

the **Pavement**

the free magazine for homeless people



**Issue 151 : Being heard
August – September 2024**

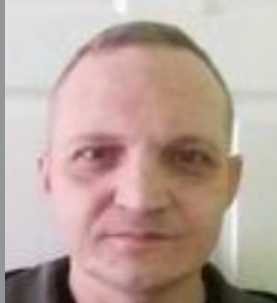
Missing



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.

**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: 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: [@johnfleissner](https://www.instagram.com/johnfleissner)

© 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

Neglected, 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 co-founder Sid Williams highlighted the project's sustainable, long-term strategy, aiding residents in finding work and managing homes.

Eviction epidemic

London's streets are seeing 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 *Big 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 among 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.



André by his *Big Issue* pitch. © Nick Cornwall

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 young people at risk of homelessness. It utilises precision-engineered 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, denying her a British passport. With her Tottenham home deemed uninhabitable, London's Haringey 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 life-

disrupting 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 eyecare clinic specifically for homeless individuals has opened at the Crisis Skylight Centre in **Edinburgh**, funded by Specsavers. This clinic, managed by Vision Care for Homeless People (VCHP), offers free eyecare 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 eyecare 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 eyecare 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 **Edinburgh** 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.

1,826 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 **Glasgow**, has urgently called for action as she grieves 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 urging 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 **Glasgow** 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*.

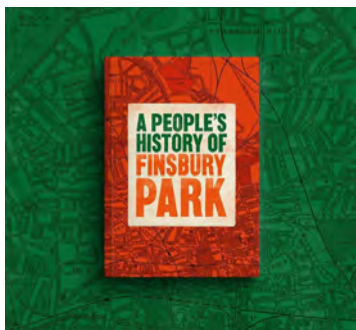
A people's history

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 dug 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



The pond on-site at the Museum's Manor lodge home. © Marsha Glenn

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-peoples-history-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 quid, 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 Braverman, thinks people, "many of them from abroad," make a lifestyle choice to sleep and beg in the street. Interestingly, 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 legs a day traversing the horizon of Westminster's street beggars. 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 you 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 among 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 forcing a particular demographic out of London.

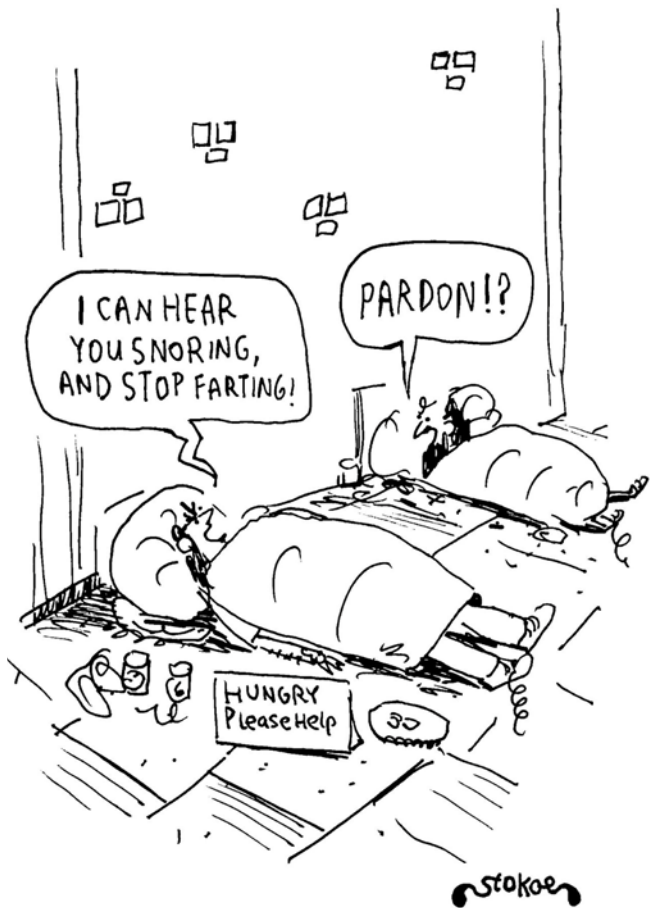
Somehow, despite Lee Anderson's cookery advice, despite Ian Duncan Smith's shroud waving over sinful despondency and in the teeth of the Kafkaesque Universal Credit regime, thousands still flock to a lifestyle they can only savour until their death at 42 (compared to the national average of 74 for men, 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 struggles 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 you.



