

# EAT, SLEEP, CLOTHES, MEET GLASGOW

A GUIDE TO WHERE TO GET  
HELP IN GLASGOW CITY CENTRE



## EAT

You can eat here.



## ACCOMMODATION

Accommodation is available here.



## CLOTHES

You can get clothes here.



## MEET

You can meet and talk to people here.



## HEALTH

You can get health advice and help here



## SAFETY

You will feel safe here.



## SHOWER

You can have a shower here.



## SEXUAL HEALTH

You can get help and advice on sexual health here



## ADVICE

You can get help and advice here.



## NEEDLE EXCHANGE

Needle exchange is available here.



## EMPLOYMENT

You can get help and make enquiries on employment here



## PRAYER

You can pray with people here.



## LEARNING

You can get help on education here.



## RECOVERY

Source of support to Promote/Sustain recovery.



## OUTREACH

You may meet workers out on the street who will give you help and advice.



## INTERNET ACCESS

You can access the internet for information and help

# Asylum and Refugee Team

# 0141 222 7352

44 South Portland Street,  
Glasgow G5 9JJ

If you need an asylum service  
then please use the  
address / phone number above.



# Out of Hours Homelessness Services

If you are homeless  
and need a service then:

between the hours of 4.45pm and 11pm

- single males / females should attend **Glasgow City Mission**, 20 Crimea Street, Glasgow, G2 8PW
- women and families with children should phone the number listed below

After 11pm and at weekends,  
then everyone should phone:

# 0800 838 502

# City Centre Response Team

0141 276 7400  
0141 287 2761

The City Centre Response Team is a uniform service who are here to help you. They have distinctive black and yellow around their caps and they carry a mobile telephone and can make emergency calls on your behalf.



## RSVP

(Rough Sleepers and Vulnerable People)  
Known as “The Street Team & Street Cycles”

Freephone:

0800 027 7466

A street outreach service to help and support people sleeping rough (or at risk of) to access accommodation and any other services appropriate to their needs.

Call us free from a payphone 8am - 11pm,  
7 Days A Week, 365 Days A Year.

427 Ballater Street, Glasgow G5 0QW



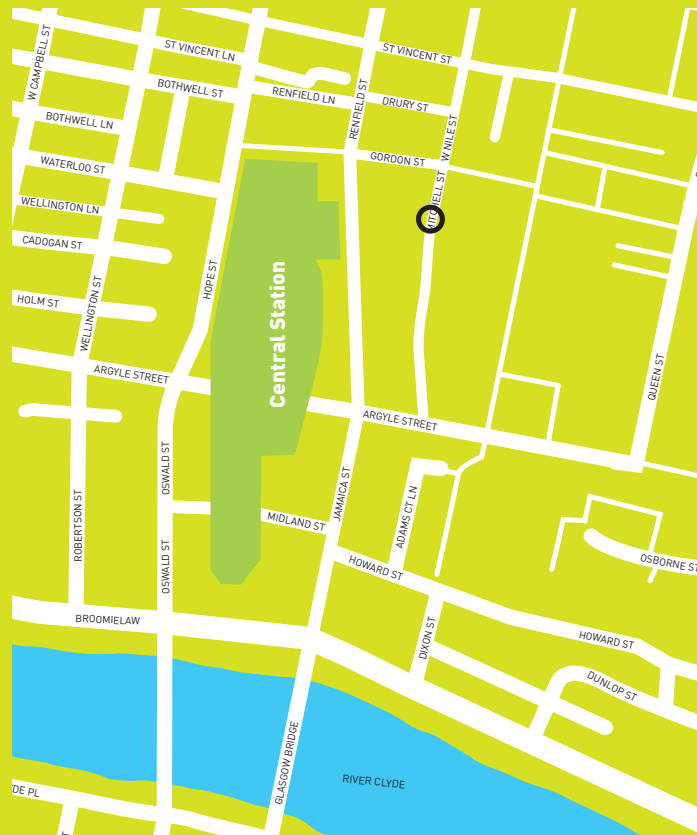
# Barnardo's Safer Choices

# 0141 243 2393

91 Mitchell street, Glasgow G1 3LN

Barnardo's Safer Choices provides support to children and young people aged 18 years and under to identify risk and devise strategies to minimise harm, particularly in relation to sexual exploitation.

