

the Pavement

The *FREE* monthly for Scotland's homeless

Issue 2, November



THE EX-FORCES ISSUE



the Pavement

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The Editor

Calling all sailors, soldiers and airmen

Around 10% of our readers have served in the armed forces, and with conflict still in the headlines, from Afghanistan to Iraq, it's worth reflecting on what Remembrance Sunday means.

So welcome to our ex-services issue. Inside, we look at Veterans Aid, an organisation that's grown from strength to strength over the last three years and has now forged links with Scottish Veterans Residences.

Looking forward to the next issue, and picking up on some timely comments from a reader on page 4, next time we'll be looking at the credit crunch and what impact (if any) it's had on the homeless – with widespread doom-and-gloom forecasts, and Christmas just around the corner, it seems an appropriate time to consider what it really means – and maybe even find some fresh angles on the story.

This is our second issue, and we'd love to hear your feedback and suggestions. Get in touch and let us know what you think.

Karen Chung

Scotland Editor

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Whitefoord House, Edinburgh, one of the UK's specialist, ex-service hostels.

Photography by Scottish Veterans Residences ©2008

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Your letters & emails

Readers' letters and comments – address on page 3

Feeling the crunch

Dear Sir,
I'm writing to confess: I'm enjoying the credit crunch, and not because I'm being uncharitable, vindictive or have a feeling of *schadenfreude*. It's just that I find myself in a position where without savings or prospects, I'm immune to the financial meltdown that's shaking the country to its boots.

I've recently come back onto the streets from a hostel (which I was asked to leave), and find something refreshing in the fact that economic Armageddon will not affect me, as I've no savings and very little in the bank. I've not yet sorted out my benefits.

However, I'm not blind to the possible ripple effects that it might have on those of us living on the streets.

First, I can see the number of Eastern Europeans increasing suddenly, as many working on short-term construction contracts will find themselves out of work with the strangulation of investment in that industry. I'd expect to see these numbers rise very soon and very high.

Secondly, I can also see our numbers increase as across the country as homes are repossessed, businesses fail and the economic downturn generally exposes gaps in lives that would remain hidden in times of plenty.

Now, I'm sure we'll see these effects come soon, if they aren't already occurring, but I'd like to know what those who think they'll have eradicated the homeless by 2012 are planning to do now.

Is this target based on continued economic growth and the

proportionate money coming from government to make it possible, or is it recession-proof? In the current climate, it's hard to believe that they still think this date realistic.

Peter
By email

Dear Peter,
You've raised an interesting question about the plans to end rough sleeping by 2012, and if we're entering a recession, then certainly, the target is even harder to achieve.

We'll ask those coordinating this campaign, and hope to have an answer in the December issue.

Editor

No names, no pack-drill

Dear Sir,
I don't usually write to magazines, but having had my ear bent by a lot of guys on the street, I felt I should set the record straight.

So many of my friends on the streets bemoan the fact that to get help you need a 'problem': you need to be on drugs or drink to get into a hostel, and immigrants get specialist services trying to house them. They're concerned that as white middle-aged males, they're pushed down the priority scale. I know it's not as they make out and the fact is that most of them, like me, choose to be on the street.

However, I recently started looking to move off the street, and the moment I mentioned my short service in the Royal Navy, I was amazed at what was available.

Of course I knew about the Royal British Legion and had heard of a few of the others, but there are so many. The only one I don't see now is Toc H.

I don't think I'll be taking up any of their offers soon, but it's nice to know they're there.

Bob

Full name withheld by request
By email

Dear Bob,
Thank you for your letter, and you're quite correct: the services for ex-service men and women are good and getting better. A group of the best for our readers are included under 'Ex-Forces' in *The Other List*.

Editor



"I see you've been destitute in five major cities"

Scottish news

Homeless stories from across Scotland

Plans for hostel in Edinburgh dropped

Plans to open a homeless hostel opposite Edinburgh's George Watson's College have been withdrawn after protests from local residents, who objected to the proposal to turn the Redholme House Hotel site into a 22-bed hostel.

The application for change of use to operate the hotel as a house in multiple occupancy was lodged with the city council in September by Waugh Taverns Ltd, owned by Edinburgh businessman Kenny Waugh. Residents felt the location, next to a nursery, junior and senior school, was inappropriate and would be likely to lead to a drop in house prices.

A spokeswoman for the city council confirmed today that the planning application had been withdrawn, while the hotel owner said the building was likely to be converted into flats.

Bridget Stevens, chair of Merchiston Community Council, said the community had expressed a number of concerns and was relieved the plans had been dropped, but that locals would remain on guard in case a similar proposal was resubmitted to the city council.

The hostel would have been run by David Wright and his partner Wendy Halstead.

The owner said the hostel plans were just the latest in a long line of proposals by people interested in taking over the hotel and that it was now likely that the building would be turned into flats.

Staff

The Moray the merrier?

Every homeless person will have the right to their own home by 2012. But the temporary housing shortage continues to be a major issue and the pledge could be under serious threat if the figures continue to rise. Moray, in the North East of Scotland, is a clear example. In spite of all the strategies carried out by the Council to tackle homelessness, the number of people without their own home is rising steadily. According to Shelter Scotland, between 2006-2008, 20 more people became homeless, bringing the total to 587 households. The most recent figures (March 2008) also show 159 households are living in temporary accommodation – that's up 41 from last year.

The fact is that Moray, as everywhere else, desperately needs more affordable houses. A report by June Shennan, Acting Homelessness Strategy Development Manager for Moray Council, recommended that at least 200 new homes are needed by 2015. In the first year, 50 houses would be built, followed by between 20 and 30 a year until 2012. Currently the Council currently spends around £12,000 a week on Bed & Breakfast accommodation, but it's a temporary and unsatisfactory solution.

Yet the council has increased its efforts to provide temporary accommodation since 2004. Back then only 78 homes were available; now there are 143. The latest step forward was the opening of thirteen flats at St Andrews Court at Buckie. But it's still not enough.

This new-build housing programme is vital to improve the lives of people who live in Bed

& Breakfast, offering them the chance of security as well as to avoid the sums spent on homeless accommodation by the Council.

