



the
FREE
mag for
homeless
people

the **Pavement**

March / April 2018

Missing



Marie Scott

Marie has been missing from Hale, Greater Manchester since 18 December last year. She is 58 years of age.

Marie, 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/text 116 000. It's free, confidential and 24/7.



Carl Hodges

Carl has been missing from Northwood, Middlesex since 3 February 2016. He was 33 years old at the time of his disappearance.

Carl can call our free, confidential and 24/7 helpline for support and advice without judgement and the opportunity to send a message to loved ones. Call/text 116 000 or email 116000@missingpeople.org.uk.

If you think you may know something about Carl or Marie, you can contact our helpline anonymously on 116 000 or 116000@missingpeople.org.uk.

Alternatively, you can send a letter to 'Freepost Missing People'.

Free, confidential, 24/7.

A lifeline when someone disappears

**missing
people**

Registered Charity No. 1020419

Why cover suicide?

“Suicide and self-harm are one of the hardest things to talk about,” writes Drew Bailey, one of our talented From The Ground Up peer reporters contributing to this special issue. “The shame and the guilt I feel for being seen as ‘weak’ and the pain I feel I have given others has stopped me from reaching out for help in the past. I told myself that ‘nobody wants to be around a miserable person’ and so you seclude yourself, making things worse. But I want people to know there is hope. There are others willing to talk about this feeling of giving up completely – people who have been through it and conquered it. People have dealt with these thoughts and improved their lives. There is no need to do everything alone.” So true. That’s why we hope that reading this mag will remind you that positive change is always possible.

The Pavement team

- www.thepavement.org.uk
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Rosemary for remembrance

© David R. Tribble (Loadmaster)

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(homelessness services information insert)

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*.

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Podcast: our *From The Ground Up* peer reporters making a podcast at Groundswell's office. This was a follow up to their articles in *the Pavement* #112 on shame. Hear what they have to say and read back issues on www.thepavement.org.uk
Image © Mat Amp

From the Ground Up (FTGU)

This special issue, on suicide, is part of a partner project between *the Pavement* and Groundswell, an award-winning charity that helps homeless people take control of their lives. It is funded by Comic Relief.

Our *From the Ground Up* participants receive support and training to help them create stories about homelessness that matter to them. The peer reporters then raise these issues with policy makers and practitioners at our action days, in a bid to create change.

- www.groundswell.org.uk

Welcome to *the Pavement*: a magazine for homeless readers

The Pavement is a small charity founded in London in 2005. It's a combination of listings, news, views and cartoons. Our little mag for a homelessness readership came into existence because it fulfilled a need.

Now we produce 7,000 free bimonthly magazines 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.

We use volunteer journalists and photographers to create exclusive content that's written with our readers in mind.

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.

Join us

We are always looking for volunteer journalists with experience. We particularly welcome those who've been homeless. Find out how from:

- nicola@thepavement.org.uk

Fundraise or donate so we can keep providing *the Pavement* free to homeless people. Mags that help them at moments of crisis, as well as giving the info people may need to move on.

- www.thepavement.org.uk

News

GP will see you

More than 60,000 My Right to Healthcare cards have been printed after Groundswell's peer-research study, *More than a Statistic*, highlighted the difficulties homeless people had registering and making use of a GP practice, **writes Matt Hobbs**. Use the card at GP surgeries to remind staff that you do not need a fixed address or identification documents to register with a doctor, nor does immigration status matter.

Need a doctor and want your own health card?

If that's a yes, then please use the tear-out one we've printed on the back cover of this magazine, and get well soon. Alternatively, download and print from:

- <http://groundswell.org.uk/what-we-do/health/my-right-to-healthcare-cards/>

Public shift

Crisis is working with FrameWorks Institute, an American communications consultancy, to change the way homelessness is talked about in the media. After surveying 7,000 people, Crisis concluded that the public does not yet link homelessness with housing market challenges.

Recommendations for new media campaigns will see Crisis avoiding clichéd images of a rough sleeper.

It will also see new-style copy that helps shift the public's fatalistic view that homelessness is historically always with us.

Speaking at Groundswell's Shame Action Day, in February, Crisis' Head of Research & Evaluation, Francesca Albanese added that homelessness conversations need to include information about the ways systems can be redesigned to make it easier for people to find, afford and stay in safe housing.

Do the maths...

- ◆ 73 % rise in rough sleeping over the past three years, Homeless Link
- ◆ 71 % of homeless people feel ashamed of their situation, Groundswell
- ◆ 82 % of homeless people felt the media portrayed them in a negative way, Groundswell
- ◆ 69 % of homeless people said the public ignored them on a daily basis, Groundswell



Numbers up

.....

For the seventh year in a row, the number of people sleeping rough across England has increased. It's now the highest since records began, with approximately 4,751 people sleeping on the streets on any night in 2017. This is a 15 per cent increase on the 2016 survey.

The numbers are drawn from single-night street counts and estimates from local authorities, and published by the Ministry of Housing, Communities and Local Government.

The new stats do not include the hidden homeless, especially young people, who are unable to find a permanent place to stay because they cannot afford soaring rents or house prices.

In 2017, the north-west of England saw the biggest increase in rough sleeping since last year (39 per

Bitter sweet: there are 651 bed spaces in Camden but rough sleeping increased in Camden dramatically last year – by 647 per cent. On any one night there will be 127 people sleeping rough in the borough. Camden now has the third highest number of rough sleepers in England, narrowly beaten by Brighton & Hove (178) and Westminster (217). *Image © Matt Cooper*

cent). This was followed by the East Midlands (23 per cent) and Yorkshire and the Humber (20 per cent).

Only in Scotland

.....

Need help getting your deposit returned or a repair made by a private landlord? Try the Letter Generator page on the tenants' part of RentingScotland.org which has recently been revamped by Shelter Scotland.

<https://rentingscotland.org/tenants/letters/>

News in brief

Written by Jake Cudsi

Bed and work

Emmaus **Cambridge**, a community shelter that aims to provide homeless people with a bed and offer them useful work, is expanding its Landbeach Community to provide 10 more rooms, reports *Cambridge News*. Visitors to the charity shop at Landbeach can buy a brick and sign it for £5, which will go towards the building work, which was due to start in January. Community director Diane Docherty believes the project provides the “perfect opportunity to support yet more vulnerable adults.”

Fire pilot

Nottingham council is running a pilot scheme that opens the main fire station to homeless people on nights the temperature drops below freezing. One couple, Michael and Sarah, who have been sleeping rough on the streets of Nottingham “for months”, called the scheme a “brilliant” idea.

Sleeping bags, toiletries, clothes and hot drinks were also on offer at the fire station, courtesy of volunteers from the British Red Cross. The *BBC* quotes Nottingham Fire and Rescue group manager who said, “Our goal is to create safer communities, and sometimes this goes further than things such as fire and road safety.”



Decay at the London Art Fair 2018: project collaborators Hopeful Traders Clothing’s Charlie Wright with Marice Cumber, who runs Accumulate, a charity which empowers young homeless people through creativity. Charlie’s T-shirt is from a design by Deborah Okako, one of the Evolve hostel residents (aged 16-25) in Stockwell who made Accumulate’s second zine, *Decay*. Next zine will be made at workshops with House of St Barnabas’ employment academy graduates. *Image © the Pavement accumulate.org.uk*

Helping hand

A **Birmingham** business owner has offered a homeless man in Sparkbrook a two-week trial at his car wash. *Birmingham Mail* reports that business owner Shezad Zaman had also provided Kriss Wilkes with accommodation.

Nightstop

Young people facing the prospect of sleeping rough in **Glasgow** can now have temporary shelter in residents' spare rooms. Launched by the Simon Community Scotland (SCS) the initiative offers a maximum of three nights' accommodation, over three weeks, during which the young people will be given intensive support, reports *Scottish Housing News*. To date the scheme, known as Nightstop, has trained four volunteer hosts, with three more being trained, but the plan is to recruit far more.

Free cuts

An **Edinburgh** police box that was transformed into a barbershop for homeless men, in Leith, now also offers haircuts to homeless women, reports *The London Economic*. The blue box is fitted with electricity and running water and provides toiletries, tea and biscuits. It's open on the last Saturday of every month.

Tap chuggers

Social enterprise TAP London is aiming to provide homeless people with work as charity fundraisers on the streets of **London**. Employees are provided with a box that takes contactless payment, with the current charge being £3, £2 of which goes towards the salary of

the fundraiser, while the remaining money is split between two charities. Fundraisers are paid the London living wage, currently £9.75 an hour, and are paid regardless of how many contributions they receive from the public, according to *Reuters*.

Co-founder Katie Whitlock is hopeful the scheme can have a positive impact as "more employment opportunities are needed. Homeless individuals are rarely given a chance to be part of their solution." taplondon.org

Snoring success

Following the success of the original event, more Sleep in the Park nights are being planned for **Glasgow, Aberdeen, Dundee and Edinburgh** according to the *Scotsman*. The first sleepout, held in Edinburgh in December, is expected to help 500 people off the streets, through the £4 million raised by 8,000 attendees.

Love not money

A meeting hosted by Love **Southampton** saw 70 delegates from groups based in the city, discuss how to improve the conditions of the increasing numbers of homeless people in the city. Staff from local businesses and politicians of all parties discussed ways to ease the plight of a growing number of Southampton's population,



Tuck in: in March when Norwood Junction (Croydon) opens, FoodCycle will be running a dozen London lunch clubs. Meals are made from food that would be thrown away and shared to tackle loneliness. Just six months after FoodCycle Finsbury Park opened, it celebrated serving the 1,000th meal with a lunch for 72 guests at Finsbury Park Community Hub. Local MP Jeremy Corbyn popped in and thanked the 14 volunteer cooks and their guests, adding: "Homelessness is a growing problem in London but this shows there are a lot of people who don't just pass by." Find your nearest at www.foodcycle.org.uk Image © FoodCycle

with closer links between charities discussed at length. Also discussed was the need for more accommodation across the city, reports the *Daily Echo*. "We hope that this leads to collaborative working and creative solutions for the good of all in our city," said organiser Paul Wood. Practical advice on the website explains to the public why people beg, but recommends not giving spare change. <http://www.lovesouthampton.org.uk/housing/>

Rental challenge

A new report by the London School of Economics recommends the government better support social landlords and councils to expand and improve private renting. *Private Renting: can social landlords help?* uses evidence from 20 social landlords, four local authorities, three housing charities and a number of private landlord organisations.