Mon & Fri	9:30am	-	5:30pm
Wednesday	6.00pm	-	10.00pm
Thursday	9.30pm	-	8.00pm



# Routes Out Drop In

0141 276 0737 Daytime

0141 276 0735 Evening

75 Robertson Street, G2 8QD

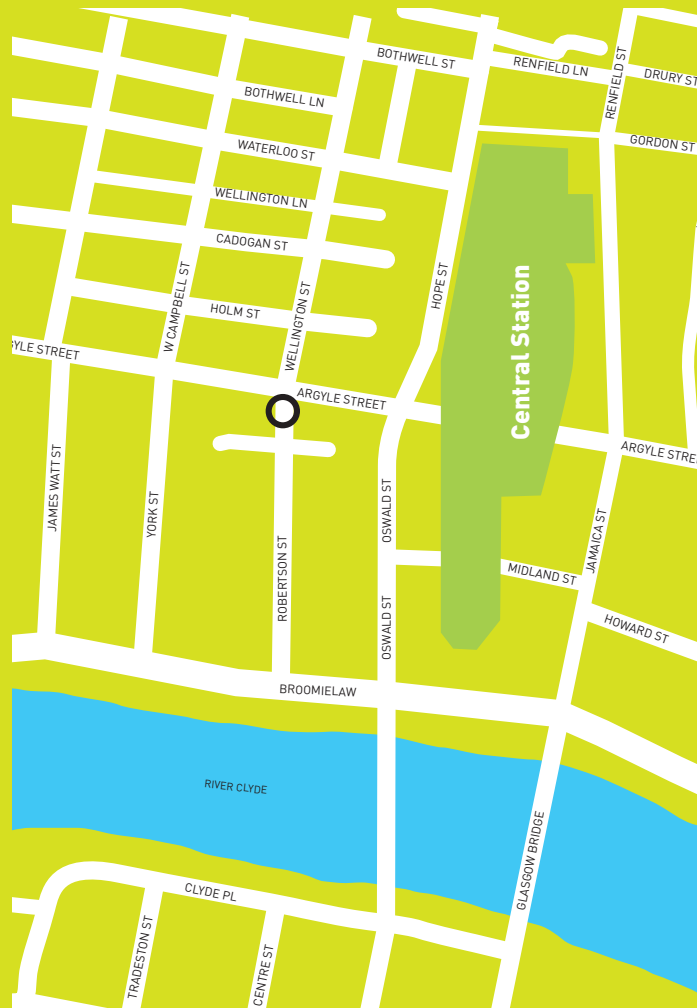
[www.routesout.org](http://www.routesout.org)

If you are a woman affected by prostitution we can provide safety advice, emotional and practical support, one hit kits, condoms, personal alarms and a safe space to discuss your issues with staff.

Opening Times:

Wednesday, Thursday, Friday and Saturday  
9pm to 1am

Routes Out



# NHS Open Road

# 0141 420 7284

West Street Centre:

123 West Street, Tradeston, G5 8BA

NHS Open Road is a service for men of any age who perform sexual acts in exchange for some form of payment.

NHS open road 

**NHS**  
Greater Glasgow  
and Clyde

# Hunter Street Health Services

# 0141 553 2801

55 Hunter Street, G4 0UP

Hunter Street provides homeless people in Glasgow with a full range on healthcare services. Including addiction support.

Homeless GP 9am - 5pm  
Drop In 2pm - 4pm

Homeless Addiction Team (Drop In Service)  
1:30pm - 4pm.

