



The background of the cover is a bokeh effect of out-of-focus light circles. Most circles are a warm yellow or orange color, but there is a prominent cluster of blue circles in the lower-left quadrant. The circles vary in size and opacity, creating a textured, glowing effect.

the
FREE
mag for
homeless
people

the Pavement

December 2016/January 2017



Michael Whinham

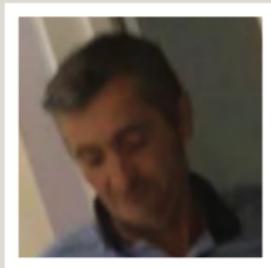
Age at disappearance: 31

Michael has been missing from Newcastle upon Tyne, Tyne and Wear, since 14 November 2015.

If you think you can help the search, please call or text Missing People on 116 000 or email 116000@missingpeople.org.uk.

Michael, we would love to hear from you.

Call. Text. Any time. Free.
Confidential. 116 000



Cristinel Dobre

Age at disappearance: 50

Cristinel went missing from Lambeth, London on 13 June 2016.

If you think you can help the search, please call or text Missing People on 116 000 or email 116000@missingpeople.org.uk.

Cristinel, we would love to hear from you.

Call. Text. Any time. Free.
Confidential. 116 000



Winter changes

This is a hard time of year. We get it. It's cold – often dangerously so. And dark days don't always lift the mood. The decorations are up and there's talk of "the party season", yet sometimes there doesn't seem much to celebrate. But this month we bring you some stories of those who changed their lives at this time of year, taking advantages of winter shelter services to get the support they needed. You deserve help, so ask for it. And if you don't, our readers and volunteers have offered emergency tips if you're a rough sleeper. Stay safe.

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The Pavement

A magazine for homeless readers

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

Now we produce free magazines for homeless and insecurely housed readers in London, and Scotland.

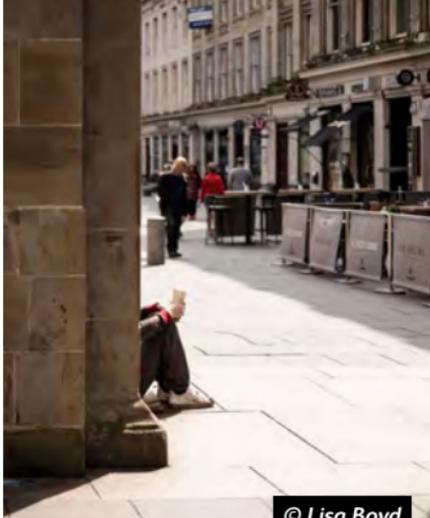
In London alone, we deliver 4,500+ copies of the Pavement to over 70 hostels, day centres, homeless surgeries, soup-runs and libraries. We use volunteer journalists and photographers to create exclusive content that's written with our readers in mind.

We also train, support and encourage people with experience of homeless to contribute, and help find ways of taking their writing to wider audiences.

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.

We are funded by a mixture of small trusts and grants, alongside donations, and we work hard to keep costs to a minimum. We are grateful to Fareshare for their help with distribution.

To find your nearest stockist go to: www.thepavement.org.uk



Get Involved

Volunteer: we are always looking for volunteer journalists with experience. We particularly welcome those who've been homeless, and will and try to place you on a suitable programme offering training and support. We also urgently need volunteers to help us check listings and fundraise. Get in touch with karin@thepavement.org.uk to find out more.

Fundraise or donate: we provide magazines free to homeless people to help them at moments of crisis, as well as giving them the information they need to move on.

We value our independence and have no statutory funding. But we need your support.

Please donate whatever you can: www.thepavement.org.uk or raise funds – run a 10k, host a gig, have a sleep out – the options are endless.

Safe and Sound

Winter night shelters haven't always had a good reputation. But they can save your life, finds Mat Amp.

I spent nearly five years homeless, including a stint on the street. So you'd think I'd know about night shelters. But I didn't know much. Only while writing this did I realise I didn't go because, with the twisted logic of someone who really needed help, I didn't think I deserved somewhere safe to stay.

I've met lots of people who've used night shelters, though, and while some describe them as positive and nurturing, others have talked about them as hard-core doss houses

where violence and disease spread thick and fast.

As it turns out, the difference seems to be down to one thing – time. Those who say the night shelters they stayed in were frightening places are usually harking back to the bad old days. But in 2005 the Hostels Capital Improvement Programme, which later evolved into the Places of Change Programme, was launched.

Since then, night shelters have changed dramatically, as I discovered when I visited the Robes Project in the Elephant and Castle. David Rossi, 53, is one man who says that Robes literally saved his life.

There isn't the space here to



Shelters are warm and safe but often pretty basic © Night Shelter Forum

go into his eviction from a south London hostel last year, suffice to say, what happened destroyed his already shaky trust in the system. He'd already grown up in care. At five years old he had shared a single room with his brother, his mum and his step-dad, and on a few occasions he came home to find his mother on the floor having taken an overdose.

He said: "I was in care in the Seventies which, as we all know, wasn't a good time to be in care. I've got nothing but bad, bad things to say about it, so I walked out when I was 16. From that day on, I tried not to engage with any services, even when I needed them."

And now, homeless services were proving his worst fears right.

When Dave was told he would be evicted, it was the proverbial last straw. Caught between a rock (homeless services) and a hard place (the street), he decided he could not go on. He told the charity that ran his hostel that if they went through with the planned eviction, he would kill himself.

There was no intervention, he wasn't offered counselling and when they came to reclaim the room, Dave was unconscious on his bed having left a note at the door warning whoever found him to call a health



professional because he would be cold and dead.

He wasn't. Instead, he came round in hospital. And his problems continued.

But the Vicar at St Mark's changed all that when he invited Dave into the church for a chat. He told Dave about the Robes Project and how to gain a referral through the Ace of Clubs in Clapham. Just 15 minutes of advice from someone showing genuine empathy and compassion was enough and Dave went for it.

It took a few weeks for him to get a place, but once he was there he could finally start that journey back from the broken edge. He said: "I woke up the next morning and I was so happy and relieved that I had had a good night's sleep and that I was



Warm food is served © Night Shelter Forum

But when you know you have somewhere to stay that night, it changes your mindset.

Dave tells me: "I never heard of things being stolen because we all got to know each other and respected each other. We had all seen each other at our worst and we'd also seen some good news. People get housed and there is not resentment there – we were all really happy for each other. I know it sounds really flowery, but that the way it was."

This is so far away from some of the horror stories you hear from people who used night-shelters 15 or more years ago. In addition to a more nurturing environment, most shelters now also offer help with finding housing and employment. There is advice on hand, and support to find solutions to problems.

It's still not perfect, a fact acknowledged by Mark Brennan, chair of the Night Shelter Forum in London, but most shelters across the UK have improved beyond recognition.

Most importantly, according to Brennan (who works for Housing Justice), the ethos in most of them has changed dramatically. Those using the shelters are guests, hosted by the volunteers running them.

somewhere warm and safe."

Most shelters use a number of churches on rotation, but Dave is keen to stress that religion is not a part of it. "They are just caring people," he shrugs.

It's still crisis accommodation, of course; many are in church halls and run by volunteers. Beds are usually mattresses and bedding on the floor. A cooked meal in the evening and breakfast in the morning are standard, as well a listening ear and support to help you find the best way forward.

Most shelters in London are now by referral only – in Glasgow and Edinburgh access is on a first-come, first-served basis. It can sometimes take awhile to get that referral – every shelter works differently.

“The ‘guest’ versus ‘client’ distinction is absolutely crucial,” he says. “During the day, shelter guests are engaging mostly with clinical homeless services as a client and a customer and as a service-user, getting their problems addressed by professionals who are being paid for the service they are providing.

“They arrive at the shelter in the evening as a ‘guest’ with shelter volunteers (not paid workers) as their hosts and welcoming them as they would guests into their own homes.

Shelters’ primary focus is on who their guests are, not just their problems.

“They care about what they are good at, what they are passionate about and use that to help them build confidence and trust and self-worth.”

So if you’re hesitating about going into a night shelter because you’ve heard a negative story, don’t. It could change your life.

Shelters

What you need to know...

- Shelters are mostly run by volunteers. People here are doing it because they care. The aim is that the stability helps you move on with your life, as well as just helping you survive the coldest months.
- Getting access to a shelter is different in every borough in London. Some take referrals from homeless people themselves, some through day centres or support workers. Ask around for more information and check the listings.
- Accommodation is basic and often provided in church halls. But it will be warm and safe.
- Many shelters will have a code of conduct. This may include rules about the use of drugs and alcohol.
- Most shelters are open from December to March. During Christmas week most London shelters will close and guests will be moved to Crisis at Christmas shelters.



Surviving the streets

You should not have to be on the streets this winter. *The Pavement* believes that that rough sleeping is harmful to your physical and mental health. Housing is a fundamental human right and by law, you should have somewhere safe to stay.

Stay dry and warm

- "Use cardboard or something similar to insulate your sleeping bag from the concrete, soften your pitch and keep the frost at bay."
- "Try to track down waterproof boots, spare socks, rubbish bags."
- "Wear layers, but try and take them off when you go somewhere warm because they keep in the cold as well."
- "Look for a warm coat in charity shops." NB: Some day centres and drop-ins will also provide warm clothes.
- "If you are about to become homeless, get advice – but also get prepared. Get the right tools, plastic bags, a pocket knife all-in-one screwdriver, learn how to build a simple bivouac, get a small, easy to put up tent. A decent sleeping bag is everything."
- "Libraries, places like the Ace of Clubs and other day centres, big transport hubs, bookies; they can all be good places to stay warm. Weatherspoon's pubs didn't mind me falling asleep in there as long as I was clean."