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-year-olds 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



© Chris Bird

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 vaguely 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 caring 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:

II

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 jacket.]

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.]

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/come-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 mortgage 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

mortgage 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 say?

My friend said yes judge if I may, I'm just an ordinary family man struggling 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 grandchildren 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 young 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 your mortgage 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 you 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 you 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 Mountjoy 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 grandchildren 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 figures.

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!

KEY TO ALL SERVICES

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

Are your details incorrect?

Please send changes to:
web@thepavement.org.uk

DAY CENTRES

GLASGOW CITY MISSION

20 Crimea Street, Glasgow G2 8PW

0141 221 2630

glasgowcitymission.com

Mon – Fri: 10am – 8pm (drop in);

1 – 3pm (lunch); 6 – 7:30pm (dinner);

10am – 4:30pm & 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

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
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
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
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
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
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: 24 hours
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
(emergency out of hours).
AH, BS, BE, CL, TS

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

CROSSREACH (CUNNINGHAM HOUSE)

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

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

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

(emergency out of hours).

AH, AD, A, BA, CA, DW

ROCK TRUST

www.rocktrust.org

0345 222 1425

Mon – Thu: 9am – 5pm; Fri: 9am – 4pm

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

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

For Referral, visit:

www.safeinScotland.com/referrals
or phone:

Govan Community Proj: 0800 310 0054

Scottish Refugee Council: 0808 1967 274

British Red Cross: 0808 196 3651

AH, BS

SIMON COMMUNITY SCOTLAND

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

Support and accommodation for young men and women (ages 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

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

Mon – Fri: 10am – 8pm (drop in);

1 – 3pm (lunch); 6 – 7:30pm (dinner);

10am – 4:30pm & 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

H4TH (HELP FOR THE HOMELESS)

07396 755747

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

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; qpqpc.com

All year round:

Sun: 5pm (Club 170 – free takeout meal,

toiletries, clothing – all year round)

Thurs: 10:30am – 12noon (Food Bank)

And between September – June:

Tues: 12noon (Lunch Stop)

Thurs: 10am (Coffee Club)

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
 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
 Mon – Fri: 8 – 9:30am (breakfast rolls)
 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
 Mon – Fri: 8 – 9:30am (breakfast)
 Mon, Tue, Thu, Fri: 5 – 6pm (Afternoon
 scan)
 Wed: 4:45 – 5:45pm (Social Supper)
 Wed: 6:15 – 7pm (Womens Social Supper)
 FF

STEPS TO HOPE

St Cuthberts, 5 Lothian Rd, EH1 2EP
 07949 838 666 (24-7)
www.stepstohope.co.uk
 Monday: 6 – 8pm
 Sunday: 4 – 8pm
 Soup kitchen and other support for
 individuals on their journey to recovery.
 FF

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

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

GAMH

Glasgow
 0141 552 5592; 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
 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

A network for people who hear voices and see visions. For groups info email 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/2p27yupn>

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

info@mind.org.uk

Mon – Fri: 9am – 6pm

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

Support line: 0300 102 1234

Infoline: 0300 123 3393

Legal support: 0300 466 6463

Welfare benefits: 0300 222 5782

MH, AD, LA

NHS INFORM - SCOTLAND

www.nhsinform.scot

Online health information service.

MS, MH

PENUMBRA

57 Albion Rd, Edinburgh EH7 5QP

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

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

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 and Urdu as well as English.