Homeless Health Nursing Team (Drop In Service)  
9:30am - 12:30pm and 1:30pm - 4pm



# Turning Point Scotland (Glasgow Drug Crisis Centre)

## 0141 420 6969

West Street Centre:  
123 West Street, Tradeston, G5 8BA

24 hour substance misuse service offering Needle Exchange, advice and assessment to our 12 bedded residential unit



# RSVP (Rough Sleepers and Vulnerable People) Advice and Information Hub

## 0141 552 4164

72 Brown Street G2 8PD  
(June 2019 onward)

72 London Road, Glasgow, G1 5NP  
(Before June 2019)

Advice and information hub for individuals affected by homelessness.

Monday - Sunday, 9am - 5pm,







# Glasgow City Mission

## 0141 221 2630

20 Crimea St, Glasgow G2 8PW

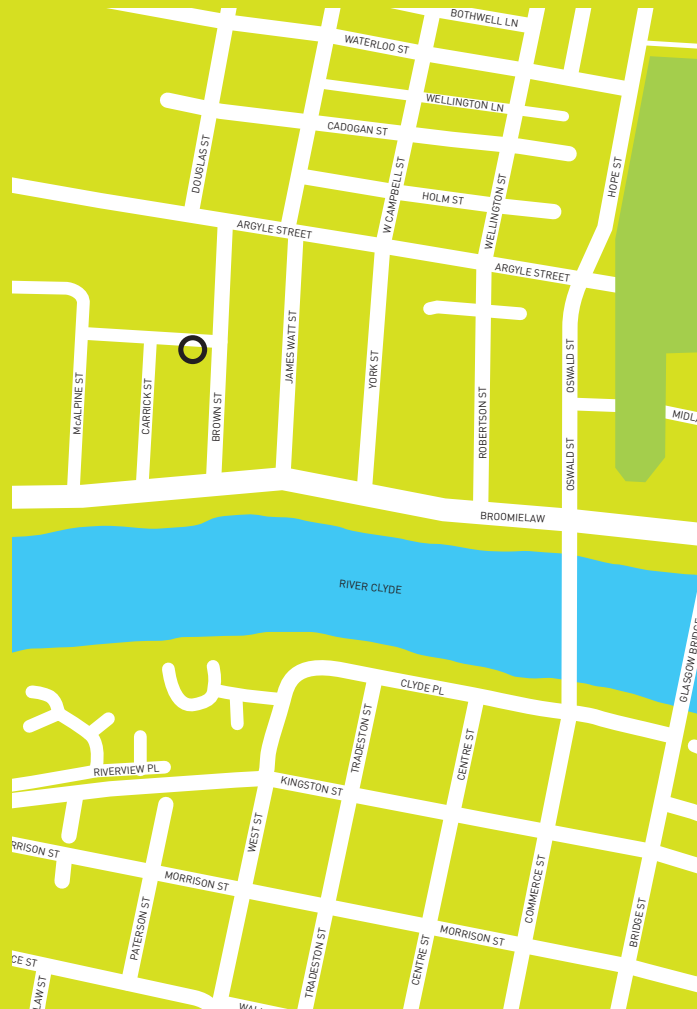
Providing Christian Care since 1826.

Advice and support for homeless and vulnerable people, including food, clothes, showers, activities, IT and advocacy, also an International Café.

Open Monday – Friday 10am - 10pm  
for activities and one-to-one help.

Evening meals served 7.30pm.

Open Saturday 4pm – 8pm  
for activities and food.



## Marie Trust:

Day Service – Help, support and advice for people affected by homelessness. Including food, clothes, showers, advocacy and referrals, counselling, classes and activities.

Open Mon – Fri, 10am – 11.30am & 12.30pm – 4pm.