"One of the most contradictory developments in private renting lies

in the growth in buy-to-let tenancies on council estates. Many councils no longer have enough accommodation for homeless families that they are obliged to help, so they house them in private lettings in former right-to-buy properties on large social housing estates. Around 40 per cent of all right-to-buy properties are now re-let privately. This poses major challenges for housing management; it drives up Housing Benefit bills, and it causes maintenance problems on flatted estates. At the moment, there are no proposals to tackle this new form of problematic private renting in England. But the Scottish government has abolished the right-to-buy, and the Welsh Government is proposing to do likewise,” says the report.

Valentine tragedy

Government figures reveal that on any one night, Westminster has the most rough sleepers (217). Tragically, there’s now one less homeless man seeking shelter in Westminster tube underpass. Early on 14 February, after a chilling night, a homeless man died in Exit Three, a few metres from the Houses of Parliament.

People do freeze to death in the streets, even in the UK. But the term ‘homeless’ is not used as a cause of death. In this case, police were treating the man’s death as “unexplained not suspicious”,

reported *the Guardian* and *Independent*.

Shadow Education Secretary Angela Rayner tweeted: “A homeless man who was seen frequently at the tube entrance to Portcullis House Westminster underground station has been found dead today. Whatever the circumstances it’s a terrible tragedy that somebody ends their days like this, the govt must do more to combat homelessness.”

Labour leader Jeremy Corbyn left flowers and a card, saying: “This should never have happened. As a country we must stop walking by. Rest in peace.”

Every death of a homeless person is an outrage. But when it happens on the government’s doorstep, could it be the turning point? *As the Pavement* goes to press we have to hope so.

In November St Martins-in-the-Fields holds a service to “commemorate those people whose lives have been shortened by homelessness.” At this service, names are read out of everyone who has died on the streets that year, or in hostels and shelters, as well as those who moved on to more settled lives, but who still relied on homelessness services.

Send names of anyone you know to have died during 2018 to info@housingjustice.org.uk to be read out at the service. *The Pavement* also publishes the list on our website.

ANYULDS SHOP



Why suicide?

Everyone found this assignment tough

Our From The Ground Up peer reporters know what it's like to be homeless. Their aim is to report on topics that get forgotten, or feel too taboo to discuss in mainstream media. That's why this issue is all about suicide.

Sometimes bald statistics and lived experience make it hard to stay

positive, but as Drew Bailey, one of the peer reporting team, writes, "I want people to know there is hope."

All sorts of things must change, from turning around low self-esteem to challenging government – and even hostel – policy. Read on to get the info, find help and enjoy our writers' skills.

In a nutshell

Here's how an off-balance society leads to escalating problems, including suicide for some, plus some ways to turn it around. Research by **Matt Hobbs**.

1. Suicide attempts rise when times are hard

- Triggers include job insecurity and fear of home repossession
- Having to move breaks up people's own support structures

2. There's fragmented health support

- Poor health, and pain, may also be factors, see back cover
- As wellbeing falls, mental health services are even more important

3. Cuts to public services and poor living conditions remove safety nets

- Homelessness, or no address, makes support less likely
- Living in a more disadvantaged area puts you at a two or three times higher risk of suicide than more advantageous areas.

4. Lack of joined-up thinking adds problems

- Drug and alcohol may be used as self-medication
- But these services have been slashed
- Dual diagnosis can make help even harder to find

5. Positive change is possible

- First be suicide safe. Survive the crisis, see page 22
- Find a community that's true to you
- Make connections, talk, train and volunteer, ideas on page 18
- Use the listings in this magazine to find support and free counselling.

Off balance

Low income, debt, and unemployment all increase the risk of suicide, but they are also some of the causes of homelessness. Report by Matt Hobbs

While empty apartments are rising on every last inch of land in London, the cracks in society are getting wider. We feel this shift and register the balance is off, but now the Samaritan's report *Dying from Inequality* (2017) has revealed the mortal harm of this injustice.

The report finds that areas with higher social and economic deprivation tend to have higher rates of suicide – two to three times higher than the most affluent areas.

While it may come as no surprise that living in poor conditions facilitates human misery, this report shows how austerity has left the most vulnerable at greater risk.

The shattering loss of a home or a job severs social ties and breaks up support structures, key protective factors against stress, leaving the individual more isolated and at greater risk. Those already on the edge are hardest hit, as the risk of suicide is amplified if a person is already experiencing multiple negative life events, such as poor health, unemployment, poor living conditions and social isolation.

With increasingly limited access to



Homelessness and suicide are caused by similar life-changing events © Ilisa Stack

services and support, those in more socio-economically disadvantaged circumstances were left more vulnerable.

These same circumstances which increase the risk of suicide – low income, debt, and unemployment – are also recognised by charities such as Shelter as being among the structural causes of homelessness.

Echoing other experts in the field, Alex Bax, Chief Executive of Pathway, a homeless health charity, says they are “seeing the impact of

austerity” on wellbeing. “The benefit system is becoming harsher, harder to deal with and people are given less money. It’s difficult accessing what’s available; there are more barriers, and there is more gatekeeping.”

With cuts to mental health services, the housed population faces longer waiting times for assessment and treatment, but for the homeless population accessing these services is fraught with further difficulties.

One of Pathway’s Experts by Experience, Stan [name change], has observed “two huge pitfalls for someone who is homeless, the lack of a fixed address and dual diagnosis”.

Gaining access to healthcare services, particularly GP practices, has historically been problematic for those in the homeless population without a fixed address or forms of identification. It often forces people to turn to A&E when their health condition has worsened and become more difficult to treat. Additionally, as many in the homeless population are not fixed to a local area, they are more likely to slip between healthcare service providers, further preventing access to treatment.

At a time when there is evident need for more support, drug and alcohol services are also being slashed, even though drug-related deaths are at a record high according to the Office for National Statistics.

Cuts to these services exacerbate

the difficulties in treating complex conditions such as dual diagnosis, or a mental health problem combined with problematic substance use. There is currently no agreed upon point of contact or treatment for dual diagnosis, with mental health services and drug and alcohol teams arguing the initial responsibility for treatment lies with the other.

It is commonly known that substance use is employed as a coping strategy by some individuals to manage existing mental health problems. So while services are quarrelling over who should take responsibility, potential patients are left to self-medicate, further entrenching existing mental health and substance use problems.

Not denying the good intentions of healthcare professionals in both services, without joined-up thinking this fragmented system of support leaves the individual knocking at the doors of bureaucracy and at a greater risk of harm.

Austerity has deeply fractured our society, severing support structures and leaving the most vulnerable at risk.

- Read *Dying from Inequality* on <https://www.samaritans.org>
- Read the full version of Matt Hobbs’ article on *the Pavement* website.

Everybody hurts

Is it right that homeless people are more likely to die by suicide than people with a home?
Report by Adeola Palmer

The average age of homeless people dying by suicide is just 37 years. This is far younger than the national average of 46.

Crisis' study *Homelessness Kills: an analysis of the mortality of homeless people in early twenty-first century England* (looking at 2001-2009) finds that while people from all sections of the population experience suicidal thoughts, or even die by suicide, it is people who are homeless, or at risk of homelessness, who are most vulnerable. Crisis finds that homeless people are three-and-a-half times more likely to commit suicide than the general population.

There are a high number of suicide risk factors in those who are homeless. For example, the *Multiple Exclusion Homelessness Study* found frequent self-harm and suicide attempts amongst homeless people, particularly where mental health issues were present. The strongest predictors of suicide are previous episodes of self-harm and suicide attempts. It's also well-known that the majority of people in mental health services who die by suicide have a history of self-harm.

Research in 2006 into suicide amongst homeless people found

In a nutshell

- Homeless people are at high risk of killing themselves
- Help is out there
- Stay safe if you feel suicidal, see how on page 16 and 22
- For mental health help see our pull-out listings in the centre of this mag

that half of them were in in-patient mental health services at the time of death. The risk is even higher for homeless single men, between the ages of 26 and 44, who were the largest group taking their own lives.

Shelter has found that people living in unsuitable housing, or accommodation without appropriate levels of care and support, are particularly vulnerable to suicide. In one London Coroners Court, 19 of the 48 deaths recorded as suicide were those of homeless or badly-housed people. Based on Coroners Records, deaths rates among homeless people are three times higher than for the rest of the population.

Homeless Link, in its study *Suicide Prevention: guidance for homelessness services*, suggests that homeless service staff should have discussions with every service user about their mental health and if they have any thoughts of self-harm or suicide.

Get help

Meet the organisations that can rescue you from deep despair and help you rebuild life. Research by Adeola Palmer

SAMARITANS provide confidential, non-judgmental emotional support, 24 hours a day, for people who are experiencing feelings of distress or despair, including those which could lead to suicide. **Call: 116 123.**

If you want to write down how you are feeling, you can email: jo@samaritans.org. Don't like the phone? Then speak to a volunteer face-to-face:

www.samaritans.org/branches

#DearDistressed is a suicide prevention campaign that sends messages of hope and recovery to anyone who is thinking that life may not be worth living. It uses heartfelt letters, written by people with lived experience of suicidal thoughts, and who are now in an emotionally safer place, to show anyone in deep despair that it is possible to recover, with the right support.

www.connectingwithpeople.org/deardistressed

MIND has resources that explain what suicidal feelings are, including possible causes and how people can learn to cope, see

<https://tinyurl.com/y8ydrjqp>



Get help © Max Pixel

CALM: Campaign Against Living Miserably, is a charity focused on reducing suicide in men aged under 35. CALM has a unique approach to engaging young men, using a distinctly non-medical inclusive approach, eg, #BestManProject. Call 5pm-midnight 365 days a year – London **0808 802 5858** or nationwide **0800 585858**. <https://www.thecalmzone.net>

MAYTREE has a suicide respite centre, space for a one-off safe stay and a helpline. Call: **0207 263 7070** or email maytree@maytree.org.uk www.maytree.org.uk

STORM is a not-for-profit social business committed to enhancing knowledge and skills in suicide prevention and self-harm mitigation. www.stormskillstraining.co.uk

FOR PROFESSIONALS

The Alliance of Suicide Prevention Charities (TASC) is an alliance of the leading charities dealing with suicide prevention and mental health issues.. <http://tasc-uk.org/suicide>

Not a number

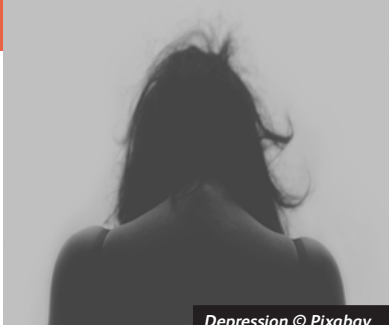
I was ready to kill myself a few years ago. I'm really happy I didn't, writes Mat Amp

UB40's hit *One in Ten* refers to someone on the dole, but change it to one-in-200 and the sentiment could easily be applied to the homeless community. We're on the street and in the public's face, yet we remain invisible.