Eugenia Cabaleiro Pereira

No new homeless centre for Inverness

The current downturn in the property market will likely hold up the development of a new centre and flats for the homeless in Inverness.

Earlier in the year, councillors agreed to sell Huntly House, a 26-bed hostel formerly run by the Salvation Army. Money from the sale was to be used to finance developing a new advisory day-care centre and flats for the homeless. But in a bid to get the best possible price, the Highland Council is now holding off selling until market conditions improve.

Inverness Central Councillor Donnie Kerr agreed that selling Huntly House in the current market would not achieve the best price, but he voiced concerns about the options for the homeless in the city.

"The need for homeless accommodation right now is immediate but the funds are not there unless we dispose of this building," he said "We've had an increase in homeless applications and the council is finding it difficult to access homes in multiple occupation for them. Using bed and breakfasts is not as a long term solution."

In the past year, Huntly House has been empty, following the council's decision to withdraw funding from the project. Councillor Kerr has repeatedly raised concerns about it falling prey to

vandalism in its current state.

He believes the building could be put to good use even while the property market recovers. The Church of Scotland's Inverness Presbytery was looking into the possibility of using local churches and church halls to provide night shelter and food for rough sleepers for two weeks in February.

Discussions about the pilot project are at an early stage but Councillor Kerr said he fully supported the idea and has written to Vivian Roden, convenor of the presbytery's church and community committee.

A spokeswoman for the council said while the authority waited for the property market to recover it would continue to work on proposals for the new centre.

The council's latest figures show 1063 people registered as homeless in Inverness between April 2007 and March 2008. This represents around half of all homeless people in the Highlands.

Staff

Assessing the Work Capability Assessment

Campaigners have warned that thousands of people with mental health problems will be driven into poverty with the introduction of a new benefit, which forces those currently on employment and support allowance onto Jobseekers Allowance, or into jobs they are unable to cope with.

With the introduction of the Work Capability Assessment, a new medical assessment will be gradually rolled out to the 2.5 million currently on incapacity benefit, around 40% of whom have mental health problems. The government wants to cut the number of disability claimants by one million by 2015, even if that means unem-

ployment figures rise. Thousands of people who are already stuck in the benefits trap will be affected, many of whom will be pushed onto Jobseeker's Allowance.

Mental health charity Mind points out that the new assessment places all the emphasis on the individual to find work, yet applies no pressure to employers to recruit people with mental health problems. The charity revealed that the new evidence that employers are not willing to take on people who have experience of mental distress, and that they are failing staff by not providing adequate mental health support. With unemployment expected to hit two million by the end of the year, and many employees already anxious about the security of their jobs, the charity fears employers are not doing enough to protect the wellbeing of their staff. Mind found that one in four people had job offers withdrawn after disclosing a mental health problem, which is illegal under the Disability Discrimination Act.

Mind's Chief Executive, Paul Farmer, says: "While we welcome the government's commitment to provide extra support to get people back into employment, it won't work without requirements being put on employers. If businesses refuse to adapt their practices then people with mental health problems will not fit easily into the government's welfare reform proposals.

"Businesses must recognise that the health and welfare of their employees affects their bottom line, and that looking after staff who are experiencing mental distress makes economic sense, especially in the current financial climate."

Staff



Gregg Jackson

Age at disappearance: 27

Gregg has been missing from Saltcoats, Ayrshire, Scotland, since 25th June 2008. His current whereabouts are unknown.

Gregg is 6ft tall, of medium build with short, dark hair.

There is great concern for Gregg as he may be unwell. He is urged to get in touch and can call the confidential service, **Message Home** on **Freephone 0800 700 740** and we can forward a message on his behalf.

Please call the 24-hour confidential charity if you have seen Gregg: Missing People, **Freephone 0500 700 700** or email: **seensomeone@missingpeople.org.uk**

missing people

Reg. Charity No. 1520419

A strong alliance

What happens when Veterans Aid works with Scottish Veterans' Residences? Good things

There is a new motto for London-based Veterans Aid and Edinburgh-based Scottish Veterans' Residences (SVR), which together have formed a unique alliance: two heads are better than one.

Both charities offer assistance to ex-service men and women who are homeless, at risk of becoming homeless or in need. Yet while SVR concentrates on providing independent living accommodation, Veterans Aid offers more immediate relief to street homeless. "We're the A&E unit for the veteran community," Veterans Aid chief executive, Dr Milroy, concludes.

The new partnership will involve sharing expertise and resources and breaking down "territorial boundaries" to provide a more efficient, linked-up service. "What we both agree on is that we don't need to build new warehouses for human beings," says Dr Milroy. "What we do need to do is use what we're doing better."

SVR chief executive Lt Col Ian Ballantyne adds: "Forming [such] alliances... can only increase the accessibility to and provision of help that our ex-service men and women need and so richly deserve".

The veteran community in the UK is said to number around 10 million, so it is perhaps inevitable that a percentage will face homelessness at some point in their lives. However, there are many charities and organisations dedicated to helping those who have served their country. Dr Milroy is optimistic about the volume of care dedicated to this section of society. "If you're homeless and a veteran, you're in a much stronger position than you'd be in if you weren't," he says.

While only just formalised, the

alliance between the two groups has long proved beneficial.

One veteran helped along the way is Jock, 43, who served in the Black Watch for four-and-a-half years. Following a car accident, Jock suffered a nervous breakdown, his previously successful business failed and his relationship ended. He was then evicted and forced to sleep rough in London for six months. Finally, severely depressed and suicidal, he contacted the charity Borderline, which helps homeless Scots in London, who put him on to Veterans Aid. As he was keen to leave London, Jock accepted Veterans Aid's offer of a place at SVR's Whitefoord House in Edinburgh and within 10 days had moved in.

Nine months on, Jock was back on his feet, a change he attributes to Whitefoord's staff and residents. "They helped me to get back my self-esteem just by being able to talk to people who understood," he says. "Arriving at SVR was like going back to a family".

Veterans Aid has been offering advice, support and facilities to ex-servicemen and women since 1932. Previously known as The Ex-Service Fellowship Centre, the charity changed its name to Veterans Aid in 2007 (see *The Pavement* Issue 26).

While the profile of the charity nationally and internationally has soared in recent times and the services have expanded to deal with homelessness prevention as well as emergency assistance, the ethos of immediate response and non-judgemental assistance is as strong as ever.

