

Shelter Scotland

Stephen – Senior Development Officer

Debbie – National Policy Advocacy Manager

Tam - Volunteer Trainee

Leonie - Advocacy Volunteer

Jim - Volunteer Trainee

e: Debbie_king@shelter.org.uk

t: 0344 515 2447

Until there's a home for everyone

Mental Health & Homelessness

Participatory Action Research

- Shared learning**
- Challenges power**
- Use new understanding to drive change**

Collective Project

- Initial research in the community**
- Photography project**
- 1-1 interviews, questionnaires**
- Action Learning Sets**

Tam and Jim

- How and why they got involved in the photo project
- Their experiences, problems they faced
- What they think the solutions are

Tam's
photos



“I took this picture because I was the contractor who installed the roof on this building. It’s a nice memory”.

“I became homeless because my landlord became bankrupt”.



“My first night on the street. Oh my god!”



“The homeless apprenticeship... Into the deep, dark hole we go again... physically and mentally. The sense of reality hitting every night”.





Jim's photos



“When you're homeless, you feel invisible.”



"It's basic survival."



"Bellgrove hotel: self-referred Wet House. I went in there... and I 'chose' to be homeless...
Terrible hygiene, rats, diseases."



“Shelter is the only reason that I am clean and in a tenancy.
But the shadows of homelessness are still out there.”

Recommendations from the photo group

They would like to see:

- Anti stigma work – sharing diverse stories of direct experience to bring awareness to the wider public
- **The Scottish Government sharing power with those who have survived the system to make lasting change**
- More investment in peer support initiatives
- **Anti-discrimination ethos across all services**
- Good quality temporary accommodation in safe areas
- **Help should be there no matter who you are**

Recommendations from wider research

- Relational, rather than transactional
- Seeing people as part of wider networks
- More peer advocacy work
- Reshaping services according to what people say they need
- Person-centred support
- Outreach

Discussion Time

Any questions?

How can we provide better joined up services and support for people who are homeless and have mental health problems?