My first experience of homelessness came after a single traumatic event changed the dynamic of my addiction to class A drugs. The subsequent depression was unremitting – my broken mind would see myself sucking on a shotgun. They were extremely dark days, but I somehow knew that I wasn't going to attempt suicide. It was the pain that I wanted to end, not my life, and there's a big difference.

After I ran out of sofa surfing credits, I became street homeless. The need to survive meant thoughts of suicide disappeared until I found myself in a hostel. In fact, many people who've experienced the carousel of homelessness will single out the time they spent in a hostel as the most depressing part of their journey.

People can feel cut off and alienated, rather like packages being moved through a warehouse. The energy and camaraderie of the



Depression © Pixabay

street is replaced by an institutional atmosphere that breeds mistrust and paranoia. Losing hope is the worst feeling, but what scared me more was the feeling of serenity and peace that replaced it once I had made the decision to end my life.

Recent research has shown that two of the most important elements for the completion of suicide are:

- The person feels like they are a burden on society
- They have become used to pain in one form or another.

In pain

Over the past few weeks Londoners may have taken part in Groundswell's pain survey (where you got £5 for answering questions about the impact of pain on your life). What the survey seems to show is that many of us in the homeless community are both used to chronic pain, and suffer some degree of shame over the condition we find ourselves in.

Dave [name changed to protect

identity], a case worker at one of London's leading charities told me: "I do not think hostels are welcoming environments that encourage people to thrive... Due to cuts, there is a shocking lack of specialist resources available for people in this kind of crisis. I think the complex nature of most of our clients' needs makes it even harder for them to successfully access this type of support."

With many frontline professionals facing almost double the workload over the past five years, it can be difficult for them to be proactive when it comes to dealing with clients who may be suicidal.

With this in mind, let them know if you need help and tell them louder if you don't think you're getting it.

Despite the hardship, the discomfort and the pain of being homeless, we always have each other. We should never take that for granted. Look, there are arseholes in any walk of life, that's undeniable, but the homeless community has more than its fair share of generous-hearted people who look out for each other. Please don't let hostels take that spirit away.

At the end of the day we value each other because we don't have things to value, not in spite of it. Never be ashamed of having nothing, because you will always belong to a community that genuinely values you for who you are, regardless.

What next...

ASK FOR HELP

Case workers may be dealing with heavy workloads, but they are there to help. Don't think of yourself as a burden. Ask for help. If you aren't getting it, ask louder. If that still doesn't work, ask someone else.

VOLUNTEER

Find a place that will buy you lunch and pay your travel. Keep yourself busy and opportunities will come.

STAY TRUE TO YOURSELF

Especially when you are in a hostel.

USE MENTAL HEALTH SERVICES

Don't be fobbed off by someone telling you that you are not entitled to counselling because you are in active addiction. Look up health group DDA (Dual Diagnosis Anonymous) if you think that NA (Narcotics Anonymous) or AA (Alcoholics Anonymous) doesn't take account of your mental health issues.

GET FIT

It's key to recovery.

YOGA

Once the preserve of middle class mums, all sorts of people are discovering the benefits of yoga for mental health.

EMERGENCIES

The Samaritans are always at the end of a phone, **tel: 116 123**.

First person

Our From the Ground Up peer reporters, working with journalist trainer Veronique Mistiaen, made full use of the journalistic maxim to write what you know to uncover more about suicide. Words from Matt Hobbs, Kevin Headley, Adar Owuna and Drew Bailey.

> Go figure

In this interview extract Matt Hobbs (peer reporter) identifies the risk of homeless people dying by suicide as a problem caused by government policy

Alex Bax, Chief Executive of Pathway asks, “What’s leading people into a position of being so desperate that they kill themselves? What is it about our social structure? If you put people under chronic stress and take their money away, what do you think might happen?” It’s a rhetorical question, but clearly new solutions are necessary to bridge the ever-widening chasm between the ones dying from inequality (as the Samaritans’ report put it) and richer areas.

For Bax, there are several protective factors which keep people alive during times of despair. They are “a sense of purpose, agency, and having some human relationships. That’s what people live for. Being alive is something other than just not being dead.”

- **Read the full version of Matt’s article on *the Pavement* website.**

> Didn't expect it

Adar Owuna (our peer reporter) talks to his friend Susan about her nephew

Q. I want to ask you about your nephew’s departure from the world...

A. I didn’t know that it was that serious because nobody had shared it with me.

Had I known, I would have wanted to do whatever I could. Looking back people have said, ‘What could you have done?’. I didn’t expect the suicide. Neither did I expect anybody that did suspect it to have ever left him on his own.

Q. Did you receive any support or help or even assistance from any services to guide and support you through this traumatic time?

A. No, but my sister (his mother) is having counselling. But no, I didn’t personally.

> Suicide victim

Kevin Headley (peer reporter and homeless healthcare peer advocate at Groundswell) is currently attending a health and social care course in community outreach for vulnerable people. As he says, you can't get more vulnerable than a possible suicide victim

Homelessness is where I met a radical and mysterious friend, which this painting by Elizabetta Panno, depicts uncannily. She was a school children's support worker, therapist, artist and homeless at the time, but can I call the suicide victim, Miss Valentine for now? She allowed me to stay with her small tribe of homeless squatters.

Miss Valentine suffered from mental illness, including depression and anxiety, and was found one morning hanged in the squat. She might have taken her own life a long time before if it wasn't for her love of costume and cabaret workshops.



Above: Miss Valentine © Elizabetta Panno

Below left: Strutton Ground © Keith Kirby

Below: Study of rough sleepers near Hackney Wick station © Kevin Headley



> Left alone

Drew Bailey (our peer reporter) interviewed Jonathan Shapiera who is setting up Homeless Anonymous

"Homeless Anonymous is a peer-to-peer solution to gather those who have experienced the street and those who are currently living on the street. In a guided environment, they are able to speak about the problems that occurred during their time. They know what it's like to have no food, no showers, no life – but many experience suicide, waking up next to someone dead. We talk it out to get back to living how the other half live," says Jonathan.

Q. Could you give us a little background on the circumstances with your son?

A. Nik was 17 when we first became homeless and living in a car in Australia. Once, we were driving down the main street of Darwin and he said, "My life is a load of shit," and tried to jump out of the car. His last attempt was November 2014 when he was found with a rope around his neck and in a daze.

He was taken to hospital. The doctors left him alone for three minutes and he slipped out. Not to be seen for a week. Then he rang me and I got him into a shelter. That was attempt four and his last.

[Happily, Nik's now 22 and living with his girlfriend and her mum.]

Q. What was he like before the event?

A. There were no signs except that we were homeless and he didn't like it. When you combine homelessness with suicidal ideas, it is very hard to see it coming.

Q. Did you ever feel the same way as him?

A. Whilst I was homeless – NO – as I had responsibility. I had a son, Nik, to look after and I was determined to get through the shit, and whatever it was that we went through.

Q. Why did your son feel suicide was the only option?

A. Not sure. Dad failed? Homelessness sucks? No food? No money? Complete change in lifestyle? You could really pick anything.

Q. Did you feel there was any sort of safety net or anybody to contact?

A. When you are homeless, it is like living with a paper bag over your head. As much as you want to be strong to get yourself out of the shit, it is extremely hard to do.

Q. Could anything have helped?

A. Yes, more awareness towards what it is like to live on the streets. We are no different from anyone in a house, yet we are left alone with little support.



You are not alone

If you have – or have had – thoughts about taking your own life, then it's important you ask someone for help.

Research from Groundswell



It might be difficult to ask for help or for you to see at this time that you're not alone and you can be helped.

Suicidal feelings can be caused by many factors. They can affect anybody regardless of gender, age or background.

If you are experiencing suicidal feelings, are angry, upset and struggling to keep yourself safe, it's important to remember that these feelings cannot, and will not, last.

Like all feelings, they will come and go. The suggestions on the opposite page may be of help. Try one of them or combine several of these ideas.

The Pavement says there are more ideas about where to get help on page 16.

Find a safe place

Make your way to a crowded space, somewhere you know people and won't be alone.

Find somebody to talk to

In person, on the telephone or even send a text.

You may not feel able or want to talk about how you are feeling, but having someone to have a conversation with, even about the weather, may enable you to shift your thinking and manage your emotions. You may begin to feel comfortable about sharing your feelings in the future.

Avoid using drugs and alcohol

Consuming these will make you feel worse and put you in further danger.

Distract yourself

Go for a walk and distract yourself. Try making a list in your mind of the colours of cars you pass, or count your footsteps. This can help you regain focus, and calm your mind, as you have to focus on the list.

Go to hospital

If you feel that you are in danger, call an ambulance. Or go to A&E where you can receive help. They will also help you explore what's causing you to feel suicidal.

I feel good

It is great to feel good, but when you are feeling low here are some ideas to help you banish self-doubt, from Christina Clark

Self-esteem is a person's ability to value themselves and their overall opinion of who they are. If low self-esteem and low mood are ignored, over time it can make people much more vulnerable to serious mental illnesses such as depression and anxiety. It can also lead people to unhealthy habits as a way of coping, such as alcohol, drug use and smoking.

It's sometimes difficult to identify low self-esteem, as often negative thoughts about yourself can become ingrained beliefs. People can find it difficult to interact with others; they may stop doing things that they used to enjoy and may become more isolated and withdrawn.

Some people are more prone to low self-esteem than others.

Low self-esteem tends to begin in childhood and often stems from those around us telling us we are not good enough. These messages can also continue into adult life through the media, which often seem to dictate how we should live, act and behave.

Low self-esteem can also be caused by difficult life events, such as serious illness, loss and bereavement.



Spotted: #notestostrangers © the Pavement

Low self-esteem is high amongst the homeless population as it can be very difficult to find self-respect and hold on to it when society can make us want to think we are worth otherwise. Everyone is worthy and capable of a fulfilled and productive life. This can sometimes be very difficult for a person to identify, remember and believe. But it is definitely possible, especially if you try some of the exercises on the opposite page.

Practice these exercises, often. This will help to develop tolerance and increase self-compassion, which are essential for healthy emotional wellbeing. It is easy to place unreasonably high expectations on ourselves, particularly in today's society. Ask yourself: "Do I really expect this of others?" If not, then ask "Why do I expect so much from myself?".