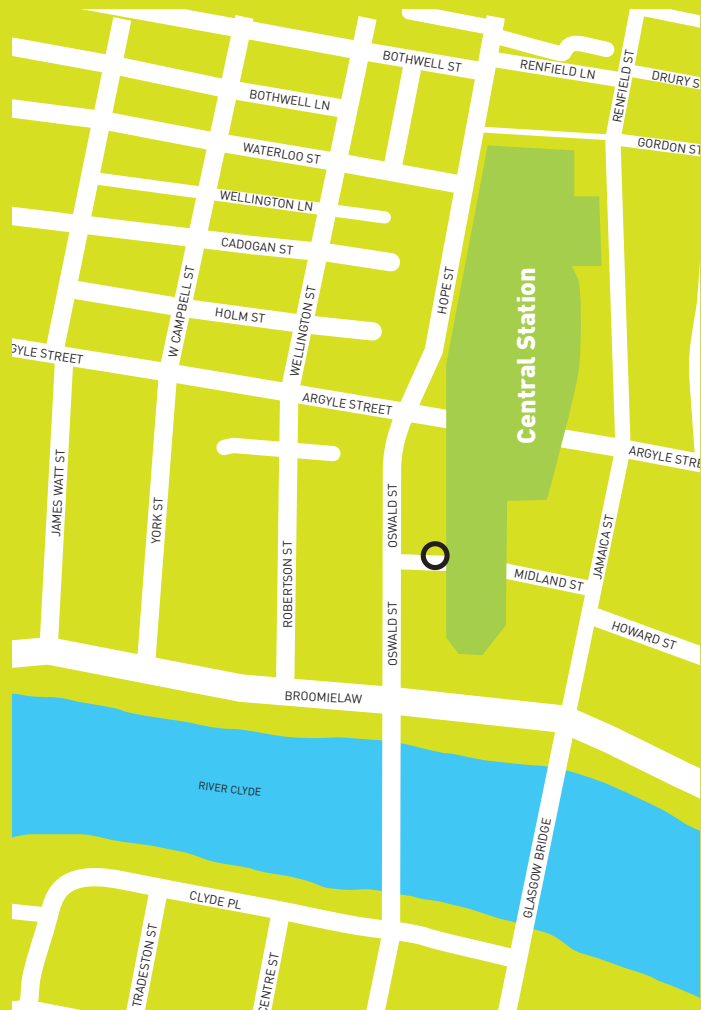
## The Wayside Club:

Night Service – Food, Clothes, Showers, Advice for people affected by homelessness.

Open every evening from 7.30pm – 10pm and from 1.30pm – 4pm on Saturday.

**0141 221 0169** (Option 2 to access Marie Trust)

32 Midland Street  
Glasgow G1 4PR



# Lodging House Mission (Trotters)

## 0141 552 0285

35 East Campbell Street  
Glasgow G1 5DT

Food, Activities, Chaplaincy,  
Education and Support.

Day Centre Services:  
7 Days a Week 8.00am – 3.00pm  
364 days per year (closed NY day).