Ask for help

- "Use the internet in the library to find out what you are entitled to or ask to see a support worker." Make sure you get the answers you need.
- "If you phone an outreach team, you often get forgotten. They often can't keep up with demand. But polite but insistent when you need help. Keep phoning back every few days."
- "If you are in an assessment centre and you don't want to live in a certain area because you don't feel safe, tell them there is a reason. Maybe you owe someone money and your life is at risk, or you won't be able to stay clean with bad influences around."
- "You may be asked if there is anywhere you can stay. Be careful how you answer. Do you really want to have to ring a doorbell of someone you haven't seen for months, or who threw you out last time, just because you were too embarrassed to say you had nowhere to go?"
- "See if you can volunteer anywhere – depending on the organisation, they may feed you, and you could be lucky enough to find somewhere that helps with your housing and benefits."

.....by those who've done it

But we also know that the system lets people down. So we asked some of our readers and volunteers – all of whom have spent time sleeping on the streets – for their thoughts on how to get by. This is not official advice but what they told us helped them.

Essentials

- "Go to cafes and ask them if they have spare food to save it. If you're polite, people will help." Some places offer "suspended coffees" paid in advance for homeless people. Others, like Social Bite in Glasgow and Edinburgh offer free sandwiches for homeless people at certain times [see *Pavement* listings].
- Check *the Pavement* for details of soup runs and free meals. Some are on the streets. Others are for day centres, or community meals.
- "Find places where you can wash. Some day centres have showers you can use. Staying clean makes you feel human and you don't sink into a sub-human malaise...."
- "Find a friendly place to leave your stuff – it takes the sting out of it."
- "Sheltered buildings in the park after midnight are good to find some peace." But make sure you stay safe.

Beware of Bureaucracy

- "If you are signing on and are newly homeless, tell your job search coach." They have the power to judge you to be facing "a domestic emergency", which means they will understand if you aren't able to look for a job and won't sanction you for up to four weeks. Note that this is only if your circumstances have changed.
- "Be careful of presenting yourself as too clean – and healthier than you feel – when you go for ESA interview. You don't want to give the impression you are coping better than you are!"
- "Keep all your paperwork so you can prove a connection to your local area - without it some councils won't help you."

Stay Safe

- "Don't carry weapons." [There is a two-year statutory sentence for carrying knives.] "And stash any drugs incase you are searched."
- "Beware of those who throw bottles."
- "Make sure you are not trapped in your sleeping bag. Keep it slightly unzipped at the top so you can make a quick getaway."
- Be careful about taking heavy-duty knock-out pills. If you take them, "make sure you are warm."

Crisis at Christmas

Crisis at Christmas can be a turning point, says Pavement volunteer Ian Kalman, who claimed it helped him find a way off the streets

It was coming up to Christmas 2007 and I was living on the streets of London. I had never heard of Crisis at Christmas before and I honestly did not know what I would be doing; I'd thought about going to Connections [a city centre day centre] but, frankly, I didn't even know if it would be open.

As luck would have it, a fellow rough sleeper told me about Crisis and asked me to go with him and a few others. One thing I have observed many times is how helpful homeless people are to each other.

In those days, you had to go to a central place to register where you wanted to go. On the advice of my friend, I asked for the quiet shelter so that I and the people I had come with would be together. To be honest, I soon nicknamed it "the not-so-quiet shelter", but it was somewhere warm to go where I felt safe.

And that was not all. There were three meals a day (which after time on the streets felt like luxury!), plus as much tea or coffee and snacks as you wanted. One of my friends inhabited the TV room for the whole period. We were looked after like royalty.

The list of activities on offer was

endless – it was a full-on week. I took part in the drama group and ended up running it. I also contributed to the newsletter. Reading it was a revelation. I remember in one letter published there a person writing that he had finally found a place and had only come to Crisis because he was lonely.

There was always something on, and on top of that a room with computers so people could always do their emails or watch YouTube. Some days entertainers would come in. You could also get your hair cut or a shave, and there was an advice room for those who needed it.

It was there that I was directed to an organisation, which would help me get off the street.

I never thought that would happen.

Like anything, it wasn't perfect. One thing I remember finding annoying was the army of volunteers who often stood around with nothing to do. When you came to a door, one of them would rush to open it for you. As I joked to them at the time, after a week of that, there was a risk I'd forget how to do it myself – I might need some training.

It is now 2016, and for the last four years I have been a volunteer



Crisis at Christmas © Sam Mellish

– an ambassador for Crisis Skylight[education and training centre]. The ambassadors' duties are two-fold. They speak to the homeless people who attend and try to encourage them to join Skylight, and they also go around and help in the survey that has been drawn up by Crisis. This is to get feedback to see what works and what doesn't. After the first time, I became a key ambassador, which means I also support other ambassadors.

I enjoy meeting people and I have no problem telling people I am a former rough sleeper. They know I understand the situation they are facing, and it creates trust. I feel that my experience helps me to contribute something. I often see people I recognise from my time in

the streets walk through the door, and I realise that they are still there. I've been lucky.

I also enjoy talking to the volunteers – I'm always interested in what motivates them. As a writer and a human being, I have this curiosity about people.

What has changed? One difference is that the not-so-quiet centre no longer exists. There are still places for people to sleep, but that has been cut down. The amenities are just as varied as before and the volunteers are great and very friendly. Oh, and they don't open the doors anymore.

I would recommend it to anyone on the street. You will be treated well. Finally, if you see me say hello. I'll be the one letting you open the door for yourself.

Crisis at Christmas: Centres in London

At Crisis at Christmas London there will be hot food and you can take part in a range of activities. You can have a free haircut, get health care and specialist advice, learn new skills, be entertained and more.

Day centres will open at 12noon on Friday, 23 December and will close at 9pm on Thursday, 29 December. Opening hours between these times are 9am–9pm. There are some residential centres for people who have nowhere to sleep or need specialist help. Please don't take up a bed unless you really need it: someone else may need it desperately.

To make Crisis at Christmas safe and enjoyable for everyone drugs, alcohol, weapons, smoking or pets are not allowed. Violence will not be tolerated.

**1. North London Day Centre,
Westminster Kingsway College,
211 Grays Inn Rd, London WC1X
8RA**

**2. West London Day Centre,
Kensington Aldridge Academy, 1
Silchester Rd, W10 6EX**

**3. South London Day Centre, City
of London Academy, Lynton Rd
SE1 5LA**

**4. East London Day Centre,
The City Academy, Hackney,
Homerton Row E9 6EA**

**5. South East London Day
Centre, Lewisham College Deptford
Campus, 2 Deptford Church St, SE8
4RZ**

There are mini buses and pick-up points around London starting at 11am on 23 Dec, with the last pick-up at 3pm. The following days, pick-ups will run from 9am until noon. You should not need to wait more than one hour. Info on routes is available from Crisis.

Centre in Edinburgh

Crisis at Christmas Edinburgh provides good company, food, entertainment, art and other creative activities. There'll be hairdressing, massage and foot care services on offer. You can also find out how Crisis can help you all year round. It is free and open to homeless people aged 18 and over. Please note it is a drink and drug free event.

The day centre is open on 25 and 26 December, 8am to 8pm.

**Southside Community Centre, 117
Nicolson Street, EH8 9ER**

Free transport: a pick-up service will run from the bottom of Leith Walk, 8–10am and midday–2pm on both days. It will take you straight to the venue. To find out about getting to the venue, please call 0131 209 7731.

Trusty Paws

Joanna McAleer spoke to the volunteer team behind homeless vet clinics Trusty Paws and found out how they can help you and your dog.

Dogs: they are man's best friend, famed for their loyalty and their unconditional love. And many homeless people have an unbreakable bond with their dog – a companion who has seen them through the hard times.

But they also can make things more complicated. Many hostels, shelters and day centres won't accept dogs, which can mean you can struggle to find emergency accommodation when homeless. And finding extra resources for food and vet bills can be very challenging. Looking after a dog is expensive.

In recognition of that, a group of vet students, concerned about homelessness and wanting to use their skills to help, set up the Trusty Paws clinic two years ago in Glasgow. A monthly drop-in is now also available in West London.

This free clinic is available to all homeless people.

It is staffed by students though overseen by a qualified vet. Services provided by Trusty Paws include free vaccinations, microchipping



All dogs are welcome at the clinic © Karen Gordon

and treatment of nasties like fleas and worms, as well as treatment for unwell dogs. Essentials such as collars and coats are sometimes available too.

Founder of Trusty Paws Ruby Shorrock says that most people who come to the clinic with their dogs are sleeping rough or in hostels and temporary accommodation. "Everyone has an interesting story to tell," she adds.

She was inspired to set up the clinic after finding out about a similar one in Nottingham and was shocked at the difficulties homeless people had in finding accommodation that would accept their beloved pets.

Now in her final year of Vet School,



Another Trusty Paws patient

© Karen Gordon

Ruby is helping other universities set up similar practices, and approached Charlotte Winterburn, who was studying at London's Royal Vet College, to encourage her to get involved.

Charlotte explained that most dogs she has seen at the clinic are well looked after, but many benefit from flea and worming treatments, neutering and preventative treatments such as vaccinations.

Numbers at the monthly clinic in West London are still not high, but the vets enjoy meeting regular visitors such as staffies Milo and Trixie, who have visited several times for check-ups and vaccinations. What's more, while dogs are in the consulting room, the West London

Mission are more than happy to give help and advice to the owners. "I think is a lovely combination, as Trusty Paws can help the animals whilst the owners can seek help for themselves if required," says Charlotte.

"It's lovely to see regular faces at the clinic and it would be fantastic to see more people coming through the doors."

Ruby agrees. "The clinics are friendly and informal," she says. "We are there to help and not judge." Why not give it a try?

Clinics are held in:

- **Glasgow:**
Monthly pop up clinic in the Simon Community drop-in centre:
472 Ballater St, Glasgow, G5 0QW
Tel: 0141 418 6980
- **London:**
West London Mission day centre
19 Thayer St, London W1U 2QJ,
Tel: 020 7935 6179
- For the time and date of the next monthly Trusty Paws clinic, check the Facebook page: **facebook.com/trustypaws**
- Help with vet's bills is also available from the Dog's Trust Hope Project: **www.moretodogstrust.org.uk/hope-project**
- You can also check out their guide on how to care for your dog: **www.moretodogstrust.org.uk/**



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From the Ground Up

Homeless charity Groundswell and *the Pavement* have joined forces to start a new journalism project that aims to help homeless people speak up on the issues that matter.

