



the  
**FREE**  
mag for  
homeless  
people

*the* **Pavement**

November / December 2017



## David Aitken

Age at disappearance: 20

David has been missing from Loughborough, Leicestershire since 16 October 2001.

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

David, 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.



## Peter McLeod

Age at disappearance: 51

Peter has been missing from Reading, Berkshire since 4 July this year.

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

Peter 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. It's free, confidential and 24/7.



# Give me shelter

It's a hard time of year to be homeless. This issue we have a focus on winter night shelters. They are there to help you if you have nowhere else to go, but they could also help you get to the root of issues and problems. If you do still find yourself on the street for any reason follow our readers' tips and stay safe. There's also a feature on getting clean. If you have an addiction the best time to have addressed it may have been many years ago, but the second best time is now. So take heart and give it a go.

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## the Pavement

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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 5,000+ 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 homelessness 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. We are grateful to Fareshare for their help with distribution.

## From the Ground Up (FTGU)

This is 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 content for the magazine and website that tells the stories about homelessness that matter to them. They then raise these issues with policy makers and practitioners at our action days, aimed at driving change.  
[www.groundswell.org.uk](http://www.groundswell.org.uk)

## Get involved

**Volunteer:** we are always looking for volunteer journalists with experience. We particularly welcome those who've been homeless, and we will 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](mailto: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 what you can:  
[www.thepavement.org.uk](http://www.thepavement.org.uk)

# Night Shelter

**The winter shelters are re-opening. They could help you get the support you need, finds Karin Goodwin.**

In November the temperature starts to plummet... it's the kind of cold that goes into your bones. If you're on the streets – or if you're sofa surfing and unsure of where you're sleeping tonight – it's always tough going. But when winter arrives it's brutal.

This is also the time of year when the winter shelters get started again. Some of them will have already opened their doors by the time you read this. Others will be busy preparing, chasing down sleeping bags, floor mats and food deliveries and signing up volunteers who can check-in guests, cook meals and be there through the night to make sure everyone is safe.

The first challenge is finding somewhere to use as a shelter. Many organisations opt for church halls, or a number of them. In the "circuit model" each church offers up a hall for one night, and this continues through the winter season on rotation. While it's not perfect, it's argued that it makes winter shelters possible because it shares the load for volunteers.

It can be hard on you when you're homeless of course, because you need to keep track of where you're



Street Photo © Jamie Jackson

going each night, and keep track of your stuff too. But those who've used them say it works well, and you always arrive to a warm welcome. Those running winter shelters these days not only care, but understand what help people who are homeless need.

Even those that don't have a trained case worker onboard will be able to put you in touch with those who can get you support.

*For many people, help from a winter shelter can get them off the streets for good.*

Places like the Robes project, based near London Bridge, saw about 70 per cent of its winter shelter

guests from last year go on to find settled accommodation.

It was getting ready to re-open when *the Pavement* called. As last year they will be operating two circuits taking up their total capacity to over 100 by late November. Manager Lauren Scott says that the charity aims to create a homely atmosphere in the shelters where people can relax and be themselves. That, she says, helps them deal with what else is going on in their lives.

It's still crisis accommodation, of course.

*Like many across London the Robes winter shelters are in church halls and run by volunteers.*

But in lots of areas there are not enough spaces to go around. In England there were 4,134 people sleeping on the streets in 2016. Scotland doesn't do counts but 1,787 people slept rough the night before submitting a homelessness application in 2014.

It's no surprise that Robes is already approaching capacity.

Most of the places are taken for the first circuit at least. "It's a terrible word, turnover, but whether or not we have spaces does depend on how many people we see are able to move on," admits manager Lauren. But she encourages people

to enquire and stresses it is not only rough sleepers that winter shelters help. This is a service for anyone who has no home but is looking for a way to find accommodation and a way to address issues and problems.

Robes is run by volunteers, working under a team manager, and consequently can only take referrals through a number of day centres including the Manna Centre. It is for people with low needs and who are keen to engage with services.

Most shelters in London are now by referral only. And that says Bandi Mububi, director of the Manna Day Centre near London Bridge, can be a problem for people because of how few day centres are open access in London.

The Manna is one of a few that are open access and welcome everyone. But most day centres require you to register – usually a painless process though it can be off-putting. Others even put on limitations, such as a local connection.

*Room in shelters is on a first come, first serviced basis.*

But once you get in to a shelter you'll usually get to stay for several weeks or even longer, giving you the breathing space to address issues from benefits to immigration status, even if they can't immediately be solved.



Street Photo © Jamie Jackson

Meanwhile in Glasgow and Edinburgh, you have to queue for entry every night.

Ruth Longmuir of the Bethany Christian Trust Care Shelter says it is a "lifesaving service". It aims to provide a safe and secure place to sleep for people who would otherwise be sleeping rough in Edinburgh.

Eight different services visit the Care Shelter on a regular basis providing advice and support around homelessness, including housing, employment and health.

Last winter an average of 49 people attended the Care Shelter each night and over the six and a half months it was open, more than 700 individuals were welcomed through the doors. This year it has only been open for a matter of weeks and has already been full regularly.

"Our hope is that the Care Shelter

is there for people in their time of crisis and that we will be able to connect them into other services to help them move on to permanent accommodation," says Ruth.

*"We aim to create a warm, family atmosphere where people feel welcomed and valued."*

Staff are now considering the possibility of opening a year round shelter due to the "crisis levels" of rough sleeping in the city.

In Glasgow the Winter Night Shelter is run by Glasgow City Mission with the support of various partners and held at the Lodging House Mission, in the main hall. Every night the tables are packed away and sleeping mats come out.

Graham Stevens of the Mission says: "Our aim is for people to enjoy a safe, warm night's sleep and then receive help, care and connections to move forward." The next day there's help to find accommodation.

None of it is ideal - in 2017 we should be able to offer people much more than a mat on the floor and a sleeping bag. But the reality is that they might just save your life. And that's got to be worth a try.

#### Contacts:

##### Robes:

- <http://robes.org.uk>

##### The Manna Day Centre:

- <https://www.mannasociety.org.uk>

##### The Edinburgh Winter Care Shelter:

- <http://tinyurl.com/y7qnfe4m>

##### The Glasgow Winter Night Shelter:

- <http://tinyurl.com/y9b5cuko>
- Check our listings for a complete run-down of what's open when.

## Shelters

### What you need to know

Shelters are mostly run by volunteers. People 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 in your local day centre for more information.

Accommodation is basic and often provided in church halls. But it will be warm and safe. It may be in a different local church hall every night of the week to "share the load" between volunteers. Many shelters will have a code of conduct. This may include rules about the use of drugs and alcohol.

Most winter shelters are open from December to March – some now also open from November and don't close till April because they know how many people are sleeping rough. During Christmas week most London shelters will close and guests will be moved to Crisis at Christmas shelters.

Councils have to provide Cold Weather Provision (CWP) plans for accommodating homeless people in times of extreme cold. If it's very cold (under zero) and you can't access a shelter ask your council what their emergency response is. They are obliged to put plans in place.



**"Do you mind? You're in the way of us spending our £200 pensioner's winter fuel allowance!"**

# Surviving the Streets

By those who have been there...



You should not have to be on the streets this winter. Housing is a fundamental human right, but we also know that the system lets people down.

So we asked some readers and volunteers – who have spent time on the streets – for their thoughts on how to get by:



## Stay dry and warm

- Get a decent sleeping bag.
- Get a tent if possible, or learn how to build a shelter.
- Put a layer of cardboard under your sleeping bag to avoid the cold ground.
- Try find a warm coat and wear layers to keep the cold out.
- Try to find spare socks and waterproof boots or rubbish bags to make your shoes waterproof.
- Libraries, day centres and transport hubs are good places to get some warmth.

## Stay Safe



- Find a safe and friendly place to leave your important stuff .
- Don't carry knives or other weapons - you may get arrested.
- Be careful what you carry with you in case you are searched.
- Make sure you are not trapped in your sleeping bag. Keep it slightly unzipped at the top so you can make a quick getaway if needed.
- Be careful if taking heavy-duty sleeping pills - make sure you are nice and warm before nodding off.

## Essentials



- Watch where you camp...  
steer clear of pigeon and rat droppings.
- Go to cafes and ask if they have spare food for you. If you are polite, some people will help you.
- Find places where you can wash - staying clean makes you healthier.
- Be aware that some people will exploit you when you're down. But don't always need to be suspicious if someone offers you help - there are good people out there.