Neglecting our self-compassion only lengthens the experience of negative self-esteem, which causes the stress, frustration and low mood to continue. A low mood may not improve overnight, but it will with practice. Remember that you have the power to change the way you think about yourself.

Nobody else has that power.

Useful links

MIND: <https://tinyurl.com/yb2vb26o>

NHS: <https://tinyurl.com/ycndr73q>

Christina Clark is a mental health nurse and NHS manager. She is particularly interested in psychosis, reducing stigma, public understanding of mental health and improving access to mental health services.

DIY help

1. Positive affirmation list

Make a list of positive affirmations to remind you why you are worthy of self-love. Here's what to do:

- Write a list of some of your strengths, maybe starting with a couple and increase over time. For example 'I'm friendly' or 'I'm creative'.
- Then think about things you admire about yourself, for example the good relationship you have with a friend or your religious or political beliefs.
- Then think of your achievements – passing an exam at school, recovering from an illness, helping a friend. Keep adding to your list.

Follow up: List ways in which you can reward yourself for your strengths that don't cost money, such as going for a long walk, reading a chapter from your favorite book, or picking (or taking a photo of) your favourite flowers.

2. Reinforcing a positive self-image

Find a piece of paper and at the top of it, write your name, surrounding it with words, sentences or pictures that remind you of everything positive that you can think about yourself. These can include your talents, achievements (as recent or as old as you like) and relationships. No negative words or language is allowed.

Follow up: Keep adding to it and keep it with you at all times so you can remind yourself that you are someone special. It's a list you should read when you are feeling particularly negative or low in mood.

3. Complimenting exercise

Choose someone you trust to do this with. Time yourself for five minutes, telling each other things that you like about one another. It doesn't have to last for five minutes – try for as long as you feel comfortable.

Follow up: Do you feel any better afterwards? If so, write down how you feel.

All change

Will Universal Credit – the six-in-one benefit – be a curse or blessing? Ian Kalman finds out

Universal Credit (UC) is rolling out across the country. Already more than 600,000 people are on UC (8% of benefit claimants) and it will be everywhere by the end of 2018. As it takes the place of six other benefits, most of the working age population will be affected if they are low earners, out of work, sick or disabled.

Find out more at:

<https://www.gov.uk/universal-credit>

Q: What is the process once you are informed your area is transferring to Universal Credit?

Be warned, this is not an automatic transfer, you must make a **new claim**. This claim must be made online and once this claim is made all your current benefits will stop. That means you will get no money coming in, and if you are on housing benefit that will stop as well.

When it was first rolled out, there was no help offered by the government, but now you can claim a hardship loan to help you over the waiting period. This is also not automatic, so once you have made your claim, I suggest you



Changing to Universal Credit has left many claimants in hardship © Pixabay

immediately speak to your work coach or advisor. This loan is called a **hardship payment**. It must be paid back and you have a maximum of 12 months to do this.

Instead of a fortnightly benefits payment it will **go to monthly**. For some people in Scotland it will be paid twice a month.

I spoke to Peter Maddison, who lives in Tower Hamlets (London) and is on Universal Credit. He said, "When I had to come on this new benefit, there was no help while I waited. Luckily I had friends who loaned me the money to tide me over, but even now I am paying back my overdue rent."

I also asked him about the process of signing up. "I tried to do it online but there was a problem with it so I had to do a physical form instead. What did shock me, was that every page mentioned sanctions."

If you are on the income

based jobseekers allowance, you will be familiar with this device implemented by the DWP. In one job centre, I saw a poster stating how many people they had sanctioned.

Q: I asked Peter what else he had to do as part of Universal Credit, apart from using the Universal Job match.

He said he has to use a website for job search, and fill out a journal which stated what he was doing. As part of his agreement to secure these credits he has to do 35 hours of job search each week, and he does manage. Now you may be asking, 'How I can do that much job search a week?' But you are allowed to include anything that might aid you in your search, so it can include volunteering.

Everyone seems to be aware of this new scheme, but I came across an article that gave me concern. It stated that landlords in the north of England would not accept people on it. The National Landlords' Association says this is felt nationwide. This is a grave matter for anyone drawing housing benefit. It may also be why *The Mirror* (30/1/18) reported that Oxford University academics say the surge in homelessness – and sofa surfing – is due to welfare cuts and families losing private rented homes.

Q: What can you do once you are informed that you will be going on Universal Credit?

1. Apply for it. If you find using computers difficult, go to a library. If you have a support worker, get them to help you. Make sure you understand everything.

2. Once you have filled out the form, ask to speak about a **hardship payment**, as you will have to wait a maximum of five weeks until you hear a decision. That's a long time to go without any money if you do not have any savings.

3. Contact your landlord straight away, so they know you still plan to pay your rent.

Ian is an ex-rough sleeper. He has been homeless three times, the first time he spent one-and-a-half years on the street. He has never forgotten those hard times. Ian writes for *the Pavement*, volunteers at Connection at St Martin's, a day centre in central London and is the members' rep coordinator for Cardboard Citizens, a theatre company that works with people who have experienced homelessness. He's a Spurs supporter and "an expert at dog ends".

<https://www.connection-at-stmartins.org.uk>

Sing it louder

Singing in a choir makes you feel good, find our Glasgow peer reporters James Blakeley, Karin Goodwin, Jim Little, Caroline McCue, John Sherlock and Ilisa Stack

It's a chilly winter day and we're at the Lodging House Mission (LHM) day centre – where our *Pavement* network project also meets – to hear the choir do their stuff. Along with the new crowdfunded Mission Voices T-shirts, the singers have Christmas hats and plenty of good cheer as they take their places at the front of the hall and get started.

“A fine wee lass, a bonnie wee lass, is bonnie wee Jennie McCall...”. The choir links arms, kick out their legs and twirl each other round. Next up is *Let it be* and *You've got a friend*. Feel good pop songs, from decades gone by, and traditional Scottish melodies are mixed with festival favourites.

“It's uplifting, it's energising, and these are songs people want to sing,” says Shelly Coyne who founded the choir in 2010. The songs make people smile, but there is a serious purpose here too. This is an important activity for this group, who have experienced homelessness, bereavement and other troubles.

The choir was an off-shoot from another local choir run by Shelly, Givin' it Laldie [gusto]. Early on it worked with Scottish Opera in a



project that saw it perform at high profile venues from Glasgow's Royal Concert Hall to the Royal Opera House in London.

“At first, we thought it didn't sound like our thing,” explains choir member Ann Samson. “We thought it would be all opera songs. But it was fantastic.” Despite funding changes, the choir has continued and continues to play an important role in the lives of its members.

Ann's sister, Pat, adds: “It gives me a lot of satisfaction and makes me happy. I look forward to our Friday meetings to come and sing my heart out.” Jim agrees. “I've made a lot of good friends here and singing is good for you from head-to-toe. We'll keep it going as long as we've got breath left in our bodies.”

Recent research from Oxford University found that singing as part of a choir has a bonding effect, helping people broaden their social networks and address feelings of



Mission Voices: the popular choice at the LHM Day Centre in Glasgow. © Angela Catlin, Caroline McCue and Ilisa Stack (Image Team)

isolation and loneliness.

There are physical benefits too. Singing improves breathing and muscle tension and even produces endorphins, like those you get doing exercise, to help reduce stress and act as a natural pain-killer. There's even some evidence that music can boost the immune system.

Shelly, who is also studying the positive effects of choirs on homelessness, is passionate about the benefits. "For a lot of people, it's a lifeline. People in the choir have a lot going on, but this is the one thing that people want to come back to. For that hour and a half you can belong to something."

Performances also challenge perceptions about homelessness and poverty. They remind people that those who have been homeless have strengths and talents that they too can bring to the table. "That's what I think is so powerful about it," adds Shelly.

Choirs

Edinburgh

- **Bethany Christian Trust**
12noon - 1:30pm every Friday
@ Acorn Centre, 1 Junction Place
- **Grassmarket Community Project**
5pm - 6:30pm every Wednesday
- **Salvation Army, East Adam St**
7pm - 9:15pm every Wednesday

Glasgow

- **Sing at Trotters (LHM)**
10:30am - 12noon every Friday in the main hall
www.lhm-glasgow.org.uk
- **Vox Liminis** works with prisoners and young people to write songs about their experiences. Its first album, *Distant Voices*, comes out in May
www.voxliminis.co.uk
- **Common Wheel** works closely with people with mental health difficulties at Gartnavel Royal Hospital
www.commonwheel.org.uk

London

- **The Choir with No Name** has a north and south London choir. It's also in Birmingham and Liverpool
www.choirwithoname.org
- **Crisis Choir** was in the news with a new version of Ralph McTell's *Streets of London*, 50 years after he wrote it, to celebrate Crisis' 50th year.
www.crisis.co.uk

BANTER

Can being homeless ever be a joke?
Well, it depends on your sense of humour...

Jamie Jackson picks a few funny stories from the street:



1. We broke up over a fitness DVD workout after I'd been told I was doing it wrong (millionth time) so I replied that we weren't doing the exercises for my benefit and prodded my partner's gut! #instahomeless
2. Wakened by concerned gendarmes and paramedics who thought I'd fallen from a window. In fact I'd fallen asleep, blitzed drunk, in a star shape after forgetting the code to the apartment of a friend who was letting me sleep on their sofa.
3. Instead of sleeping rough one night, after my partner and I argued, I stayed over in a cabin in an all-night sex club. I didn't get much sleep.
4. After sleeping in a friend's bed one night, I asked why he had cat litter between the sheets, wondering if he should give the bedding a shake. He replied that "the cats don't go upstairs" while scratching his very bad eczema...
5. Knock, knock. "Who's there?" "Will whoever's behind that door pull their kecks back on and get oot. Yae know the rules; nae guests allowed."
6. Me: "Where's Chris gone to? I thought he was staying here tonight. He said he's got nowhere to stay." Friend: "Och, he'll be fine; he always ends up wae his pal Russell in the bushes."
7. One of my mates came back to the hostel wearing my clothes. I don't recall lending him them. I says to him, "FFS, you look like you've been sleeping in a skip." He says, "How did you know that?"

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

- Phone: 0300 500 0914

2. Shelter

- Web: england.shelter.org.uk
- Phone: 0808 800 4444
(8am-8pm Monday to Friday, 8am-5pm weekends)

3. Citizens Advice Bureau

- Web: www.citizensadvice.org.uk
- Phone: 03444 111 444

If your application is rejected:

- you should appeal the rejection if you think it is wrong. You have 21 days to appeal this decision
- 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.