"It's veteran helping veteran," says Dr Milroy. "That's really important because it sets them

apart and says you're part of the military family, and we'll try to do something for you."

The importance Veterans Aid puts on dignity and self-esteem is another key part of their service - whether it is the way all veterans are referred to as 'Mr' and 'Mrs' or by their service rank, the high-quality hostel or the brand-new clothes that are handed out - including, at the moment, some snazzy-looking jackets from Renault's Formula One Racing Team.

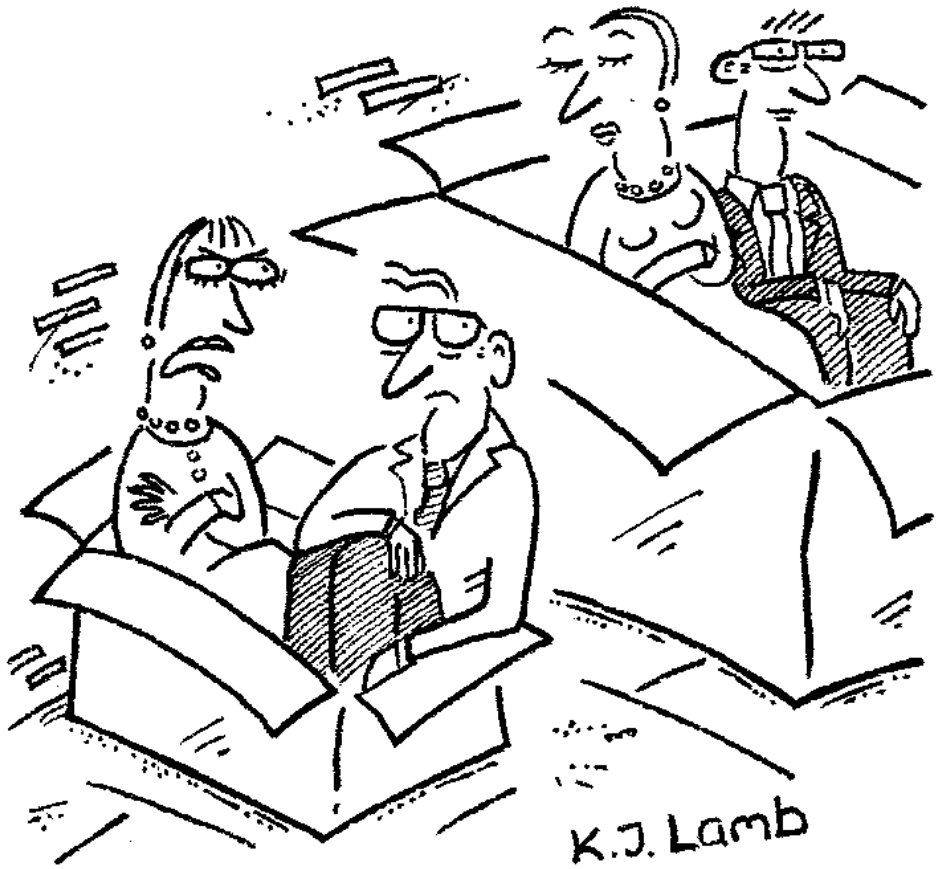
In the past year, Veterans Aid has provided more than 20,000 nights of accommodation in its own hostel, New Belvedere House, plus many more in hostels, B&Bs, hotels and elsewhere across London and the UK.

The charity also rents out 18 low-cost independent retirement flats at Whitworth House in Bexhill-on-Sea in East Sussex. "There's no appointments system here," Dr Milroy says proudly, "We don't say 'oh, come back three weeks on Wednesday'." As well as accommodation, the charity provides food vouchers, travel warrants, money, and access to training, employment and housing. Veterans stay at the hostel for an average of eight to 10 months, and when they do move on, they are helped to settle in to their new home with furniture and other essentials.

As well as clothing donations, Veterans Aid receives calls from people offering the veterans work. The charity provides employment too, for example, hiring Bob Gordon, a former Royal Ordnance Corps physical training officer and ex-New Belvedere resident, to join the Veterans Aid team. Having come through homelessness, alcoholism



*A past resident, Larry
Evans, pictured outside
New Belvedere House*



“Trust the bloody Joneses to have a bigger box”

and more, today Mr Gordon can be found bustling about the Veterans Aid office, booking hostels spaces, updating the database and joking with his colleagues about having an Equity card for all his media appearances. He is even set to receive a new look after a makeover programme got in touch with Dr Milroy offering to work their magic on three lucky veterans.

The charity is funded by donations and grants from a huge variety of social care and military groups, from Seafarers UK and the RAF Benevolent Fund (RAFBF) to Supporting People and Royal Hospital Chelsea. In terms of local government, Dr Milroy has nothing but praise for the London Borough of Tower Hamlets and the help they provide.

Despite being a tiny charity, Veterans Aid has what Dr Milroy calls a "powerhouse" of expertise, including a barrister, military psychiatrist, social and outreach workers and a professional alcohol counsellor. Dr Milroy himself is a military welfare specialist, as well as a former wing commander and the current chair of the Ex-Service Action Group. Combined with excellent contacts and ability to, for example, purchase a place at a detox centre instantly, this makes for a very smooth service. When *The Pavement* visited the headquarters in Victoria, a veteran turned up at the door and was instantly whisked into a room, identified as having been there before from Veterans' Aid's private database, and a room was organised for him at New Belvedere House – all within the space of about five minutes. In the past, two veterans were so astonished to be offered a detox place instantly, they ran out on Philip Rogers, Veterans Aid's specialist on support and counselling.

With its services in demand, Veterans Aid is always thinking to the future, with plans for a new

drop-in centre on a more accessible ground floor, a halfway house and improved detox facilities. They also expect to start welcoming more women as an increasing number serve in the armed forces. "We're hugely ambitious," says Dr Milroy. "I am the Napoleon Dynamite of my world!"

Scottish Veterans' Residences has been going even longer than Veterans Aid and is Scotland's oldest ex-service charity. Founded in 1910, SVR provides residential accommodation to ex-servicemen and women and their spouses. Over the years it has helped some 60,000 veterans, from both world wars through to more recent conflicts in Korea, the Falklands and the Gulf.