## Christmas noticeboard

### Crisis at Christmas - London

- **Day Centres**  
Open from 23 December, 11am - 9pm and 24 - 29 December, 9am - 9pm: [www.crisis.org.uk](http://www.crisis.org.uk)
- **Outreach Rough Sleepers (West London)**  
Open from 22 December, 9pm
- **Residential Centres (North & South London)**  
Open from 23 December, 9am (The Link opens at noon)

### Crisis at Christmas - Edinburgh

- **The Edinburgh Centre:** open to guests from 25 - 28 December and also on 1 January. In addition to meals, Edinburgh will be offering massage, podiatry, advisors, hair and beauty services and entertainment. [www.crisis.org.uk](http://www.crisis.org.uk)
- **Christmas Meals:** Check with other charities such as Streetwork and the Edinburgh Cyrenians for details, which were not available at time of press.

### Glasgow City Mission/Lodging House Mission

- **Glasgow Winter Night Shelter**  
At the **Lodging House Mission** from 1 December - 31 March, 10pm. Breakfast supplied: [lhm-glasgow.org.uk](http://lhm-glasgow.org.uk)
- **Christmas Meals:** Eve of Wed, 20 December at Glasgow City Mission and at LHM on Christmas day.
- **Christmas Activities :** Various activities at the Glasgow City Mission from 11 - 23 Dec: [www.glasgowcitymission.com](http://www.glasgowcitymission.com)

## Getting clean

### Mat Amp says the second best time to get clean is now.

Drug addiction constructs a maze out of every impulse and desire you experience until it is hardwired into your mind. It's a maze made ever more complex by the rituals of 'using' and the intense and confusing relationships built along the way.

Often the shame and guilt can leave addicts stumbling around for a way out, like the proverbial blind man in a dark cellar looking for a black cat... that isn't there.

When I finally got clean a few years ago I did something different. It might not seem radical. To me it was.

I refused to tell myself that this was going to be the last time that I went through detox. It was different because every previous time I convinced myself this was it, the final chapter, the now or never moment.

Each time I tried the words became slightly less convincing and slightly more hollow. Each time the failure hit me harder. The fear of that failure became a self-fulfilling prophecy.

Everyone else had heard it all before too. Friends were supportive but I'd see that look in their eye, the one that speaks of hope rather than belief.

Then there's the people who work in the treatment industry. If they do not believe in you right from the start who can really blame

them? Their victories are few and far between. Presented with a procession of relapsing addicts, it is understandable, if not justifiable, that they lose faith in their mission.

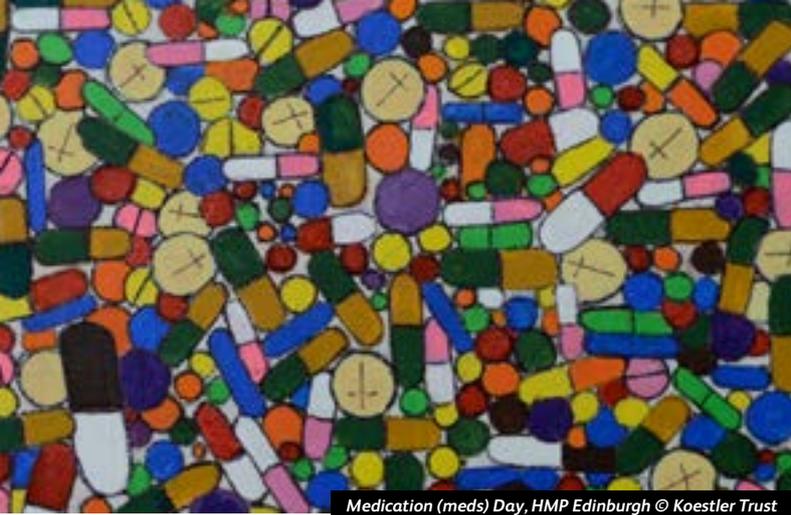
Sure, they usually care, but that care is often tempered by systemic failure resulting from under-funding and the politically motivated legislation that governs the manner in which treatment is delivered.

Then there's the lack of aftercare - 97 percent of addicts leave clean but 80 percent relapse within a month.

*So yes, this time I did it differently. I gave myself a break.*

Still it's been hard going. When you leave treatment it's up to you to make it work. But for me at least, still feeling battered and bewildered, the entire system seemed to be built on the central proposition that addicts are untrustworthy. The new rituals feel like an exercise in humiliation; drug tests, daily pick ups and that jaded attitude from health professionals all help to undermine your self esteem and confidence until you think you deserve to be treated like scum.

To me it's really important that you don't fall into the trap of thinking that just because you're an addict you don't deserve to be treated with respect. I guess what I'm trying to say (I know this is easier said than



Medication (meds) Day, HMP Edinburgh © Koestler Trust

done) is try not to take that attitude personally. It's not really about you.

I know that every platitude offered to you by a drug counsellor, a best friend or even the old lady at the bus stop who lost her son to a heroin overdose can knock a little bit more of your resolve away. It can feel like some kind of broken merry go round of advice, that can make you feel that trying to stop using is impossible. Don't listen.

*Instead, remind yourself that others have done it so of course it is possible.*

It doesn't matter what you think of N.A, I think it's worth going to at least one meeting just to see a room full of people who are at various stages

of the journey you're about to go on. It is easier to climb a mountain if you know there are people who have already been to the summit. It's as simple as that.

It may not seem like it when you are in active addiction but there are people who understand and genuinely care. You'll find them when you get clean. On the other side, the world is suddenly full of people who respect what you've done, congratulate you and genuinely wish you the best for the future. But while people can be more forgiving than you can possibly imagine, it doesn't count for shit unless you forgive yourself. Try to find that in yourself.

First though, there's the physical bit to get through. Some people say that's the easiest part of 'the journey'

and of course getting clean doesn't take as long as it does to stay clean. But 'easier' isn't a word I would ever associate with detoxing from heroin.

The pain comes in waves, in a soup of physical, mental and spiritual torment that overwhelms your body, mind and soul. It's relentless and unremitting, delivered in cold silver hollow point bullets that explode in the chest with a ferocity that rattles guilt from the strands of DNA in your bone marrow.

### *Nobody has to go through a full-tilt detox.*

There are drugs that will help and the most important decision you will have to make is if or how to use opiate substitutes. There are many ways to use them and you will hear a myriad of different opinions from people on which method is the best. But it's what works for you that counts.

For the first few days insomnia can be as awful as it is inevitable – be prepared to tackle it because you need to sleep. It still won't be painless but with the right advice and medication you can make it bearable.

Do your research and plan your detox, preferably when you're not high, so you can relate to it when the time comes. According to the National Association of Drug Abuse you need to look at addiction as a biological, psychological, social and spiritual problem. But in that first

week or two you don't need to think about that. It's just about getting through the day by whatever means possible.

If you're struggling with addiction right now and thinking that it might be your time to stop, perhaps just start by making a list of the reasons why you want out and what you've got to gain. Follow that up by with a list of your triggers. Keep going and very soon a plan will start to take shape.

The longer you've been trying to stop using, the more hopeless it can feel. But there's a Chinese Proverb that sums it all up a lot better than I could. It is simply this: "The best time to plant a tree was 20 years ago. The second best time is now."

### **Where to get help NHS**

- <http://tinyurl.com/y8tl3hlc>  
Use this online search facility to find the places to help.

### **Narcotics Anonymous**

<http://ukna.org>  
UK-wide organisation for those struggling with drug addiction.

### **Dual Diagnosis Anonymous**

- <http://www.ddauk.org>  
London-based organisation for people with mental health, drug and alcohol issues.

### **Addaction**

- [www.addaction.org.uk](http://www.addaction.org.uk)  
Helps people deal with drug or alcohol use, or mental health worries.

# Pavement projects

*At the Pavement* we see things a bit differently. All our stories are written with our homeless readers firmly in mind. Our writers and photographers are volunteers and many of them have first hand experience of homelessness too, as well as some of the issues that can go hand-in-hand with that. We think it shows and it helps us create a magazine that has your interests at heart.

We're always looking to increase the number of volunteers working with us who know what it's like to have been there, done that. And we also want to give people who have been homeless the help and support they need to make their ideas into articles and images. To help us do that we fundraise to run training projects in our distribution cities. Right now we have two projects running

## From the Ground Up, London

This is the second time we're running From the Ground Up. It's part of a three-year project in partnership with homeless charity Groundswell and it's funded by Comic Relief. Our current participants are receiving support and training from award winning journalists. At outreach sessions they get the chance to speak to other homeless people to find out about the stories that matter to them



Lodging House Mission, Glasgow © Ilisa Stack

and think about how they take them from idea to the page.

This year's intake of "peer journalists", who all have experience of homelessness, are already working hard on their ideas for their first special edition of *the Pavement*. We can't wait to see the results early next year.

