



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



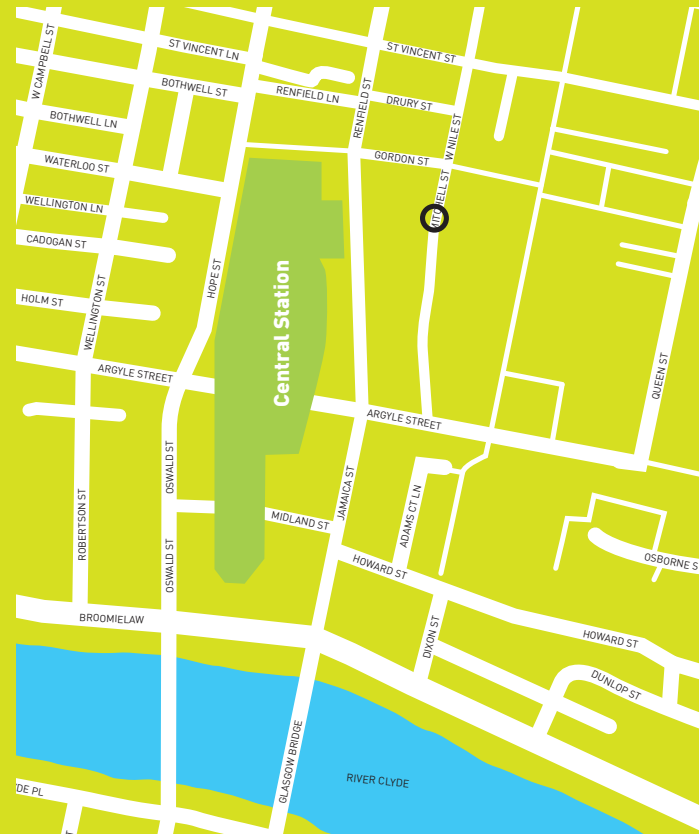
Barnardo's Safer Choices

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

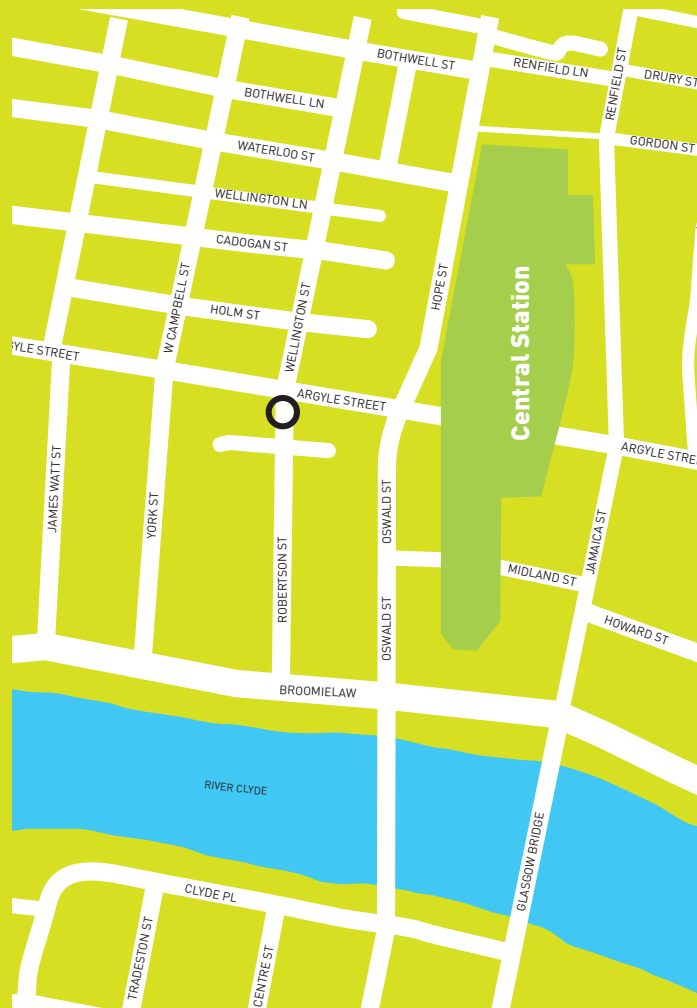
www.routesout.org

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,



City Centre needle Exchanges

GLASGOW DRUG CRISIS CENTRE:

Wound Care and Blood Tests Available

23 West Street, 123 West Street G5 8BA, 24 Hour NEX Access

L G PHARMACY, 476 St. Vincent Street G3 8XU

Mon-Fri 08:30 - 18:00, Sat 09:00 - 13:00

BOOTS CHEMIST, 498 Sauchiehall Street G2 3LW

Mon-Fri 08:00 - 18:00, Sun 10:30 - 17:30

BOOTS CHEMIST, 220 Sauchiehall Street G2 3LW

Mon-Fri 08:00 - 18:00, Sun 10:30 - 17:30

BOOTS CHEMIST, 10 Sauchiehall Street (Buchanan Galleries) G2 3GF

Mon, Tues, Wed & Fri 08:00 - 19:00

Thurs 08:00 - 20:00 Sat 08:30 - 18:30

Sun 10:00 - 18:00

ABBEY CHEMISTS, 83 Trongate, Glasgow G1 5HB:

Wound Care and Blood Tests Available

Mon-Sat 09:00 - 17:30

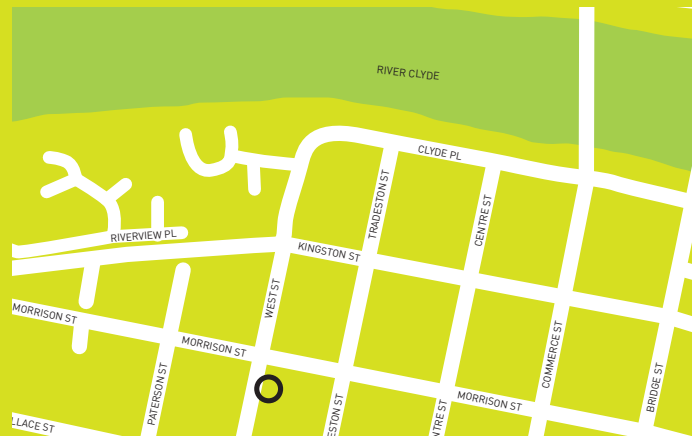
MOBILE VAN SERVICES, Ask staff for location

Wound Care and Blood Tests Available

18:00 - 22:00

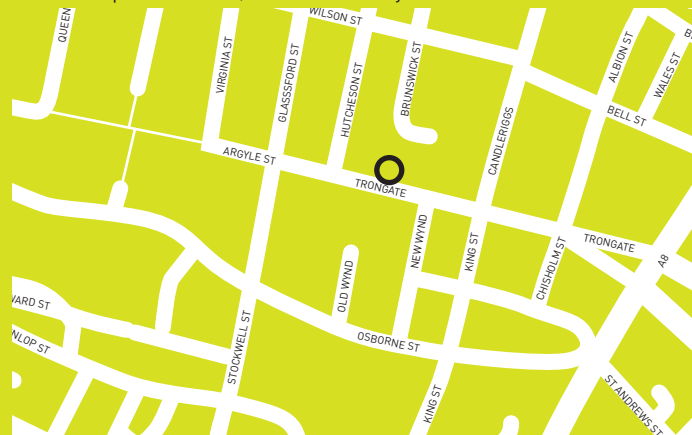
GLASGOW DRUG CRISIS CENTRE:

23 West Street, 123 West Street G5 8BA, 24 Hour NEX Access



ABBEY CHEMIST, TRONGATE: 0141 552 2528

9am - 5.30pm Mon - Sat, Closed Sunday



Glasgow City Mission

0141 221 2630

20 Crimea St, Glasgow G2 8PW

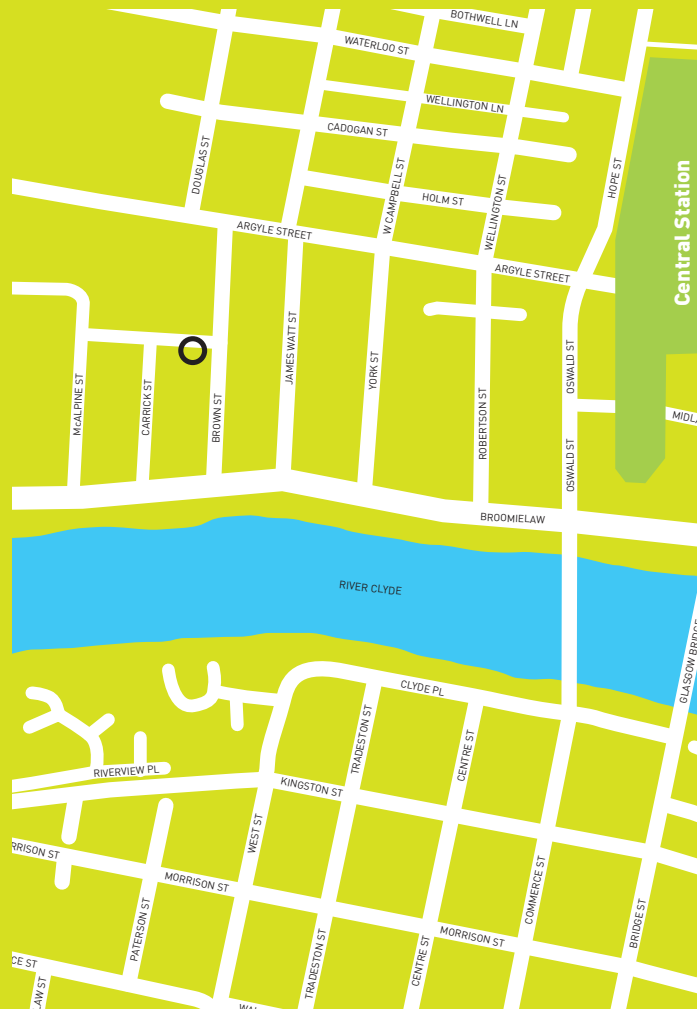
Providing Christian Care since 1826.

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.

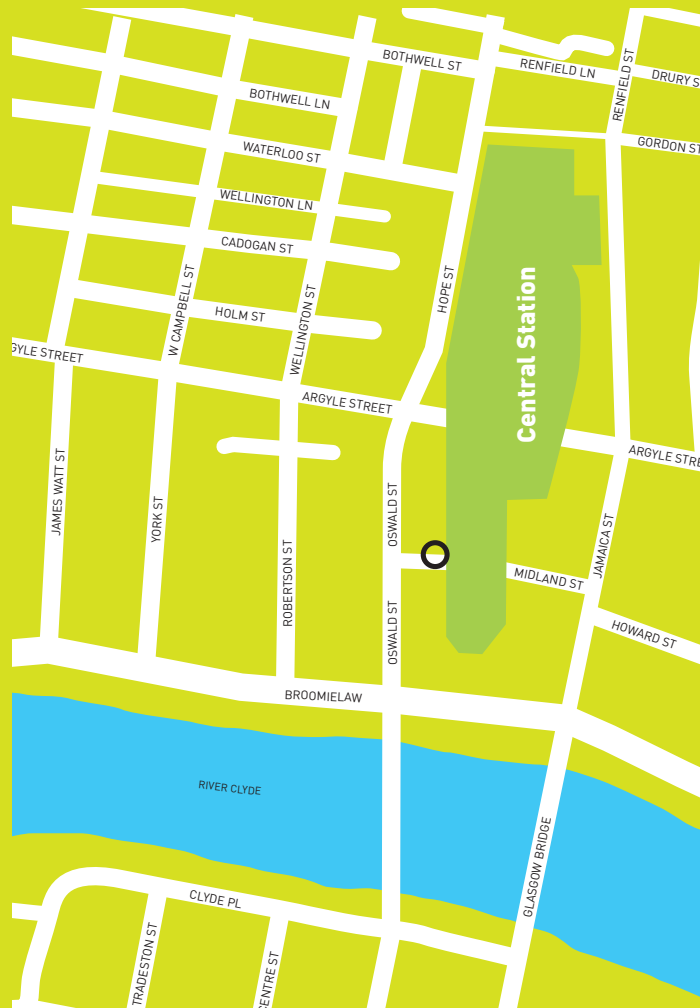
The Wayside Club:

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)

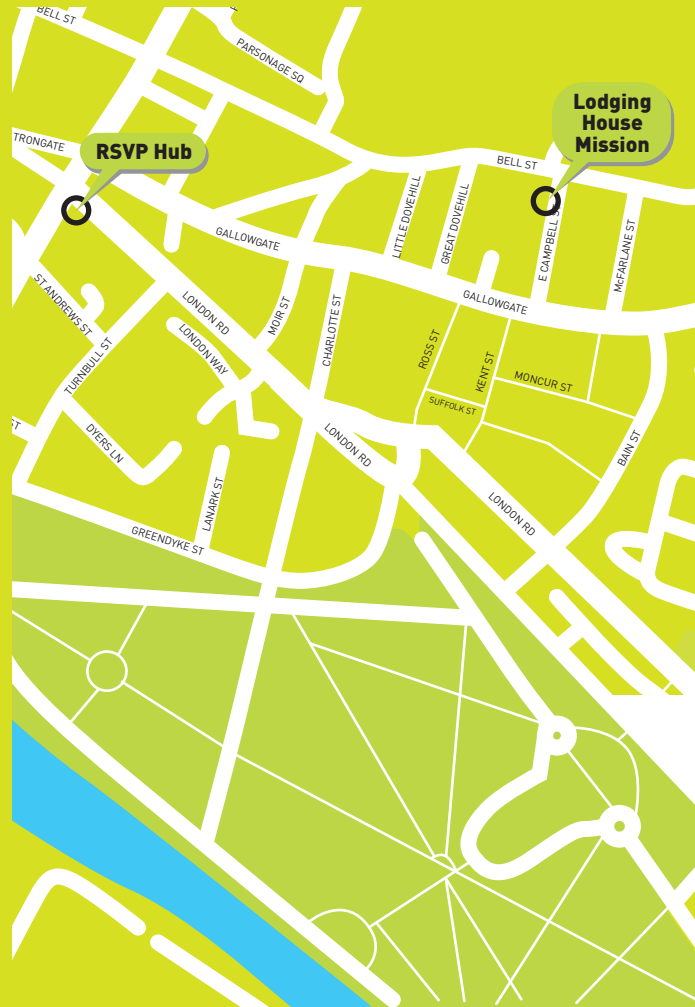
0141 552 0285

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

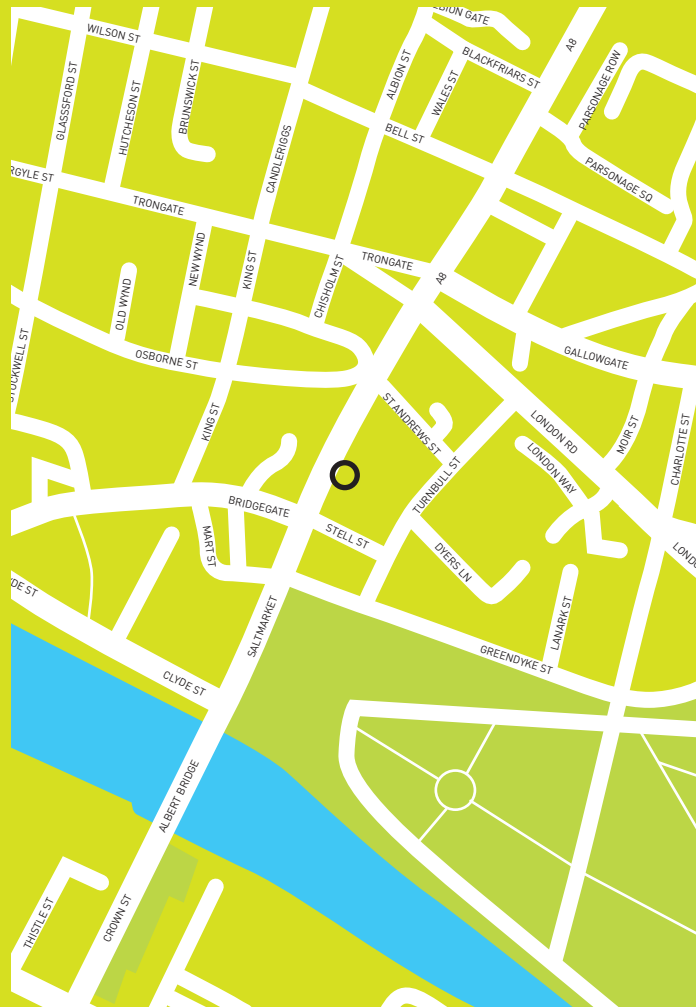
0141 553 0924

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.