Need help getting a GP? Cut this card out and use it to get the medical treatment you are entitled to from the NHS, even if you are homeless:

I do not need a fixed address.

I do not need identification.

My immigration status

does not matter.

As stated in the Primary Medical Care Policy and Guidance Chapter 4.

If I have any issues registering

or accessing a GP practice,

my local

healthwatch

can direct me to advice

Groundswell

03000 68 3000

www.healthwatch.co.uk



Need help getting a GP?

Cut out and keep this right to healthcare card to get the medical treatment you are entitled to from the NHS even if you are homeless.



**I have a right to register and receive treatment
from a GP practice**

**Healthy London
Partnership**

Groundswell

www.healthylondon.org

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 |

Changes: val@thepavement.org.uk

Updated: February 2018

FOOD/SOUP RUNS

ABUNDANT LIFE HOUSING SERVICES

9 Campbell Rd, Stratford E15 1SY

0208 534 2194/2316

Sat: 2–5pm

AH, FF

ACTON HOMELESS CONCERN

Emmaus Hse, 1 Berrymead Gdns, W3 8AA

020 8992 5768;

actonhomelessconcern.org

Call for the times of their many services.

A, B, BA, CL, C, DT, D, ET, F, FC

AGAPE

01483 824006; www.knaphillchurch.co.uk/agaape.htm

Wed: 7.45–9.15pm (Embankment)

FF

AMERICAN INT'L CHURCH SOUP KITCHEN

79a Tottenham Court Rd, W1T 4TD

020 7580 2791; amchurch.co.uk/soup-kitchen

Mon & Tue: 10–12am; Thu–Sat:

10am–12am

CL, FF

AMURT

020 88064250; www.amurt.org.uk/who-we-are/amurt-uk/

Thu: 6.15–7.30pm (Lincoln's Inn Fields)

Vegetarian food & music.

FF

ASLAN

c/o All Souls Clubhouse, 141 Cleveland St, W1T 6QG

www.allsouls.org/

Sat: 5.30–7.45am (tea run: 5.30 Tavistock St; 6.15 Savoy Pl; 6.45 King William IV St; All Souls Ch 7.40); Sat: 9–12am (Webber St – tix on Mondays. Showers & clothes for ticket holders); Sat: 6.30–8.30pm (entertainment – invites via the tea run or All Souls).

AC, CL, D, ET, F, FF, LF, SF

BARON'S COURT PROJECT

69 Talgarth Rd, W14 9DD

020 7603 5232; www.baronscourtproject.org

Mon–Wed: 2–5pm (drop-in, showers/laundry, café); Fri: 12am–2pm (women); Fri: 2.30–5.30pm (club for isolated black people); Thu: 2–5pm (life skills)

BS, CL, F, IT, LA, MS

BE ENRICHED

URC Rookstone Rd, SW17 9NQ

07397288160; www.be-enriched.org.uk

Mon: 12.30am–2:30pm, 18 Hampton St, SE1 6SN; Tue: 7–9pm, 1 Ethelburga St, SW11 4AG; Fri: 12.30am–2.30pm URC, Rookstone Rd, SW17 9NQ
Free or pay-as-you-can meals.

F, FF

BLOOMSBURY CENTRAL BAPTIST CHURCH

235 Shaftesbury Ave, WC2H 8EP

020 7240 0544

Sun: 12.30am–2.30pm

Tickets for Sun roast at 10.30am.

FF

BRIDGES

| | | | | |
|------------|--|-----------------------------|--------------------------|------------------------------|
| 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 |

Memorial Community Church, 389–95 Barking Rd, E13 8AL

020 7474 6603

Sat: 8–11.30am (breakfast 9–11am);

Mon: 10am–2pm

Nurse clinics & signposting.

BS, BA, CL, FF, MS, OL

CARPENTERS CAFÉ

Carpenters Est Community Hall, 17

Doran Wk, Stratford E15 2JL

07932 661 089; carpenterscafe.co.uk/

Tue: 10am–12am (food, drinks, clothes, books, toiletries, showers)

BS, BE, CL, D, F, FF, SF

CHRIST APOSTOLIC CHURCH (BETHEL) UK

217–23 Kingsland Rd, Hackney, E2 8AN

020 7729 4375/ 661

Last Sat of month: 2–3.30pm (hot meal);

Sun: 8–9am (cooked breakfast.

FF

CHRISTIAN KITCHEN

65 Blackhorse Rd, Wal'stow, E17 7AS

Mon–Sun: 7.30–8.30pm (Mission Grove car park)

FF

CHURCHES FOODBANK (NEWHAM)

020 8555 9880; 020 8534 www.churchesfoodbank.org.uk/

Thu: 1–3pm (Woodgrange Baptist Ch, Romford Rd, E7 8AA); Tue: 9–11am (St Paul & St James, Maryland Rd, E15 1JL)

By referral from an independent agent (support worker etc).

Ad, BS, F, FF

COMMUNITY OF SANT'EGIDIO

07595 931348

Sat: 5–7pm (Glos Rd tube, Ken High St, Victoria Stn); Sat: 3–7.30pm (tea & cakes, Carmelite Priory, Pitt St W8 4JH – see santegidio.org.uk for details)

CL, F, LA

COMMUNITY TABLE

Southcroft Church (Ichthus), 276 Mitcham La, Streatham, SW16 6NU

020 8677 0880

Thu: 11am–2pm

Barber every 4 weeks – phone to check.

B, BS, CL, FF

COPTIC CITY MISSION

0207 937 5782

Tue: 9–10pm (Seaforth Pl, behind Westminster City Hall)

FF

EALING SOUP KITCHEN

St John's Ch Hall, Mattock La, W13 9LA

0208 840 0651

Sat & Sun: 3.30–5pm; Mon: 7–9pm (drop-in Salv'n Army Hall, Leeland Rd – food & drinks, music, games & help);

Thu & Fri: 10am–4pm (advice) Fri:

11am–4pm

FF

EMMANUEL CHURCH (STRATFORD)

Romford Rd/Upton Lane, E7 8BD

020 8522 1900

Thu: 7.30–8.30am (cooked breakfast)

FF

EMMANUEL PENTECOSTAL CHURCH

374 Lee High Rd, SE12 8RS

020 8852 8261

Tue: 6–8pm

FF

FARM STREET CHURCH

114 Mount St, W1K 3AH

020 7493 7811

Mon: 8–10.30pm

Oxford St route: Davies St, Bourdon St, S Molton St, Oxford St (S Moulton St to Oxford Circ), top of Regent St to Hanover St, Hanover Sq, **New Bond St–Berkeley Sq route:** Berkeley Sq; Berkeley St; Green Pk tube; Piccadilly. **Hyde Pk Corner route:** Mount St; Park La underpasses (Park La & Hyde Pk Corner); Shepherds Mkt; Curzon St.

FF

FAST58www.fast58.org.uk/

Fri: 8.45–11pm (Strand, nr Ryman's); Fri: 9.15–10.30pm (Waterloo, nr IMAX)

FF

THE HUB

101 a Pears Road, Hounslow, London TW3 1SS

020 8569 5359

Tue & Thu: 10–12am (drop-in)

Low-cost coffee & tea.

F

FINSBURY PARK MOSQUE

7–11 St Thoms's Rd, N4 2QH

020 7424 5252

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



MORE
FOOD/SOUP
RUNS

Mon, Tue, Fri: 10.30am–1pm (women);
Thu: 6–8pm (soup run 7–9pm summer)

C, ET, L, LA

FLOWING RIVERS FOUNDATION

07985585996

Tue: 7–10pm (fellowship – Castle Green, Dagenham); Sun: 6.30–8pm (2nd & 3rd week of month – Lincoln's Inn Fields)

CL, FF

FOODCYCLE

Oxford Hse, Bethnal Grn, E2 6HG
020 7729 2775; foodcycle.org.uk/

Wed: 1–2pm Southwood Smith Centre, N1 0LY; 6.30–7.30pm St Paul's, NW1 6NJ; Thu: 12.30am–1.30pm New Kingshold Centre, E9 7LP; Sat: 1.15pm–2.15pm Lewisham Irish Comm Centre, SE6 2AZ; Sat: 5.30–6.30pm All Saints Ch Hall, SE15 4QS; Sun: 1–2pm Somers Tn Comm Centre, NW1 1EE; 2–3pm (for people living with HIV) The Food Chain, Acorn Hse, WC1X 8DP

Three-course meals. Take home food.

F, FF

GOOD SAMARIA NETWORK

12 Voyagers Close, London SE28 8QQ
0203 651 0869

Sun: 6–7pm (Lincoln's Inn Fields)

FF

HARE KRISHNA FOOD FOR ALL

102 Caledonian Rd, N1 9DN

07946 420 827; iskconuk.com/

Mon–Sat: 12am–1pm (rear Kentish Tn stn); Mon–Sat: 1–1.45pm (Arlington Rd); Mon–Sat: 2–2.30pm (York Way); Mon–

Fri: 12.45am–1.45pm (LSE & SOAS);
Mon–Thu: 7.30–8.30pm (Lincoln's Inn Fields)

Delicious vegetarian food.

ET, FF, IT, LF

HARINGEY MIGRANT SUPPORT CENTRE

St John Vianney Ch Hall, 386 W Green Rd, N15 3QL

07544078332

Mon: 1–5pm (drop-in, immigration & welfare advice, lunch)

AD, BA, FF, LA

HARVEST OF GRACE TRINITY CENTRE

John Morris House Community Centre, 164 St John's Hill, Battersea, SW11 1SW

07904302139; www.harvestogtc.com/

Sat: 10am–4pm (breakfast & lunch)

FF

EAT OR HEAT

1a Jewel Rd, E17 4QU

Mon, Wed, Fri: 6.30–7.30pm

www.eatorheat.org

Professional referral only. Emergency food aid to people in financial hardship.

FF

HAVING ISLAMIC CENTRE

91 Waterloo Rd, Romford RM7 0AA

01708 741 333; 07976 365 630;

havingislamiccentre.org.uk

Wed: 6.30–7.30pm (hot meals, drinks)

Non-denominational centre.

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

HINDE STREET METHODIST CHURCH

19 Thayer St, W1U 2QJ
020 7935 6179; www.hindestreet.org.uk

Wed: 4.30–8pm (soup, sandwiches & drinks 10p; free sandwiches after 7pm).