*To be kept informed of our next application deadline contact Rob: Rob.Edgar@groundswell.org.uk*

## The Pavement Network project in Glasgow

Working with the Lodging House Mission day centre in Glasgow this project is about mapping the network of places that offer help and support for those who are

homeless or have experienced – homelessness and other issues that can make us feel excluded.

We're not just interested in places that offer emergency help. We're also looking to capture – in word, sounds and images – the places that can help us rebuild our lives, from volunteering opportunities to community meals and bike projects. We'll be out taking photos and doing interviews, and are creating a blog. With the help of an artist we're also building a visual map of all the information we gather.

All sessions are open to everyone – no experience required – and all materials provided. Suggestions are always welcome so come along to our Tuesday morning sessions from 10-12noon at the Lodging House Mission, Glasgow and help us

network.

*To find out more contact Karin: karin@thepavement.org.uk*

**At one of our first sessions of the Network project participants discussed what they want for the services supporting them. Here's what we wrote together.**

At the best places you're always welcome. You could look like death warmed up and someone will still say: "Morning". They treat you like a person. In the evening it's: "Hello my friend" and out goes the hand. Manners, treating someone well, wee friendly things, that makes a big difference.

But at the same time there are some questions you don't want asked. As someone who is a different colour I don't want to always be asked: "Where are you from?" That's not always a friendly question. It can be about questioning: "Are you legally here? Are you entitled to what we are offering?"

What you're looking for is somewhere that's welcoming to anyone, where everyone is treated the same. If it's somewhere where some people pay, like a café or a community meal, then you still don't want to be treated differently if you are there for what they also offer for free. It shouldn't matter.



Groundswell Volunteers, London © Jennifer McCord

Religion can create a barrier – it can make it feel like people will only help you if you fit their criteria. There can be practical reasons, like if you're Muslim you want to eat Halal and some people might want that, but it's important there are no conditions put on the help that is offered.

It's nice to go to somewhere that is a lovely place. If you know that someone is taking pride in how somewhere looks then it makes you think they will also treat people well. It's wee touches, like a garden or a nice place to sit.

What you call me matters too. Some people hate the word service user – not everyone does, I know it's factual - you're using a service. But it can be a stigma. I don't want to be in this situation. I'm trying to stand on my own feet.

Customer or client is sometimes

the right word – like if I'm in a B&B or hostel and as a result of me they are earning £700 a week, then the owner or the staff should treat me with some respect! Member is a nice word because it feels like you're part of something.

Having somewhere that's in the community – a community centre – that works well. You can meet other people that are part of the same struggle. It should be run by the community itself, it's more likely to be longer lasting.

Even when there's no money about, the people who are part of that community will help each other. They have a common cause.

*Written jointly by members of the Pavement Glasgow group*

## Controlling the rent

**Joey Simons, events organiser with the Glasgow branch of the Living Rent tenants union tells Jamie Jackson why he's campaigning to see Rent Pressure Zones introduced.**

A private let is now the most common last address given by people who end up homeless. Thanks to benefit caps many people find themselves without somewhere to stay because they can no longer afford the bills.

It's no wonder. UK rents are expected to rise faster than house prices over the next five years. The average monthly rent paid for new lettings in greater London in July was £1,564. Even in Scotland rent has doubled just over a decade and the average rent is now 78 percent of the monthly income of an 18-20 year old working full time. Over to Jamie and Joey....

**Jamie:** What are your objectives and how are you going to achieve them?

**Joey:** Rents are increasing every year. Our objective is to get a rent pressure zone implemented across the whole of Glasgow to ensure that rents are capped. So far we've dealt with individual cases and we've done direct actions to prevent evictions or to ensure people get deposits back.

This is kind of on a bigger level,



Joey Simons from Living Rent © Jamie Jackson

dealing with rents across the whole of the city. We want to use a variety of tactics basically to raise the issue of the rent pressure zone and to put pressure on Glasgow City Council to make that application to the Scottish Government.

Landlords and letting agencies and also politicians have been responsible for this situation developing in Glasgow.

**Jamie:** If I wanted to get involved with this how could I take part in this direct action or canvassing?

**Joey:** People can come and organise in their own neighbourhood if they are concerned about rents in their place. Just go out and get in touch with Living Rent and we can go around door to door and speak to people and do some canvassing. We're organising a series of public meetings as well where people can come and talk about their own personal experience and bring their own ideas.

**Jamie:** Could you tell us a little about the SNP MSP Ruairi Kelly's involvement?

**Joey:** The SNP is the largest party in the [coalition] Glasgow City Council but they are in a minority. It supports the idea of a rent pressure zone and to start making that application. We need to come at this from all angles so if we've got councillors and people within the city chambers to support a rent pressure zone and who are going to help that application and that's excellent.

We need to work together: we need people getting out in their own communities, through people demonstrating the hardship that rent increases have caused them.

**Jamie:** What's brought you to work with living rent and what are the main issues that got you interested?

**Joey:** Well for me, it was being involved in political campaigns for

a long time, things around benefit cuts, democratic rights, rights to protest in the streets. Housing is the key issue that's facing people cause no matter whether you're working or unemployed or if you are homeless, housing is key to a dignified life.

There's been a massive destruction in council housing, sell offs of public housing and demolitions. This has forced people into the private sector.

Personally, I've lived in ten different flats in the last ten years; that's just the reality of the private sector.

For me this campaign is something exciting, that's positive, that's got real potential to grow because there's been no housing organisation. There's been no tenancy union in Glasgow for a long time. Instead of responding to crisis there's a chance for tenants to organise together and build something long term.

#### What is a rental pressure zone:

From 1 December 2017, local councils in Scotland can apply to the Scottish Government to have an area designated as a 'rent pressure zone' (RPZ) if they can prove that rents in the area are rising too much and the rent rises are causing problems for the tenants.

It would mean rents in the city were capped for up to five years at the consumer price index plus one percent.

[www.livingrent.org](http://www.livingrent.org)



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## News: St Mungo's calls for hostel action

The charity St Mungo's has called on the government to make sure there is funding for hostels across the UK.

The request arrived on World Homeless Day (October 10), with a government announcement on supported housing due imminently.

Government strategy to tackle the homelessness rise has been in the spotlight recently, following the National Audit Office's report into the current approach. The report found that funding for housing related support fell by 45 per cent between 2010-11 and 2014-15.

Unsurprisingly the number of homeless accommodation beds fell by 18 per cent in England over the last seven years, whilst there has been a 134 per cent increase in the number of homeless people in the country over that same time-frame.

Research by the Save Hostels Rebuild Lives campaign and the National Housing Federation estimated there was a shortfall of 16,692 places in supported housing for working-age people in 2015/16, costing roughly £361 million.

Homeless Link found that offering people at risk of homelessness a safe and supported place to stay saves £6,703 per person per year by reducing costs to health, social care and criminal justice services.

Hostels today operate on a shoestring budget. Post 2010 the vast majority of councils slashed their Supporting People budgets

as austerity bit. The legacy of these cuts is a dearth of hostels and beds to support the increasing number of homeless people.

St Mungo's supports 2700 people who are homeless every night, providing counsel and a bed.

*Chief executive Howard Sinclair has outlined the value of hostels: "Hostels are the primary route out of rough sleeping in this country," he said.*

Official figures taken from autumn 2016 found 4134 people were sleeping rough on a single night in England.

Evidently a rethink on the current apathy gripping the government approach to the dilemma concerning hostels is needed.

Proposals on hostel funding include capping the housing benefit entitlement of supported housing residents and increasing the reliance on relatively insecure local discretionary funding. St Mungo's claims this will only make the current situation worse.

Sinclair added: "The government must first secure these vital services that provide a place of safety and hope for thousands of people."

*Jake Cudsi*

## One way ticket

Leading charities have condemned the practice of local authorities removing homeless people from their own areas by giving them one-way tickets to other parts of the UK.

Homeless Link, a large England-wide group of charities, has criticised the practice, with Crisis claiming local authorities are "passing the buck" on homeless people.

A BBC News enquiry found that a large number of councils have been buying one-way tickets for rough sleepers. Manchester City Council has reportedly spent almost £10,000 on these tickets in the past six years, but has kept no official records of how many individuals have been given the tickets.

Authorities practising the scheme claim it is used to re-connect people with areas they may have family, friends, or support networks in.

Caroline Roundhill of Bournemouth Borough Council - which has recorded 144 "reconnections" in under four years - told *The Independent* that their policy "involves reconnecting rough sleepers who have no local connection to Bournemouth."

She said: "It is a planned package delivered by our rough sleeper team to connect people to where they have accommodation options and can access suitable support, liaising closely with other local authorities."

However, one rough sleeper, Gareth Glendall-Pickton, told BBC



One-way tickets for rough sleepers  
© Chris Eisenbahner, Flickr

News that he had been living in Bournemouth his whole life, but was offered a one-way ticket to Manchester despite having never even visited the city.