In the joint project, 'From the Ground Up', homeless people will be supported by journalists to highlight the most important issues they are facing in their lives.

From the Ground Up, funded by Comic Relief for three years, will involve training homeless people to be peer journalists, writing for the magazine. The new writers will join existing *Pavement* writers with lived experience of homelessness, using their first hand knowledge as a starting point for articles. Groundswell specialises in helping homeless people to find solutions to problems in the system.

Julz, one of 10 peer journalists on the project, said: "Having been homeless myself, I'm interested in helping other homeless people. From the Ground Up will give us a chance to highlight the issues that people on the street face. Things are getting harder and harder for people, and I hope that we can start to find some solutions."

So far, peer journalists have been talking to people about the issues affecting them in day centres, drop-ins, on the street and beyond. And they've been demanding answers from policy makers too.

Stephan, another peer journalist on the project, explained: "I think that people feel that if you are homeless, you don't have any rights. Exploring the problems homeless people have and writing about them in *the Pavement* means that people can better understand their rights.

Early next year, Groundswell will also be running the first of six Action Days, which will bring together volunteers, homeless people, service staff and policy makers to look at the issues that have been highlighted. Our next two issues will feature their first articles.

Karin Goodwin, editor of *the Pavement*, said: "This project combines the expertise of homeless people with that of the journalists working alongside them.

"It allows them to tell the stories that matter in new ways."

Martin Burrows, project manager at Groundswell, said: "Groundswell aims to deliver genuine, long-term change to homeless people through improved services and policy, and reduced discrimination. We see this as one way to help do just that."

If you'd like to find out how you can get involved, email karin@thepavement.org.uk

UK News

Homeless museum launch

A Museum of Homelessness, a new London-based project that aims to use stories, objects and art to help people better understand homelessness, has been launched.

For one day only (16 November), the “pop-up” museum co-founded by Matt and Jess Turtle took over the Museum of Immigration and Diversity to explore homelessness in the UK. Further exhibitions and events are planned soon.

The date, 50 years after the release of Ken Loach’s film *Cathy Come Home*, is no coincidence. As Jess explained: “We reflected on the themes in the film and asked why things haven’t changed 50 years on? Why are people still going through things that are similar – or worse – than what Cathy went through?”

It’s taken two years for the project to get to this stage. It started when Jess and Matt were given access to the archives of the Simon Community in London, a charity which led to the founding of some of the largest homelessness organisations active today.

Now the Museum is a registered charity and the project has developed a set of values to shape its future.

Matt Turtle explained: “The most important thing is that making the invisible visible. We will show



all the different aspects of the homelessness experience in history. It’s really about connecting the dots and showing that homelessness is a big part of society.”

The museum also staged an exhibit last year to mark the 20th birthday of Groundswell, a charity is also involving people with experience of homelessness at every level of the organisation. It is also looking for others to get involved.

“That is the most important thing for this museum to have,” added Jess. “People with lived experience of homelessness, making the decisions, deciding what the event should be, what we should collect, what the exhibition should be.”

Other members of the team have museum experience. And this is only the start: next year the Museum of Homelessness will be taking over the Tate in London and Liverpool, so watch this space for more news.

Jimmy Carlson OBE

museumofhomelessness.org

Help for homeless moves closer to law

Laws which would force councils to help more single homeless people and those at risk of losing their homes have come a step closer to reality after getting cross-party support from MPs.

The government pledged its full support for the Homelessness Reduction Bill, which passed its second reading in the House of Commons on 28 October. The MPs who attended gave their unanimous support.

The proposed laws, which will now be scrutinised by a committee of MPs, would mean local authorities had to move away from "priority housing lists" and help everyone who was homeless.

This would help sort out the system which sees single homeless people turned away by local authorities and end up on the streets.

Councils would also have to help anyone who is 56 days away from homelessness to find a new place to live. Currently they don't have to help until someone is 28 days away from losing their home.

Conservative MP Bob Blackman, who proposed the new laws, called

for a "culture change in councils". He said it was time to stop "crisis management" and do more to prevent homelessness in the first place.

The government has pledged to fund the extra costs to councils arising from the changes it proposes. Labour MPs also supported the bill, but called for more funding and house building as well.

Homeless charities who have been campaigning to have the Bill passed, welcomed the news.

Dominic Williamson, of St Mungo's Broadway, said: "If the Homelessness Reduction Bill becomes law, it will be a major step towards ensuring help to prevent and tackle homelessness is available to everyone."

Jon Sparkes, chief executive of homelessness charity Crisis, added: "This is a landmark moment, and we'd like to thank the 100+ MPs from across the political spectrum who came together to back this unique Bill, as well as government ministers for offering their support at such a critical time."

But he said the work was just beginning. The charity will campaign to take ensure the Bill becomes law, and also make it work for homeless



Single homeless people should get more rights © Victoria Johnson

people.

Chairman of the Local Government Association Lord Porter raised concerns about the lack of available housing. "It is clear that legislative change alone will not resolve homelessness," he said.

"If we are all to succeed, then all new duties proposed in the Bill will need to be fully funded. Councils need powers to resume our role as a major builder of affordable homes."

Katharine Hibbert

Bill: <http://tinyurl.com/jg2an9c>

GPs: be more accessible

Doctors surgeries must stop turning homeless people away when they need health care, according to new research.

The study, which has been done by Groundswell, looked at the barriers homeless people experience when they try to register with a GP in London.

Those interviewed said they were often turned away without being able to register because they were homeless, though this is not NHS policy.

One man told researchers: "I had a kidney infection and I was in pain. And then about a week, two weeks after I couldn't go to the doctor anymore because I had been unregistered, because I had not used the service in two years.

"What do you want me to do? Break a leg and just walk in?"

"I found it bizarre and frustrating, because then I can't re-register... because I can't use the address, because I don't live there any more."

Another said: "It's so difficult to register with a GP. They can say to you: No, we won't take you. And if you have got no home, if you are No Fixed Address (NFA), it's even harder to register."

A third said that physical and mental health issues that had caused homelessness got worse because they went untreated, creating a vicious cycle of poor health and

homelessness.

Other studies have shown that nearly three-quarters of homeless people have physical health problems and eight in 10 report mental health difficulties.

The Groundswell research, funded by the London Homeless Health Programme (LHHP), was led by people who have been homeless themselves, who spoke to 100 people across London about their experiences of using the NHS.

They found it was "common" for people to be refused access to a GP because they had no identification, no fixed address or immigration status.

A spokesman for Groundswell said: "The fact is this is against NHS rules and you have a right to see a GP whoever you are and whatever your housing situation. It is important that GP surgeries realise this so homeless people get the healthcare they are entitled to."

Susan Harrison, head of the LHHP, said it was planning to give out 10,000 cards that people can use when they go to GP surgeries to help homeless people challenge GPs who turn them away.

She added: "The London Homeless Health Programme was developed because homelessness is a big problem in London, and people who don't have somewhere to live need good health care like everyone else."

Karin Goodwin

Healthcare: your rights

Remember that you have a right to register and use a GP Practice:

- You do **not** need a fixed address
- You do **not** need identification
- Your immigration status does **not matter**

If you have any difficulty registering with a GP Practice, remind staff that the doctor needs to see you according to: '**The GP Patient Registration Standard Operating Principles for Primary Medical Care**'
Try to register before you need health care urgently.

Contact **Healthwatch** for free advice:

- **03000 68 3000**
- **www.healthwatch.co.uk**

Benefits appeals

All decisions to stop your benefits can be appealed. First, the DWP can be asked to make a 'mandatory reconsideration'.

If after this stage you still disagree with the decision, you can take it to an independent tribunal and appeal the decision there. More than half of the original decisions are overturned.

Citizens Advice can help. Contact them on **0300 330 1162**.

ESA changes unveiled

The film *I, Daniel Blake* tells the story of a man recovering from a heart attack who, after a Work Capability Assessment (WCA), is forced onto JobSeekers Allowance though unfit for work. The consequences are, unsurprisingly, tragic. The plot might be fictional – but the story is all too familiar.

Twelve million people have a long-term health condition in the UK and seven million have a disability. The current system, a Work Capability Assessment to decide if people are eligible for Employment and Support Allowance (ESA) or JobSeekers Allowance (JSA), has been criticised as barbaric by many. Between 2011 and 2014, a total of 2,380 people died in the month after being declared 'fit to work'.

The UK Government claims its new 'Improving Lives' Green Paper will address this. It plans to scrap the two current ESA-eligible groupings ('support' and 'work-related activity') and roll out 300 more Disability Employment Advisers and extra Community Partners with 'disability expertise and local knowledge'. Some £115 million of funding has been earmarked for developing 'new models of support'.

But many charities are concerned. For a start, the money for this project is set to be funded by a £30-a-week cut to ESA for those in the work-related activity group. This will bring their payments down to the level of



Many people feel under increasing pressure from the JobCentre+ © JJ Ellison/Wikimedia

JobSeekers Allowance. It is due to start in April, though there has been pressure from opposition parties to overturn this.

Disability charities are also worried that it will put more pressure on those unfit for work.

"We want to work with the Government and employers to open up access to the labour market for people with a learning disability," adds Dan Scorer, head of policy at Mencap. "However, we are concerned by proposals that could undermine the position of people with a learning disability in ESA's Support Group, who have been assessed by the Government as being unable to take steps towards work." Scope also has concerns that the government still isn't listening to disabled people. Mark Atkinson, its chief executive, says it must do this if it is serious about creating a "system that truly works for people".

Ben McCabe

Glasgow fix room planned

The views of drug users should be at the centre of proposals for the UK's first injecting and drug treatment centre, according to a leading substance misuse charity.

Plans to open the UK's first "fix room" for heroin addicts were approved by a Glasgow City Council committee in late October with a final decision expected next year.