Like at Veterans Aid's hostel, all veterans staying in SVR accommodation at Whitefoord House or Rosendael in Dundee have their own room. In addition to 81 en-suite rooms, Whitefoord House has 11 self-contained flats available for rent, while Rosendael has accommodation for 45 veterans. Owned and managed by Scottish Veterans' Housing Association, the two full-board residences provide veterans with security, privacy and areas to socialise such as bowling greens, gardens and sitting rooms. The sense of community is reinforced with regular commemorative, social and fundraising events, while a team of managers, many of whom are ex-service men and women, provides assistance.

The work of SVR is funded in the main by the basic, individually assessed accommodation charge paid by residents. This is supported by statutory funding support, such as housing benefit, income support and supporting people allowance.

The Combined Homeless and Information Network (Chain) estimates that around six per cent of all homeless people are veterans. Other people, including

London's mayor Boris Johnson, put it even higher, at 25 per cent. Not someone to be obsessed by figures, Dr Milroy disagrees with the 'one in four' estimate. "That's absolute tripe, always has been," he says. "One wonders why people want to promote huge figures. I don't need huge figures for people to feel that we should be doing something for veterans... One's enough."

Dr Milroy is equally indignant about people who say it is the fault of the forces that some veterans end up homeless. "These people are homeless for the same reasons as everyone else: poverty, housing, alcohol or substance misuse, relationship breakdown... It's absolutely vital to understand that it's not about military service, it's not about institutionalisation – if it was, it would all be happening the day after." SVR, however, is less opposed to the idea of institutionalisation, its website saying "many ex-military personnel find adapting to civilian life extremely difficult."

While Veterans Aid does receive calls from serving soldiers, most of those who get in touch are veterans from conflicts some 10-12 years before, with some coming through Veterans Aid's sister organisation Combat Stress. SVR covers much the same range, helping those who have recently left the armed forces as well as veterans who have been isolated or homeless for many years.

With such a caring support network, it is no wonder some people try and pass themselves off as veterans to Veterans Aid and other military charities. Dr Milroy has even been introduced to someone pretending to be someone he knows, but he takes it lightly. "We direct them onto other projects, we don't abandon them... It doesn't matter".

Carinya Sharples

News-in-Brief

All the homeless news, from across the UK and the World

Policeman jailed for homeless assault

A former Metropolitan Police officer who attacked a drunken rough sleeper while on duty has been jailed for 12 weeks.

PC Andrew Graham was found guilty of common assault at City of Westminster Magistrates Court in October for attacking Mahdi Jamal in January this year.

In response to verbal abuse, Mr Graham took Mr Jamal aside, knocking his legs from underneath him and kicking him several times whilst he lay on the ground.

On sentencing Mr Graham, Judge Michael Snow accepted the victim was a “violent and obnoxious drunk”. But he said: “The man was vulnerable because he was drunk and who would believe him when he claimed you had assaulted him? You were on duty in full uniform, which gave you significant power over this man, and you abused this power.”

Mr Graham was reported by two other colleagues and bought to book by the Met’s Directorate of Professional Standards.

Detective Inspector Helen O’Sullivan, of the DPS, said: “This behaviour fell far below the high standards the Metropolitan Police expects from its officers. I would like to praise the officers who did the right thing and came forward.”

It is unclear why Mr Graham, 37, who has a young daughter and whose wife is four months pregnant, committed the offence. Stress and tiredness were cited as possible reasons during the trial.

The ex-officer, who had been awarded a police commenda-

tion for bravery in 2004 for helping save the life of a man who had been stabbed, quit the Met after he realised his position had become untenable.

Amanda Palmer

Shelter to cut jobs after being hit by downturn

Shelter is to cut 43 jobs under pressure from the economic downturn afflicting the UK.

The charity is just one of many organisations working with rough sleepers which have seen a drop in fundraising income under the global credit crisis.

The Shelter cuts represent five per cent of the organisation’s total workforce.

Chief executive Adam Sampson said the cuts would not affect the way in which the charity worked with rough sleepers, as the cuts were all in the non-service sector.

In an official statement, Mr Sampson added: “We deeply regret the loss of any staff and their expertise. We are currently consulting with staff and the union and will look to redeploy staff where we can.”

However, according to Charity News Alert, staff have known for months that a second wave of restructuring focusing on non-service staff was to come in the wake of the controversial pay and hours amendments for service staff.

Thirty-three staff are to be made redundant before the end of the year, while the remaining 10 posts will be lost by not replacing staff who have already left.

Shelter is also said to be

investigating the possibility of renting out the top two floors of its London head office.

Rebecca Wearn

Streetmate.org on the rise

Since its launch the numbers visiting streetmate.org continue to rise. The self-help, homeless site, which we reported on last month, now gets up to 300 hits a day – a testimony to its usefulness.

If you’ve yet to use the site, do give it a try, as the more people that visit, the more useful it will become. It also helps Glen Heaton – who started the independent site with no money – justify future work and investment on it.

Staff

Crunch felt in Ireland

The number of those sleeping rough in Ireland has risen to a critical level since the start of the year and is expected to soar even more in coming months as a direct result of the current economic downturn, the Simon Community in Dublin has reported.

“All communities are seeing increasing numbers of people at risk of homelessness due to the economic downturn,” Patrick Burke, chief executive of the Simon Communities of Ireland, said in a statement.

“Unfortunately, the prevailing economic conditions mean we are likely to see more and more people experiencing homeless-

ness and at risk of homelessness over the coming year," he added.

The Simon Communities of Ireland, which include eight local communities, saw demand for the services for its Dublin Rough Sleeper Team rise by 48% during the first six months of 2008.

Dundalk Simon estimated there had been a 40% increase in demand for its night shelter in recent months, and the Midlands Simon Community received more referrals as at the end of August than in the whole 2007.

Burke said there was extreme concern that next year – unless there was an increase in funding – the communities would be forced to make cutbacks, which could impact on the services they deliver.

The extent of the pressure on homeless services comes to

light soon after the release of a government's homeless strategy, which pledges to ensure no homeless person will have to sleep rough or remain longer than six months in emergency accommodation within two years.