*"It made me feel sick," he explained. "I've lived here all my life... it's soul-destroying."*

Homeless Link chief executive Rick Henderson said: "Simply displacing rough sleepers without offering support is not solving the issue, and at worst can exacerbate their situation, leaving them more isolated and at risk of deteriorating physical and mental health."

*Marco Biagini*

## News in Brief

### Universal lack of credit

The chaotic roll-out of Universal Credit is reportedly causing many poor families to become homeless.

The new benefits system is being piloted in selected areas of the UK but delays in the system are preventing people from receiving their much-needed financial support.

Homelessness charity worker Laurie Goss was helping a single mother with young children who was affected by an automatic six-week delay involved in switching from housing benefit to the new system.

"Delays in payments of Universal Credit led to her being evicted for rent arrears," he told *the Manchester Evening News*.

Following a survey which found that just 2 in 10 private landlords would rent to people on Universal Credit, Jon Sparkes, the CEO of Crisis, said: "Far too many people are experiencing delays in their payments, meaning they can't pay their rents. At best, landlords will start to see recipients of Universal Credit as risky tenants".

Crisis have called on the UK government to commit £31m per year to a new Help to Rent scheme to help homeless people find stable accommodation.

In October, MPs voted 299 to 0 in favour of pausing Universal Credit in a parliamentary vote that all Tory MPs were instructed to boycott.



Universal Credit in Chaos © Andrew Writer, Flickr

However, despite this landslide victory, the vote is not legally binding and cannot force the government to halt the failing system.

### Universal basic services

An academic report from a former senior government official has suggested that the government should pay for free housing, food, transport and internet for all UK citizens.

Jonathan Portes and Prof Henrietta Moore of University College London have proposed a new "universal basic services" system which would cost around £42 billion to run, and be paid for by large tax increases for the British public.

The report also warns that the UK will be hit by many job losses in coming years due to the rapid advance of technology.

Shadow chancellor John McDonnell told *the Guardian* the report offered new thinking "on

how we can create an economy that is radically fairer and offers opportunities for all."

### Sleep in the Park

Sleep in the Park, a sleepout encouraging members of the public to reach fundraising targets for homeless charities will take place in West Princes Street Gardens, Edinburgh on 9 December.

Up to 9,000 people are hoped to attend the event, with numerous performances from artists and celebrities such as Rob Brydon, Liam Gallagher and John Cleese.

Event organiser Josh Littlejohn told *BBC News* that fixing the problem is not impossible. He said: "The statistics of homelessness in Scotland are not insurmountable - we only need to help 11,000 people back to their feet. Together we can do that."

### China uproots poverty

China's government are using a drastic new tactic to deal with the country's critical poverty issues.

The highly populated country's official poverty-line sits at earning just \$1.17 (around £0.89) per day, with millions of citizens living in remote, mountain communities miles away from electricity, main roads and high-paying jobs.

The government's radical plan

involves uprooting these remote communities and moving people into huge housing complexes on the outskirts of large metropolises cities.

Despite being forced to leave his home, farmer Dang Xiaosi told *NPR*, "I've been wanting to leave for a while, when [the authorities] tell me to." But also added: "Tell the government not to charge us for electricity. You journalists can do that. They won't listen to us villagers."

### Europe's sad statistics

The European Union's statistical office, Eurostat, has published a report which highlights the changes in Europe's poverty numbers since the 2008 financial crash.

The report showed an overall decrease in poverty figures, suggesting that many European countries are moving in a positive direction.

However, the report also shows that over 115 million Europeans are still living either in poverty or in a state of social exclusion.

Three countries - Bulgaria, Romania and Greece - reported that over a third of their respective populations were at risk of poverty or social exclusion.

Even some of the highest performing countries like the Netherlands have seen up to a 2 per cent increase in poverty levels since the 2008 recession.

## Norfolk homelessness doubles

The National Audit Office recently published statistics on homelessness in the UK, showing that the number of people sleeping rough in Norfolk has increased by 100 per cent over the past five years.

Norfolk's towns have seen a dramatic increase in homeless people since 2015, and some blame a decrease in government spending to try and fix the problem.

Norwich, Norfolk's largest town, has seen an increase in rough sleepers despite reportedly spending £7.1m to tackle the issue between 2015/16.

Critics point out that this figure is less than the £11.7m Norwich spent in 2009/10.

Derek Player of St Martin's Housing Trust condemned the lack of affordable housing in the regions.

He told *the Norfolk Eastern Daily Press*: "The bottom line, of course, is the very low number of new homes being built in the social sector at rents that people can afford – even if they are benefit dependent"

## Chinatown vs. Poverty-porn

Residents of New York's Chinatown community have lashed out against an art installation at a prestigious art gallery.

An exhibition by Israeli artist Omer Fast involved the transformation

of the James Cohan Gallery into a stereotypical Chinatown storefront, featuring old red lanterns, broken cash machines and graffiti.

The gallery and artist claim the artwork "speaks about community, citizenship and identity" whilst the activist group Chinatown Art Brigade (CAB) have condemned the exhibition as racist.

CAB published a statement on their website, saying: "The artist's choice to ignore the presence of a thriving community filled with families and businesses reduces their existence to poverty porn."

## Micro-homes swing into action

Teenager Keiran Evans has been handed over the keys to the UK's first 'iKozie' micro-home for homeless people, which is based on the compact design of yachts and aeroplane cabins.

Each iKozie home includes one bedroom, a fully-furnished kitchen, a bathroom and a living room space - but costs a huge £40,000 to build, raising questions about the sustainability of this project.

However, Evans, who had been sleeping rough for a year, told *the Metro*: "I'm ecstatic, genuinely so happy to have my own space. It's like a compact luxury apartment."



Chinatown, Manhattan © Chensiyuan, Wikimedia Commons

## Working for poverty

Over half of Londoners living in poverty are part of working households, according to a study by the Trust for London.

The capital city is currently home to some 2.3 million people living below the poverty line, and the new study shows that 58 per cent of those people live in households in which someone has a regular income.

Of this total, around 700,000 are children, 200,000 are pensioners and 1.4 million are working-age adults.

Despite the overall poverty rate in London dropping by 2 per cent since 2012, the percentage of impoverished individuals in working households has increased by 14 per cent over the past decade.

## Educating girls to tackle poverty

*The Guardian* has hosted a seminar in New York to discuss the positive impact of equal education rights for boys and girls.

In many countries, girls are either prevented from attending school, or are forced to stop education in order to get married.

Each year 15 million girls under the age of 18 are married, meaning they can no longer attend school.

But experts say granting girls equal access to education is vital to eradicating poverty.

According to a report from the World Bank, educated young women tend to be healthier, have fewer children, marry later and participate in the economy more.



# Breast Cancer Action Update

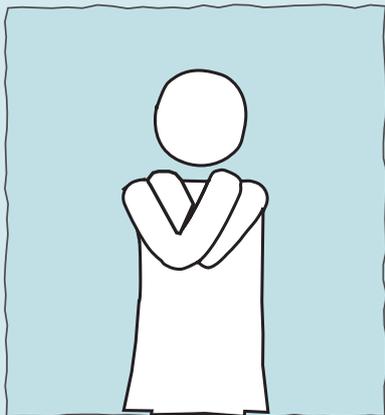
Most breast lumps (90 per cent) aren't cancerous, but it's always best to have them checked by your doctor.

Go to the doctor if you find: a new lump or area of thickened tissue; change in the size or shape or one or both breasts; a rash on or around your nipple; a lump or swelling in your armpit; dimpling on the skin of your breasts; a change in appearance of your nipple.

**32** per cent of cancers diagnosed in women are breast cancer

You are **much** less likely to need a mastectomy if your cancer is detected **early**

In the UK, breast cancer survival has **doubled** in the last 40 years



For more information:

- [www.breastcanceruk.org.uk](http://www.breastcanceruk.org.uk)
- [www.macmillan.org.uk](http://www.macmillan.org.uk)

Follow these 3 steps to check for lumps. Do this once a month:

## In front of a mirror

Look at your breasts with your arms by your sides. Then raise your arms high overhead. Look for any changes in the shape, any swelling, or dimpling of the skin, or changes in the nipples.

Next, rest your palms on your hips and press firmly to flex your chest muscles. Left and right breasts will not exact match - few women's breasts do - so look for any dimpling, puckering or changes, particularly on one side.

## Lying Down

When lying down, the breast spreads out evenly on the chest. Put a pillow under your shoulder and an arm behind your head.

Using your hand, move your fingers around your breast gently in small circular motions, covering the entire breast area and armpit.

