

the Pavement

the free magazine for homeless people



Issue 152 : Change
October – November 2024

MC0560

Missing



Fathayha Begum

Fathayha Begum has been missing from Southam, Warwickshire, since 28 July 2024. She was 29 at the time.

Fathayha, 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.



Gillian Affleck

Gillian Affleck went missing from Patcham, Sussex, on 24 August 2017. She was 50 at the time of her disappearance.

Gillian, 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 Fathayha or Gillian, 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 *Blue Boy 5*, a work featured in Denise Harrison's book *Finding Rat Park*. You can read an article by Denise discussing her book and experience with addiction on page 28.

© *Steel Door Studios*

TURN TO PAGES A – P
FOR THE LIST OF SERVICES

Contents

About us.....	4
Editorial.....	5
News.....	6 – 11
Special	12 – 13
Legal.....	14 – 15
Pyne cartoon	16
Stokoe cartoon.....	17
Winter	18 – 19
Health	20
Outreach	21
Mat's column	22 – 23
Screenplay	24 – 26
Homeless hero.....	27
Book.....	28 – 30
Your rights	31
The List (centre).....	A – P

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

The Pavement (print) ISSN 1757-0476
The Pavement (online) ISSN 1757-0484

The Pavement magazine

- www.thepavement.org.uk
- twitter.com/thepavementmag
- facebook.com/thepavementmag
- instagram.com/thepavementmagazine

London/Scotland Issue 152 October – November 2024

Published by *the Pavement*
Registered Charity Number 1110656
www.thepavement.org.uk

Editor: Jake Cudsi editor@thepavement.org.uk

Web editor: web@thepavement.org.uk

Designer: Marco Biagini scotland@thepavement.org.uk

Writers/Researchers: Mat Amp (deputy editor), Nicola Baird, Chris Bird, Kate Brewin, Liam Court-Road, Sophie Dianne, Denise Harrison, Kieran Hughes, Ian Kalman, Emdad Rahman, Garnet Roach, André Rostant, Chris Sampson, Bronagh Sheridan, Simon, Robert Straw

Artwork: Chris Bird, Ken Pyne, John Sheehy, Mike Stokoe

London Co-ordinator: Sophie Dianne
london@thepavement.org.uk

Scotland Co-ordinator Marco Biagini
scotland@thepavement.org.uk



the Pavement is a member of
IMPRESS

The Independent Monitor of The Press. For more information on *the Pavement*'s complaints policy and how to make a complaint visit:

thepavement.org.uk/complaint



© Chris Bird

From Dundee to Nirvana

A short story by *Chris Bird*

When the syringe penetrated the arm the surface of the skin reddened. The pale skin became irrelevant soon enough. The hit began from a sensation of warmth and accelerated in a gleaming burst of ecstasy.

I fell back onto the mattress, which seemed more comfortable than any expensive hotel bed. The sensation was an amazingly intense mixture of comfort, security and pleasure.

Yet as soon as the core of the pleasure settled, it seemed to diminish and the glow of good feeling became remote. A desire to vomit filled me and my hands trembled. Sweat rushed onto my forehead. The inside of the tent was like a ramshackle womb that I hid in.

The moment of ecstasy was over. The nausea faded away gradually. Outside I heard Clare coughing and humming to herself. Her Glasgow accent always retained an improbable element of hope.

"Wanna fag big man?" she asked.

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

Change

Sometimes it feels like things never change. For all the bold claims and big promises, the housing crisis remains, homelessness in the UK continues to rise. But that things change is an eternal truth. There's a new government in town, with a tranche of new promises. Whether they can deliver on any of them remains to be seen. Would be a nice change, though...

In our day-to-day there is always the opportunity for things to change. It might be chance, or it might be the result of a lot of work. Here to comment on the importance and nature of change is André Rostant on page 12. Mat Amp also writes about change in his column on page 22.

Elsewhere in the magazine you can read about an outreach service in London on page 21. There's also a preview of a book on addiction on page 28, as well as all of the regular news, views and cartoons.

the Pavement team

www.pavement.org.uk

Service of commemoration update

Words by *Alastair Murray*

This year's annual service of commemoration for those who have died homeless will take place at St Martin-in-the-Fields on 7 November at 11am. It is always a vitally important and moving service in which those who have died in the last year who have known homelessness will be remembered. The theme of this year's service is 'Coming Home' and will recognise the fact that so many people seeking to find a safe place to belong and to call home are still struggling to find affordable accommodation, with rising numbers living on the streets. This service aims to remember all those whose lives have often been cut short by homelessness. Once again there will be music from The Choir with No Name and Streetwise Opera, as well as music from the Gavin Bryars ensemble. All are welcome to join us at St Martin-in-the-Fields.



The poster for this year's service of commemoration, featuring the artwork *Trust* by Don Pollard.
© *St Martin in the Fields*

Housing first

The Greater **Manchester** mayor, Andy Burnham, says he is committed to adopting “a housing first philosophy like Finland,” in his effort to end rough sleeping. Burnham made the announcement at an event marking the success of Manchester’s own housing first pilot scheme. The scheme has supported 430 people

with experience of homelessness into housing. Lauding the scheme’s success, Burnham continued: “It actually saves public money to do this [housing first],” he said. “It’s not as if we’re just asking for something, and it’s another pressure. The bigger you do housing first, the more you’ll save.”



A cityscape picture from the MyLondon photo competition. © Café Art

Café Art’s MyLondon calendar is available for pre-sale, after a Crowdfunder was launched in August. The MyLondon project sees 100 Fujifilm QuickSnap single-use film cameras given to people experiencing homelessness in the capital. Roughly more than 2,100 photos are taken in a seven-day period. A selection of 25 photos is picked from these 2,100, with 13 chosen for the 2025 calendar.

- **Learn more about Café Art and the MyLondon project on its website:**
www.cafeart.org.uk/mylondon



Homelessness: Reframed at the Saatchi Gallery. © *the Pavement*

From 7 August to 20 September 2024, the Saatchi Gallery in west **London** held an exhibition featuring artwork by artists with experience of homelessness. Homelessness: Reframed displayed works by artists from the UK and abroad. Promotional material for the show said the “exhibition will bring to life the breadth and complexities of homelessness across the country and give people an opportunity to engage with, and better understand, the stories of those with experience of homelessness.”

Storm brewing

A troubling new law came into effect in **Florida, USA**, on 1 October. The bill, signed by governor Ron DeSantis in March this year, criminalises sleeping in public spaces. The mayor of Fort Lauderdale, Dean Trantalis, has rubbished the law, saying it will provoke a “tsunami of lawsuits” while doing nothing to solve homelessness in the state.