F, FF

HOLY NATION CHURCH

020 7630 7987
Fri: 9–11pm (W'loo station)

FF

HOLY TRINITY BROMPTON (HTB) SHELTER

Queen's Gate (St Augustin's), SW7 5LP
020 7590 8248; www.htb.org/htb-shelter-and-night-shelter

Tue: 9:30am–5:30pm (office); Wed & Fri: 9am–2pm (day shelter; office 8am–4pm); Wed, Nov–Mar: 7–10pm (winter shelter)

Hot breakfast, coffee bar and activities. Counselling, debt and welfare advice, and alcohol and drug supports.

AA, AD, A, BS, BA, CA, C, F, FF, IT, MH, OL, OW

IMPERIAL COLLEGE

07787498785 (Dan)
Sun: 8.30–9.30pm (Lincoln's Inn Fields)

FF

KING'S CROSS BAPTIST CHURCH

Vernon Sq, King's X Rd, WC1X 9EW
020 7837 7182; www.kingscrossbaptistchurch.com/

Tue: 11am–1pm

FF, LF

LIGHTHOUSE SEVENTH-DAY ADVENTIST CHURCH

88b Cavendish Rd, N4 1RS
0208 245 4917

Sat: 1.30–2.30pm (hot food); Sun: 12.30am–1.30pm (soup kitchen, counselling & clothes); Wed: 7.30–8.30pm (clothes)

CL, FF

LOVE STREATHAM

Streatham United Reform Church, 388 Streatham High Rd, SW16 6HX
Mon: 7–9pm

FF

LOVE TO THE NATIONS MINISTRY

079044 44194
Sun: 4–4.30pm (alt weeks, Charing X – phone); Wed: 7–7.30pm (hot drinks & sandwiches, Charing X)
Meals, toiletries, clothes, sleeping bags.

FF, MS

MINISTRY OF PRAISE

020 8808 7697
Tue: 8–8.30pm (Lincoln's Inn Fields)

FF

MISSIONARIES OF CHARITY SOUP KITCHENS

020 8960 2644
Mon, Tue, Wed, Fri: 3.30–5pm (Pius X Church Hall); Sun: 3.45–4.15pm (Pius X); Mon–Wed: 10.30–11am (112–6 St George's Rd); Fri & Sat: 10.30–11am (St George's Rd); Sun: 3–3.30pm (St George's Rd); Mon: 10–10.30pm (Tothill St); Mon: 9.30–10pm (Spitalfields)

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



FF

MUSWELL HILL CHURCHES SOUP KITCHEN

Muswell Hill Baptist Church, 2 Dukes Ave, N10 2PT

020 8444 7027

Sun–Thu: 7.45–8.45pm

FF

NIGHTWATCH

Mon–Sun: 9.30pm–10pm (Queen's Gdns, Croydon)

Vocational & educational materials & furniture for resettlement. Facebook:

<http://on.fb.me/1suz2AG>

CL, ET, FF

NORTH LONDON ACTION FOR THE HOMELESS

St Paul's Ch Hall, Stoke Newington Rd, N16 7UE

07745227135; www.nlah.org.uk/

Mon: 12am–1.30pm; Wed: 7–8.30pm
Veggie meal, & tea or coffee. Take-away food & clothing. E European outreach.

FF, OW

NOTRE DAME CHURCH

020 7440 2660

Sat: 12.30am–2.30pm

Sandwiches from ground floor of the Maison Pierre Chanel, 16 Leicester Sq.

FF

OPEN DOOR MEAL

St James the Less Parish Centre, Thorndike St, Nr Moreton St, SW1V 2PT

020 7630 6282

2nd & 4th Fridays of the month, 7–9pm.

FF

ORDER OF MALTA SOUP KITCHEN

Crypt of St James's Spanish Pl Church, 22 George St, W1U 3QY

Thu: 7.30–9pm

CL, F, FF

OUR LADY OF HAL

165 Arlington Rd, Camden, NW1 7EX

020 7485 2727

Tue, Wed, Fri, Sat: 12.45am–2pm

FF

PRYORS BANK LUNCHES

Pryors Bank Pavilion, Putney Bridge Approach, SW6 3LA

Thu: 12.30am–1.45pm

A main meal, plus fruit, yoghurt, biscuits, home-baked cakes & bread.

FF

ROYAL CONNECTIONS

The Hub Studios, 90 Monier Rd, Bow, E3 2ND

0300 111 1111; royalconnections.org.uk

Sun: 2–6pm (4th Sun of month)

AH, B, CA, D, ET, FF, LA, MS

SADHU VASWANI CENTRE

0844 500 1744

Wed: 8pm–8.30pm (Lincoln's Inn Fields)
Indian food, drinks, chocolates & fruit.

FF

| | | | | | | | | |
|-----|----|----------------------------------|----|-------------------|----|----------------|----|--------------------|
| 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 |

SALLY'S KITCHEN

Salvation Army Hall, Southwell Gr,
Leytonstone, E11 4PP
07944281485; www.facebook.com/SallysKitchenE11

12am–1.30pm

Two-course meal run by local people.

FF

SEVENTH DAY ADVENTIST CHURCH (STOKE NEWINGTON)

Yoakley Rd, N16 0BD

020 8800 8422

Wed: 12.15am–1.30pm (drop-in); Sun:

7–7.30pm (Lincoln's Inn Fields)

FF

SILOAM COMMUNITY SERVICES

c/o Salvation Army, Lower Community
Hall, Nunhead Grn, SE15 3RT

020 8695 8873; 07925 330290

Tue: 7pm–8pm (free meal); Tue & Thu:
10am–2pm (community café & drop-in,
housing advice, practical support)

AH, BA, CL, F, FF, MH, TS

SIMON COMMUNITY

129 Malden Rd, Kentish Tn, NW5 4HS

020 7485 6639; www.simoncommunity.org.uk

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

Sat & Sun: 1–3pm (street café: St Giles);

Mon–Frid: 7.15–8.30am (tea run: 7.15,

Arundel St; 7.30, Burleigh St; 7.50,

Covent Gdn); Thur: 8.15–10.30pm (soup

run: Duke's Rd/Euston; Temple; under
W'loo Br, behind NT)

Clothing from the street café when
available.

AH, CL, F, FF, MD, OL, OW

ST ANDREW'S CHURCH

Star Centre, Greyhound Rd, W14 9SX

07956 587176

Sat: 8.00am–12.30pm

CL, FF

ST ANNE'S DROP-IN KITCHEN

St Anne's Church Hall, Hemsworth

Street, London N1 6TS

07847 761 361

Sat: 5–7pm

FF

ST IGNATIUS'S CHURCH

Sat: 7.30–8.15pm (Lincoln's Inn Fields)

FF

ST JAMES CONFERENCE OF SOC OF ST VINCENT DE PAUL (SVP)

St James Catholic Church, George St,
W1U 3QY

Tue & Fri: 7.45–8.15pm (Lincoln's Inn
Fields)

FF

ST JOHN THE EVANGELIST

39 Duncan Terrace, Islington, N1 8AL

020 7226 3277

Tue–Sat: 12.30am–1.30pm

FF

ST JOHN VIANNEY CATHOLIC CHURCH

4 Vincent Rd, N15 3QH

020 8888 5518; parish.rcdow.org.uk/westgreen/

Sat: 5.30–6pm (Temple)

Clothing, mainly for men.

CL, 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



ST JOHN'S SOUP KITCHEN

St John the Evangelist, Brownswood Pk,
Gloucester Dr, N4 2LW

www.sjebp.com/soup-kitchen.html

Tue: 7.30–9.15pm (veggie meal; advice
1st Tue of month).

FF

ST MONICA'S CHURCH

020 8886 9568

Tue: 8.15–8.45pm (Temple)

FF

ST PATRICK'S OPEN HOUSE

21a Soho Sq, W1D 4NR

020 7437 2010

Thu: 6–8.30pm (registration first; guests
welcome from 7pm)

A home-cooked meal.

FF

ST THOMAS OF CANTERBURY CHURCH

Wed: 9–9.30pm (2nd & last of the
month, Lincoln's Inn Fields)

CL, FF

STREET SOULS

0208 852 3307

Fri: 8–9pm (1st & 3rd week, St Stephen's
Church, Rochester Row)

Toiletries, clothing, sleeping bags etc.

CL, FF

STREETLYTES

020 7603 7956

Mon: 6–9pm (drop-in, St Stephen's Ch)

AH, AD, A, BE, CL, D, FF, OL, OW

SUFRA N W LONDON

160 Pitfield Way, NW10 0PW
0203 441 1335; www.sufra-nwlondon.org.uk/

Wed–Sun: 10am–2pm (Growing Club)
& 12am–3pm (food bank by referral);

Mon–Sun: 10am–6pm (office); Fri:
6.00–8.30pm (Comm Kitchen)

Supporting individuals and families
suffering food poverty. Phone or visit
Wednesday 12pm to 3pm.

AD, BE, BA, CL, ET, FF

TEEN CHALLENGE LONDON

Wilkerson Hse, Uphall Rd, IG1 2JJ

020 8553 3338; www.tclondon.org.uk/

Mon: 9–11pm (W' chapel); Tue:
9–11.30pm (Hackney); Thu: 9–10.30pm

(Ealing); Wed: 9–11.30pm (Brixton); Sat:

9–11.30pm Stratford Central Baptist Ch;

Fri: 9–11.30pm (W'loo str)

Faith-based residential rehabilitation
with meals as part of their outreach.

FF, OW

THE CABIN

St Gabriel's Community Centre, 21
Hatchard Rd, N19 4NG

020 7272 8195

Mon–Sun: 8.30–9.30am; Thu: 12am–
1pm

FF

THE HUB

101a Pears Road, Hounslow, TW3 1SS

020 8569 5359

Tue & Thu: 10–12am (drop-in)

Low-cost coffee & tea.

| | | | |
|------------|--|-----------------------------|--------------------------|
| KEY | A Alcohol workers | B Barber | CA Careers advice |
| | AC Art classes | BA Benefits advice | CL Clothing store |
| | AD Advocacy | BE Bedding available | D Drugs workers |
| | AH Accommodation/ housing advice | BS Bathroom/showers | DA Debt advice |
| | | C Counselling | DT Dentist |

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

F

THE PENGE RUN

Sat: 8–8.30pm (2nd wk of month, Tothill St); Sat: 10.15–10.45pm (2nd wk of month, Lincoln's Inn Fields)

CL, FF

THE SWISS CHURCH

79 Endell St, WC2H 9DY
020 7836 1418; swisschurchlondon.org.uk/community/local-community/
Tue: 8–10am (breakfast on the steps)

FF

TREM (PLACE OF OUR SANCTUARY)

84 Lillie Rd, Fulham, Sw6 1TL
0207 381 5366
Sat: 2–4.30pm (1st wk of month)
Hot food indoors.

CA, FF

TRIUMPHANT CHURCH INTERNATIONAL

136 W Green Rd, Sth T'ham, N15 5AD
020 8800 6001; www.triumphant.org.uk
Sun: 11am–2pm (food bank); Wed: 7–8pm (meal); Sun: 9–10am (breakfast)
Foodbank by referral from agencies.