But Turning Point Scotland said it was important to consult with street drug users to make sure the facility – where addicts will be able to inject heroin – would work.

The plans are largely about keeping the public safe in response to concerns about how public injecting and discarded needles affect residents in the city.

But they are also said to be the next step in the city's harm reduction policy. The centre will include a safe space with needle exchange and drug advice on a site to be used for injecting.

The Glasgow City Joint Integration Board (IJB) who approved the plans in principle said drug users should also be able to inhale substances at the centre.

For some people heroin-assisted treatment – or the supervised injection of "medical grade" heroin – might be offered.

Other advice would also be offered including counselling and help with housing and benefits.

Support for the so-called "safer

consumption facility" has grown after an increase of injecting drug users getting infected with HIV.

Up to 500 of an estimated 5,500 injecting drug users in the city are thought to be "street users", shooting up in streets, parks, car parks, public toilets and stairwells.

Turning Point Scotland stressed that their views were essential in making the proposals work.

"Organisations that support the most chaotic drug users in Glasgow have known for some time that Glasgow, like many cities across the world, has a significant problem with public injecting," said a spokesman.

"We welcome any proposal that tries to address the problem and make both the people themselves and the wider communities safer.

"But it is crucial to consult with drug users who have a range of views and bring as many organisations that support them into the discussion, to address the needs of people injecting and that of the communities affected."

Safer injecting centres are currently offered in several cities around the world.

Vancouver in Canada and Sydney in Australia both have one.

A different scheme, which involved medical grade heroin being injected in supervised conditions to



An artists impression of a Social Bite village house ©Social Bite

Sandwiches...now housing

They started off as a sandwich shop with a difference. But now Social Bite, which runs five cafés across Scotland, are planning to set up a homeless village.

Josh Littlejohn, co-founder of the social enterprise, and his team have been gifted a “large piece of land” in the Granton area of Edinburgh by the local council. The condition is that it must remain undeveloped.

Social Bite, which employs homeless people in its sandwich shops, is now fundraising to build a temporary “village” for 20 people from a homeless background, which will have a veg garden, chicken coup and furniture workshop.

Residents will receive everything they need including counselling, money management guidance, cooking lessons, exercise and therapy, according to the team. Those offered a place are likely to be those living in hostels and B&Bs though no one with serious addictions will be eligible.

“After 12–15 months we will help transition the residents into permanent accommodation and provide employment in Social Bite’s broader business and our partners, supporting their journey back into society where they belong,” said Littlejohn.

The social enterprise is fundraising for £500,000 to launch the project.

help chronic addicts who were not helped by conventional treatments was trialled in London in 2010. The results at the time were said to be “very encouraging”.

Susanne Millar, chair of the Alcohol & Drug Partnership (ADP), said: “We believe it will improve the health of the target population as well as benefit local communities and businesses that are currently adversely affected by public injecting.”

The plans do not currently have the backing of the Scottish Government and some drug experts are unconvinced they would work.

Former Strathclyde Police inspector Jim Duffy, of Law Enforcement Against Prohibition (LEAP), which campaigns for the decriminalisation of drugs, said it was recognition of the failure of the “war on drugs”.

Karin Goodwin

Karin Goodwin

Domestic News

Winter weather warnings

The Met Office has said to warn of high winds, very low temperatures and has floods across the UK as winter approaches.

With night-time temperatures expected to reach below freezing throughout the next few months, it's important to know where you can get shelter this winter.

Local authorities across the UK are committed to providing emergency beds to those in need during times of high risk weather, like storms and cold snaps, as part of the Severe Weather Emergency Protocol (SWEP).

As a minimum, emergency shelters should be offered to all when the temperature falls below zero for three nights in a row.

Homeless Link have called on local authorities to think about the need for additional places and street work in all bad weather including high winds and heavy rain.

Unlike some night shelters, SWEP beds are available to anybody in need. Contact your local authority if you are concerned.

Young homeless people failed by local councils in England

Youth homelessness charity Centrepont have reported that only 67 per cent of homeless people aged 16 to 24 have been receiving



FoodCycle event © Chris King

assistance from their local authority.

The remaining 33 per cent of young homeless people who approached their local councils for help appear to have been turned away unaided. They have disappeared from the records of the 260 English councils who released statistics in response to a Freedom of Information request.

More than 150,000 people aged 16 to 24 approach local councils across the UK every year to seek help due to homelessness or risk of homelessness, the *Evening Standard* reported.

Fight against food waste

Food waste is becoming an increasing issue with supermarkets throwing away a huge 200,000 tonnes of food and drink every year.

Charities like Social Bite and the Real Junk Food Project are battling the issue by setting up cafés and services that use food that would

otherwise be thrown in the bin.

FoodCycle, who take food donations from supermarkets and make healthy, three-course meals for vulnerable people, is calling on London-based charities to join forces in their fight against food waste.

The charity already runs seven projects in the city, but is looking for partners to help expand their work in local communities.

If you work with an organisation who could run a warm and welcoming three-course meal contact FoodCycle on franchise@foodcycle.org.uk or 020 7729 2775.

Benefits capped

November this year saw the introduction of new, reduced benefits caps from the UK Government.

The cap will affect thousands of people receiving benefits across the UK, including those supported by JSA, ESA, Housing Benefit and Child Benefits.

The Chartered Institute of Housing (CIH) has estimated that more than 300,000 poorer children from around 116,000 families will be affected by the new cuts.

The government says the cap is "a clear incentive to move into a job". But the policy has been criticised by campaigners and unions.

Check if your benefits are affected:
www.gov.uk/benefits-calculators



Abandoned Glasgow Home
© Lisa Boyd

Scotland's empty homes

The Scottish Empty Homes Partnership (SEHP) has revealed the financial impact that the country's 34,000 empty homes have on our communities.

On average, each occupied household contributes around £13,000 to their local communities, and empty homes means this money is not making its way to local businesses.

The SEHP, run by charity Shelter and funded by the Scottish Government, aims to highlight these losses to both home-owners and local councils to encourage local authorities to house people who are currently unable to afford homes.

International News

Federal report blurs reality

The Federal Department of Housing and Urban Development (HUD) has announced that homelessness is declining across the US.

However, homelessness data collected by many local charities and state-run agencies contradict HUD's findings.

Data collected by Utah State shows a 17 per cent rise in the number of homeless families, whilst the HUD report claims there was a 19.5 per cent reduction in that state.

The HUD's claims are being criticised as they used a series of "snapshot counts", which counts only the number of homeless people on the street in one night. This is not as accurate as data collected throughout the whole year.

Lagos evictions 'illegal'

Nearly 30,000 people have been made homeless over the past year by a series of evictions in Lagos, Nigeria.

The evictions went ahead despite Nigerian courts suspending the planned demolition of a string of communities settled on the Lagos creeks and waterways.

The UN has spoken out against the evictions, condemning the Nigerian government for ignoring international human rights laws



Otodo Gbame protest © Andrew Maki/Flickr

Sydney unit shows success

Sydney's successful 110-bed 'Common Ground' facility celebrates its fifth birthday this year, with Mission Australia CEO Catherine Yeomans praising its impact.

Residents at the facility have experienced an average of 13 years of homelessness in their lives, but 93 per cent of them have now been able to keep a tenancy for over a year.

'Common Ground' is more like a self-service unit than a regular temporary accommodation hostel, offering a 24-hour reception service, a gym, kitchen, art room and library among its many free services.

Yeomans used the facility's birthday celebrations as an opportunity to urge the Australian government to replicate its model across Sydney to help the remainder of the city's homeless population.



French Police demolishing the Calais refugee camp

© Amirah Breen, Wikimedia Commons

Calais Refugees move to Paris

Nearly 10,000 people are looking for a home in Northern Europe after the French government's forced eviction of the Calais 'Jungle' refugee camp in October.

Over 2,000 refugees are currently camped in tents on the Avenue de Flandre in northern Paris, with more people arriving there each day.

French police have been inspecting documents of the makeshift camp's residents. Some will be bussed to a reception centre that will hold up to 400 people at a time, to reduce the numbers on the streets.

Bruno Morel of Emmaus France told *The Local* that a new reception

centre has opened in north Paris.

But authorities are also warning that anyone who has not yet claimed asylum could be detained or deported.

The camp has grown in size in the past weeks with Sudanese, Eritrean and Afghan migrants fleeing war and human rights abuses arriving in the area.

Clean energy will fight poverty

A report by a large group of charities, research institutes and energy organisations was released in October, claiming a global movement towards renewable energy sources will help reduce global poverty.

Some politicians have been vocal about their support of the coal industry in recent years, including Australia's Environment & Energy Minister, who claimed continuing to use coal was the answer to poverty.

However, the report claims that if world leaders support renewable energies, more people will be able to access energy.

Dr Alison Doig, Christian Aid's Principal Climate Advisor, said: "Extreme poverty will only be eradicated if we effectively address climate change.

The two are inseparable."

Housing in Scotland : Your Rights

All councils in Scotland have a duty to help you when you're homeless. If your own local council thinks you are homeless, they legally have to help you find a home: to help you find temporary accommodation right away, and then to help you find a home of your own in the long-run. If the council thinks you **might** qualify to be registered homeless then they have to find you a temporary home whilst they check you are eligible. If you have applied to the wrong council, they have to point you in the right direction.