Clara Denina

Head count controversy rages on

Shadow housing minister Grant Shapps MP has criticised the government, after it emerged that this year's drop in the number of rough sleepers was accompanied by a fall in the number of councils holding formal counts.

The Department for Communi-

ties and Local Government released the national rough sleeping estimates last month, revealing a small drop from 498 to 483.

But nine fewer councils carried out head counts last year.

Mr Shapps, a regular critic of the head count system, said he was "deeply concerned" that no changes had been made to the system. He told the social housing website Inside Housing (IH): "It seems this year's figures could underestimate the number even further, once again preventing rough sleeping from getting the attention it deserves."

IH calculated that if two of the councils had been included in 2007's national figures, the total number of people sleeping rough in the UK would have been over 500.

Rebecca Wearn

Homeless commemoration

An event to celebrate the lives of the London's homeless people that died in the last year will take place this month.

The Connection at St Martin's and Housing Justice will hold the annual service commemoration for London's homeless people who have passed away during the last 12 months on Thursday 6th November 2008 at St Martin-in-the-Fields church.

Roger Shaljean, of The Connection at St Martin's, said: "This is a very special event. The service is a coming together of people who wish to commemorate the lives of individual homeless people who would otherwise die forgotten".

During the service, which has been entitled "The Light belongs to everyone", the names of each homeless individual will be read out alongside prayer, music and poetry. Streetwise Opera will



"This downsizing lark has gone far enough, we're living with the dung beetles"

perform two songs.

Last year, homeless agencies across London reported more than 140 known deaths. It is believed this year's figures, which will be finalised moments before the commemoration, will be similar.

Naomi Osinnowo

Lib Dems tour rough sleeping hot spots

Liberal Democrat leader Nick Clegg joined Sheffield's city agencies in the early morning hours of 11th October to tour around the local areas frequented by homeless people and rough sleepers.

Starting at 6am, the Sheffield Hallam MP visited several derelict buildings and warehouses, as well as some of the local spots around the Cathedral area used by homeless people for sleep, to witness the extent of Sheffield's problem of rough sleepers.

Mr Clegg, who was accompanied by support staff and managers of The Salvation Army and representatives from South Yorkshire Police, told *The Pavement* the visit was "a fascinating and eye-opening experience."

He said: "It is sad that even today many people still find themselves out on the street, and I was keen to listen to those on the frontline and those affected about how things can be improved.

"So much of the excellent and absolutely necessary work done by the organisations helping the homeless goes unnoticed, yet as winter draws in, their work will become even more important."

Stephen Burnell, centre manager at the Salvation Army's Charter Row hostel, said the purpose of the tour was to present to the Lib Dem leader the gravity of the situation.

He said: "We did use shock and awe: we didn't pull any

punches. Walking in some of the places is quite dangerous. Nick Clegg was horrified of the state of the spots and stated that he's going to address it at Prime Minister's Question Time."

According to Charter Row estimations, there are more than 40 rough sleepers in Sheffield's city centre, a big contrast with Sheffield City Council's count, which says that only two people a night are out.

Mr Burnell, a former rough sleeper, told *The Pavement*: "The statistics are nowhere near right. We do not get a fair representation of what is going on. The biggest problem is that they don't recognise the number of people that are sleeping rough, so the services and funding cannot be put in place to support them.

"We need to completely review the whole chain, from being on the streets to moving into accommodation, making sure the support networks are in place right the way through, otherwise people fall through the cracks and end up back on the streets."

Teo Kermeliotis

Public to put-up rough sleepers

A homeless charity this month called for potential hosts willing to offer homeless youngsters on Teesside a bed for the night to get in touch.

Nightstop Teesside made the pressing plea after receiving a large increase in demand for their Crash-Pad Supported Lodgings Scheme in which volunteers provide long-term accommodation to homeless people for a few months to a year.

Ruth Fox, manager of Nightstop Teesside, explained: "There are very few housing providers in this area, and those that there are, are generally bed-blocked due

to lack of move-on accommodation, especially for under 25s.

"If we do not have sufficient hosts, then potentially young people are sleeping rough – either outside or on friends' floors."

The charity has 18 operating hostels across England which provide short- and long-term accommodation to young people with a range of needs.

But due to huge demand, Nightstop continues to use the community involvement element of the charity to generate beds.

Sue Trenerry, manager of parent organisation Depaul Nightstop UK, said: "As Nightstop schemes are operating all over the UK, the range of services for young people is wide. In some areas, there are many choices for young people; and in some areas, there are none or very few.

"In the last year, Nightstop schemes offered more than 5,000 bed-nights to homeless young people. New schemes continue to develop and existing schemes continue to develop into neighbouring areas."

Depaul Nightstop was founded in 1989 and is the largest charity for young people in the UK.

Naomi Osinnowo

Switch onto Streetlytes

It has been a long road to recovery for Rudi Richardson. After 34 years of drug and alcohol addiction and a series of life events worthy of a film script, he is now inspiring and helping others on their own road to recovery through his foundation of Streetlytes.

Born in Germany of mixed parentage, he was adopted at a young age, and moved to the States. From his teens, he fell into drug addiction and this continued sporadically throughout his life, causing him to have

brushes with the law and homelessness and his eventual deportation back to Germany. Eventually, in London, Mr Richardson founded the charity Streetlytes to help others with similar experiences.

Streetlytes is run by volunteer recovering addicts, who not only provide invaluable practical help, including soup runs, clothing and referral, but also have free workshops which tackle the issues of homelessness, drug addiction and alcoholism through shared experiences.

The soup run (see *The List*) operates on the first and third Saturday of each month on the piazza at Westminster Cathedral, Victoria. Tea and coffee, sandwiches, fruit, yoghurt and pasta, as well as blankets and clothing, are provided to the vulnerable and homeless.

Starting from 10th November, Streetlytes will be cooking and serving dinner on Mondays at Chelsea Methodist Church.

Forthcoming workshops include a Q&A on "personal life stories", relapse prevention, and the "disease of addiction".

To find out more, visit the website – www.streetlytes.org – that offers support and explains what they do. Plus Rudi shares his reasons for becoming involved in helping the homeless.

