

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*

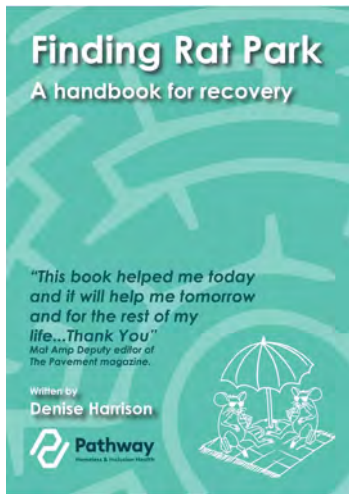
Being admitted to detox was never a goal of mine. I didn't ever aspire to become an alcoholic. Those were the guys on benches and people in doorways, clutching their cheap cans of cider or extra strength lager. Not me. It was never, ever supposed to be me.

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!

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

Are your details incorrect?

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

WINTER SHELTERS

RAPID RE-ACCOMMODATION CENTRE [BETHANY]

Haymarket Hub Hotel, 7 Clifton Terrace, Edinburgh, HQ12 5DR

07919 557 673

bethanychristiantrust.com/service/rapid-re-accommodation-welcome-centre

Open 24/7: October 2024 – April 2025

Free accommodation, food and support for people sleeping rough. Just show up or call the number above for support.

AH, F, FF, OL, OW

DAY CENTRES

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 provide a range of services including classes in our Learning Centre, workshops, 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

www.thepavement.org.uk/services.php | A

GLASGOW CITY MISSION

20 Crimea Street, Glasgow G2 8PW

0141 221 2630

glasgowcitymission.com

Mon – Fri: 10am – 8pm (drop in);
1 – 2pm (lunch); 6:30 – 8pm (dinner);
11am – 4pm (various project workers)
Welcoming day centre with numerous
activities, services and classes for
homeless people and those struggling
with money.

AC, AH, FF, IT, SF

MARIE TRUST

29 Albion Street, Glasgow, G1 1LH

0141 286 0065; 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

NIDDRY ST WELLBEING CENTRE

25 Niddry St, Edinburgh, EH1 1LG

0131 523 1060

www.salvationarmy.org.uk/niddry-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

0800 027 7466 (Glasgow helpline)

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

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

CASTLECLIFF (CITY OF EDINBURGH COUNCIL)

25 Johnston Terrace, 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

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: **0344 871 11 11**

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

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



THE MUNGO FOUNDATION (DE PAUL HOUSE)

27 Cruden St, Govan, G51 3RP
0141 445 2800
[www.themungofoundation.org.uk/
service/de-paul-house](http://www.themungofoundation.org.uk/service/de-paul-house)
Support and accommodation for young
men and women (ages 16–21). Referral
only via Social Work Care Manager.

AH,AD

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: 7pm; every 2nd Sun; Thu: 8pm
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 – 2pm (lunch); 6:30 – 8pm (dinner);
11am – 4pm (various project workers)
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.help4thhomeless.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

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

QUEEN'S PARK GOVANHILL PARISH CHURCH

170 Queen's Drive, Glasgow G42 8QZ
0141 423 3654; qpgpc.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

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 (Open 24/7)

www.stepstofope.co.uk

Monday Munchies: 6pm

Sunday Suppers: 5pm

Soup kitchen and other support.

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 or ask your GP for help.

MH, AH, AD, C, TS, AC, 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



HELP FOR DEPRESSION

tinyurl.com/2s4jfvu5

An online comprehensive explanation of the various approaches and treatments for depression.

MH

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 102 1234; 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 5QY

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

SURVIVORS OF BEREAVEMENT BY SUICIDE (NATIONAL)

0300 111 5065

uksobs.org

Open every day: 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 – 12:30pm & 1 – 4pm

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-to-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/2p27yunp>

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



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



Get
your
writing
published...

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;
tinyurl.com/4y6e8yxe
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
tinyurl.com/wzzuwmbz
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/jxykwdhb

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 – 7pm

Sat & Sun: 10:30am – 2:30pm

(outside these hours, call 0808 178
5901)

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

Call the helpline or email.

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

WE ARE WITH YOU (NW GLASGOW RECOVERY HUB)

The Quadrangle, 59 Ruchill Street,
Glasgow G20 9PX

0808 178 5901

tinyurl.com/mvrwwyk4

Mon – Fri: 8am – 8pm

Sat – Sun: 9:30am – 3:30pm

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
TS Tenancy support

FULL LIST
AVAILABLE ON
OUR WEBSITE



GLASGOW WOMEN'S AID

4th Floor, 30 Bell St, Glasgow G1 1LG
0141 553 2022
glasgowwomensaid.org.uk
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)
helpline@combatstress.org.uk
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**

0808 1000 143 (helpline)
each.education/homophobic-transphobic-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-to-1 support and produce guidance.

C, OL

GALOP

www.galop.org.uk
 0800 999 5428 (Domestic Abuse Help)
 Mon – Thu: 09:30am – 8pm
 Fri: 9:30am – 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
info@stonewall.org.uk

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
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



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;

Or contact us using the website referral form: safeinScotland.com/referrals

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

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

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

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

FULL LIST
AVAILABLE ON
OUR WEBSITE



LODGING HOUSE MISSION

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

lhm-glasgow.org.uk

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