 1pmlabtiaoutside.ora Referral form: www.stonewallhousing. ora/services/referral-form The Outside Project runs the LGBTIQ+ Centre, an inclusive and supportive space operating seven days a week. See LGBTIO+ centre timetable here: lgbtigoutside.org/centre AΗ

#### **OUEER HOMELESSNESS RECOVERY** GROUP

The LGBTIO+ Centre, 52 Lant Street. London, SE1 1RB labtiaoutside.ora/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

FC Foot care

IT Internet access Laundry

LA Legal advice LF Leisure facilities LS Luggage storage

MD Music/drama MH Mental health

MS Medical services

NE Needle exchange

#### STONEWALL HOUSING

8 Copperagte House, 10 White's Row. London, E1 7NF stonewallhousing.org

0800 6 404 404 Mon - Fri: 10am - 1pm

London, N1 9DN)

Mon - Fri: 2 - 5pm (Live Chat online) Fri: 2 – 3:30pm (housing advice drop-in at London Friend, 86 Caledonian Road.

Every other Tue: 2 - 3pm (Over-50s drop-in at Tonic Housing, 20 Albert Embankment, SE1 7TJ)

For information on Tonic drop-in, email: jaba@stonewallhousing.org

Self-referral form 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

MH.C.ET.OL.OW.SH

#### SWITCHROARD LGRT+

0800 0119 100: switchboard.labt hello@switchboard.labt Mon - Sun: 10am - 10pm (helpline) Online chat available from 6pm daily 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

OL Outreach worker links OW Outreach workers

SF Step-free SH Sexual health

TS Tenancy support



# PETS

#### DOGS ON THE STREET

next to Charina X Police Station, WC2N doasonthestreets.ora 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 Mon - Fri: 9:30am - 4pm Call ahead or visit website to register your dog and find a vet practice near vou. Email: tth@doastrust.ora.uk

#### STREETVET

www.streetvet.co.uk/a-pet-needs-help StreetVet is a free vetinary care outreach service for pets of people experiencing homelessness.

# WOMEN

#### CI FAN BRFAK

2 Patshull Road NW5 2LB 020 7482 8600, 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

#### REFUGE

0808 2000 247

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

#### SMART WORKS

020 7288 1770

london.smartworks.org.uk Smart clothing for women for job interviews. Mentorina programme run by CIPD and referrals for more help. Check website for negrest service.

AD Advocacy

AH Accomodation/ housing advice

B Barber

**BA** Benefits advice

**BE** Bedding available **BS** Bathroom/showers

C Counselling

CA Careers advice

Drugs workers DA Debt advice

CL Clothing store

**DT** Dentist

**EF** Ex-forces

EO Ex-offenders ET Education/training Food

FF Free food

#### **SOLACE**

0808 802 5565

solacewomansaid.org/solace-accommodation

 $Mon - Fri: 10\alpha m - 4pm$ 

Tue: 6 - 8pm

Solace provides safe refuge and moveon 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 moveon accommodation, legal matters, immigration issues, health, education, training and employment.

AH, BA, C, CA, LA, MS

#### WOMEN'S AID

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

#### AH, BA, C, CA, LA, MS

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

# OTHER

#### HOTEL SCHOOL

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/Eliaibility: 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

CA, ET

#### THE BIG ISSUE

020 7526 3445

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

OL Outreach worker links

OW Outreach workers

Tenancy support

SF Step-free

SH Sexual health



#### **GROOVE, GROOM & GRUB**

facebook.com/aetvourmoioworkin 07498 041 824

Tuesday 12pm - 2pm: next to Angel Station, under the covered area. Tuesday 3pm – 5pm: outside Finsbury Park Station under the bridge.

#### HATRCUTS4HOMELESS

Various locations in London www.haircuts4homeless.com Mobile hairdresser at numerous outreach services and day centres in London. For appointment please email: team@haircuts4homeless.com

#### SHOWER BOX

BS. CL. FF

St Giles-in-the-Fields, 60 St Giles High St, London, WC2H 8LG showerbox.org Sun: 10am – 2pm Free shower, food and other supplies.

#### STREET STORAGE

close to Kinas Cross 07932 830 440; streetstorage.org info@streetstorage.org Mon. Tue & Fri: 10am - 4pm Wed & Thu: 1 - 4pm Thu: 10am - 12:30pm (women only) Free storage for your belongings. CL

# **EX-OFFENDERS**

#### FORWARD TRUST

020 3981 5525: forwardtrust.ora.uk Empowers people to break the cycle of crime and addiction, tailored to individuals' needs. Harm reduction, care and assessment, motivation, inspiration and support to transform your life.

A C DW

#### NATIONAL PRISONERS' FAMILIES HELPLINE

0808 808 2003; prisonersfamilies.org Mon - Fri: 9am - 8pm (not Bank Holidays): Sat & Sun: 10am - 3pm Advice, info and support if a family member is in the criminal justice system.

IΑ

#### TREASURES FOUNDATION

07950 585 947 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 MH.AH.F

#### WORKING CHANCE

www.workinachance.ora Mon - Fri: 9am - 6pm Supports women with criminal convictions and those leaving the care system into sustainable, quality employment. Help with CV writing, interviews and disclosing convictions.

AH, AD, BA, C, DA, ET, TS

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

# **EX-FORCES**

#### COMBAT STRESS

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 OI

#### SSAFA FORCESLINE

0800 260 6767; 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 aet your life back on track

AH. EF. TS

# HOBBIES

#### STREET SOCCER LONDON

streetsoccerlondon.org/play 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 U15s @ Powerleague Nine Flms

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

#### STREETWISE OPERA

Southbank Centre, Belvedere Road, London, SE1 8XX

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



IT Internet access

LF Leisure facilities

Laundry LA Legal advice 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

Tenancy support



#### THE CHOIR WITH NO NAME

St Pauls West Hackney, 184 Stoke Newington Road, N16 7UY 0746 492 8122; 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

#### TURN A CORNER LIBRARY 07824 038 807

turnacorner@asa.ora.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

# REFUGEE SUPPORT

#### PRAXIS

Praxis Community Projects, Pott Street, London E2 0EF www.praxis.ora.uk

020 7729 7985

2nd Wed of month: 9am (drop-in) 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 IA

#### REFUGEE ACTION

www.refugee-action.org.uk 0207 952 1599 or 0759 518 9995 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

#### REFUGEE WOMEN PROJECT

www.refugeewomenconnect.org.uk 0151 305 1070

info@refugeewomenconnect.org.uk A charity working with service users, policymakers and the wider sector to support asylum-seeking and refugee women's access to social justice.

LA