To get help from your local council, you must:

1. be legally homeless, now or within 28 days, meaning you:
 - have no accommodation at all
 - cannot access your home
 - live in a violent household
 - live in an overcrowded home
 - live in an unclean or unsafe home
 - live in a B&B, hostel or refuge
2. be born in the UK or European Economic Area (EEA), or have family living there
3. not have chosen to be homeless
4. have a connection with the local council you are applying to:
 - to find out if you have a local connection visit **Shelter Scotland's** website linked below
5. if you are from outside the EEA, you need to have the right to live and work in the UK

If you have nowhere to sleep tonight, and nowhere else to turn, contact:

1. Your local council:
 - Glasgow: **0800 838 502**
 - Edinburgh: **0800 731 6969**
2. Simon Community (Glasgow):
 - **0800 027 7466 (Free, 24 hr)**
3. Streetwork (Edinburgh)
 - **0808 178 2323 (Free, 24 hr)**
4. Shelter's advice helpline:
 - **0808 800 4444 (Free, 9-5 Mon-Fri)**
5. Police Scotland:
 - dial **101** (not 999)

If your application is rejected:

- you should appeal the decision if you think it is wrong. The council must find you temporary accommodation whilst they look at your appeal
- the council legally has to direct you towards local homeless charities

Shelter Scotland
Citizens Advice Bureau (CAB)
National Domestic Violence Helpline
Govan Law Centre (Glasgow)
Glasgow City Council
Edinburgh City Council

<http://scotland.shelter.org.uk/>
www.citizensadvice.org.uk/
0808 2000 247
0141 440 2503
www.glasgow.gov.uk
www.edinburgh.gov.uk

Visit www.thepavement.org.uk for a full PDF version of this page, with more detailed information on your housing rights.

Housing in England : Your Rights

Your local council does not always have to help you find emergency accommodation if you are homeless. English local councils run a '**priority need**' system which was originally set up to make sure that the most vulnerable homeless people are helped first. However, the 'priority need' system can negatively effect many 'single-homeless' people who do not have the same rights to emergency housing as others do.

To get emergency housing from your local authority you must:

1. be legally homeless meaning you:

- have no roof over your head now, or in the near future
- have not chosen to be homeless
- are fleeing from domestic abuse
- have been released from prison or hospital with nowhere to go
- live in overcrowded or hygenically unsafe accomodation

2. be 'eligible for assistance', meaning you:

- have the right to live in the UK
- can receive housing benefit

3. be in 'priority need' meaning you:

- are 'vulnerable'
- have children who depend on you
- are pregnant
- are homeless due to a fire, flood or other disaster
- are 16-17 years old

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**

4. UK Government

- Web: **https://www.gov.uk/homelessness-help-from-council**

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

Short Term Emergency Housing

- emergency nightshelters will allow you to stay there for 1 or 2 nights
- **No Second Night Out:** **www.nosecondnightout.org.uk** (via Streetlink)
- 'cold' and 'winter' shelters are open in winter
- **Womens Refuges are available for women fleeing domestic violence** (Call the National Domestic Violence Helpline on **0808 2000 247** if you are experiencing domestic violence or abuse.)

Visit **www.thepavement.org.uk** for a full PDF version of this page, with more detailed information on your housing rights.

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
ST	Step free access
SH	Sexual health advice
TS	Tenancy support

Please note: Christmas opening times may vary.

Email changes and suggestions to:
val@thepavement.org.uk

DAY CENTRES/DROP-INS

240 PROJECT

116 Bramley Road, W10 6SU
0207 221 7530; www.240project.org.uk

Mon–Wed: 11am–4pm

Ring for details or check the timetable.

AC, CL, F, FF, IT, LA, MD

ACE OF CLUBS

St Alphonsus Rd, Clapham, SW4 7AS
020 7720 2811; aceofclubs.org.uk/

Mon–Fri: 12am–4pm

Lunch, tea, coffee, showers, education, bike club etc.

AH, A, AC, B, BS, BE, BA, CL, DT, F, LA, MS, OL

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

ASHFORD PLACE

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

org.uk

Fri: 10.30am–5pm; Mon–Thu: 9.30am–5pm

Outreach, support, health/wellbeing, alcohol & drugs treatment etc.

AH, A, AC, BS, BA, CA, CL, C, DA, D, ET, F, IT, L, LA, MS, MH, MD, OW, TS

BARON'S COURT PROJECT

69 Talgarth Rd, W14 9DD

020 7603 5232; www.baronscourtproject.org

baronscourtproject.org

Mon–Wed: 2–5pm (drop-in, showers/laundry & café); Fri: 12am–2pm

(women); Fri: 2.30–5.30pm (isolated black people); Thu: 2–5pm (life skills) Friendly drop-in where people can socialise, find support & access services.
BS, CL, F, IT, LA, MS

CARDINAL HUME CENTRE

3–7 Arneway St, Horseferry Rd, SW1P 2BG
020 7222 1602; www.cardinalhumecentre.org.uk/
Mon, Tue, Thu: 9:15am–4:30pm; Tue: 2–4pm (benefits); Wed: 9:15am–7pm; Wed: 2–4pm (job club); Wed: 5–7pm (IT)
Closed 1–2pm. Spanish and Arabic speakers by appointment.
AH, AD, BA, C, CA, DA, ET, IT, MS, TS

CHELSEA METHODIST CHURCH PASTORAL CARE

155a Kings Rd, SW3 5TX
020 7352 9305; www.chelseamethodist.org.uk
Mon, Tue, Thu: 9am–2.00pm
CL, L, F

CLAPTON COMMUNITY DROP-IN CLAPTON DROP-IN

Old School Rooms, 2 Powerscroft Rd, E5 0PU
020 8533 9676
Sun: 2–4.30pm
Access services in relation to housing, benefits, JobCentre Plus, as well as health- and family-related issues.
AH, BA, FF, LA, MH, OL

COOLTAN ARTS

3rd Fl, 224–236 Walworth Rd, SE17 1JE

0207 701 2696; www.cooltanarts.org.uk
Tue–Friday: 10am–5pm
Arts for adults with experience of mental health distress.
AD, AC, BA, CA, ET, LF, MH, MD, OW, SF

DEPTFORD REACH

Speedwell St, Deptford, SE8 4AT
020 8692 6548; www.deptfordreach.org.uk
Mon, Tue, Thu, Fri: 9am–3.30pm
For adults 16+ who are vulnerable through homelessness, mental ill-health, loneliness, social exclusion or poverty.
AH, AD, A, AC, B, BS, BE, BA, CA, CL, C, DA, DT, D, ET, FF, LA, MS, MH, MD, OL, TS

DIVINE RESCUE

Thurlow Lodge, 1 Thurlow St, SE17 2US
020 3489 1765; www.drescue.org/
Mon–Fri: 9am–3.30pm
For homeless people & those with substance abuse issues.
AH, AD, AC, BA, CL, C, ET, FF, MD, OW

DUNLOE CENTRE

St Saviour's Priory, 18 Queensbridge Rd, E2 8NS
020 7739 9976
Tue: 10.30–12am
Turns away only people who are violent.
BE, CL, FF

EARL'S COURT COMMUNITY PROJECT (ECCP)

W London Family Church, 230 Lillie Rd, SW6 7QA
020 7385 5791; www.eccp-ywam.

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

org.uk
Wed: 2–4pm
Coffee bar.
CL, FF, SF

FAITH IN ACTION (MERTON)

Salvation Army Citadel, 109 Kingston Rd, S Wimbledon, SW19 3JR
07843 280 419; www.mertonfaithinaction.org/
Wed & Fri: 10am–3pm
AH, AD, A, BS, BA, CL, C, D, F, L, LA, MH

GREENWICH MIGRANT HUB

Greenwich Housing Rights, 36 Wellington St, SE18 6PF
07429031389 / greenwichmigranthub.com/
Tue: 10.30am–1.30pm
Immigration, housing and domestic violence advice and a hot meal.
AH, AD, BA, FF, LA

HOMELESS ACTION IN BARNET

36b Woodhouse Rd, N12 0RG
020 8446 8400; www.habcentre.org
Mon–Fri: 12am–3pm (rough sleepers);
Wed: 9–12am (women); Mon–Fri:
12am–3pm (drop-in)
AH, AD, BS, BA, CL, F, TS

LONDON JESUS CENTRE

83 Margaret St, W1W 8TB
020 7637 0600; jesuscentre.org.uk/
Mon–Fri: 10.30–12.30am (advice);
Mon–Fri: 10am–4.30pm
IT, arts & crafts, life skills & ESOL classes.
AC, BS, CL, ET, F, IT, LA

MARYLEBONE PROJECT (CHURCH ARMY)

1–5 Cosway St, NW1 5NR
020 7262 3818; <http://bit.ly/1mhvhYf>
Mon–Thu: 9.30am–1.30pm and Fri:
9.30–12.30pm (rough sleepers' drop-in,
advice and classes)
Women-only.
AH, BS, BA, CL, ET, FF, IT, LA, TS

NEW HORIZON YOUTH CENTRE

68 Chalton St, NW1 1JR
020 7388 5580; nhyouthcentre.org.uk
Mon: 2–4pm (alcohol support); Mon–Fri:
10.30am–4pm (10.30am–1pm advice)
For people 16–21. Drop in or phone.
*AH, AD, A, BS, BA, CA, CL, D, ET, FF, IT, LA, MS,
MS, MH, OL, OW*

NORTH LONDON ACTION FOR THE HOMELESS

St Paul's Church Hall, Stoke Newington Rd, N16 0AJ
07745227135; www.nlah.org.uk/
Mon: 12am–1.30pm; Wed: 7–8.30pm
Vegetarian meal. Advice on benefits,
housing, disability payments, etc.
BA, CL, ET, FF, LA, MD

PROVIDENCE ROW

Dellow Centre, 82 Wentworth St, E1 7SA
020 7375 0020; www.providencerow.org.uk
Mon–Fri: 9am–3:30pm (needle
exchange – closed 12.30–1.30pm);
Mon: 10–11.30am (men's group);
2–3pm (yoga); Tuesday: 11.30–
12.30am (relaxation); 9.30–12.30am
(homeopathy); Wed: 11.30am–1pm

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
SH Sexual health
TS Tenancy support

SF Step-free

(peer support, addictions); 2–3.30pm (women); Thu: 11am–1pm (art & wellbeing); Fri: 10–11.30am (computer-assisted therapy); 10–11.30am (self-harming support)

AC, BS, BA, CA, C, D, ET, F, FF, IT, MH, NE

SANKTUS

4 Lady Margaret Rd, Kentish Tn, NW5 2XT

020 7485 4023; parish.rcdow.org.uk/kentishtown

Mon, Wed, Fri: 2–3pm; Sun: 3–4pm

AH, FF

SHOREDITCH COMMUNITY PROJECT

St Leonard's Ch, 116–8 Shoreditch High St, E1 6JN

0207 613 3232; www.sct.org.uk/

Mon & Wed: 9.30–12.30am; Tue: 2–4pm
For people facing homelessness, alcohol, drugs, poverty or social isolation.