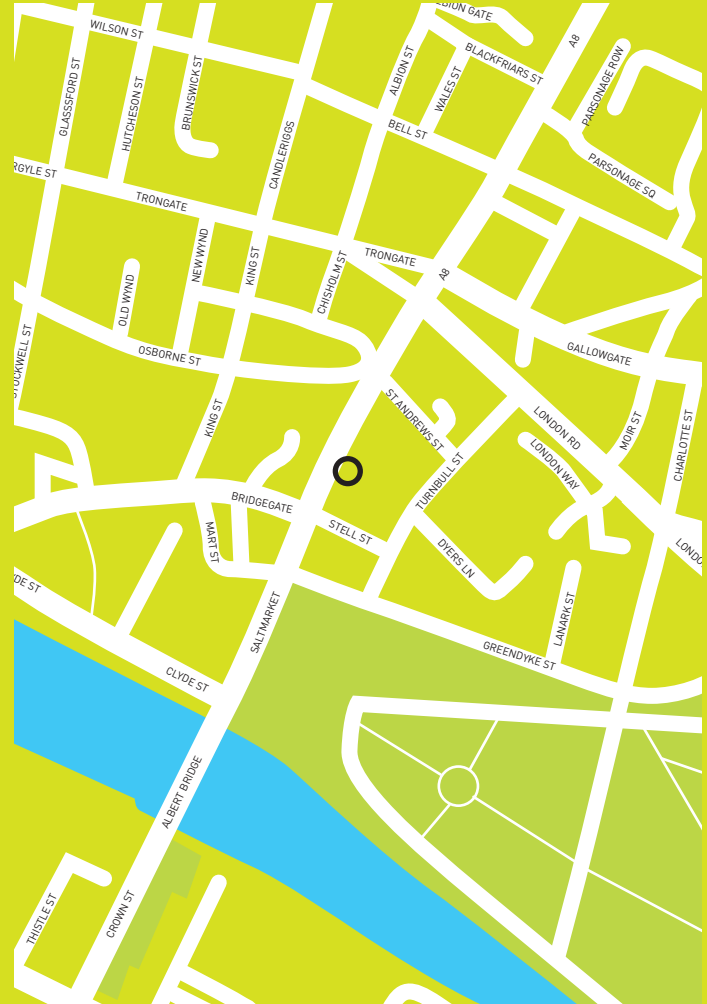
# BIG ISSUE

# 0141 553 0924

107 Saltmarket, Glasgow, G1 5LF

A hand up not a hand out

Offers people who are homeless support, advice and the opportunity to earn their own money.



# RIGHTS HUBS PARTNERSHIP

## 0141 440 2503

Govan Law Centre

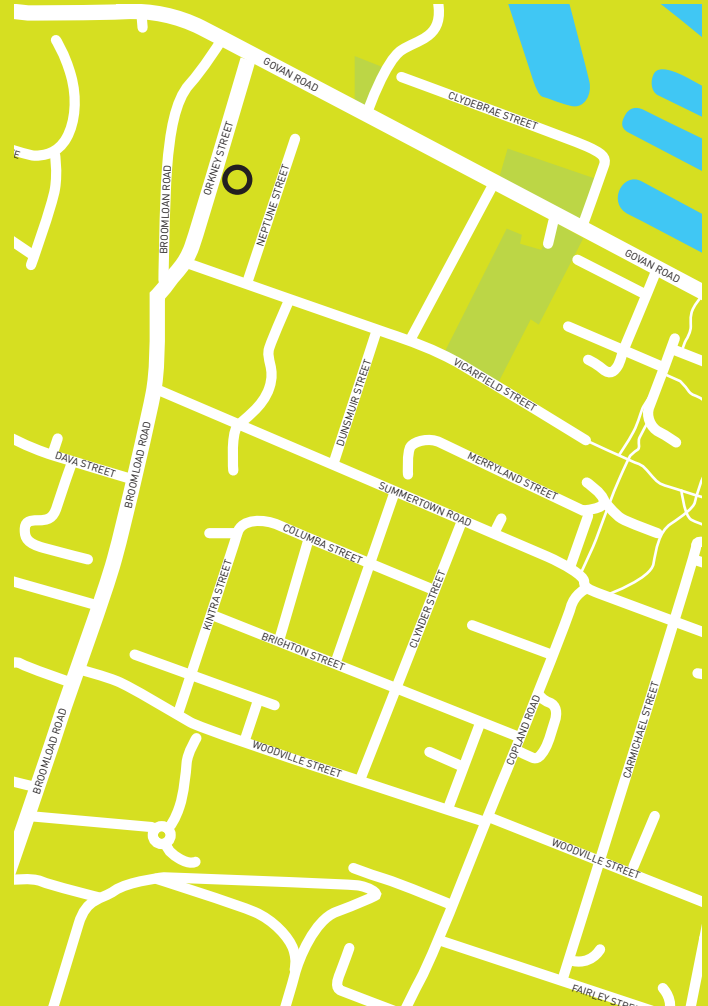
18-20 Orkney Street, Glasgow G51 2BZ

Govan Law Centre will be providing a 'Rights Hubs' drop in service across 4 locations in the city centre. The drop-ins will provide vulnerable and marginalised people in Glasgow access to their rights in terms of welfare benefits, debt, housing and homelessness law, and access to sustainable financial services.