AD, CL, FF

UCHARITY

020 3642 6868
Mon: 9–11pm (9–10pm, W'loo nr Imax); 10.15–11.15pm, Strand nr Ch'g X stn)

FF

URBAN TABLE

Round Chapel, Powerscroft Rd, E5 0PU
020 8533 9676
Sun: 2.30–4pm

FF

WYCOMBE & MARLOW GROUP

Tue: 8.15–8.45pm (Lincoln's Inn Fields)
Hot drinks, food, toiletries & clothes.

CL, FF

HEALTH / MEDICAL**AMBROSE KING CENTRE**

Royal London Hosp, Whitechapel Rd, E1 1BB
020 7377 7306
Thu: 9am–6:30pm; Wed: 12am–6:30pm;
Mon & Tue: 9am–6:30pm; Fri: 9am–4pm; Sat: 9am–12:30am
Tests for infections & HIV. Clinics for sex workers, gay men & sexual assault. Bangladeshi advocacy. Doors open 30 minutes before sessions for registration.

C, MS

CAMDEN HEALTH IMPROVEMENT PRACTICE (HAMPSTEAD RD)

108 Hampstead Rd, NW1 2LS
020 3317 6075
Mon & Tue: 10–12.30am (doctor, nurse); Tue & Wed: 2–4.30pm (doctor, nurse); Fri: 2–4pm (doctor, nurse); Thu: 2–4.30pm (nurse prescriber, Methadone clinic); Mon: 2–4.30pm (benefits, housing advice)

BS, BA, CL, DT, FC, MS, MH, NE, OL

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



CAMDEN HEALTH IMPROVEMENT PRACTICE (KING'S CROSS)

264 Pentonville Rd, N1 9JY

020 3317 2645

Fri: 2–4.30pm (nurse prescriber)

AH, BS, BA, CL, FC, MS, MH, NE

CAMDEN HEALTH IMPROVEMENT PRACTICE (SPECTRUM CENTRE)

6 Greenland St, NW1 0ND

0207 267 2100

Mon: 9.30–12am (nurse prescriber); Tue:

11.30am–1pm (doctor, nurse); Wed:

2–4.30pm (doctor, nurse, advice); Fri:

9.30–12am (doctor, nurse, advice)

AH, A, BS, BA, CL, DT, D, FC, MS, NE

CLASH (CENTRAL LONDON ACTION ON STREET HEALTH)

11 Warwick St, W1B 5NA

020 7734 1794

Mon: 9am–1pm & 2–4.30pm & Fri:

10.30am–1pm (women sex workers);

Wed & Fri: 2–4.30pm (appointments, women sex workers)

Info, advice, counselling on drugs, HIV & other health issues for young homeless people, drug users, gay men & sex workers. Emergency needle exchange.

A, BS, CL, D, MS, MH, NE

DOCTORS OF THE WORLD

Praxis, Pott St, Bethnal Grn, E2 0EF

07974616852

Mon, Wed, Fri: 1–5pm (register for appointment after 11am); Sat: 2–5pm

(families – 1st Sat); Sat: 10am–1pm

(pregnant women – 1st Sat)

Basic healthcare & advocacy. Clinic

advice line: 020 75157534.

AD, MS

DOCTORS OF THE WORLD

St Paul's Church, Stoke Newington Rd, N16 7UY

020 7515 7534; clinic@

doctorsoftheworld.org.uk

Mon–Fri: 10am–2pm

GP, specialist services, free prescriptions, eye tests & dental care. Call or email.

DT, MS, MH, SH

DUAL DIAGNOSIS ANONYMOUS

07702 510 110; www.ddauk.org/

Mon: 7–8pm Oasis Centre, W12 8PB;

Tue: 7–8pm S Ken & Chelsea MH Centre,

SW10 9NG; Wed: 7.30–8.30pm EACH,

W7 3UG; Fri: 7–8pm Oasis Centre; Sat:

1–2pm Ealing Hospital, UB1 3EU

Supports people who are struggling with addiction & mental health conditions.

Phone or email info@ddauk.org.

C, MH

FIND & TREAT

Hospital of Tropical Diseases, Mortimer Market Centre, Capper St, WC1E 6JB

0203 447 9842

Info & advice on tuberculosis (TB). You get the results immediately.

MS

GREAT CHAPEL STREET MEDICAL CENTRE

13 Great Chapel St, W1F 8FL

020 7437 9360

Mon, Tue, Thu: 10–12.30am & Mon–Fri:

2–4.30pm (doctor); Tue: 2–4.30pm &

Mon: 10–12am (counselling); Mon–Fri: 10–12.30am & 2–4.30pm (nurse: drugs, alcohol & MH nurse; housing advisor); Fri: 9–12.30am (podiatry); Tue & Thu: 10am–5pm (dental service)

AH, AD, A, C, D, FC, MS, MH

THE GREENHOUSE

19 Tudor Rd, E9 7SN

020 8510 4490; thamesreach.org.uk/what-we-do/recovery/day-centres/greenhouse/

Mon, Wed, Fri: 10–12:30am (drop-in)

Thu: 10am–1pm (for E Europeans)

Health and medical services.

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

GREENLIGHT MEDICAL VAN

Hillsong Church, PO Box 29971, SW6 2WX

020 7384 9200

Thu: 7.30–10pm (nr Old St & Angel);

Wed: 7.30–10pm (alt weeks, nr

Tottenham Ct Rd stn & NLAH); Sat:

9.30–12.30am (alt weeks, St Andrew's,

Fulham); Sun: 11.30am–4.30pm (nr

Tottenham Ct Rd stn); Mon: 7–9.30pm

(alt weeks The Upper Room &

Streetlytes); Tue: 7–10pm (The Passage,

then Buckingham Gate)

Wound care, blood pressure & heart rate checks etc. Advice & signposting.

AD, MS

HARINGEY RECOVERY SERVICE

590 Seven Sisters Rd, N15 6HR

020 8801 3999; mungos.org/

Tue & Thu: 10am–7pm; Mon, Wed, Fri:

10am–4:30pm; Sat: 10am–4pm

For people in recovery from drug & alcohol misuse.

AD, A, AC, BA, CA, C, DA, D, ET, IT, LA, LF, MH, MD, OW, OL, SH, SF, TS

HAVEN (PADDINGTON)

St Mary's Hosp, Praed St, W2 1NY
020 7886 1101

Mon–Sun: 24 hours

Counselling & medical services for people who've been sexually assaulted. STIs, pregnancy testing & emergency contraception. Specialist workers for 13–18-year-olds & Asian women.

C, MS

HAVEN (WHITECHAPEL)

The Royal London Hosp, 9 Brady St, E1 5BG

020 7247 4787

Mon–Sun: Open 24 hours

Services as above.

C, MS

HEALTH E1

9–11 Brick La, Aldgate East, E1 6PU

020 7247 0090; www.healthe1practice.nhs.uk/home/

Mon–Thu: 9–12am (drop-in); Mon &

Thu: 2–3.30pm (drop-in MH clinic); Fri:

11am–5pm (drop-in); Fri: 10–11am

(smoking cessation)

BA, D, MS, MH, NE, SH

MAYTREE RESPITE CENTRE

72 Moray Rd, N4 3LG

020 7263 7070

Mon–Sun: 24 hours

One-off four-night stay in a safe setting

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



for people who are in a suicidal crisis.

C, MH

MIND

0300 123 3393; mind.org.uk

Mon–Fri: 9am–6pm (infoline.); 0300 123 3393; info@mind.org.uk; Text: 86463) & 11am–2pm (legal line: 0300 466 6463)
Advice and support to empower anyone experiencing a mental health problem.

AD LA, MH

NEWHAM TRANSITIONAL PRACTICE

10 Vicarage La, Stratford E15 4ES

0208 536 2255; outreach nurses: 07939 979198 or 07956 283748

Mon–Fri: 8am–6.30pm

GP surgeries, practice nurses & homeless outreach nurses.

NEWHAM TRANSITIONAL PRACTICE

The Centre Manor Pk, 30 Church Rd, Manor Pk E12 6AQ

0208 553 7460; outreach nurses: 07939 979198 or 07956 283748

Mon–Fri: 8am–6.30pm

GP surgeries, practice nurses & homeless outreach nurses.

OFF CENTRE

25–27 Hackney Gr, E8 3NR

020 8986 4016

Wed & Fri: 10am–6pm (counselling, advice & psychosocial services); Mon, Tue, Thu: 10am–8pm (counselling, advice & psychosocial services; LGBTQ group Thurs)

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

For people 11–25 in Hackney

AH, AD, CA, C, MH, OW, SH, TS

POSITIVE EAST

159 Mile End Rd, E1 4AQ

020 7791 2855

Mon–Fri: 9.30am–5.30pm; Sat: 11am–3pm (HIV testing only)

For people living with or affected by HIV in E London. HIV tests across London.

AD, BA, C, MS, MH

RETHINK

0300 5000 927; www.rethink.org/

Mon–Fri: 10pm–2pm

Employment, supported housing, day services, helplines etc for people affected by severe mental illness, including special BME services. Phone, or email advice@rethink.org.

AH, AD, C, ET, MH

SOHO NHS WALK-IN CENTRE

1 Frith St, W1D 3HZ

020 7534 6500

Mon–Fri: 8am–8pm; Sat, Sun & Bank Holidays: 10am–8pm

Healthcare, contraception, HIV/Hep tests. If you want to go after 6pm, phone – the centre gets very busy.

MS

SPECTRA CIC

St Charles Centre, Exmoor St, W10 6DZ
0800 5878302; www.spectra-london.org.uk/

Mon–Sun: 11am–4pm (drop-in)

Social & therapeutic, support, screening, counselling. Health checks, HIV test,

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

info. Check website for details of daily outreach.

C, ET, MH, UL, OW, SH

TASHA FOUNDATION

Alexandra Hse, 241 High St, Brentford, TW8 ONE
020 8560 4583

Mon–Sun: 10am–10pm (online counselling: <http://bit.ly/1zLeJhi>)
Helpline for people with mental health or drug use difficulties.