Squeeze the nipple; check for discharge and lumps. Repeat for the other breast.

## Shower

Using your fingers, move around your entire breast in a circular direction, moving from the outside to the centre.

Check the entire breast and don't forget your armpit area. Check both breasts every month, feeling for any changes.

Remember to get any lumps evaluated by a GP.

# 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

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

## 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

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

Visit [www.thepavement.org.uk](http://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 affect 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 hygienically unsafe accommodation
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](http://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](http://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](http://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](http://www.thepavement.org.uk) for a full PDF version of this page, with more detailed information on your housing rights.

## KEY TO ALL SERVICES

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

Email changes and suggestions to:  
[val@thepavement.org.uk](mailto:val@thepavement.org.uk)

Updated: October 2017 but please  
note Christmas times may vary.

## DAY CENTRES/DROP-INS

### 240 PROJECT

116 Bramley Road, London W10 6SU  
0207 221 7530; [www.240project.org.uk](http://www.240project.org.uk)

Mon–Wed: 11am–4pm

Ring for details or check the timetable.

[AC](#), [CL](#), [F](#), [FF](#), [IT](#), [LA](#), [MD](#)

### 999 CLUB (DEPTFORD CENTRE)

21 Deptford Bdw, SE8 4PA

020 8695 5797

Mon: 9–12am (mental health); Tue:

9–12am (Samaritans); Wed: 9–12am

(drug & alcohol); Thu: 9–12am (nurse);

Mon–Fri: 9–12am (9–10.30am rough  
sleepers only)

Warm & welcoming. Learning &  
activities & specialist healthcare.

[AH](#), [AD](#), [A](#), [AC](#), [B](#), [BS](#), [CA](#), [D](#), [ET](#), [FC](#), [IT](#), [L](#), [LA](#), [MS](#),  
[MH](#), [TS](#)

### ACE OF CLUBS

St Alphonsus Rd, Clapham, SW4 7AS

020 7720 2811; [aceofclubs.org.uk/](http://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](http://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/](http://www.ashfordplace.org.uk/)

Fri: 10.30am–5pm; Mon–Thu: 9.30am–5pm  
 Outreach, floating support, health & wellbeing, alcohol & drugs help 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**  
 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.  
**BS, CL, F, IT, LA, MS**

### CARPENTERS CAFÉ

Carpenters Estate Comm Hall, 17 Doran Walk, 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**

### CHELSEA METHODIST CHURCH PASTORAL CARE

155a Kings Rd, SW3 5TX  
**020 7352 9305; www.chelseamethodist.org.uk/**  
 Mon, Tue, Thu: 9am–2.00pm (last laundry 1pm)  
**CL, L, F**

### CLAPTON COMMUNITY DROP-IN

Round Chapel Old School Rooms, Powerscroft Rd, E5 OPU  
**coordinator.claptondropin@gmail.com**

Wed: 12.30am–3.30pm (Job Club); Sun: 2.30pm–4pm  
**AH, BA, FF, LA, MH, OL**

### COOLTAN ARTS

3rd Fl, 224–236 Walworth Rd SE17 1JE  
**0207 701 2696; www.cooltanarts.org.uk/**  
 Tue–Fri: 10am–5pm  
 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  
 16+.  
**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)

c/o West London Family Church, 230 Lillie Rd, SW6 7QA  
**020 7385 5791; www.eccp-ywam.org.uk/**  
 Wed: 2–4pm (coffee bar)  
**CL, FF, SF**

### FAITH IN ACTION (HOMELESSNESS PROJECT 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

Woolwich Common Community Centre, Leslie Smith Sq, SE18 4DW  
**07429031389; greenwichmigranthub.com/**  
 Tue: 10.30am–1.30pm  
 Drop-in offering immigration, housing & domestic violence advice & a hot meal.  
**AH, AD, BA, FF, LA, SF**

### HOLY TRINITY BROMPTON (HTB) SHELTER

HTB Queen's Gate, SW7 5LP  
**020 7590 8248 or 07788 466 966; www.htb.org/htb-shelter-and-night-shelter**  
 Tue: 9.30am–5.30pm (office hours);  
 Wed & Fri: 9am–2pm (day shelter; office hours 8am–4pm)  
**AH, AD, A, BS, BA, CA, C, F, FF, IT, MH, OL, OW**

### HOMELESS ACTION IN BARNET (HAB)

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  
**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 (rough sleepers' drop-in, advice & classes)  
 Fri: 9.30–12.30pm (rough sleepers, advice & classes)  
**Women-only.**  
**AH, BS, BA, CL, ET, FF, IT, LA, TS**

### NEW HORIZON YOUTH CENTRE

68 Chalton St, NW1 1JR  
**020 7388 5580; nyouthcentre.org.uk**  
 Mon: 2–4pm (alcohol support); Mon–Fri: 10.30am–4pm (10.30am–1pm advice)  
 For people 16–21. Free lunch.  
**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 Ch Hall, Stoke Newington Rd,

#### KEY

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

<b>FC</b> Foot care	<b>LS</b> Luggage storage	<b>NE</b> Needle exchange	<b>SF</b> Step-free
<b>IT</b> Internet access	<b>MD</b> Music/drama	<b>OL</b> Outreach worker links	
<b>L</b> Laundry	<b>MH</b> Mental health	<b>OW</b> Outreach workers	
<b>LA</b> Legal advice	<b>MS</b> Medical/health services	<b>SH</b> Sexual health	
<b>LF</b> Leisure facilities		<b>TS</b> Tenancy support	

N16 7UE  
07745227135; [www.nlah.org.uk/](http://www.nlah.org.uk/)  
Mon: 12am–1.30pm; Wed: 7–8.30pm  
**FF, OW**

### PROVIDENCE ROW

The Dellow Centre, 82 Wentworth St,  
Aldgate, E1 7SA  
020 7375 0020; [www.providencerow.org.uk](http://www.providencerow.org.uk)  
Mon–Fri: 9am–3.30pm (needle  
exchange – closed 12.30–1.30pm);  
Mon: 10–11.30am (men’s group);  
2pm–3pm (yoga); Tue: 11.30–  
12.30am (relaxation); 9.30–12.30am  
(homeopathy); Wed: 11.30am–1pm  
(peer support, addictions); 2pm–3.30pm  
(women); Thu: 11am–1pm (art &  
wellbeing); Fri: 10–11.30am (computer-  
assisted therapy); 10–11.30am (self-  
harming support group)  
**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/](http://parish.rcdow.org.uk/)  
kentishtown  
Mon, Wed, Fri: 2–3pm; Sun: 3–4pm  
**AH, FF**

### SHOREDITCH COMMUNITY PROJECT

St Leonard’s Church, 116–18 Shoreditch  
High St, E1 6JN  
0207 613 3232; [www.sct.org.uk/](http://www.sct.org.uk/)  
Mon & Wed: 9.30–12.30am; Tue:  
2–4pm  
**AH, AD, A, BA, DA, D, ET, FF, OL**

### SILOAM COMMUNITY SERVICES

c/o Salvation Army, Lower Community  
Hall, Nunhead Green, SE15 3RT  
020 8695 8873; [www.siloamcs.co.uk](http://www.siloamcs.co.uk)  
Tue: 7–8pm (meal); Tue & Thu: 10am–  
2pm (café & drop-in, housing advice)  
**AH, BA, CL, F, FF, MH, TS**

### SPIRES CENTRE

8 Tooting Bec Gdns, SW16 1RB  
020 8696 0943; [spires.org.uk](http://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)  
**AH, AD, A, BS, BA, CL, C, D, ET, FF, FC, LA, MS,  
MH, MD**

### SPITALFIELDS CRYPT TRUST (NEW HANBURY PROJECT)

22a Hanbury St, Spitalfields, E1 6QR  
020 7613 5636; [www.sct.org.uk/  
hanbury.html](http://www.sct.org.uk/hanbury.html)  
**AC, BA, C, ET, IT**

### ST CUTHBERT’S CENTRE

The Philbeach Hall, 51 Philbeach Gdns,  
Earl’s Court, SW5 9EB  
020 7835 1389; [www.  
stcuthbertscentre.org.uk/](http://www.stcuthbertscentre.org.uk/)  
Mon–Fri: 10.30am–3.30pm  
**AH, AD, AC, BS, CL, C, F, IT, OL, OW**

### ST MUNGO’S BROADWAY (BROADWAY CENTRE)

Broadway Centre, 13–14 Market La,  
W12 8EZ  
020 8735 5810; [www.mungos.org/](http://www.mungos.org/)

Fri: 10–12am (acupuncture); Wed & Fri:  
10.30–12am (rough sleepers);  
Wed: 10–12am (optician, monthly Hep  
C clinic); Thu: 10–12am (nurse); Mon:  
10–12am (nurse & podiatry)  
**AC, CL, ET, FC, MS, MH, MD, OW**