AH, AD, A, BA, DA, D, ET, FF, OL

SHP

245 Grays Inn Rd, WC1X 8QY

020 7520 8660; www.shp.org.uk

Mon–Sun: 9am–5pm (referrals)

Accommodation & support. To discuss referral, phone.

AH, AD, AC, BA, CA, DA, D, ET, IT, LA, MS, OW, TS

SILOAM COMMUNITY SERVICES

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

020 8695 8873; www.siloamcs.co.uk

Tue: 7–8pm (meal); Tue & Thu:

10am–2pm (community café & drop-in,

housing advice, practical support)

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

SIMON COMMUNITY (HOUSE OF HOSPITALITY)

129 Malden Rd, Kentish Tn, NW5 4HS

020 7485 6639; www.simoncommunity.org.uk

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

Mon–Fri: 7.15–8.30am (tea run – 7.15 Arundel St; 7.30 Burleigh St; 7.50 Covent Gdn); Thu: 7.30–11pm (soup run.

8.15–8.45 Duke's Rd/Euston; 9.20–9.50 Temple; 10–11 under W'loo Bridge)

AH, F, FF, MD, OL, OW

SOUTHWARK DAY CENTRE FOR ASYLUM SEEKERS

The Copleston Centre, Copleston Rd, SE15 4AN

020 7732 0505; www.sdacas.org.uk/

Tue: 12.30am–5pm

AH, CA, CL, ET, FF, LA

SPIRES CENTRE

8 Tooting Bec Gdns, SW16 1RB

020 8696 0943; spires.org.uk

Wed: 10–12am (rough sleepers); Tue:

10.30am–2pm (drop-in); Tue & Fri:

9–10.30am (rough sleepers); Mon:

8–12am (women); Thu: 9am–1pm

(rough sleepers)

Drop-in, drug & alcohol support, medical & optician services etc. Ring for education info & times.

AH, AD, A, BS, BA, CL, C, D, ET, FF, FC, LA, MS, MH, MD

SPITALFIELDS CRYPT TRUST (NEW

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

HANBURY PROJECT

22a Hanbury St, Spitalfields, E1 6QR
020 7613 5636; www.sct.org.uk/hanbury.html

Wide range of activities. Ring for info.

AC, BA, C, ET, IT

ST CUTHBERT'S CENTRE

The Philbeach Hall, 51 Philbeach Gdns,
Earl's Court, SW5 9EB

020 7835 1389; www.i-m.mx/SCCadmin/SCC

SCCadmin/SCC

Mon–Fri: 10.30am–3.30pm

AH, AD, AC, BS, CL, C, F, IT, OL, OW

ST MUNGO'S BROADWAY

Broadway Centre, 13–14 Market La,
W12 8EZ

020 8735 5810; www.mungos.org/

Mon–Fri: 10–11am (drop-in)

18+. Support around drug, alcohol or
mental health issues. C & E European
and Horn of Africa projects. Drop-ins in
the morning; appointments afternoon.

*AH, AW, AC, BS, CL, C, D, ET, FC, L, LA, MS, MH,
OW, SH, TS*

STREETS2HOMES

2a Wych Elm, Harlow, Essex, CM20 1QP
01279 430011; www.streets2homes.org

org

Mon–Fri: 8.30am–2pm

Advice, health services etc.

AH, AD, CL, F, MS, OL

THAMES REACH

Gem Hse, 122–6 Backchurch La, E1 1ND
020 7702 4260; www.thamesreach.org.uk

org.uk

Night shelters, drop-ins & much more.

AH, AD, A, C, D, LA, MH, OL, OW

THAMES REACH (CAMDEN SPECTRUM)

6–8 Greenland St, NW1 0ND

020 7267 4937; CamdenSpectrum@thamesreach.org.uk

Mon–Fri: 9.30am–7pm

Mon–Fri: 9.30am–7pm

For people who are sleeping rough, have
a drug/alcohol problem, poor mental
health, or are struggling to keep a roof
over their head.

AH, A, AC, BS, CL, D, FF, IT, LA, MS, OL, TS

THE CARAVAN DROP-IN

St James's Ch, 197 Piccadilly, W1J 9LL

020 7734 4511; www.thecaravan.org.uk

org.uk

Sat–Sun: 10am–7pm; Mon–Fri:

11am–7pm

C

THE CONNECTION AT ST MARTIN IN THE FIELDS

12 Adelaide St, WC2N 4HW

020 7766 5544; www.connection-at-stmartins.org.uk

org.uk

Mon, Tue, Thu, Fri: 9am–1pm; Wed:

9–12.30am; Sat & Sun: 9am–1pm

(invite only)

16+. Visit website for info.

*AH, A, AC, BS, BA, CA, CL, D, ET, F, FC, IT, MS,
MH, MD, OW*

HOLY CROSS CENTRE TRUST

Holy Cross Church, Cromer St, WC1H
8JU

0207 278 4437; www.hcct.org.uk/

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
SH Sexual health

TS Tenancy support

Mon: 4–9pm (drop-in); Wed & Fri:
12am–3pm (refugee & asylum seekers)
Free internet & meal. Advice, guidance,
referral & emotional support. Peer-to-
peer support encouraged.

AD, FF, IT, LA, OL

THE MANNA AT ST STEPHEN'S

17 Canonbury Rd, N1 2DF
020 7226 5369; www.themanna.org.uk

Tue: 7–9pm; Fri: 10am–12am; Wed:
1–3pm

Drop-in and key work service.

*AH, A, AC, BS, BA, BE, CA, CL, DA, FF, IT, LA, MD,
OL, TS*

THE MANNA CENTRE

6 Melior St, SE1 3QP
020 7357 9363; www.mannasociety.org.uk

Tue: 10am–1pm (chiroprapist alt weeks);
9.30–12am (mental health); Wed:
10am–1pm (osteopath); Thu: 9.30am–
1pm (DWP); 9.30am–1pm (health
advice for refugees); 10am–1pm (IT);
Fri: 9.30am–1pm (nurse); Sun: 10.30–
11am (clothing, 2nd & 3rd of month)
Open 7 days a week.

AH, BS, BA, CL, ET, FF, FC, MS, MH, TS

THE MARGINS PROJECT

19b Compton Terr, N1 2UN
020 7704 9050; www.unionchapel.org.uk/about-us/the-margins-project/
Wed: 11am–2pm; Mon: 11am–2pm
(women only)

BS, CL, DA, F, LA, MS,

THE PASSAGE

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

St Vincent's Centre, Carlisle Pl, SW1P 1NL
020 7592 1850; passage.org.uk

Mon–Fri: 8–12am (rough sleepers);
Mon–Fri: 12am–2pm (lunch); Mon–Fri:
2–6pm (appointments); Mon–Fri:
4.30–6pm (rough sleepers); Sat & Sun:
9–12am

For people 25+.

AH, A, BA, CA, CL, D, ET, F, FC, IT, MS, MH, TS

THE SALVATION ARMY (CHALK FARM)

10–16 Haverstock Hill, NW3 2XY
020 7485 1605; www.salvationarmy.org.uk/chalk-farm

Mon: 6–8pm (men); Wed: 6–7.30pm

BS, F

THE SALVATION ARMY (NUMBER 10 DROP-IN CENTRE)

10 Princes St, W1B 2LH
020 7629 5424; www.salvationarmy.org.uk/no-10-drop-centre
Wed: 5.30–8pm (soup kitchen); Wed:
2.30–4pm (advice & enquiries); Mon:
2.30–4pm (film club; advice); Tue: 2.30–
4pm (art, board games); Tue: 11–12am
(JobcentrePlus); Thu: 10–12am
(appointments); Fri: 2.30p–4pm (table
tennis; advice & enquiries)

Ask staff to arrange an appointment.

AH, BA, CL, LA

THE WELCOME PROJECT

2 St Marys Road, Ilford IG1 1QX
020 8514 3283; www.ihrbc.org.uk/
Tue & Thu: 10.00am–3pm; Wed & Fri:
9.00am–3pm

Referral via Streetlink only.

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

AH, BS, BA, CL, FF

TRIUMPHANT CHURCH INTERNATIONAL

136 W Green Rd, S Tottenham, N15 5AD
020 8800 6001; www.triumphant.org.uk/community-outreach/homeless-feeding-project/

Sun: 9–11 am (drop-in); Wed: 7–8pm (drop-in); Sun: 9–10am

AD, CL, FF

UPPER HOLLOWAY BAPTIST CHURCH (ARCHWAY DROP-IN CENTRE)

11 Tollington Way, N7 6RG
020 7272 2104; www.stjohnsarchway.com/archway-drop-in-centre/

Mon: 10–12am (sandwiches, soups, drinks)

Food (£1), a change of clothes and somewhere to spend time. Counselling, advice and information.

CL, F, LA

WEBBER STREET (LONDON CITY MISSION)

6–8 Webber St, SE1 8QA

020 7928 1677

Mon–Sat: 9.30–10am (breakfast); 10–11.30am (showers, clothing – not Friday); Tue & Thu: 10–12am (nurse); Fri: 9–12am (advice & info)

List for showers taken on Monday. Short Bible talk each morning. Closed first Wednesday of each month.

BS, CL, F, LF, MS, MH, OL

WEST LONDON DAY CENTRE

134–136 Seymour Pl

020 7569 5900; www.wlm.org.uk/what-we-do/wldc

Mon–Fri: 8.45–10am (rough sleepers);

Mon–Fri: 10–11.30am (drop-in); Mon–

Thu: 11.45–12.45am (appointments);

Mon & Thu: 1.30–3.30pm (tenant drop-in)

AC, BS, BA, CL, C, F, IT, LS, MS, OL, TS

WHITECHAPEL MISSION

212 Whitechapel Rd, E1 1BJ

020 7247 8280; www.whitechapel.org.uk

org.uk

Mon–Sun: 6–11am (breakfast 8–10am);

Sat: 12am–2.30pm (women)

Welcoming centre open 365 days a year.