**THE BIG
ISSUE
SCOTLAND**



RIGHTS HUBS PARTNERSHIP

0141 440 2503

Govan Law Centre

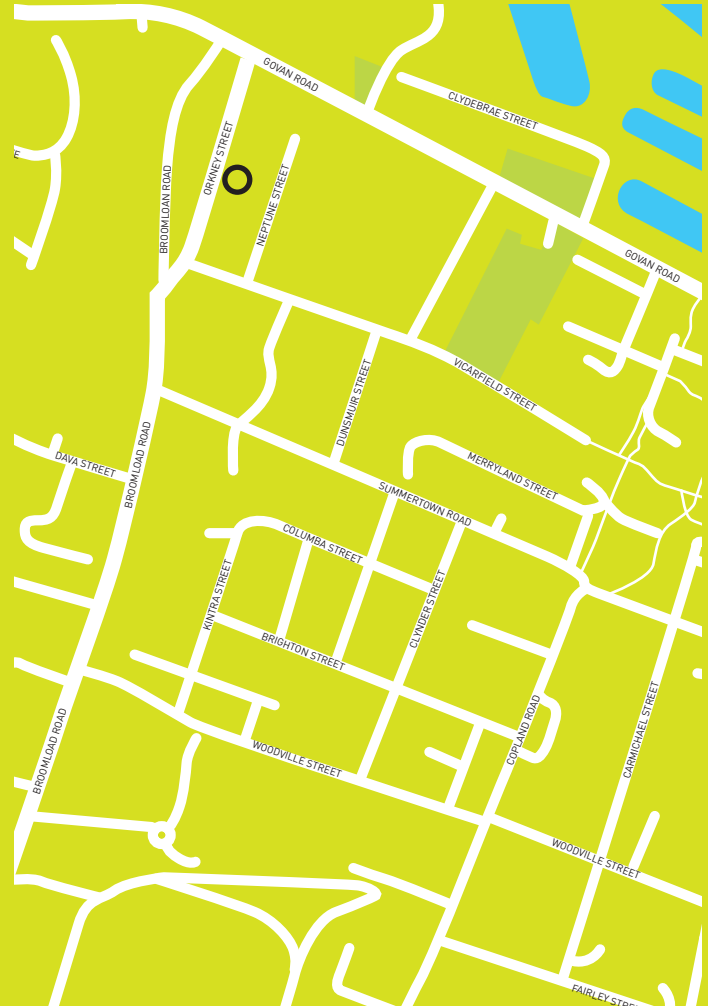
18-20 Orkney Street, Glasgow G51 2BZ

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

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).