Trantalis went further, calling the bill a “draconian mandate” which gives cities in the state “an onerous burden.” From 2022 to 2023, homelessness in Florida increased by 18.5%. Trantalis’s lawsuit comment references a clause in the bill allowing legal action to be taken against any municipality that fails to reduce rough sleeping.



Last year’s vigil for people who died while experiencing homelessness.

© the Pavement

The Museum of Homelessness (MoH) was founded, created and run by people with lived experience of being homeless. Each year it publishes information on people who died experiencing homelessness, as part of the Dying Homeless project. They also hold a vigil for those who passed, usually around the start of spring. However, this year the vigil is being held on 17 October, outside Downing Street, **London**, to coincide with the release of the latest figures from the Dying Homeless project.



A view of the stage at StreetsFest. © *the Pavement*

StreetsFest, the annual day festival run by StreetsKitchen, took place on 12 September. The festival, run in partnership with a number of organisations and with the support of Haringey Council and Islington Council, was held in Finsbury Park, **London**, close to the Museum of Homelessness by Manor House station. The festival featured a variety of services for people experiencing homelessness, including health services, a hairdresser, showers, food and live music and entertainment.

- StreetsKitchen runs several food outreach services across London. For more information, including where and when, see the List.”

151,630 children in temporary accommodation in England – the most since records began.

15% increase compared to last year’s figures, which are gathered by the Ministry of Housing, Communities and Local Government.



Tourist tax

A new tourist tax in **Edinburgh** will pay for the building of council homes, the city council claims. Councillors estimate the tax could raise up to £50m a year, which Cammy Day, the council leader, plans to use to ease the city's housing crisis. Day has earmarked £5m of the annual income to be spent on borrowing £70m to build new council housing and other affordable homes. Overall, Day wants to spend 50% of the new tax revenues on housing programmes and improving public spaces.

Emergency again

Following the declaration of a national housing emergency by the Scottish government in May, councillors in **Aberdeen** have declared a housing emergency in the city. The council plans to write to the Scottish and UK governments to demand immediate support. The announcement arrived in September, following a meeting of Aberdeen's housing committee. The action has been backed by homelessness charities and organisations, including Shelter. Gordon MacRae, assistant director of Shelter Scotland, told the BBC a "whole city view" was required to tackle the housing crisis.

Gimme shelter

Campaigners have held a protest in **Glasgow** city centre against the closure of a homeless shelter. Homeless Project Scotland, based at 67 Glassford Street has been ordered to shut down by Glasgow City Council, though it has up until 18 October this year to appeal the decision. The shelter takes in around 35 people a night. The council claims it was forced to serve notice of closure after an unauthorised change of use of the building, as well as complaints from residents and businesses. The premises was apparently changed from an office to an overnight shelter without the requisite planning permission, according to the *BBC*.

1,172

drugs related deaths in 2023 in Scotland, according to Glasgow City Mission.

12%

increase on 2022 figures. Scotland continues to have the highest number of drug related deaths in Europe. See the List for support services.

Drawing a zipline

A 90-year-old Glaswegian pensioner ziplined over the Clyde to help homeless people in the city. Gladys Speedie was raising money for **Glasgow** City Mission, a Christian charitable organisation. Gladys told the *Glasgow Times*: “Having lived a long life I don’t recall the issue of homelessness like I see it now. I only hope I can raise awareness of the need to give help now. Every little would help but more would be better!” Now, while *the Pavement* salutes her efforts, it says something about the state of funding for homelessness services and charities that a nonagenarian felt inclined to zipline over the Clyde...

Lawmakers/breakers

Edinburgh Council is breaking the law by placing homeless people in unlicensed houses in multiple occupation across the city. The number of households in temporary accommodation across the city has risen to more than 5,000 from 3,570 at the start of lockdown in 2020, with around £50m a year spent on temporary accommodation, reports the *Edinburgh Evening News*. The council’s own regulations require houses in multiple occupation to be licensed to ensure the safety of residents, a requirement the council has ignored when sourcing accommodation for people experiencing homelessness.

6 weeks spent waiting for a temporary flat to become available for family of six in Glasgow.

4 children in family, who spent nights in three different hotels in just one week in September, according to the *Glasgow Times*.

1 night spent in one property by the family, who left because the property was “filthy,” had “no cooking facilities” and was infested with mice and bed bugs.

TURN TO PAGES A – P
FOR THE LIST OF SERVICES

Change is constant

They say that things changing is life's only constant. Words on what change looks like and whether it is a good thing. By *André Rostant*

They demolished Mecca!

Don't take my word for it. If the weather stays fine, go for an evening stroll through King Edward Memorial Park, nestled by the Thames in Shadwell, London. A beautiful garden enjoying, as one commentator observed during the 1922 opening – attended by the King and Queen – “an excellent promenade... provided with many bench seats and popular with senior citizens”.

What is to be seen, strolling through this park at twilight? Well, be discrete, don't gawp and mind your own business, but you will note that the bench seats remain popular, albeit the age demographic has somewhat shifted. The park is busy with, shall we say, courting couples. At this juncture I must reassure you that I do not habitually spend my evenings lurking nefariously. This Thames path was merely part of my walk to and from work for some 11 years.

Nearly all of these couples involve a young person in a hijab, and my parents were Roman Catholic migrants to Britain. Which brings us to the Huguenots.

Around 50,000 French Huguenots

– protestants – came to England in the late 1600s, escaping persecution. When they arrived, they continued to speak French, continued to work at the trades they were skilled in and built and assiduously attended French churches. They were our first ‘refugees’ – modern use of the word originates from their flight. Where are they now?

The Irish population of Liverpool was once such that, by 1842, a petition was sent to the Vatican asking for more Gaelic speaking priests, to hear confession. There was a substantial Irish Protestant community, too, some of whom spoke no English at all. Where are they now?

Universally, when we are displaced or migrate – for whatever reason – en masse, we cling to the familiar, seek protection among our own. This holds for lots of people: it was true of the Jewish East End and the Huguenots, of the Irish in Liverpool. It is evident today in Southall, Brick Lane and elsewhere. Yet now, many of these communities can only be detected from historic traces, in old buildings: a Soup Kitchen for the Jewish Poor, a French Hospital in Soho, churches. Those churches, and

the synagogues, once burst at the seams with ardent worshippers.

Now, some stand empty, some are luxury flats, some are offices or pubs. Change.