Lodging House Mission    Tuesday    10:30-13:30

Grand Central Savings    Friday    10:00-13:00

Alternate Fridays at Glasgow City  
Mission and Marie Trust    13.00-15.00



# OTHER USEFULL INFORMATION

The Police are always ready to assist, Call Free on **101** and always call **999** in an emergency



Every second Friday and every Saturday there are **Street Pastors** who patrol the city centre between 10pm – 4am. The **Street Pastors** provide a “looking after” service for vulnerable people who may be injured, cold, drunk, separated from friends and alone with no money and possibly no useful mobile phone. We also provide hats, gloves, scarves and some food to homeless people.



There will be a **Soup kitchen** in the City Centre from 9pm – 10pm. At Cadogan St till further notice.

## Food Banks

To find your nearest Food Bank go to:  
[www.trusselltrust.org](http://www.trusselltrust.org)

**Glasgow Street Outreach** - Our caring outreach supplies people with hot food, sleeping materials such as sleeping bags, roller mats, survival bags, warm clothing, helpful literature including links to social services etc. We meet as a team of volunteers and patrol the city centre areas in Glasgow on a Saturday evening every week.



## Destiny Angels Glasgow

is a helpline providing practical and spiritual support to anyone in need.  
Hopeline: **0333 900 0909** (24/7)



Drop in for anyone in crisis to receive food, clothes and support. 37 South Portland Street on Wednesday and Friday afternoon between 1pm - 3pm. Lifeline present both days for women affected by abuse, prostitution and prison.

There are also men’s and women’s recovery groups held every Thursday at 7pm.

37 South Portland Street  
Glasgow City  
G5 9JL

## Salt and Light Bus

Available at Bellgrove Hotel first between 8-9.30 pm and then to Cadogan St, from 9.30pm until about 11.30p.m

Tues - Fri. Food, Hot Drinks, Clothes, Help to Exit Prostitution, Addictions drop-in service.



## USEFUL ADDRESS

### Shelter

Helpline **0808 800 4444**

Mon - Friday 9am - 5pm



Glasgow Housing Aid Centre  
1st Floor Suite 2  
Breckenridge House,  
274 Sauchiehall Street,  
Glasgow G2 3EH

### Free Housing Advice

Phone or Drop in Monday and Thursday 1pm – 4pm and Tuesday & Friday 10am – 1pm.

Independent advice and advocacy for people who have any housing problems

## Legal Services Agency

Fleming House, 134 Renfrew Street  
Glasgow, G3 6ST.

**0141 353 3354**

LSA is a Law Centre and Charity which provides skilled legal advice, assistance and representation to people with disadvantage and their advisors. We think everyone should have the right expert on their side when serious things go wrong.

They have a few different Homelessness Surgeries including a Specialist Street Homeless surgery.

### Every Sunday Food - The Shiloh

St Columba's Church, St Vincent Street,  
7.30pm to 9.00pm, FREE 300 St Vincent Street,  
Glasgow, Lanark G2

### Refugee Support Team

1st Floor, TwoMax Building, 187 Old Rutherglen Road,  
Glasgow G5 0RE Phone: 0141 276 8201

### Loaves and Fishes

Loaves and Fishes for homeless people is located in Renfield St Stephen's Church Centre in Glasgow opposite The Kings

Theatre on Bath Street (where you can receive meals, food parcels, clothing and toiletries).