Simone Richardson

Arlington House clarification

Last month *The Pavement* reported that Arlington House, one of London's oldest and most iconic hostels, was to be sold. But since going to press more details have emerged about the future of the building.

Arlington House is owned by The Novas Scarman Trust, which encourages rough sleepers into social enterprise projects across the UK. But this month the group is set to transfer the landlord function of the building to the One Housing Group.

On Monday 20th October, a board meeting confirmed the transfer to a registered social landlord. Chief executive of the Novas Scarman Group, Michael Wake explained that this was not a 'sale' of the building.

"This is a transfer of the housing/building aspects of the project, something we have been withdrawing from over the past four years, leaving the Novas Scarman Group to provide the support to residents," he said.

"The board has agreed a local association but has yet to confirm this with the Housing Corporation. I believe I can note that it is likely to be OHG, a local association, with which we have worked in partnership for over 10 years on our other hostels and has a strong record of managing development projects and supported housing."

Mr Wake added the sale was not for profit. "This is



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Legionline: 08457 725 725
www.britishlegion.org.uk

POPPY SUPPORT

For Service people past and present and their families

to be a nil-cost transfer. No money will be made," he said. "Any funding that we may have made has been left by the group in Arlington which the transfer registered social landlord will invest in the ongoing refurbishment programme."

Novas Scarman bought the hostel back in 1993 from Camden Council with the covenant that the property must be used to provide "social housing at affordable rents for single homeless people".

Arlington House is more than 100 years old and is famed for once housing the author of *1984* and *Down and Out in Paris and London*, George Orwell.

Mr Wake reassured residents, who have been confused and angered by news of a sale, that Arlington would continue to be a place of refuge for rough sleepers.

"The future of Arlington will remain as a hostel – this is the wish of Camden, the condition of the transfer and set out in the planning permission as a legal document. Only Camden could overturn this and, as the hostel forms part of its strategic provision and Pathways programme, Arlington will remain a hostel."

Novas Scarman had recently embarked on a £25m renovation project that aimed to update the communal and sleeping spaces for residents and would see the number of beds reduced from 370 to just 130.

Long-term residents of Arlington House are to be re-housed permanently within the newly renovated buildings. Mr Wake said this was part of Arlington's work with Camden's Pathway Programme, which resettles homeless people in the borough.

"Camden and NSG is aware that there will be approximately 35 to 40 of the older long-term residents who will not be able or willing to engage in this process and it may take some time, if at all, for them to consider alternative accommodation," said

Mr Wake. "Thus, within the 130 beds to be provided, one whole floor has been developed with high-quality rooms, with en-suite, wheelchair access and so on, to accommodate this group and anticipate their needs over the long term."

Other projects linked to Arlington in the Camden area, such as the Novas shop, are to be consolidated into other parts of the city where Novas has operations, such as Westminster and Southwark. The process for moving the gallery and shop into Arlington House will now be brought forward to take part during the renovation work, rather than afterwards.

Mr Wake denied that Novas was in any kind of financial trouble. Last year the group reported an operating deficit of £277,000. He said the transfer was part of the long-term withdrawal from housing management and maintenance, to allow Novas to focus upon social enterprise work.

Rebecca Wearn

Rough sleepers with smoke detectors

Wiltshire Fire and Rescue Service is launching a new scheme that will see smoke detectors included in survival kits that are being handed out to vulnerable adults in the Trowbridge area.

So far, 40 kits have been distributed to service users of the Alabare Drop-in Centre in an attempt to provide a few essential items to those who most need them.

As well as a smoke detector, the waterproof kits include items such as a sleeping bag, a towel, toilet roll, a flask, razors, a wind-up light, socks and tobacco.

Co-ordinator of the scheme is Wiltshire Fire Service's group manager Steve Williams.

He explained: "We have

attended a number of fires in derelict buildings and there was a fatal fire involving a homeless man in Warminster just two years ago."

The presence of a smoke detector in the kits was as a direct result of feedback from the streets.

Mr Williams added: "Everything we're providing in the bags has been discussed with the people who will be using them. We want to help them to be safe from fire, safe from the elements and safe on the roads, and hopefully this will also lead to an improvement in their quality of life."

In addition to providing some practical street safety, the new initiative is also designed to present vital information on where people are sleeping in the local area.

Amanda Palmer

Vodafone backs homeless footy

The credit crunch may be forcing several businesses worldwide to tighten their purse strings but an organisation's hefty donation to a homeless charity suggests corporate philanthropy has not been cut.

The Homeless World Cup Foundation (HWCF) will receive a £500,000 start-up package over the next two years for its international grassroots football programmes from Vodafone Group's charity – The Vodafone Foundation.

Kat Byles, a spokeswoman for HWCF, said the charity could potentially struggle to meet its total target of £5m, owing to the difficulties finding organisations to back start-up projects amid the current economic climate.

Ms Byles said: "Vodafone's donation means the world to the Foundation, as start-up funding enables us to get key people in to implement best practice and we can then work towards

becoming sustainable.”

The funding will be used by the HWCF to build the infrastructure of the football programmes and to appoint its first chief executive.

The Vodafone Foundation explained that it has not been affected by the credit crunch because it works with a set amount of funding it receives every year from Vodafone.

Spokeswoman Katherine Danby said the fixed funding would enable the Vodafone Foundation to back “projects in areas that are important, including music and sports projects like The Homeless World Cup”.

The Homeless World Cup currently has 30,000 homeless football players and aims to engage one million players in more than 75 nations by 2012.

Naomi Osinnowo

Emmaus building a new community

Homeless charity Emmaus is building a new community in Hampshire.

The project will offer a home, work and support for 23 people in the historic city of Winchester. The community is set to open in spring next year and will also have a charity shop on site to help raise funds.

Alison Thompson, chair of trustees, said: “This project will enable homeless people to make real and lasting changes in their lives and the lives of others.

“It is a movement with a proven track record of tackling homelessness in this country and around the world.”

There are 17 Emmaus Communities across the country. For more information visit www.emmaus.org.uk.

Rebecca Evans

Headless reward for homeless man

When members of the British public are not finding discs and laptops loaded with valuable personal data on trains, it seems there are other, less obviously lucrative, pickings to be found.