My mother came from Ireland and happened to meet my Trinidadian father in London – he was a sailor, between ships. They stayed in London. They habitually went to church, as did the vast majority of their contemporaries. But of my generation, fewer than half attend Mass, many only doing so to ensure children and grandchildren get into what are considered good schools. The most significant boost to church attendance in recent years was an influx of Polish migrants.

The first generation. Always, the first generation. And always the first significant wave of hostility is directed at them – with their strange ways, alien culture, seeming unwillingness to integrate – bringing change. Because the idea of change scares a large number of people. Change from what, though? You would be hard pressed to find anyone under 20 who even knows what a bingo hall is – yet only 50 years ago there were more than 600 of these temples. The Mecca bingo hall in York – for example – demolished, the ducks, the two fat ladies gone for a Burton, along with ballrooms, rhyming slang and flat caps. And... (you can join in this chorus): Now some stand empty,

some are luxury flats, some are offices or pubs. Change.

Luxury flats? Well, it goes around and comes around, doesn't it? Marlin Apartments on Angel Lane in Stratford were built as deluxe serviced flats in anticipation of Stratford International station being used as such. No international train will ever stop there. The buildings have been converted into a rat and cockroach-infested slum, 'containing' homeless families, many crowded five to a room. Again, don't take my word for it – go look. There is no need for the state of the place – it is deliberate disinvestment, just like the deliberate disinvestment in social housing which laid the groundwork for right to buy. Change.

Right to buy, that's left us with over a million fewer council homes than in 1979. In 2022-23 alone 11,700 social homes were lost. Meanwhile, as of March 2024, over 200,000 potential homes are not being lived in. There's your 'no room!' there.

What will happen in a few years, when the young lovers of King Edward Memorial Park are grown and married – or not? I don't know, but I can tell you what will eventually become of all the shiny new, crowded mosques in 30 or 40 years:

Some will stand empty, some will be luxury flats, some will be offices or pubs. Change.



Homeless ombudsman

Simple Simon writes on the need for an ombudsman for homeless people, drawing on some personal experience

Ombudsman needed. Why, you ask? Let me give you a brief explanation. Most big industries (yes, homelessness is a big industry) have an ombudsman who is an independent entity that can look into complaints made against said industry. Now, below I have written a small piece to emphasise why the homeless community requires someone to oversee complaints, which are generally disregarded in my experience by councils, housing associations and some charities.

As a homeless man with roughly 30 years of street life (by choice mainly), I have come to the realisation that homeless people often have no one to turn to when things go wrong! To give an example of this, can you tell me the last time you heard an actual homeless person speak on radio or television? All we get to hear are CEOs, who are generally asking for more funds. Well, as a group, the homeless community has gone from a social problem into an industry involving huge sums of money, where charities, housing associations and councils can act with impunity.

Homeless people often feel like we have no voice and no redress. I myself have witnessed thefts, abuse,



An untitled artwork by John Sheehy. © John Sheehy

lies and gross negligence, yet even official complaints go unheard. On a totally personal level, I was subjected to a living hell during first lockdown whilst in the supposed care of a city council, a housing association and a homeless charity. On trying to resolve matters and address policy I arranged a meeting with all concerned only for everyone to attend and totally dismiss me

In a nutshell

An ombudsman is a person who has been appointed to look into complaints about companies and organisations. They are independent, free and impartial.

Simon details an experience in which he had very little support. There are services available to people experiencing homelessness, however. You can find local services in the List, in the centre pages of the magazine. The below resources may also be helpful:

1. You may be eligible for legal aid, visit www.gov.uk/check-legal-aid to check if you qualify
2. In England, you can make complaints against your local authority to the Local Government and Social Care Ombudsman, see its website for more details www.lgo.org.uk
3. Citizens Advice provides a range of resources and support on housing, benefits, law, immigration and much more. In England visit www.citizensadvice.org.uk, for Scotland use www.cas.org.uk

out of hand, to the extent that not one of them brought a pen and paper. Because of this I started a banner campaign to highlight the problem – only to then be subjected to a campaign of intimidation, harassment and finally arrest.

I have now filed papers against the charity and am awaiting a court date. What I have found is there little to no help for me to follow up on the gross negligence I experienced. I have tried numerous ways to get help, even writing to two MPs for Housing and Homelessness, only to get told they were not a consultant. I have been rebuffed by countless lawyers as it can cost up to £400 an hour for a litigation, so I tried myself – only to lose at pretrial. I had sent

evidence, which because of my lack of knowledge was never presented.

Now, this may seem to be about me but it's not. This can and probably is happening across the country. A second judge told the same council that I had a case against them, before I was evicted.

I would like to start a petition for an ombudsman for homeless people, but unfortunately the petitions website is closed while the new government forms a new committee to oversee them. With a petition it only requires 10,000 signatures for it to be looked into and 100,000 signatures it can be addressed in parliament. So please look out for updates on any proposed petition.





“CHANGE? WELL WHEN IT COMES TO THE HOMELESS WE AS SURE AS HELL WON’T”

ATTENTION ALL,
LOUD SPEAKER
FOR SALE, ONLY USED
ONCE, VERY GOOD CONDITION!



Harsh winter

On the challenges facing homeless people during winter and the urgent action needed to reverse a worsening crisis. *By Emdad Rahman*

Winter brings great change, requiring the greatest adjustments on our part in order to ride through what is so often a rollercoaster experience.

This winter will again be one of hardship for so many who suffer the human cost of homelessness.

It is also the time of year when organisations supporting homeless people are bursting at the seams and are often thankful for the respite provided by the springing up of an epic number of pop-up projects and outreach programmes, all by people of goodwill who are on the lookout to do something special for their fellow humans.

The harsh reality of homelessness is exacerbated during the winter months, when temperatures plummet and conditions become increasingly perilous. For those living on the streets, the frigid weather poses a significant threat to their health, wellbeing and even their lives. Homeless people face great challenges during the winter months, with so many experiencing physical and mental health implications.

During a period of time where we are faced with a strain on public finances and trying to stay afloat during a prolonged cost-of-living

crisis, after a major global pandemic, it is heartening that there are still support services available.

There are broader societal factors contributing to this crisis that obviously need to be addressed, but an immediate danger faced by homeless people during winter is hypothermia.

Exposure to cold temperatures can lead to a rapid decline in body temperature, which can have severe consequences, including organ failure and death. Additionally, the cold weather can exacerbate existing health conditions such as respiratory illnesses, arthritis and heart disease.

Sleeping rough in the elements can also lead to a range of other health problems, including frostbite, trench foot and skin infections. These conditions can be painful and debilitating, making it difficult for individuals to find employment or access essential services.