### THAMES REACH (CAMDEN SPECTRUM)

Camden Spectrum, 6–8 Greenland St,  
NW1 0ND  
020 7267 4937; [CamdenSpectrum@  
thamesreach.org.uk](http://CamdenSpectrum@thamesreach.org.uk); [www.  
thamesreach.org.uk](http://www.thamesreach.org.uk)  
Mon–Fri: 9.30am–7pm  
**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](http://www.thecaravan.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](http://www.connection-at-stmartins.org.uk)  
Mon, Tue, Thu, Fri: 9am–1pm; Wed:  
9–12.30am; Sat & Sun: 9am–1pm  
(invite only)  
16+. Visit website for more 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/](http://www.hcct.org.uk/)  
Mon: 4–9pm (drop-in); Wed & Fri:  
12am–3pm (refugee & asylum seekers)  
**AD, FF, IT, LA, OL**

### THE MANNA AT ST STEPHEN’S

17 Canonbury Rd, N1 2DF  
020 7226 5369; [www.themanna.org.  
uk/](http://www.themanna.org.uk/)  
Tue: 7–9pm; Fri: 9–11am; Wed: 1–3pm  
**AH, AD, A, AC, BS, BE, BA, CA, CL, DA, FF, IT, L, LA,  
LF, MD, OL, SF, TS**

### THE MANNA CENTRE

12 Melior St, SE1 3QP  
020 7357 9363; [www.mannasociety.org.uk](http://www.mannasociety.org.uk)  
Mon & Fri: 9.30am–1pm (nurse); Mon–  
Fri: 10.30am–1pm (computers); Mon  
& Wed: 10–11am (clothing); Tue: 9.30–  
12am (mental health) & 10am–1pm  
(chiropodist 1st & 3rd wks); Wed: 10am–  
1pm (osteopathy); Thu: 9.30am–1pm  
(health advice for refugees);  
Sun: 10.30–11.30am (clothing, 2nd, 3rd  
& last of month, Oct–May)  
**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/](http://www.unionchapel.org.uk/about-us/the-margins-project/)  
Wed: 11am–2pm; Mon: 11am–2pm  
(women only)  
**BS, CL, DA, F, LA, MS,**

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	C	Counselling	DT	Dentist	FF	Free food

FC	Foot care	LS	Luggage storage	NE	Needle exchange	TS	Tenancy support
IT	Internet access	MD	Music/drama	OL	Outreach worker links		
L	Laundry	MH	Mental health	OW	Outreach workers		
LA	Legal advice	MS	Medical/health services	SF	Step-free		
LF	Leisure facilities			SH	Sexual health		

## THE PASSAGE

St Vincent's Centre, Carlisle Pl, SW1P 1NL  
020 7592 1850; [passage.org.uk](http://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  
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](http://www.salvationarmy.org.uk/chalk-farm)  
Mon: 6pm–8pm (men); Wed: 6pm–  
7.30pm (men & women)

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](http://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 &  
enquiries); Tue: 2.30–4pm (art, board  
games); Tue: 11–12am (JobcentrePlus);  
Thu: 10–12am (appointments); Fri:  
2.30p–4pm (table tennis; advice &  
enquiries)

AH, BA, CL, LA

## TRIONPHANT CHURCH INTERNATIONAL

136 W Green Rd, Sth Tottenham, N15

5AD  
020 8800 6001; [www.triumphant.org.uk](http://www.triumphant.org.uk)  
Sun: 11am–2pm (food bank); Wed:  
7–8pm (hot meal); Sun: 9–10am (hot  
breakfast)  
Five Loaves Food Bank is by referral from  
Haringey agencies.

AD, CL, FF

## UPPER HOLLOWAY BAPTIST CHURCH

11 Tollington Way, N7 6RG  
020 7272 2104; [www.stjohnsarchway.com/archway-drop-in-centre/](http://www.stjohnsarchway.com/archway-drop-in-centre/)  
Mon: 10–12am (sandwiches, soups,  
drinks)  
Counselling, advice & info. £1 for food.

CL, F, LA

## WEBBER STREET (LONDON CITY MISSION)

6–8 Webber Street, London SE1 8QA  
020 7928 1677  
Mon–Sat: 9.30–10am (breakfast);  
10–11.30am (showers, clothing – not  
Fri); Tue & Thu: 10–12am (nurse);  
Fri: 9am–12am (advice & info drop-in)  
Closed first Wed of each month.

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

## WEST LONDON DAY CENTRE

134–136 Seymour Pl, London  
020 7569 5900; [www.wlm.org.uk/what-we-do/wldc](http://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 (drop-in for

those with tenancies)  
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](http://www.whitechapel.org.uk)  
Mon–Sun: 6–11am (breakfast 8–10am);  
Sat: 12am–2.30pm (women)

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

## WSUP (THE WEEKEND SERVICE USER PROJECT)

Woolwich Central Baptist Church,  
Simmons Rd, SE18 6UX  
07580322891; [wsupwoolwich.org/](http://wsupwoolwich.org/)  
Sat: 10.30am–2.30pm (clothing 3rd Sat  
of month)

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](http://www.knaphillchurch.co.uk/agape.htm)  
Wed: 7.45–9.15pm (Embankment)

### AMERICAN INT'L CHURCH SOUP KITCHEN

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

020 7580 2791; [amchurch.co.uk/soup-kitchen](http://amchurch.co.uk/soup-kitchen)  
Mon, Tue, Thu, Fri, Sat: 10–12am

### AMURT

020 88064250; [www.amurt.org.uk/who-we-are/amurt-uk/](http://www.amurt.org.uk/who-we-are/amurt-uk/)  
Thu: 6.15–7.30pm (Lincoln's Inn Fields)

### ASLAN

[www.allsouls.org/](http://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)

### BLOOMSBURY CENTRAL BAPTIST CHURCH

235 Shaftesbury Ave, WC2H 8EP  
020 7240 0544  
Sun: 12.30am–2.30pm  
Some tickets for Sun roast at 10.30am.

### BRIDGES

Memorial Community Church, 389–395  
Barking Rd, E13 8AL  
020 7474 6603  
Sat: 8–11.30am (breakfast 9–11am);  
Mon: 10am–2pm

### CARPENTERS CAFÉ

Carpenters Estate Comm Hall, 17 Doran  
Walk, Stratford E15 2JL  
07932 661 089; [carpenterscafe.co.uk/](http://carpenterscafe.co.uk/)  
Tue: 10am–12am (food, drinks, clothes,  
books, toiletries, showers)

### CHRIST APOSTOLIC CHURCH (BETHEL) UK

217–23 Kingsland Rd, Hackney, E2 8AN

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/showers	D	Drugs workers	ET	Education/training
AH	Accommodation/housing advice	BS	Bathroom/showers	DA	Debt advice	F	Food
C	Counselling	C	Counselling	DT	Dentist	FF	Free food

FC	Foot care	LS	Luggage storage	NE	Needle exchange	SF	Step-free
IT	Internet access	MD	Music/drama	OL	Outreach worker links		
L	Laundry	MH	Mental health	OW	Outreach workers		
LA	Legal advice	MS	Medical/health services	SH	Sexual health		
LF	Leisure facilities			TS	Tenancy support		

020 7729 4375/ 661  
Sat: 2–3.30pm (last Sat of month); Sun:  
8–9am

### CHRISTIAN KITCHEN

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

### 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  
All applications by referral.

### COMMUNITY OF SANT'EGIDIO

07595 931348  
Sat: 5–7pm (Glooucester Rd tube, Ken  
High St, Victoria Stn); Sat: 3–7.30pm  
(tea & cakes, Carmelite Priory, Pitt St W8  
4JH – see [santegidio.org.uk](http://santegidio.org.uk) for details)

### COMMUNITY TABLE

Southcroft Church (Ichthus), 276  
Mitcham Lane, Streatham, SW16 6NU  
020 8677 0880  
Thu: 11am–2pm

### 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

### EMMANUEL PENTECOSTAL CHURCH

374 Lee High Rd, SE12 8RS  
020 8852 8261  
Tue: 6–8pm

### FARM STREET CHURCH

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

[www.fast58.org.uk/](http://www.fast58.org.uk/)  
Fri: 8.45–11pm (Strand, near Ryman's);  
Fri: 9.15–10.30pm (Waterloo, near  
IMAX)

### THE HUB

101a Pears Road, Hounslow TW3 1SS  
020 8569 5359  
Tue & Thu: 10–12am (drop-in)