When rough sleeper Anthony Silva found the decapitated waxwork head of Sir Paul McCartney in a train station bin, he did not expect to be given a £2,000 reward.

Mr Silva thought it was a ghoulish Hallowe'en Macca mask and had used the item as a pillow before returning it.

The model of the ex-Beatle's head had been left under a seat by a local auctioneer and discarded by train workers.

The complete waxwork had been on display in Louis Tussaud's museum in Great Yarmouth before going to auction.

Sir Paul was expected to raise £10,000. The auctioneer, relieved to get the head back, said he was eternally grateful to Mr Silva. “He told me he had just become homeless, so I hope the £2,000 reward can help him.”

Rebecca Wearn

Credit crunch squeeze on homeless

The credit crunch looks increasingly likely to create a knock-on effect in the number of people without a permanent address.

Shelter, Britain's biggest charity for the homeless, has noted a 68% rise in Northern Rock's repossessions over a similar period last year and is concerned about the ‘aggressive’ approach that the recently nationalised mortgage lender is taking.

Adam Sampson, Shelter's

chief executive, said: “It seems a bit perverse that ministers, who a few months ago were lecturing lenders about their responsibility towards the homeowners in arrears, are now allowing companies that are state-owned to repossess people's homes so aggressively.”

Northern Rock was the first British Bank nationalised by the government after the credit crunch began last year. Since then, Bradford & Bingley, Britain's biggest mortgage provider to landlords, has been nationalised at the end of September and the government has bailed out three other British banks – Lloyds TSB, Royal Bank of Scotland and HBOS – to the value of £37bn.

Jaquelyn Gill, spokeswoman for Northern Rock, said: “We acknowledge our repossessions rate is ahead of the industry, but not by the multiples that have been reported in the press.”

But Mr Sampson is requesting that prime minister Gordon Brown ensures lenders fully or partly owned by the state “treat customers as fairly as possible.”

Simone Richardson



Whitefoord House, Edinburgh, one of the specialist, ex-forces hostels found across the UK; this one owned by Scottish Veterans' Residences – see story page 8





Dear Flo

Nurse Florence on questions of homeless health

Dear Flo,
My doctor started me on aspirin recently, but I heard on the news that it doesn't always work and can do more harm than good. My doctor wants me to keep taking it, however, I feel like I'm rattling with pills and don't know whether I really need it. I want to find an objective opinion - any ideas where I can find it?

Jake
by email

Dear Jake,
It can seem confusing when you're getting differing advice from all angles. Some researchers and governmental agencies appear to delight in producing studies that contradict previous 'best guidelines'. Documentaries often use scare tactics about medicines, more to improve their ratings than because there is a genuine alert.

These media stories may or may not filter into your doctor or nurse's consciousness, but I appreciate that when it's your own health at stake, it's that much more pressing to know what's going to work best for you. It can feel really important to change your medication immediately, but I'd ask you to hold off from making changes that aren't recommend by your doc.

It's great to take interest and control over your own health (we no longer live in an age where "doctor knows best"!), but the problem with some of the health stories that hit the newspapers is the quality of the research. The evidence produced is only as good as the design of the study, and drug trials must hit a number of criteria, such as having a good cross-section of the population, so there's no point applying the

results if it looked only at how that medicine affected three-legged, cross-eyed Antarctic octogenarians. However, its authors are obviously keen to promote their research findings and so can push their own agenda onto the media circuit...

This does, therefore, make your job of figuring out what's your personal super-drug more difficult, and you're right to ask how best to get an objective opinion.

Accessing medical sites on the internet is relatively easy, though we've already discussed the hazards. You will probably never get a truly objective picture from any one person, but asking many people

(with the appropriate knowledge) will give you an overview of current opinion regarding best treatment.

Once you've asked them, it's up to you: take the information and make up your own mind. Good health,

Flo

To contact our nurse email: flo@thepavement.org.uk or you can write to her at the address on page 3



"If they made belts large enough for us, we'd have to tighten them"

Ask Agnes

Our agony aunt answers your questions on life

Dear Agnes,

Since I left the armed forces 12 years ago, I have been sleeping in night shelters and travelling around the UK. I found this lifestyle tough, but didn't want anything more settled. When I left the service, I found my wife had another man, turned to alcohol and lost my home. Twelve years has gone so fast, and my health has suffered from drinking so much. Now, for health reasons, I have been obliged to move into supported housing. I have been there three weeks and – so far – life is the same, except I have a bed of my own.

However, I feel as if I am at a crossroads: either I can keep drinking, probably until I die; or I can try and turn my life around. The difficulty for me is knowing how to begin. Can people in my situation ever find happiness?

Ivan

59, London

Dear Ivan,

“You can lead a horse to water, but you can't make it drink.”

Many thanks for your letter. I have a question regarding your situation, so I will have to think out loud on paper, for want of a more telling live Q and A session!

I wonder: were you, in fact, obliged to move into housing, or could you have remained a street sleeper if you had put your foot down? I suppose I am trying to find out whether you bought yourself to your own crossroads, or if someone else dragged you there.

In all likelihood, bringing in the horse-and-water equation, you have, to some extent, agreed to being re-housed, even if you didn't go so far as to suggest it yourself.

While it might be easier to shift responsibility for your housing decision to outside forces and lie back to wait, it isn't possible to insist that someone moves off the streets and into accommodation. Looking closely at the reason or reasons why you decided to take the accommodation in the first place might be a good place to begin your search for happiness. When faced with the ultimatum of death, it seems that you decided to do something proactive to save yourself – or at least you have decided to have a go.

Whether you can think of any specific reasons for prolonging your life or not, you must at the very least hope that there might be some... Hope is the key concept, here, as it's much easier to pin down than the idea of 'happiness' which, frankly, is subjective and rather slippery. You might want to make a list of things you would do differently if you were feeling happy. Having firm ideas about what might be different in your lifestyle and behaviour if you managed to achieve some happiness will help, as you'll recognise it more clearly when you get there.

I guess this sounds overly simplistic, but it's difficult to aim for a goal – happiness, in this case – if you don't understand it will change your life in a concrete way. Consider, also, how much happiness you need. Would you need to be happy 24/7 in order to feel satisfied, or would 50% of the time be enough to make life worth living? Again, all these are your choices, but you need to make them to keep yourself focussed.