Beyond the physical toll, the mental health impact of homelessness during winter is equally devastating. The constant struggle to survive in harsh conditions can lead to feelings of hopelessness, despair and isolation. Many homeless individuals may also experience trauma related to

past experiences of abuse, violence or loss.

The combination of physical and mental health challenges can create a vicious cycle, with individuals struggling to cope with the demands of daily life and seeking solace in unhealthy coping mechanisms such as substance abuse.

In response to the urgent needs of the homeless population during winter, a range of support services are available across the UK.

These services include:

- Emergency shelters, providing temporary accommodation and basic necessities
- Soup kitchens offering hot meals and additional support, such as advice on housing and healthcare
- Outreach services working directly with homeless individuals on the streets.

You can find details on a number of these services near you in the List in the centre pages of *the Pavement*.

While these services are vital, they often struggle to meet the demand, particularly during the coldest months of the year. Additionally, accessing these services can be challenging for individuals who may face barriers such as language difficulties, lack of identification or mental health issues.

The problem of homelessness in our towns and cities is complex and multifaceted. A number of societal

factors contribute to the increasing number of individuals living on the streets, including:

- Housing affordability: the rising cost of housing, combined with stagnant wages, has made it increasingly difficult for many people to secure affordable accommodation
- Welfare reforms: cuts to welfare benefits and changes to housing regulations have made it more difficult for vulnerable individuals to maintain their housing
- Mental health and addiction services: inadequate funding for mental health and addiction services can lead to individuals becoming homeless as they struggle to cope with their conditions.

Addressing the root causes of homelessness requires a comprehensive approach that involves investment in affordable housing, social welfare programmes, mental health services and measures to combat social exclusion.

The plight of homeless people during the harsh winter period is a pressing social issue that demands urgent attention. By understanding the challenges faced by this vulnerable population and supporting the services that seek to address their needs, we can work towards a more compassionate and equitable society. ■

Managing menopause

Groundswell advice on understanding menopause and how to treat symptoms

What is menopause

The definition of menopause is when your period stops for 12 months in a row. Your period stops because of lower hormone levels and your ovaries stop producing eggs. It is a completely normal part of ageing. Menopause affects women and people with ovaries and usually occurs between the ages of 45 and 55, but can happen earlier or later. It's a good idea to visit the GP if you experience irregular or infrequent periods below the age of 40. Symptoms of menopause include:

- Irregular or infrequent periods
- Low moods
- Muscle pain, body changes (such as weight gain) and headaches or migraines
- Lack of energy and a lower sex drive.

Managing the symptoms of menopause

- Rest and try to reduce your caffeine intake
- Eat calcium-rich when you can
- Activities like yoga and walking can relax your mind
- There may be women's-only groups at a local service or hostel: ask a support worker
- Talk to others going through the menopause.

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.



Taking action

Information on a London food outreach service, Action Against Food Poverty. Written by *Kate Brewin* and *Robert Straw*

Hello! We're Action Against Food Poverty, and we provide food and conversation for people who are homeless and in need.

Every week, we do a walk around central London giving food and supplies to our homeless friends and anyone else who may be struggling in these uncertain times.

Our slogan is "Using Food as a Catalyst for Conversation," but we don't give advice and we don't judge. We're just about talking to people and listening to them – and helping them think about the ways in which they might be able to move forward in their lives.

And because we're walking the same walks regularly, we can really get to know people, meaning that we can build relationships and really support them.

Our team of volunteers walk the same route through London, at the same time and the same day every week. We're usually around the Holborn / Tottenham Court Road area and you'll be able to spot us by the big blue IKEA bag we carry around. If you see us, come and have a chat. Our outreach takes place every Saturday, starting at around 11am from St Giles-in-the-Fields



Action Against Food Poverty volunteers. © Robert Straw

church, by Tottenham Court Road station.

We know that we can't solve peoples' problems instantly. But what we hope is that over the weeks and months, our friendly chats and kind interactions will help to support people with whatever they're going through, and leave them in a better place emotionally.

We hope to see you soon. ■

Keep your coins...

To effect real change in the struggle to end homelessness, charities and organisations need to empower people with lived experience, writes *Mat Amp*

There is a great Banksy poster featuring a geezer sitting on the street holding a sign that says “Keep your coins, I want change.” Great point, well made.

For some people, charities are a large-scale, organised version of the public handing out change on the streets. Charities may soak up some of the blood, goes the argument, but the wound continues to bleed. While part of me agrees with this, I don't think it's quite that simple.

Yes, as a society, we need to do more to protect the vulnerable whilst making a concerted effort to end homelessness. If and when this finally happens there will be no more need for charities, but in the meantime the job of looking out for society's most vulnerable people should surely be carried out by progressive charities staffed by people who genuinely care. You know, the type of organisations that are informed by the voice of homelessness, with a staff that includes people with lived experience of the pertinent issues, rather than pencil-pushing civil servants who couldn't give a toss beyond the bottom line.

A good start would be to find another word for the charity sector and the charities it is comprised of because the word is so badly tarnished by the smug pious hypocrisy of Victorian Britain.

But it didn't stop with the Victorians. Their top-down, hand-out, sympathy-fuelled, pity-driven, patronising brand of caring for the 'wretched paupers' at the broken edges of their society has echoed down the decades, spewing its bile through the centuries. In fact, it was only in the 1990s when things really started to change for the better.

We seem to forget that while we constantly and consistently hammer in to the 'state of things today', there are elements of our society that are now so much better. While technological advances are starting to deal with the scourge of scarcity, more holistic approaches are being developed in health care. Yeah, a world that elects Bozza the clown on one side of the pond and a man who suggested we all jack up Domestos to cure Covid on the other side of it is far from perfect, but there is so much in the world today that is better than it was when I was a kid.

In the 'olden days' this country was riddled with ists, isms and obias, to the extent that if a bird didn't 'larf when you smacked her on the arse' as she did the photocopying then she was 'a lezzer'. Men who used to dance were gay and women who spoke up were 'gobby'. And I'm not just talking about down the pub, either. Racism, homophobia and misogyny were rife in the workplace to a degree that would shock open-minded kids today.

And while it may be difficult to ignore what has happened in the western world over the last 15 years or so, there is no disputing the fact society is far more open-minded and switched on than it was in the 1970s.

Projects like Listen Up, the Comic Relief-funded project I've worked on for the last few years, would never have come into being back in those days. We didn't understand then that the solutions we need to the problems faced by people experiencing homelessness will only be found by listening to those who have experienced homelessness.