### 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

### FLOWING RIVERS FOUNDATION

07985585996  
Tue: 7–10pm (fellowship – Castle Green,  
Dagenham); Sun: 6.30–8pm (2nd & 3rd  
week of month – Lincoln's Inn Fields)

### FOODCYCLE

020 7729 2775; [foodcycle.org.uk/](http://foodcycle.org.uk/)  
Wed: 1–2pm Southwood Smith Centre,  
N1 0LY; 6.30–7.30pm St Paul's Church,  
NW1 6NJ; Thu: 12.30am–1.30pm New  
Kingshold Centre, E9 7LP; Sat: 1.15pm–  
2.15pm Lewisham Irish Community  
Centre, SE6 2AZ; Sat: 5.30–6.30pm  
All Saints Church Hall, SE15 4QS; Sun:  
1–2pm Somers Tn Com Centre, NW1  
1EE; 2–3pm (for people living with HIV)  
The Food Chain, Acorn House, WC1X  
8DP

### GOOD SAMARIA NETWORK

0203 651 0869  
Sun: 6–7pm (Lincoln's Inn Fields)

### HARE KRISHNA FOOD FOR ALL

07946 420 827; [iskconuk.com/](http://iskconuk.com/)  
Mon–Sat: 12am–1pm (behind 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)

### HARINGEY MIGRANT SUPPORT CENTRE

St John Vianney Ch Hall, 386 W Green  
Rd, N15 3QL  
07544078332  
Mon: 1–5pm (drop-in, lunch)

### HARVEST OF GRACE TRINITY CENTRE

John Morris House Community Centre,  
164 St John's Hill, Battersea, SW11 1SW  
07904302139; [www.harvestogtc.com/](http://www.harvestogtc.com/)  
Sat: 10am–4pm (breakfast & lunch)

### EAT OR HEAT

1A Jewel Rd, E17 4QU  
Mon, Wed, Fri: 6.30–7.30pm  
[www.eatorheat.org](http://www.eatorheat.org)  
Emergency free food aid – referral only.

### HINDE STREET METHODIST CHURCH

19 Thayer St, W1U 2QJ  
020 7935 6179; [www.hindestreet.org.uk](http://www.hindestreet.org.uk)  
Wed: 4.30–8pm (not Xmas for New Year)  
Soup, sandwiches & drinks for 10p each;  
free sandwiches after 7pm.

### HOLY NATION CHURCH

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

### IMPERIAL COLLEGE

07831832332 (Cherisa)  
Sun: 8.30–9.30pm (Lincoln's Inn Fields)

### KING'S CROSS BAPTIST CHURCH

Vernon Sq, King's X Rd, WC1X 9EW

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	C	Counselling	DT	Dentist	FF	Free food

FC	Foot care	LS	Luggage storage	NE	Needle exchange	SF	Step-free
IT	Internet access	MD	Music/drama	OL	Outreach worker links		
L	Laundry	OH	Mental health	OW	Outreach workers		
LA	Legal advice	MS	Medical/ health services	SH	Sexual health		
LF	Leisure facilities			TS	Tenancy support		

020 7837 7182; [www.kingscrossbaptistchurch.com/](http://www.kingscrossbaptistchurch.com/)  
Tue: 11am–1pm

### LIGHTHOUSE SEVENTH-DAY ADVENTIST CHURCH

88b Cavendish Rd, N4 1RS  
0208 245 4917

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

### LOVE STREATHAM

Streatham URC, 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)

### 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  
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 (Tophill  
St); Mon: 9.30–10pm (Spitalfields)

### MUSWELL HILL CHURCHES SOUP KITCHEN

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

### NIGHTWATCH

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

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

### NORTH LONDON ACTION FOR THE HOMELESS

St Paul's Ch Hall, Stoke Newington Rd,  
N16 7UE  
07745227135; [www.nlah.org.uk/](http://www.nlah.org.uk/)  
Mon: 12am–1.30pm; Wed: 7–8.30pm

### NOTRE DAME CHURCH

020 7440 2660

Sat: 12.30am–2.30pm  
Sandwiches from ground floor of the  
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 & 4th Fridays of the month, 7–9pm.

### 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

### PRYORS BANK LUNCHES

Pryors Bank Pavilion, Putney  
Bri Approach, SW6 3LA  
Thu: 12.30am–1.45pm

### ROYAL CONNECTIONS

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

### SADHU VASWANI CENTRE

0844 500 1744  
Wed: 8pm–8.30pm (Lincoln's Inn  
Fields)

### SALLY'S KITCHEN – GOOD FOOD IN THE COMMUNITY

Salvation Army Hall, Southwell Gr,  
Leytonstone, E11 4PP  
07944281485; [www.facebook.com/SallysKitchenE11](http://www.facebook.com/SallysKitchenE11)  
12am–1.30pm

### SEVENTH DAY ADVENTIST CHURCH (STOKE NEWINGTON)

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)

**CHRISTMAS  
OPENING  
HOURS MAY  
VARY.**

### SIMON COMMUNITY

020 7485 6639; [www.simoncommunity.org.uk](http://www.simoncommunity.org.uk)  
Sat & Sun: 1–3pm (street  
café: St Giles, nr Centrepoint);  
Mon–Fri: 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)

### 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

### ST IGNATIUS'S CHURCH

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

### ST JAMES CONFERENCE OF SOCIETY OF ST VINCENT DE PAUL (SVP)

Tue & Fri: 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

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	C	Counselling	DT	Dentist	FF	Free food

FC	Foot care	LS	Luggage storage	NE	Needle exchange	SF	Step-free
IT	Internet access	MD	Music/drama	OL	Outreach worker links		
L	Laundry	MH	Mental health	OH	Outreach workers		
LA	Legal advice	MS	Medical/ health services	SH	Sexual health		
LF	Leisure facilities			TS	Tenancy support		

## ST JOHN VIANNEY CATHOLIC CHURCH

020 8888 5518; [parish.rcdow.org.uk/westgreen/](http://parish.rcdow.org.uk/westgreen/)  
Sat: 5.30–6pm (Temple)

## ST JOHN'S SOUP KITCHEN

St John the Evangelist, Brownswood Pk, Gloucester Dr, N4 2LW  
[www.sjebp.com/soup-kitchen.html](http://www.sjebp.com/soup-kitchen.html)  
Tue: 7.30pm–9.15pm (every week; advice 1st Tue of month)

## 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  
Thu: 6–8.30pm (register 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)

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	C Counselling	DT Dentist	FF Free food

## SUFRA NW LONDON

160 Pitfield Way, Stonebridge, NW10 0PW  
0203 441 1335; [www.sufra-nwondon.org.uk/](http://www.sufra-nwondon.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)

## TEEN CHALLENGE LONDON

020 8553 3338; [www.tclondon.org.uk/](http://www.tclondon.org.uk/)  
Mon: 9–11pm (Whitechapel); 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 stn)

## THE CABIN

St Gabriel's Community Centre, 41 Hatchard Rd, N19 4NG  
020 7272 8195  
Mon–Sun: 8.30–9.30am; Thu: 12am–1pm

## THE HUB

101a Pears Road, Hounslow, London TW3 1SS  
020 8569 5359  
Tue & Thu: 10–12am (drop-in)

## 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; <http://>

## swisschurchlondon.org.uk/community/local-community/

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)

## TRIUMPHANT CHURCH INTERNATIONAL

136 W Green Rd, Sth Tottenham, N15 5AD  
020 8800 6001; [www.triumphant.org.uk](http://www.triumphant.org.uk)  
Sun: 11am–2pm (food bank); Wed: 7–8pm (meal); Sun: 9–10am (breakfast)  
Foodbank is by referral.

## 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)

## WINTER SHELTERS

### 999 CLUB (DEPTFORD CENTRE)

21 Deptford Bdwy SE8 4PA  
020 8695 5797; [www.999club.org/our-](http://www.999club.org/our-)

FC Foot care	LS Luggage storage
IT Internet access	MD Music/drama
L Laundry	MH Mental health
LA Legal advice	MS Medical/health services
LF Leisure facilities	

## services/winter-night-shelter/

Winter shelter (dates TBC): Jan to Mar: 8pm–8am  
Winter shelter referrals via agencies of the 999 Club Gateway Centre. 21+, dry, 30 spaces.

## ASHFORD PLACE ASSESSMENT CENTRE

60 Ashford Rd, Cricklewood NW2 6TU  
020 8208 8590; [www.ashfordplace.org.uk](http://www.ashfordplace.org.uk)  
Shelter open year-round: for CHAIN verified clients, phone 020 8208 8595. For rough sleepers in Brent, refer to StreetLink ([www.streetlink.org.uk](http://www.streetlink.org.uk))

## BROMLEY WINTER NIGHT SHELTER

c/o Bromley Council Homelessness Service, Civic Centre, Stockwell Close, Bromley BR1 3UH  
020 8464 4848/07806 602 347; <http://bromleyshelter.weebly.com/>  
22 Nov to 14 Mar: 7.30pm–10am (closed during Crisis, 23–30 Dec)  
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. Contact Bromley Council Homelessness Team or agency for local connection, and shelter for other spaces.