C

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

SURVIVORS OF BEREAVEMENT BY SUICIDE (NATIONAL)

0300 111 5065

uksobs.org

Sunday – Friday: 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

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

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

Supports individuals and families to help them tackle long-term homelessness problems including addictions, debt, lack of furniture, unemployment and social isolation. Welcome Centre and 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

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/2MKuzU>

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

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
82111 (text line)

24 hrs, 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

0808 802 9000 (freephone helpline)

Mon – Thu: 9am – 9pm;

Fri & Sat: 9am – 5pm

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

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 jasonelectricity@gmail.com OR
Neil Deuchar (Series Editor) at neildeuchar@theendlessbookcase.com

Get
your
writing
published...



ARTS
COUNCIL
ENGLAND

LOTTERY FUNDED

Supported using public funding by

**ARTS COUNCIL
ENGLAND**



unheard
voices

NARCOTICS ANONYMOUS (NA)

0300 999 1212; 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
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
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
Zoom meetings listed on the website.
Use their call-back service between 9am – 5pm: request by email: support@smartrecovery.org.uk

C, D

TURNING POINT SCOTLAND (ALCOHOL & DRUG CRISIS)

80 Tradeston Street, Glasgow, G5 8BG
0141 420 6969; 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
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

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

Mon – Fri: 9am – 9pm

Sat & Sun: 10am – 4pm

(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

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

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

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

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
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AVAILABLE ON
OUR WEBSITE



GLASGOW WOMEN'S AID

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

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

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

0800 138 1619

07537 173 683 (textline)

24 hr, 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

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

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 6780; 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

Mon – Fri: 8am – 4pm

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

Email: veterans-uk@mod.gov.uk

AH, DA, BA

KEY

A Alcohol workers

AC Art classes

AD Advocacy

AH Accommodation/
housing advice

B Barber

BA Benefits advice

BE Bedding available

BS Bathroom/showers

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

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

AD, C, LA

EQUALITY NETWORK

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

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

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

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

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 or message via the website. Bereavement help also.

LA, AD, MH

FC Foot care
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REFUGEE SUPPORT

CENTRAL & WEST INTEGRATION NETWORK

Garnethill Multicultural Centre
21 Rose Street, Glasgow, G3 6RE
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
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
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

AH, FF

SAFE IN SCOTLAND

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
DA Debt advice
DT Dentist

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

SCOTTISH REFUGEE COUNCIL

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
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; 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 wellbeing; 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

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 wellbeing – why not come along and have a go?

MD

GOVANHILL BATHS

126 Calder St, Glasgow, G42 7QP

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

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LODGING HOUSE MISSION

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

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
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

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

MD

DENTIST / MOUTH CARE

THE ACCESS PLACE – EDINBURGH

22-24 Spittal St, Edinburgh, EH3 9DU
0131 537 8323

Mon, Tue & Wed: 12:30 – 4pm

For anyone who is drug dependent or registered homeless and who has difficulty accessing dental care.

MS

THE ACCESS PLACE – LEITH

Leith Community Treatment Centre,
2nd Floor 12 Junction Place, EH6 5JQ
0131 536 6286

Thursdays: 9:45am – 3pm

MS

GLASGOW DENTAL HOSPITAL

378 Sauchiehall Street, Glasgow, G2 3JZ
0141 232 6323

www.nhsinform.scot/scotlands-service-directory/dental-services/12954%201glc1116

Mon – Fri : 8:30am – 5:15pm

This is not a walk-in facility and access is by appointment only in daytime, and via NHS 24 in the evenings by dialling 111. To register call 0141 232 6323.

MS

NHS LOTHIAN EMERGENCY DENTAL CARE

services.nhslothian.scot/dentists/emergency-dental-care

Patients not registered with a dentist, call: 0131 537 8801 or 0131 537 8802

Mon – Fri: 9am – 6pm

After 6pm, call NHS 24 on 111.

If you are registered with a dentist, please contact your own surgery for advice or to arrange treatment.

MS