At the core of this new holistic approach is trust. In the past, there was a tendency to give vulnerable people the solutions, and when you think about it, that's because the people with the power didn't trust us to do it for ourselves. The old way of doing things, even when it was well meant, equated vulnerability

with being weak and even incapable. 'These people are in the position they are in because they can't look after themselves and so we must do it for them,' kind of thing. Apart from the fact it's a load of bollocks, this approach doesn't help people to get what they truly want or what they actually need.

I've had the privilege of working on Listen Up for three years, or four if you count its first-year incarnation as the NHS-funded Covid Monitoring Project. It's a venture that has started to build a movement of people that talk honestly and openly about the problems they have faced through their experience of being homeless.

This is where real change starts, with organisations like Groundswell, fuelled by an ethos of no us-and-them, trusting the people experiencing the issues to speak for themselves.

- **Mat works with Groundswell, a charity working with homeless people to support them out of homelessness. Groundswell has launched a resources hub, providing detailed information on a range of physical and mental health topics. Search the resources hub here: groundswell.org.uk/resources** ■

TURN TO PAGES A – P
FOR THE LIST OF SERVICES

Doing time, part III

In this final instalment of time-travelling sleuth McHaggis, our imprisoned protagonist continues to argue with his fellow prisoners, each itching to escape. 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”. In part one of the screenplay readers were introduced to 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 bickering stopped short when they learned of new laws punishing more of society’s most vulnerable people. The story then cuts to Temperance Man executing a drive-by on some drinkers. Now read on...

INT. CHATEAU D’FIIF PRISON. DAY

[Temperance Man is manhandled into the prison by Crufts and other goons.]

McHaggis: That wasn’t much of an interlude. Just sayin’.

Discount: Yeah, I agree. More like a brief cutaway. And what happened to your cod-Mexican accent?

McHaggis: Eh? Oh, it must have escaped in the confusion of the food riot and afterwards when everyone was listening to Crufts droning on.

Crufts: Me? Droning on? How dare you! Goon#1! Take him to the cooler!

C*nt: [gasps] Not the cooler! But isn’t Steve McQueen in there, throwing a baseball against the wall while dreaming of escaping on a motorbike? And to avenge his mate, the wee Scots actor who played Shughie McFee in Crossroads years after The Great Escape?

Crufts: Damn! He’s got a point! There’s no room in the

cooler until Steve McQueen rides that motorbike over barbed wire. Let him go, Goon#1!

Count: This is doing my head in! What sort of plot is this?

McHaggis: Oh, this is nothing compared to previous adventures, believe me. Anyway, isn't anyone going to ask how Crufts Robinson got his name?

[All eyes turn to Crufts. He is about to speak but is thwarted by Temperance Man.]

Temperance Man: Have you lot been drinking? This sort of thing can't be the product of sober thought! Get me out of these cuffs and I'll show you how a Temperance Man deals with soaks!

[All eyes again turn expectantly to Crufts.]

Crufts: The origin of my name? Don't go there, McHaggis! I swear down, if you reveal the truth, I'll –

Discount: You'll what?

Crufts: Don't push it, Discount.

McHaggis: It's time for the Big Reveal: the reason Crufts Robinson is called that is because his mother loved Soul music – especially Smokey Robinson and the Miracles!

Crufts (to himself): She told me it was cos of Edward G Robinson, after she saw him in Little Caesar!

C*nt: Never mind the Robinson bit! Why's he called Crufts?

McHaggis: Oh, that! Because he was conceived while his parents were dogging. In Bedgebury Pinetum, in Kent.

Miscount: What's a Pinetum?

Count: A sort of prison for trees. That's what attracted him to working in the prison system.

Temperance Man: Hold on, that doesn't make any sense. You sure you're not drunk?

C*nt: Not since we had that home-brew poitín made out of belly-button fluff, mince pies and nose-drippings last Christmas!

Count: Actually, I don't know if it's true. About Crufts' conception I mean. I just hadn't said much for a while and, if you're going to have a big cast, you might as well give them all something to do, right?

Crufts: Damn you all to hell! How do you know where I was conceived, McHaggis?

McHaggis: Duh! I'm a time-traveller, remember? At least I was til I got sent to stir. Plus, I... I hang around dogging sites. OK? Happy now?

All: Ew!

Temperance Man: This is insane! You're all stark raving mad! It's enough to drive a man to drink! No wonder people turn to – Oh! Now I get it!

Discount: Well, that's that then. There's still no sign of a satisfactory ending to this wretched production.

All: Huzzah! Maybe there'll be a sequel and we'll get paid again!

[Actually, they all escaped through the numerous plot holes in the story.]

FADE OUT. THE END

TURN TO PAGES A–P
FOR THE LIST OF SERVICES

Homeless hero

With Remembrance Sunday observed on 11 November, our writer reminds readers of a lesser-known hero from the Second World War. Words by *Liam Court-Road*

This year marks the 80th anniversary of the D-Day landings that began on 6 June, 1944, leading to the defeat of Nazi Germany. So many people helped to secure the end of Nazism, and are rightly honoured for their part, but D-Day wasn't the only operation that helped win the war.

One person is constantly overlooked – despite two films and a West End musical about the operation that he played a pivotal role in.

His name was Glyndwr Michael, a homeless Welshman who died in London, aged 34, in 1943. The Allies used his corpse to fool the Nazis about the invasion of Sicily later that year. He was handcuffed to a briefcase full of fabricated documentation, including his supposed identity as Captain William Martin, and was released by a British submarine off the Spanish coast.

Though Spain was neutral in WW2, its fascist dictator General Franco was obviously sympathetic to Hitler, and Nazi intelligence soon gained possession of the misleading documents, which convinced them that the British were to invade Greece rather than Sicily. The Nazis

therefore relocated their troops to Greece for an invasion that happened elsewhere. The ploy was codenamed Operation Mincemeat.

The ploy worked, leading to a successful operation in Sicily, whence the Allies secured a foothold in Italy, driving Mussolini's fascists back, resulting in their changing sides at half-time, forcing the Nazis to spread their forces ever thinner, across Italy, leaving the Normandy beaches just that little bit less well defended by 6 June 1944.

The *Man Who Never Was* told the story in 1956, as did *Operation Mincemeat* in 2021, and the current West End musical makes a big song and dance about it.

Sadly, Glyndwr Michael was dismissed as a "tramp" or a "drifter", at least until 1996, when his role in Operation Mincemeat was officially revealed and his real name was put on the headstone of his grave.