AH, A, B, BS, BE, BA, CL, C, DA, D, F, IT, MS, OL, TS

WSUP (THE WEEKEND SERVICE USER PROJECT)

Woolwich Central Baptist Ch, Simmons Rd, SE18 6UX

07426046283; wsupwoolwich.org/

Sat: 10.30am–2:30pm (clothing 3rd wk)

AC, B, BS, CL, FF, LA

FOOD/SOUP RUNS

ABUNDANT LIFE HOUSING SERVICES

9 Campbell Rd, Stratford E15 1SY

0208 534 2194/2316

Sat: 2–5pm

AGAPE

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

Wed: 7.45–9.15pm (Embankment)

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
SH Sexual health
TS Tenancy support

SF Step-free

AMERICAN INT'L CHURCH SOUP KITCHEN

79a Tottenham Ct Rd (entrance Whitfield St), W1T 4TD

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

Mon, Tue, Thu, Sat: 10–12 noon

AMURT

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

Thu: 6.15–7.30pm (Lincoln's Inn Fields)
Vegetarian food & music.

ASLAN

All Souls Clubhouse, 141 Cleveland St, W1T 6QG

020 7580 3522; www.allsouls.org/

Sat: 5.30–8.15am (tea run: 5.30 Tavistock St; 6.20 Adam St; 7.20 King William IV St; 7.50 St John's Ch, W'loo);
Sat: 9–12am (Webber St)

BLOOMSBURY CENTRAL BAPTIST CHURCH

235 Shaftesbury Ave, WC2H 8EP

020 7240 0544

Sun: 12.30am–2.30pm

Limited number of tickets at 10.30am.

BRIDGES

389–395 Barking Rd, E13 8AL

020 7474 6603

Sat: 8–11.30am; Mon: 10am–2pm
Nurse clinics & signposting to other agencies. Practical activities and life skills.

BS, BA, CL, MS, OL

CHRIST APOSTOLIC CHURCH (BETHEL) UK

217–23 Kingsland Rd, Hackney, E2 8AN
020 7729 4375/ 661

Sat: 2–3:30pm (hot meal last Sat of month); Sun: 8–9am (cooked breakfast)

CHRISTIAN KITCHEN

Mon–Sun: 8–8.30pm (Mission Grove car park, Walthamstow)

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) bit.ly/1Q7JojB

Applications must be accompanied by a referral from an independent agent (support worker etc).

Ad, BS, F

COMMUNITY OF SANT'EGIDIO

07595 931348

Sat: 5–7pm (Gloucester 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

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

COPTIC CITY MISSION

0207 937 5782

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

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, W13 9HH (food & drinks, music, games & practical help); Thu & Fri: 10am–4pm (advice) Fri: 11am–4pm

EMMANUEL CHURCH (STRATFORD)

Romford Rd/Upton Lane, E7 8BD

020 8522 1900

Thu: 7.30–8.30am (cooked breakfast)

EMMANUEL PENTECOSTAL CHURCH

374 Lee High Rd, SE12 8RS

020 8852 8261

Tue: 6–8pm

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.

FAST58

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

FEED THE HUNGRY HEART

101a Pears Road, Hounslow, TW3 1SS

020 8569 5359

Tue & Thu: 10–12am (drop-in)

Low-cost coffee and tea.

FINSBURY PARK MOSQUE

7–11 St Thoms's Rd, N4 2QH

020 7424 5252

Mon, Tue, Fri: 10:30am–1pm (women's group); Thu: 6pm–8pm (soup run – 7pm–9pm in summer)

FLOWING RIVERS FOUNDATION

07985585996

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

FOOD NOT BOMBS

Sunday: 2–3pm (alt weeks, Altab Ali Pk, Whitechapel)

For details, email londonfnb@lists.riseup.net.

GOOD SAMARIA NETWORK

12 Voyagers Close, SE28 8QQ

0203 651 0869

Sun: 6–7pm (Lincoln's Inn Fields)

HARE KRISHNA FOOD FOR ALL

07946 420 827

Mon–Sat: 12am–1pm (behind Kentish Tn station, Islip St); Mon–Sat: 1–1.45pm

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
SH Sexual health
TS Tenancy support

SF Step-free

(Arlington Rd/Inverness St); 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) Yoga & music. Vegetarian.

HARINGEY MIGRANT SUPPORT CENTRE

St John Vianney Church Hall, 386 West Green Rd, N15 3QL
07544078332

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

HARVEST OF GRACE (DEPTFORD METHODIST MISSION)

1 Creek Rd, Deptford, SE8 3BT
020 8692 0048

Sat: 12am–2pm (lunch)

HINDE STREET METHODIST CHURCH

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

Wed: 4:30–8pm (not Xmas to New Year)
A warm space to relax. Soup, sandwiches & drinks 10p each; free sandwiches after 7pm.

HOLY NATION CHURCH

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

IMPERIAL COLLEGE

07535250294 (Samuel)
Sun: 8.30–9.30pm (Lincoln's Inn Fields)

KING'S CROSS BAPTIST CHURCH

Vernon Square, King's X Rd, WC1X 9EW
020 7837 7182

Mon: 11am–2pm; Tue: 11:15am–1pm

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)

LOVE STREATHAM

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

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.

MINISTRY OF PRAISE

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

MISSIONARIES OF CHARITY SOUP KITCHENS

020 8960 2644
Mon, Tue, Wed, Fri: 3.30–5pm (Pius X Ch 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)

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

MUSWELL HILL CHURCHES SOUP KITCHEN

Muswell Hill Baptist Church, 2 Dukes Ave, N10 2PT
020 8444 7027
Sun–Thu: 7.45–8.45pm

NIGHTWATCH

Mon–Sun: 9.30pm–10pm (Queen's Gdns, Croydon)
Facebook: <http://on.fb.me/1suz2AG>

NORTH LONDON ACTION FOR THE HOMELESS

St Paul's Church Hall, Stoke Newington Rd, N16 0AJ
07745227135
Mon: 12am–1:30pm; Wed: 7–8:30pm
Veggie meal, tea & coffee. Take-away food, clothing. Health Access Worker.
BA, ET, LA, LA, MD

NOTRE DAME CHURCH

020 7440 2660
Sat: 12.30am–2.30pm
Sandwiches from ground floor of Maison Pierre Chanel, 16 Leicester Sq.

OPEN DOOR MEAL

St James the Less Parish Centre, Thorndike St, Nr Moreton St, SW1V 2PT
020 7630 6282
2nd and 3rd Fridays.

ORDER OF MALTA SOUP KITCHEN

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



Thu: 7:30–9pm

OUR LADY OF HAL

165 Arlington Rd, Camden, NW1 7EX
020 7485 2727
Tue, Wed, Fri, Sat: 12.45am–2pm

PASSING CLOUDS

1 Richmond Rd, E8 4AA
www.passingclouds.org
Sun: 6–9pm
Tasty food, followed by a film or music.

PRYORS BANK LUNCHES

Pryors Bank Pavilion, Putney Bri Approach, SW6 3LA
Thu: 12:30am–1.45pm
Meal, fruit, yoghurt, biscuits, home-baked cakes and bread.

ROYAL CONNECTIONS

The Hub Studios, 90 Monier Rd (off Wick La), Bow, E3 2ND
0300 111 1111; royalconnections.org.uk
Sun: 2–6pm (4th of month)

SADHU VASWANI CENTRE

0844 500 1744
Wed: 8pm–8.30pm (Lincoln's Inn Fields)
Indian food, drinks, chocolates and fruit.

SALLY'S KITCHEN – GOOD FOOD IN THE COMMUNITY

Salvation Army Hall, Southwell Grove,

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
SH Sexual health
TS Tenancy support

SF Step-free

Leytonstone, E11 4PP
07944281485; www.facebook.com/
SallysKitchenE11
12am–1.30pm

Delicious meal in warm company. Run
by local people for local people.

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)

SILOAM COMMUNITY SERVICES

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

020 8695 8873; 07925 330290

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

SIMON COMMUNITY (HOUSE OF HOSPITALITY)

129 Malden Rd, Kentish Tn, NW5 4HS
020 7485 6639

Sat & Sun: 1:30pm–3:30pm (street café:
St Giles, nr Centrepoint); Mon–Thu:

7:15am–8:30am (tea run: 19.15 –
Arundel St; 19.30 – Burleigh St; 7.50
– Covent Gdn); Wed & Thur: 7:30pm–
10:30pm (soup run: Manchester Sq;
Temple; W'loo, behind NT); Friday:
11am–2pm (women's group, Swiss
Church, Endell St)

Clothing from the street café when
available.

ST ANDREW'S CHURCH

Star Centre, Greyhound Rd, W14 9SX
07956 587176

Sat: 8.00am–12.30pm

ST ANNE'S DROP-IN KITCHEN

St Anne's Church Hall, Hemsworth
Street, London N1 6TS

07847 761 361

Sat: 5–7pm

Food, warmth, friendship to all in need.

ST IGNATIUS'S CHURCH

Sat: 7.45–8.15pm (Lincoln's Inn Fields)

ST JOHN THE EVANGELIST

39 Duncan Terrace, Islington, N1 8AL

020 7226 3277

Tue–Sat: 12.30am–1.30pm

ST JOHN VIANNEY CATHOLIC CHURCH

4 Vincent Rd, N15 3QH

020 8888 5518

Sat: 5.30–6pm (Temple)

ST JOHN'S SOUP KITCHEN

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

Tue: 7.30–9pm (every week; advice 1st
Tue of month)

Vegetarian.