## C4WS HOMELESS PROJECT NIGHT SHELTER

020 7278 6267; [c4wshomelessproject.org/](http://c4wshomelessproject.org/)  
3 Nov to 31 Mar: 7.30pm–8.45am  
Bed spaces for 16 guests, with separate

NE Needle exchange	SF Step-free
OL Outreach worker links	
OH Outreach workers	
SH Sexual health	
TS Tenancy support	

sleeping areas for men and women. Referrals only from Camden-based agencies with whom C4WS have a signed Service Level Agreement.

**CARIS ISLINGTON CHURCHES COLD WEATHER SHELTER**  
07913 020738; [www.carisislington.org](http://www.carisislington.org)

1 Jan to 31 Mar: 7.30pm–8.30am  
Free night shelter, food, showers and a safe place to sleep. Phone after completing and emailing a 1-page registration form to [icwvs@hotmail.co.uk](mailto:icwvs@hotmail.co.uk). 15 guests; 18+, dry.

**CRISIS CHRISTMAS**  
0844 251 0111; [www.crisis.org.uk](http://www.crisis.org.uk)  
22 Dec to 30 Dec  
Phone for referral details and transport details.

**CROYDON CHURCHES FLOATING SHELTER**  
07860 270 278;  
[croydonfloatingshelter.org/](http://croydonfloatingshelter.org/)  
1 Nov to 31 Mar: 7.30pm–8am  
Referrals via Croydon Reach (020 7870 8855), Croydon SNAP Team (020 8760 5498). Phone 8am–4pm to check vacancies.

**EALING CHURCHES WINTER NIGHT SHELTER**  
07930 378263; [www.ecwns.org.uk/](http://www.ecwns.org.uk/)  
25 Nov to 31 March: 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).

**ENFIELD WINTER SHELTER (ALL PEOPLE ALL PLACES)**  
[allpeopleallplaces.org/](http://allpeopleallplaces.org/)  
3 Jan to 20 Mar: 7pm–8am  
18+, mixed, 12 beds, dry, no smoking. Must want to break the cycle. Accept referrals from set local agencies only, mainly the Council or London Street Rescue in each borough. Email [info@allpeopleallplaces.org](mailto:info@allpeopleallplaces.org) with queries. Shelter opens at 7pm for 7.30pm dinner, with last admission at 7.45pm. No re-admission once booked in. Must leave by the time specified by the church, usually 8–8.30am.

**FINCHLEY CHURCHES WINTER SHELTER**  
020 8446 8400  
1 Dec to 31 Mar: 8pm–8am  
Referrals from Homeless Action Barnet, 15 beds, 18+, mixed, dry.

**FIRM FOUNDATION WINTER NIGHT SHELTER (HARROW – ALL PEOPLE ALL PLACES)**  
07979 836403; [allpeopleallplaces.org/](http://allpeopleallplaces.org/)  
7 Dec to 14 Mar: 7pm–8am  
Tue–Sun: 9am–5pm (office hours)  
Accept referrals from any agency – email [referrals@allpeopleallplaces.org](mailto:referrals@allpeopleallplaces.org). Age 18+; men only; beds for 12; dry; no smoking.

**FOREST CHURCHES EMERGENCY NIGHT SHELTER**  
07739 870411; [forestnightshelter.org.uk/](http://forestnightshelter.org.uk/)  
1 Nov to 31 Mar: 8pm–7.30am  
18+; mixed; dry; 30 spaces. Separate area for women. 18+ with a Waltham Forest connection. Referral via Fountain of Peace Day Centre and Housing

Solutions. Also accept self referrals - phone before 2pm.

**GLASS DOOR NIGHT SHELTERS**  
020 7351 4948; [www.glassdoor.org.uk](http://www.glassdoor.org.uk)  
6 Nov to 1 Apr: 8pm–7am  
The night shelters are in different churches, not all of which are step-free. 18+, mixed, dry, beds for 85 across 3 shelters, self-referral - phone first. Waiting list registration can be over the phone or online (<https://www.glassdoor.org.uk/Pages/Category/shelter>).

**GREENWICH WINTER NIGHT SHELTER**  
07985 496905; [www.churchgreenwich.org.uk/](http://www.churchgreenwich.org.uk/)  
3 Jan to 29 Mar, Mon–Sun: 7pm–8.30am  
Referral by agreed partner agencies must be confirmed by GWNS project worker. 18+, mixed, 15 places.

**GROWTH (TOWER HAMLETS)**  
<http://thisisgrowth.org/night-shelter/>  
2 Nov to 2 Jun: 7pm–7am  
Referrals 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

**HACKNEY WINTER NIGHT SHELTER**  
07736160282/ 07512137404; [www.hwns.org.uk/](http://www.hwns.org.uk/)  
Nov to Mar (dates TBC): 7.30pm–8am (6.30pm Sun)  
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 (ALL PEOPLE ALL PLACES)**  
07538 331521; [allpeopleallplaces.org/](http://allpeopleallplaces.org/)  
6 Mar to 5 Mar: 7pm–8am  
Accept referrals from set local agencies only, mainly the Council or London Street Rescue in each borough. Email [info@allpeopleallplaces.org](mailto:info@allpeopleallplaces.org) with queries. Shelter opens at 7pm for 7.30pm dinner, with last admission at 7.45pm. No re-admission once booked in. Must leave by the time specified by the church, usually 8–8.30am.

**HILLINGDON WINTER NIGHT SHELTERS**  
01895 556700; [www.trinityhomelessprojects.org.uk/nightshelter.htm](http://www.trinityhomelessprojects.org.uk/nightshelter.htm)  
21 Jan to 3 Mar, Mon–Sun: 6pm–8am  
18+, men only, beds for 5, agency- or self-referral, dry.

**JOEL COMMUNITY TRUST NIGHT SHELTER**  
0208 546 3212; [www.joelcommunitytrust.org.uk/the-night-shelter/](http://www.joelcommunitytrust.org.uk/the-night-shelter/)  
1 Jan to 31 Dec: 7pm–9am  
Food, friendship and shelter to street homeless people all year round. Self- or agency referrals. Phone or visit Mon-Fri 10am–1pm for informal interview.

**MERTON WINTER NIGHT SHELTER**  
020 8544 6697; [www.ymcalsw.org/home/our-services/accommodation/winter-night-shelters/](http://www.ymcalsw.org/home/our-services/accommodation/winter-night-shelters/)  
Winter shelter (dates TBC): Dec to Feb, 6.30pm–8.30am  
Self- and agency referrals, most from Faith in Action Homeless Project

Salvation Army Hall, 109 Kingston Rd, SW19 1LT, Mon–Fri 10–2). 18+, dry, mixed, 15 spaces.

### **NEWWAY PROJECT (NEWHAM)**

7772604222; [www.newwayproject.org/access-support](http://www.newwayproject.org/access-support)

Winter shelter (dates TBC): Nov to Mar: 7.30pm–8.30am

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

### **QUAKER HOMELESS ACTION**

07833 123155; [www.qha.org.uk/](http://www.qha.org.uk/)

23 Dec to 30 Dec, 3–10pm.

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, Pillion Trust, New Horizon, Focus and Angel Drug Services) or others that can provide ongoing support. Phone to check vacancies.

### **ROBES PROJECT (SOUTHWARK & LAMBETH)**

020 7407 5623; [robes.org.uk/](http://robes.org.uk/)

Winter shelter (dates TBC): Nov to Apr: 7pm–8am (not 23–30 Dec)

Rolling winter night shelter. Referrals ONLY through Manna Society, Spire, 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**

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

4 Dec to 6 Mar, 8pm–7am

Referrals (verified rough sleepers) via Welcome Project, 11 Green La, Ilford.

### **THE SHELTER PROJECT (HOUNSLOW)**

07804 654 510; <http://www.tsph.org/>

Winter shelter (dates TBC) Jan to 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**

020 8446 8400; [www.habcentre.org/](http://www.habcentre.org/)

Winter shelter (dates TBC): Oct to Mar: 7.30pm–8.30am

Age 18+ mixed; Beds for 15; Dry.

Referral via Homeless Action in Barnet (020 8446 8400). Doors close 10pm. No drugs/alcohol/violence.

### **WESTMINSTER CHURCHES AND SYNAGOGUE WINTER SHELTERS**

020 7569 5900

3 Oct to 30 May: 7pm–7.30am

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