As Remembrance Sunday arrives, we'd do well to remember Glyndwr's role in an operation instrumental to the Allies' eventual victory. ■

Finding Rat Park

A new book on navigating the maze of addiction recovery releases in October. Here, the author discusses their experience in recovery, writing a book and explains what Rat Park means. By *Denise Harrison*

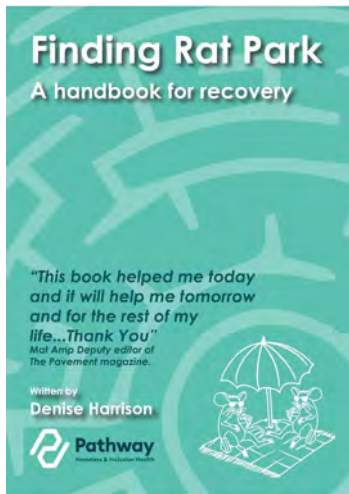
Being admitted to detox was never a goal of mine. I didn't ever aspire to become an alcoholic. Those were the guys on benches and people in doorways, clutching their cheap cans of cider or extra strength lager. Not me. It was never, ever supposed to be me.

Only, it turns out that what I thought was irrelevant, because I became one anyway. My name is Denise and I have been in recovery since 2016.

I'm not a doctor, a scientist, or any kind of health professional. I'm not particularly religious and I don't follow a 12-step programme. I'm just a person in recovery who's been there, done that and puked on the T-shirt, who happens to know a few things about recovery and how to live a life free from addiction.

In 2014, after a really, truly, horrendous year, which saw me lose my relationship, my home, my pets and almost all of my possessions, I had a mental breakdown. I drank excessively to cope and over the next couple of years I spiralled into a skeletal, suicidal mess.

I was admitted into detox in



The front cover of *Finding Rat Park*. © Steel Door Studios

November 2016, weighing barely six stone. My periods had stopped, my hair was falling out and my legs were so thin that they struggled to carry me. I was only 43, but I looked a lot older and felt about 90.

It was here, in this place, that

I was finally able to take stock of the damage that addiction had done. Not only to me but to everyone around me, and I heard some truly horrendous stories of loss, loneliness, trauma and grief.

In total I spent four months in detox and rehab, and sat through countless meetings and therapy groups, the majority of which went over my head or passed me by in a haze, then I came across the theory of “Rat Park” and suddenly everything I thought that I knew about addiction was flipped on its head in an instant.

So, what is “Rat Park” and what can it teach us?

In the 1970s a series of experiments were carried out on rats to try and prove a theory that drugs alone cause drug addiction. Rats were kept in barren cages and given a choice of plain drinking water or water laced with cocaine or heroin and when the rats repeatedly choose to drink the drugged water (often until they overdosed and died) the scientists concluded that their theory was right: that the drugs alone cause drug addiction.

But here’s the thing. Rats are highly intelligent social creatures, like us. They need company and things to occupy their time if they are to thrive and stay well, and so another scientist, Bruce Alexander, took a

different approach.

He suspected that the rats were choosing the drugs as a way to escape their loneliness and pain at finding themselves trapped in an environment that was completely alien to them, and so to prove this theory he created “Rat Park”.

Rat Park was, in essence, a heaven for rats, providing everything a rat could ever need in order to be happy and thrive, and while the rats in this experiment also had access to both the plain and drugged water, most chose to drink only the plain, and the few that did choose the drugged water did so only occasionally.

None of the rats got addicted. None of the rats died from drug overdose.

He then took the experiment further by introducing heavily addicted rats into Rat Park, which is where things get interesting. In this environment, instead of choosing the drugged water as would be expected, the rats began to shy away from it, choosing to drink the plain water instead and going through painful withdrawals (often to the point of death) in order to get themselves well again.

Why? Because their environment had changed, and they had hope for a better future.

Alexander concluded that the rats weren’t choosing the drugs because they liked being addicted, they were using them for the very same reasons

we humans do: as a way to escape loneliness, isolation and pain.

Their environment was alien to them, only their very basic needs were being met (in the form of food and water) and they had no hope of escape unless they were physically set free.

By changing their environment and filling it with positive things that they needed to thrive both physically and mentally, their desire to self-medicate began to fall away and, as a result, they started to get well.

So, if the rats chose escapism as a way of coping with their loneliness and pain, and addiction was the result of that, then what if we could use the theory of Rat Park as a recovery tool? One which can help people 'break free from their cages' by addressing the issues causing them to become addicted in the first place, as well as treating the addiction itself?

I believe that we can. I also believe that applying the theory of Rat Park and looking at what was in my own 'cage' has been pivotal in my own recovery, which is why I feel compelled to share it.

There was no 'Recovery Handbook' when I started my sobriety journey; nothing that explained triggers or cravings to me, or how to manage my emotions when they started coming back so hard and so fast that they completely

overwhelmed me. Nothing to refer to if I felt lost, lonely, or just a little bit unsure about how this whole sobriety thing was supposed to work once I left the safety-net of rehab and found myself back out in the 'real world' (along with all of my real-world problems) and so I wrote one. And in this book I share everything that kept me safe and helped me on my own journey back in those early days when everything was weird and wobbly (and at times a little overwhelming), in the hope that this knowledge will help you (or someone you know) with recovery too.

I am incredibly grateful to Alex Bax, Dr Caroline Shulman and everyone at Pathway Homeless and Inclusion Health, who not only supported me while I wrote this book, but who also very generously agreed to publish it. Our hope now is that *Finding Rat Park* will be useful to anyone striving for a life in recovery, but especially those leaving addiction treatment with little or no follow-on support.

- **To purchase copies of *Finding Rat Park* for yourself or your organisation, please contact info@pathway.org** ■

TURN TO
PAGES A – P
FOR THE LIST
OF SERVICES

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...

Make sure you read...

the **Pavement**

online at
www.thepavement.org.uk



London List

KEY TO ALL SERVICES

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

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

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

NEED TO TALK

ALONE IN LONDON FOR YOUNG PEOPLE (DEPAUL)

Endeavour Centre, Sherborne House, 34 Decima Street, London SE1 4QQ
0207 278 4224; 0207 939 1220
uk.depaulcharity.org/london-get-help
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.org.uk
Text SHOUT on 85258
Legal line: 0300 466 6463
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

EX-OFFENDERS

FORWARD TRUST

020 3981 5525; forwardtrust.org.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

WORKING CHANCE

www.workingchance.org

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

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, OL

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 rough sleepers. If you have gone AWOL, contact their Reclaim Your Life scheme and get your life back on track.