ST MONICA'S CHURCH

020 8886 9568

Tue: 8.15–8.45pm (Temple)

ST PATRICK'S OPEN HOUSE

21a Soho Sq, W1D 4NR

020 7437 2010

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

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

ST THOMAS OF CANTERBURY CHURCH

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

STREET SOULS

0208 852 3307

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

STREETLYTES

020 7603 7956

Mon: 6pm–9pm (drop-in, St Stephen's Church)

TEEN CHALLENGE LONDON

020 8553 3338

Mon: 9–11pm (Whitechapel); Tue: 9–11pm (Hackney); Thu: 9–11pm (Ealing); Wed: 9–11pm (Brixton); Sat: 9–11pm Stratford Central Baptist Church; Fri: 9–11pm (W'loo)

THE CABIN

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

020 7272 8195

Mon–Sun: 10.30–11.30am; Thu: 12am–1pm

THE CARPENTERS

TMO Community Hall, 17 Doran Walk, E15 2JL

020 8221 3860

Tue: 10–12am

THE PENGE RUN

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

THE SWISS CHURCH

79 Endell St, WC2H 9DY

020 7836 1418

Fri: 12am–1pm (lunch); Tue: 8–10am (breakfast on the steps)

TREM (PLACE OF OUR SANCTUARY)

84 Lillie Rd, Fulham, Sw6 1TL

0207 381 5366

Sat: 2–4.30pm (1st Sat of month)
Hot food indoors. In winter, ring to find out if there are extra services.

TRIUMPHANT CHURCH INTERNATIONAL

136 W Green Rd, S Tottenham, N15 5AD

020 8800 6001

Sun: 9–11am (drop-in); Wed: 7–8pm (drop in); Sun: 9–10am

UCHARITY

020 3642 6868

Mon: 9–11pm (9–10pm, W'loo nr Imax; 10.15–11.15pm, Strand nr Charing X station)

URBAN TABLE

Round Chapel, Powerscroft Rd, E5 0PU

020 8533 9676

Sun: 2.30–4pm

WYCOMBE & MARLOW GROUP

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

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
SH Sexual health
TS Tenancy support

SF Step-free

WINTER SHELTERS

999 CLUB (DEPTFORD CENTRE)

21 Deptford Bdwy, SE8 4PA

020 8695 5797

3 Jan–14 Mar, 8pm–8am

Referrals via 999 Club Gateway Centre agencies. 21+, dry, 30 spaces.

ASHFORD PL ASSESSMENT CENTRE

60 Ashford Rd, Cricklewood, NW2 6TU

020 8208 8590

CHAIN-verified clients, phone 020 8208 8595. For Brent rough sleepers, refer to StreetLink (www.streetlink.org.uk)

BROMLEY WINTER NIGHT SHELTER

c/o Bromley Council Homelessness Service, Stockwell Cl, BR1 3UH

020 8464 4848/07806 602 347

1 Dec–15 Mar, 7.30pm–10am (closed during Crisis, 23–30 Dec)

No self-referral – contact Bromley Council Homelessness Team or agency for local connection, & shelter for other spaces. 18+; mixed; beds for 12; dry.

C4WS HOMELESS PROJECT NIGHT SHELTER

020 7278 6267

3 Nov–31 Mar, 7.30pm–8.45am

Referrals from agencies with whom C4WS have a Service Level Agreement.

CARIS ISLINGTON CHURCHES COLD WEATHER SHELTER

07913 020738

1 Jan–31 Mar, 7.30pm–8.30am

Phone after completing and emailing a 1-page registration form to iccws@hotmail.co.uk. 15 guests; 18+, dry.

CRISIS CHRISTMAS

66 Commercial St, E1 6LT

0844 251 0111

22–30 Dec

Referral via 221 Gray's Inn Rd, WC1X 8RA; City of London Acad, Lynton Rd, SE1 5LA; City Acad, Homerton Row, E9 6EA; Kensington Aldridge Acad, 1 Silchester Rd, W10 6EX; or Lesoco, 2 Deptford Ch St, SE8 4RZ. Transport from King's X, Mornington Cres, Finsbury Pk stn; Temple, Waterloo (St John's), London Br (Southwark St), Bermondsey stn; Broadway Day Centre, Victoria, and Chelsea Methodist Ch and Deptford Reach Day Centre.

CROYDON CHURCHES FLOATING SHELTER

07860 270 278

1 Nov–31 Mar, 7.30pm–8am

Referrals via Croydon Reach (020 7870 8855), SNAP Team (020 8760 5498). Phone 8am–4pm.

EALING CHURCHES WINTER NIGHT SHELTER

07930 378263

25 Nov–1 Apr, 7.30pm–8.30am

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

FINCHLEY CHURCHES WINTER SHELTER

020 8446 8400

1 Dec–31 Mar, 8pm–8am

Referrals from Homeless Action Barnet, 15 beds, 18+, mixed, dry.

FIRM FOUNDATION WINTER NIGHT SHELTER (HARROW)

07979 836403

7 Dec–14 Mar, 7pm–8am; Tue–Sun:

9am–5pm (office hours)

Referrals from any agency – email referrals@allpeopleallplaces.org. 18+; men only; beds for 12; dry; no smoking.

FOREST CHURCHES EMERGENCY NIGHT SHELTER

07739 870411

1 Nov–31 Mar, 8pm–7.30am

18+; mixed; dry; 30 spaces. Area for women. 18+ with Waltham Forest connection. Referral via Fountain of Peace Day Centre and Housing Solutions. Also self-referrals – phone before 2pm.

GLASS DOOR NIGHT SHELTERS

020 7351 4948

7 Nov–1 Apr, 8pm–7am

18+, mixed, dry, beds for 85 across 3 shelters in in Hammersmith & Fulham, Kensington & Chelsea and Wandsworth, self-referral – phone first. Waiting list registration can be over the phone or online (www.glassdoor.org.uk/).

GROWTH (TOWER HAMLETS)

2 Nov–2 Jun, 7pm–7am

Referrals via 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

HACKNEY WINTER NIGHT SHELTER

07736160282/ 07512137404

2 Nov–31 Mar, 7.30pm–8am (6.30pm

Suns)

Age 18+; mixed; beds for 25 (screened area for women); dry. Last admission 8.30pm. Self- or agency referrals – phone to check details and leave message if voicemail.

HARINGEY CHURCHES WINTER SHELTER

07538 331521

7 Dec–14 Mar, 7pm–8am

Accept referrals from any agency – email referrals@allpeopleallplaces.org. 18+, mixed; beds for 12; dry.

HILLINGDON WINTER NIGHT SHELTERS

01895 556700

21 Jan–3 Mar, 6pm–8am

18+, men only, agency- or self-referral, dry.

JOEL COMMUNITY TRUST NIGHT SHELTER

KCAH, 36a Fife Rd, Kingston KT1 1SU

0208 546 3212

Year-round, 7pm–9am

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

KINGSTON CHURCHES WINTER NIGHT SHELTER

c/o KCAH, 36a Fife Road, Kingston upon Thames KT1 1SU

020 8255 7400

1 Dec–28 Feb, 8.15pm–8am

18+, mixed, dry, 12 spaces (sep area for women), agency- or self-referral.

MERTON WINTER NIGHT SHELTER

YMCA LSW Wimbledon, 200 The Broadway, SW19 1RY

020 8544 6697

5 Dec–19 Mar, 6.30pm–8.30am
Self- and agency referrals, most from
Faith in Action Homeless Project, 109
Kingston Rd, SW19 1LT, Mon–Fri 10–2).
18+, dry, mixed, 15 spaces.

NEWWAY PROJECT (NEWHAM)

7772604222

1 Nov–31 Mar, 7.30pm–8.30am
Referrals via TRIO, RAMP, Bridges
Breakfast, Children's Soc, Whitechapel
Mission and Crisis. 18+; dry; mixed; 15
spaces.

QUAKER CHRISTMAS

Union Chapel, Highbury Corner, N1 2XD
07833 123155

23–30 Dec, 7am–10pm (closed midday
to 3pm)

24 beds; dry. Breakfast and supper for
up to 75. Closes at 10pm except for
those who have been given a bed. Self-
referrals and referrals from Islington
Outreach Forum agencies (inc. Islington
DAAT, Whitaker Centre, Pilion, New
Horizon, Focus & Angel Drug Services)
or others that can provide ongoing
support. Phone to check vacancies.

ROBES PROJECT (SOUTHWARK & LAMBETH)

020 7407 5623

31 Oct–9 Apr, 7pm–8am (closed during
Crisis, 23–30 Dec)

Referrals via Manna Soc, Spires, Ace
of Clubs, Webber St Day Centre, Crisis,
Southwark Day Centre for Asylum
Seekers, Southwark SPOT, Lambeth
Safer Streets Team. 18+, low support
needs.

THE SALVATION ARMY REDBRIDGE

COLD WEATHER SHELTER

c/o Salvation Army, St Mary's Road,
Ilford IG1 1QX

020 8514 3283 (referrals)

8 Dec–9 Mar, 8pm–7am

Referrals (verified rough sleepers) via
Welcome Project, Ilford.

THE SHELTER PROJECT (HOUNSLOW)

07804 654 510

2 Jan–31 Mar, 8pm–7.30am

Age 21+; men only; beds for 14. Referral
(10–5) via Hounslow Outreach Team,
NSNO, HPU Hounslow, ThamesReach
Hounslow, iHear Partnership Hounslow,
Refugee Action, Street Legal West, Olive
Branch Homeless Drop-in.

TOGETHER IN BARNET WINTER SHELTER

c/o HAB, 36b Woodhouse Rd, N12 0RG

020 8446 8400

20 Oct–Feb, 7.30pm–8.30am

Age 18+ mixed; beds for 15; dry. No self-
referral. Contact HAB (020 8446 8400).

WALTHAM FOREST CHURCHES EMERGENCY NIGHT SHELTER

07739 870411

1 Nov–31 Mar, 8pm–8am

Age 18+ mixed; Referral by local agency
only; beds for 30; dry.

WESTMINSTER CHURCHES AND SYNAGOGUE WINTER SHELTERS

c/o W London Day Centre, 134–136
Seymour Pl, W1H 1NT

020 7569 5900

3 Oct–30 May, 7pm–7.30am

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