AD, A, C, D, MS, MH

THE DOCTOR HICKEY SURGERY

Cardinal Hume Centre, 3 Arneway St, Horseferry Rd, SW1P 2BG
020 7222 8593

Mon, Tue, Thu, Fri: 2pm–4pm; Mon–Fri: 10am–12.30am
Medical & mental health services. In an emergency, phone 999.

A, C, D, FC, MS, MH, SH

THE GREENHOUSE

19 Tudor Rd, E9 7SN
020 8510 4490; thamesreach.org.uk/what-we-do/recovery/day-centres/greenhouse/

Mon, Wed, Fri: 10–12:30am (drop-in)
Thu: 10am–1pm (drop-in for E Europeans in Hackney)
Health and medical services. Step-free entrance.

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

THE SEVENTY4 FOUNDATION

18 Dartmouth St, SW1H 9BL
020 7233 0400

Mon, Wed, Fri: 9.30am–5pm; Tue & Thu: 9.30am–8pm
Counselling for people with drug or alcohol dependency. Dual diagnosis. Phone for an appointment.

A, C, D

VISION CARE

07792 960416

Mon & Wed: 2–6pm (Crisis Skylight);
Wed: 9am–12.30am (W London Day Centre); Fri: 10am–2pm (Broadway Centre)
Free sight tests & spectacles.

MS

WEST LONDON CENTRE FOR COUNSELLING

3 Glenthorne Mews, W6 0LJ
020 8563 2159

Mon–Thu: 9am–9pm; Fri: 9am–5pm
Referral via GP & Back on Track.

C, MH, SH

WINTER SHELTERS

999 CLUB (DEPTFORD CENTRE)

21 Deptford Bdwy, SE8 4PA
020 8695 5797; www.999club.org/
Winter shelter: Referrals via agencies of the 999 Club Gateway Centre. 21+, dry, 30 spaces.

AH, AD, A, AC, B, BS, BA, CA, D, ET, EO, FC, IT, L, LA, MS, MH, TS

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



MORE
WINTER
SHELTERS

ASHFORD PLACE ASSESSMENT CENTRE

60 Ashford Rd, Cricklewood NW2 6TU
020 8208 8590; www.ashfordplace.org.uk/

Fri: 10.30am–5pm; Mon–Thu: 9.30am–5pm

Outreach, floating support, health and wellbeing, alcohol and drugs treatment and much more. **Winter shelter:** for CHAIN verified clients, phone 020 8208 8595. For rough sleepers in Brent, refer to StreetLink (www.streetlink.org.uk)
AH, A, AC, BS, BA, CA, CL, C, DA, D, ET, F, IT, L, LA, MS, MH, MD, OW,

BROMLEY WINTER NIGHT SHELTER

c/o Bromley Council Homelessness Service, Civic Centre, Stockwell Close, BR1 3UH

020 8464 4848/07806 602 347;
bromleyshelter.weebly.com/
22 Nov–14 Mar, 7.30–10am

Held in local churches; no self-referral, 18+, mixed, beds for 12, dry, no-smoking inside, priority to local connection. Contact Bromley Housing Options or any agency.

AH, F

C4WS HOMELESS PROJECT NIGHT SHELTER (CAMDEN)

07598 066712; c4wshomelessproject.org/
9 Nov–29 Mar, 7.30pm–8:45am

Bed spaces for 16 guests, with separate sleeping areas for women. Referrals from Camden agencies.

AH, BA, CA, ET, FF, LF, OL

CARIS ISLINGTON CHURCHES COLD WEATHER SHELTER

07913 020738; www.carisislington.org.uk

org/

1 Jan–30 Mar, 7.30pm–8.30am

Phone after completing and emailing a one-page registration form to iccws@hotmail.co.uk. 15 guests; 18+, dry.

AD, BS, BE, CL, F, FF, IT, L, OL

CROYDON CHURCHES FLOATING SHELTER

07860 270 278; www.croydonfloatingshelter.org/

1 Nov–26 Mar, 7.30pm–8am

Referrals via Croydon Reach (020 7870 8855), Croydon SNAP (020 8760 5498), Crisis (020 2848 1700). Phone 8am–4pm to check vacancies. 14 bed spaces.

AH, F

EALING CHURCHES WINTER NIGHT SHELTER

07930 378263; www.ecwns.org.uk/

25 Nov–31 Mar, 7.30pm–8.30am

Referral via St Mungo's (020 8840 9653), Acton Homeless Concern (020 8992 5768) or Ealing Soup Kitchen (020 8566 3507 x208). 14 bed spaces.

AH, AD, BA, OL

ENFIELD WINTER SHELTER (ALL PEOPLE ALL PLACES)

3 Jan–20 Mar, 7pm–8am

allpeopleallplaces.org/

18+, mixed, 12 beds, dry, no smoking.

Referrals from local agencies only, mainly Council or London Street Rescue. info@allpeopleallplaces.org for queries.

Opens at 7pm for 7.30pm dinner (last admission 7.45pm). No re-admission. Departure time usually 8–8.30am.

FF

FINCHLEY CHURCHES WINTER SHELTER

020 8446 8400, www.habcentre.org/services/night-shelter/
1 Dec–31 Mar, 8pm–8am
Referrals from Homeless Action Barnet,
15 beds, 18+, mixed, dry.

AH, FF

FIRM FOUNDATION WINTER NIGHT SHELTER (HARROW – ALL PEOPLE ALL PLACES)

07979 836403; allpeopleallplaces.org/
1 Jan–25 Mar, 9pm–7.30am; Tue–Sun:
9am–5pm (office hours)
Referrals – fdp@firmfoundation.org.uk.
Can accept people with NRPF; priority to
Harrow connections. 18+; mixed; 10 men
and 5 women; dry; no smoking.

F, FF

FOREST CHURCHES EMERGENCY NIGHT SHELTER

07739 870411; forestnightshelter.org.uk/
1 Nov–31 Mar, 8pm–7.30am
18+; mixed; dry; 30 spaces. Sep area
for women. 18+ with a Waltham Forest
connection. Referral: NSNO Hub @
Forest YMCA & LBWF Housing Solutions.
Self-referrals: phone before 3pm.

AH, BS, FF

GLASS DOOR NIGHT SHELTERS

020 7351 4948; www.glassdoor.org.uk/Pages/Category/shelter
6 Nov–8 Apr, 8pm–7am
18+, mixed, dry, 35 bed spaces, self-
referral – phone first. Waiting list
registration by phone or online (above).

AH, F, FF

GROWTH (TOWER HAMLETS)

1 Nov–1 June, 7pm–7am
thisisgrowth.org/

Referrals (info@thisisgrowth.org) only
from Whitechapel Mission, Health E1,
Crisis, U-Turn Women's Project, Praxis,
Spitalfields Crypt Trust, TH Floating
Support and City Gateway. 18+; dry;
mixed; 15 spaces.

AH, AD, F, FF

HACKNEY WINTER NIGHT SHELTER

020 853 3808, 077361 60282; www.hwns.org.uk/
1 Nov–31 Mar, 7.30pm–8am (6.30pm
Suns)
Mixed; beds for 25 (screened area for
women); dry. Last admission 8.30pm.
Agency referrals only – phone and leave
message if voicemail.

AH, AD, C, FF, OL, OW

HARINGEY CHURCHES WINTER SHELTER (ALL PEOPLE ALL PLACES)

allpeopleallplaces.org/
3 Jan–20 Mar, 7pm–8am
Referrals from local agencies only,
mainly council or London Street Rescue.
Guests must have a connection to
Haringey or Enfield. Can take NRPF
people. info@allpeopleallplaces.org
for queries. Opens at 7pm for 7.30pm
dinner; last admission 7.45pm. No
re-admission. Must leave by the time
specified by church, usually 8–8.30am.
12 bed spaces.

AH, FF

HILLINGDON WINTER NIGHT SHELTERS

01895 556700
21 Jan–3 Mar, 6pm–8am
18+, men only, beds for 5, agency or self
referral, dry.

AH, FF

JOEL COMMUNITY TRUST NIGHT SHELTER

KCAH, 36a Fife Road, Kingston KT1 1SU
0208 255 7400; www.joelcommunityservices.org.uk/the-night-shelter/

Year-round, 7pm–9am (night shelter);
Tue: 8.30–9.30am (conflict resolution);
Tue: 10am–1pm (art); Thu: 10am–2pm
(‘cook and eat’)

Self- or agency referrals. Phone or
visit Mon–Fri 10am–1pm for informal
interview.

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AH,AD,AC,B,BS,BE,CL,DT,ET,FF,FC,IT,L,
LF,LS

MERTON WINTER NIGHT SHELTER

020 8544 6697; www.ymcalsw.org/merton-winter-night-shelter/

Dec–14 Mar, 6.30pm–8.30am

Self- and agency referrals, most from
Faith in Action Homeless Project. Referral
form: <http://www.ymcalsw.org>. 18+, dry,
mixed, 12 spaces.

F,FF

NEWWAY PROJECT (NEWHAM)

7772604222

Nov–31 Mar, 7.30pm–8.30am

Referrals from TRIO, RAMP, Bridges
Breakfast, Children’s Soc, Whitechapel
Mission and Crisis. 18+; dry; mixed; 15
spaces.

AH,AD,A,DA,D,FF,L,TS

ROBES PROJECT (SOUTHWARK & LAMBETH)

020 7407 5623; robes.org.uk/

30 Oct–25 Mar, 7pm–8am

Referrals through Manna Soc, Spires, Ace
of Clubs, Webber St, Crisis, Southwark
Day Centre for Asylum Seekers,
Southwark SPOT, Lambeth SST. 18+, 35

bed spaces, low support needs.

AH,AD,BS,BE,BA,FF

THE SALVATION ARMY REDBRIDGE COLD WEATHER SHELTER

020 8514 3283 (referrals); www.salvationarmy.org.uk/cold-weather-centre

7 Dec–7 Mar, 8pm–7am

Referrals (verified rough sleepers) via
Welcome Project, Ilford: 0208 514 3283.
28 bed spaces. no readmission.

28 bed spaces. no readmission.

FF

THE SHELTER PROJECT (HOUNSLOW)

07804 654 510; www.tsph.org/

Dec–Mar, 8pm–7.30am

Age 18+; men only; beds for 14. Referral
via Partnership Hounslow (addictions
service), Refugee Action, Street Legal
West, Olive Branch Homeless Drop-in
Hounslow. Office: 10am–5pm.

AH,F,FF

WESTMINSTER CHURCHES AND SYNAGOGUE WINTER SHELTERS

020 7569 5900

3 Oct–30 May, 7pm–7.30am

25+; dry; mixed; 15 spaces (separate
area for women). Referral from West
London Day Centre only.

AH,FF