AH, EF, TS

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

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

ACTION AGAINST FOOD POVERTY

60 St Giles High St, London WC2H 8LG
www.aafp.uk

Sat: 11am

A weekly Saturday morning walk around central London offering food, supplies and conversation, not only to homeless people, but anyone struggling with daily life. Route starts at ShowerBox, St Giles Church, Holborn around 11am and then on to Soho Square and up Tottenham Court Road to the American Church depending on the amount of supplies.

FF

AMURT UK

0208 806 4250

amurt.org.uk/projects/feeding-program

Thursday: 6:30 –7:30pm

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

Thursday: 12:30 – 1:30pm and 17:30

onwards (3A Cazenove Road, Stoke Newington: Pre-packed Hot Meals and free fresh vegetables for the taking)

Thursday: 1:30pm onwards

(The Greenhouse GP surgery, London Fields: Pre-packed Hot Meals and Healthy Energy Snacks)

Thursday: 1:30pm onwards (Health E1

Homeless Medical Centre, Brick Lane:

Pre-packed Hot Meals and Healthy Energy Snacks)

FF, F, SF

CLCC FARM STREET CHURCH

114 Mount Street, Mayfair W1K 3AH
 07864 642 543

centrallondoncatholicchurches@gmail.com

Wed & Sat: 11:30am – 2pm

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

There is also a priest who hosts the Lectio Divina Bible study for the group.

FF

OUR FORGOTTEN NEIGHBOURS

www.ourforgottenneighbours.co.uk

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

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

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

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

FULL LIST
 AVAILABLE ON
 OUR WEBSITE



REFUGEE 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.

Tuesday:

Camden Town Station

7 – 8pm: Camden High St, NW1 8NH

Wednesday:

Archway Tube Station

6:30 – 7:30pm: Junction Rd, N19 5QT

Thursday:

Goodge St Tube Station

7 – 8pm: 75 Tottenham Ct Rd, W1P 9PA

Friday:

Swiss Cottage Tube Station

6:30 – 7:30pm: Finchley Rd, NW3 6HY

Saturday:

St John the Baptist Church

1:30 – 2:30pm: Pitfield St, N1 6NP

Sunday:

Bethnal Green Tube Station

7 – 8pm: Cambridge Health Rd, E2 0ET

Brixton

5:30 – 6:30pm: Windrush Sq, SW2 1JQ

FF

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 Square, 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

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 8QL

Hackney Streets Kitchen

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

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

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

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 8QL

Hackney Streets Kitchen

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

Haringey

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

camdenhomelessgp.co.uk

020 3182 4200; chip@nhs.net

Mon, Wed & Thurs: 9:30am – 4:30pm

Tues 10:30am – 4:30pm, Fri 9am – 4pm

APPOINTMENT ONLY – call or email.

For people sleeping out or in hostels.

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

THE DOCTOR HICKEY SURGERY

3–7 Arneway St, SW1P 2BG

thedoctorhickeyurgery.co.uk

0207 222 8593

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

– 4pm (except Wed afternoon – closed)

Services: The surgery has five GPs, an Advanced Nurse Practitioner and a Healthcare Assistant and provides a full range of medical care solely for people who are homeless from across

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



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.greenhousegppractice.nhs.uk
Mon – Fri:
8am – 6:30pm (appointment only)
9am – 4:30pm (housing advice)
Medical care for men & women who are sleeping rough. Also provide consultation rooms for partner organisations to provide housing and legal advice, social justice, education and debt counselling.

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

REGIONAL HOMELESS ENGAGEMENT WITH SUBSTANCE TREATMENT (RHEST)

020 3745 0363

www.phoenix-futures.org.uk

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

The RhEST team at Phoenix Futures assertively engages with referrals through outreach and in-reach. It operates across all London boroughs. It delivers time-limited interventions that improve access to services. It will assess barriers to drug and alcohol treatment for each individual and collaborates with a range of agencies to improve outcomes.

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

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

A, S, MS, OW

RESET TREATMENT SERVICE (RTS)

71A Johnson Street, London, E1 0AQ
020 388 99510

Mon, Tue, Thu, Fri: 10am – 4pm

Wed: 12:30 – 4pm

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

A, D, MS

KEY	<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

RESET RECOVERY SUPPORT SERVICE (RRSS)

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

A, D, MS

DAY CENTRES

ALL PEOPLE ALL PLACES

Pymmes Park Visitors Centre,
 Edmonton, N18 2UF
www.allpeopleallplaces.org
 07851 228 469 (Call or text)
 07840 345 872 (Call or text)
 07542 592 340 (Call or text)
 Tue – Thu: 8am – 2pm
 Best park entrance is just off Victoria St.
 Closest overground station is Silver St.
 Breakfast and lunch available alongside hot drinks. Access to our service is on a drop-in basis, with casework offered by appointment. Change of clothes available, and 'care packages' for rough sleepers with toiletries & sleeping bag. We have an immigration solicitor visit our day centre once a month. Enable Drug and Alcohol Service drop in to have a chat about substance misuse, and sometimes run men's groups, discuss mental health and tools to manage emotions. Washing machine/dryer available to use.

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

CARDINAL HUME CENTRE

3/7 Arneway 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

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

FF, CL, OW, L

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



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)
Every 2nd Tue: 10am – 1pm (chiroprapist)
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

THE PASSAGE

St Vincent's Centre, Carlisle Place, London, SW1P 1NL
020 7592 1850; info@passage.org.uk
Mon – Fri: 9am – 12noon & 1 – 3:30pm
Provides practical support and services to help change lives. The Passage runs a modern Resource Centre, four accommodation projects, outreach services, health services, homelessness prevention schemes and a modern slavery support programme.
Services include: Initial assessment and advice; Showers, toilets and laundry; Breakfast and lunch service; Benefits advice; Housing advice; Mental health support; Access to Nurses and GPs; Education and employment training; Welfare rights advice; Support groups.

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

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.

AH, F

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

Supported using public funding by

**ARTS COUNCIL
ENGLAND**

LOTTERY FUNDED



unheard
voices

SPIRES

Elmfield Hs, 5 Stockwell Mews, SW9 9GX
020 8696 0943; www.spires.org.uk
info@spires.org.uk

Mon: 9 – 11:30am (Rough Sleeper's Drop-In at St Leonard's Church, 8 Tooting Bec Gardens, SW16 1RB)

Tue: 9 – 11:30am (Rough Sleeper's Drop-In at St Luke's Church, 13 Norwood High St, SE27 ODT)

Tue: 1 – 3pm (Drop-In for newly granted refugees facing homelessness at West Croydon Baptist Church, Whitehorse Road, CR0 2JH)

Wed: 9am – 4pm (Closed)

Thu: 9 – 11:30am (Rough Sleeper's Drop-In at St Leonard's Church, 8 Tooting Bec Gardens, SW16 1RB)

Thu: 9am – 12noon (Women's only drop-in for vulnerable women, at Elmfield House, 5 Stockwell Mews, London, SW9 9GX)

Fri: 9 – 11:30am (Rough Sleeper's Drop-In at St Luke's Church, 13 Norwood High St, SE27 ODT)

Spires' rough sleepers drop-in service runs four days a week and is open to anyone who is homeless or at risk of homelessness. Warm food & drinks will be provided, while key workers will be on hand to offer advice and support and assess individual's needs and housing requirements.

AD, C, 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

LGBTIQ+

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**

C

CAFE QUEERO

52 Lant Street, SE1 1RB

lgbtiqoutside.org/centre

Tue: 10am – 2pm

Pop into the LGBTIQ+ Centre for its weekly drop-in service. Free breakfast, showers, housing advice, WiFi, clothing, toiletries, LGBTIQ+ library and a quiet sensory space available.

AH, BS, CL, FF, IT, LF

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

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.
 Email: info@each.education.
www.facebook.com/eacheducation
AD, C, LA

GALOP

www.galop.org.uk
 0800 999 5428 is the National Helpline
 for LGBT+ Victims and Survivors of
 Abuse and Violence. Helpline is open
 Mon – Thu: 10am – 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 – 1pm
lgbtqioutside.org
 Referral form: www.stonewallhousing.org/services/referral-form
 The Outside Project runs the LGBTIQ+
 Centre, an inclusive and supportive
 space operating seven days a week.
 See LGBTIQ+ centre timetable here:
lgbtqioutside.org/centre
AH

QUEER HOMELESSNESS RECOVERY GROUP

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

STONEWALL HOUSING

8 Coppergate House, 10 White's Row,
 London, E1 7NF
stonewallhousing.org
 0800 6 404 404
 Mon – Fri: 10am – 1pm
 Mon – Fri: 2 – 5pm (Live Chat online)
 Fri: 2 – 3:30pm (housing advice drop-in
 at London Friend, 86 Caledonian Road,
 London, N1 9DN)
 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

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



SWITCHBOARD LGBT+

0800 0119 100; switchboard.lgbt
hello@switchboard.lgbt
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

PETS

DOGS ON THE STREET

next to Charing X Police Station, WC2N
dogsonthestreets.org
Sundays: 1:30 – 3pm
Fortnightly from 14th April 2024
Charity dedicated to the welfare of dogs belonging to the UK's homeless community. Fully equipped mobile veterinary surgery vehicle. All essential items and services are provided for free, from food provisions to new harnesses and leads plus training and grooming sessions.

HOPE PROJECT

020 7833 7611
www.dogstrusthopeproject.org.uk/help-with-vet-care/register-your-dog
Mon – Fri: 9:30am – 4pm
Call ahead or visit website to register your dog and find a vet practice near you. Email: tth@dogstrust.org.uk

STREETVET

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

STREETVET @ THE SOLIDARITY HUB

48 Seven Sisters Road, N7 6AA
www.streetvet.co.uk
StreetVet will be running a clinic at the StreetsKitchen Solidarity Hub every second Saturday of the month, 11am – 1pm.

WOMEN

CLEAN BREAK

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.

CL

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

SMART WORKS

020 7288 1770

london.smartworks.org.uk

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

*CL***SOLACE**

0808 802 5565

solacewomensaid.org/solace-accommodation

Mon – Fri: 10am – 4pm

Tue: 6 – 8pm

Solace provides safe refuge and move-on accommodation to hundreds of women and children made homeless through domestic or sexual abuse.

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

*AH, BA, C, CA, LA, MS***WOMEN @ THE WELL**

54-55 Birkenhead Street, London, UK WC1H 8BB

020 7520 1710; www.watw.org.ukinfo@watw.org.uk

We offer nutritious lunch options alongside other basic needs such as shower and laundry facilities, weather-appropriate clothes and toiletries.

Women can also book private one-to-one appointments with our In-House Support Team for casework.

*AD, BS, C, CL, FF, L, SH***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

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



OTHER

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

GROOVE, GROOM & GRUB

facebook.com/getyourmojoworkin
07498 041 824

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

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

HAIRCUTS4HOMELESS

Various locations in London

www.haircuts4homeless.com

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

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/Eligibility: Applicants must be 18+; No borough restrictions; No previous experience required, but an interest in hospitality is essential; Willingness to make a commitment to 10 weeks of training. Please send any queries via the contact form or email: zoem@hotelschool.org.uk

CA, ET

MUSEUM OF HOMELESSNESS

Manor House Lodge (inside Finsbury Park), Seven Sisters Rd, London, N4 2DE
museumofhomelessness.org

There are a range of activities held at the Museum of Homelessness Manor House Lodge base. These include gardening, yoga, food and assorted community-focused events and programmes. Visit website to check the weekly schedule of activities and events.

F, LF

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

SHOWER BOX

St Giles-in-the-Fields, 60 St Giles High St,
London, WC2H 8LG

showerbox.org

Saturday: 10am – 2pm

Free shower, food and other supplies.

BS, CL, FF

STREET STORAGE

close to Kings 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

HOBBIES**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

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 Elms (PNE)

2 – 4pm: Adult Drop-In @ BPT

Tuesdays:

4 – 6pm: Youth Drop-In @ PNE

Wednesdays:

10am – 12noon: Adult Drop-In @ BPT

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

4 – 6pm: Youth Drop-In @ Burgess Pk

4 – 6pm: Youth Drop-In @ BPT

Thursdays:

3 – 5pm: Adult Mixed Drop-In @

Powerleague Shoreditch

4 – 6pm: Youth Drop-In @ BPT

Friday:

4 – 6pm: Youth Girls 10-16 @ BPT

4 – 6pm: Youth 15-19 @ BPT

MD

THE CHOIR WITH NO NAME

St 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

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



TURN A CORNER LIBRARY

07824 038 807

turnacorner@qsa.org.uk

- The American Church, near Goodge St

on Tues: 8:30am – 12:30pm

- Lincoln's Inn Fields, near Holborn

on Wed: 5 – 8pm

- St Giles in the Fields, near Tottenham

Court Road on Thu: 9am – 12:30pm

Turn a Corner is a mobile community

library for people affected by

homelessness. You do not need

an appointment, fixed address or

membership to visit or borrow a book.

[MD](#)

REFUGEE SUPPORT

PRAXIS

Praxis Community Projects, Pott Street,
London E2 0EF

www.praxis.org.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, LA](#)

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](#)