You have proved from your history that you are more than flexible: moving from the rigours of life in the armed forces to the total laxity of the travelling lifestyle indicates that you have already

managed to adapt to two totally different states of being in your lifetime. Was either condition more difficult to adapt to than the other, or did you slip into each new role easily? Which parts of your character helped you to make these tricky transitions? Perhaps you can employ the same flexibility again while making this next adaptation? Perhaps you already have?

Agnes

To contact your agony aunt, email: agnes@thepavement.org.uk or you can write to her at the address on page 3

Foot care

Our foot expert looks at military feet

From antiquity, armies have been built around a core of infantry who relied on their feet for operational transport such as tactical movement in battle and transportation behind the lines.

Since the First World War I (1914–1918), the ability of infantry to manoeuvre unseen in constricted terrain became a key strategy in modern warfare. Foot soldiers rely on their boots as much as their weaponry to survive inhospitable territory and extreme climatic conditions. The boots of the foot soldier have subsequently evolved to become arguably the most sophisticated footwear on Earth. Having comfortable feet is a priority for the modern combatant, and boots need to weather temperatures as high as 50° by day and often below 0°, at night. Not only that, they need to fit both genders comfortably and give the fully equipped soldier support.

Not all armies are issued with the best footwear for the conditions, as was seen in the Falklands, where the British boot literally fell apart in the extreme wet conditions.

Not entirely a military secret, but the Russian Army has recently been issued with socks. For over 300 years, Russian soldiers preferred to bind their feet with foot bandages called portyanki. The common belief was that they gave better support and insulation than knitted socks. However, the opportunity to undo jackboots (sapogi) to rewrap the foot in conditions of trench combat was quite impractical, so soldiers wore their foot wraps for sometimes weeks on end. Worn portyanki were incredibly smelly and a common myth among Russian Infantry was that their invincibility was due to their foul-smelling foot bandages. Foot-wrapping became the mark

of a real soldier, and barrack room pranksters played football with their portyanki rolled into a tight ball. Sometimes the foul smelling mass was deliberately left beside a snoring comrade as a punishment.

Many former service personnel suffer peripheral neuropathy, which is due to damaged peripheral nerves. This was first recognised when many GIs serving in Vietnam reported vague aches and pain in their feet and legs after being exposed to Agent Orange. Peripheral neuropathy is a problem with the nerves which carry information to and from the brain and spinal cord. Peripheral neuropathy may cause a loss of sensation and inability to control muscles.

These sensation changes usually begin in the feet before progressing elsewhere as the condition worsens. Common symptoms include temporary numbness, tremor and gait imbalance, tingling, itching, crawling, pins and needles, and pain. Some people may suffer more extreme symptoms, like a

burning pain (especially at night), muscle wasting, paralysis, and even organ or gland dysfunction. In severe cases, the skin maybe so sensitive the person cannot bear to have anything touch their feet. Damage to the peripheral nerves is often a side-effect of systemic illness like diabetes or alcoholism.

If you suffer from these diseases or any of the symptoms above, then see your doctor. People coping with peripheral neuropathy may develop pressure ulcers and – especially where there is a lack of feeling – these can quickly become infected. It is important to keep your feet warm and dry, and wear comfortable shoes. Check the inside of the shoe for unseen grit or rough spots that may cause injury to the feet. Try to eat a balanced diet, reduce your alcohol intake, and maintain good control of diabetes and other medical problems.

Toe Slayer
Registered podiatrist
& shoe historian



Cold Turkey

A refreshing look at addiction and how they are pigeonholed

Why does the “health aspect” within the drugs treatment industry find so hard to make connections for themselves and wilfully disguise their role in maintaining harm as harm reduction. When does harm minimisation become harm maintenance?

And as *The Pavement* is now distributed in Scotland too, I tried to get some info regarding smoking and drug use off the Scottish government website for health and community care. I could find nothing of any use.

All the substances are, as in England, pigeonholed into their own little categories – drugs here, alcohol there and smoking over there. Most people I have worked with who are chronically dependant on substances, use all three. Many use a vicious cycle of drugs (licit and illicit), alcohol and tobacco – “killing them(elves) softly” comes to mind!

There are two strands to this: smoking and drug use go hand in hand; and smoking (crack and heroin, not to mention cannabis) is seen by the harm reduction lobby as a better way of using drugs.

Quoted in *Drink and Drug News* on 6th Oct, Gay Sutherland (and let’s give her full title: research psychologist and expert in smoking cessation) stated: “most people in drug treatment smoke...” Really? Wow! ... and went on to say: “hardly any are offered help to stop smoking”.

She omitted that that smoking drugs is encouraged in many circles, especially front-line prescribing services. It’s seen as safer than injecting by many.

Advocating smoking cessation is all well and good; however, once again there seems to be a wilful “taking one’s eye off the ball again”. Mixed messages and job creation.

I try and remain positive, but



“I’m drinking outside the box”

Hell’s bells – come on! Tobacco, drinking and drugs go hand-in-hand. A pint of lager and a snout – lovely! Just had a nice hit of heroin? A fag will do nicely to reinforce the buzz... And with coke or speed, I can smoke till the cows come home – 60 fags a day is not unheard of. And because methadone is such a “boring little drug”, you need a fag and can of lager to liven it up. And smoking crack cocaine... The mind boggles. (Someone told me that the hardest thing to give up once you have “cleaned up” is “fags and the dole”, but I digress.)

There is also evidence that respiratory-related illnesses are on the increase within the drug-using population. My observations at Narcotics Anonymous meetings, and from research I have carried out, indicates that more drug users have emphysema and that they also have an increased chance of

developing the condition. I hasten to add that this area needs to be researched in greater depth so we can get a clearer picture.

In public health terms, this is not the same as HIV/AIDS or Hepatitis C. But for the individual, the consequences of death by “lack of breath” are too horrendous to imagine. Quite apart from the cost to the public purse, this is a “no brainer” from a human perspective.

Once again, harm minimisation becomes harm maintenance. Stopping smoking of crack and or heroin must have tobacco smoking cessation factored in.

This insistence on looking at drugs/alcohol and tobacco separately is losing ground by the day. Too much vested interest, not enough common sense.

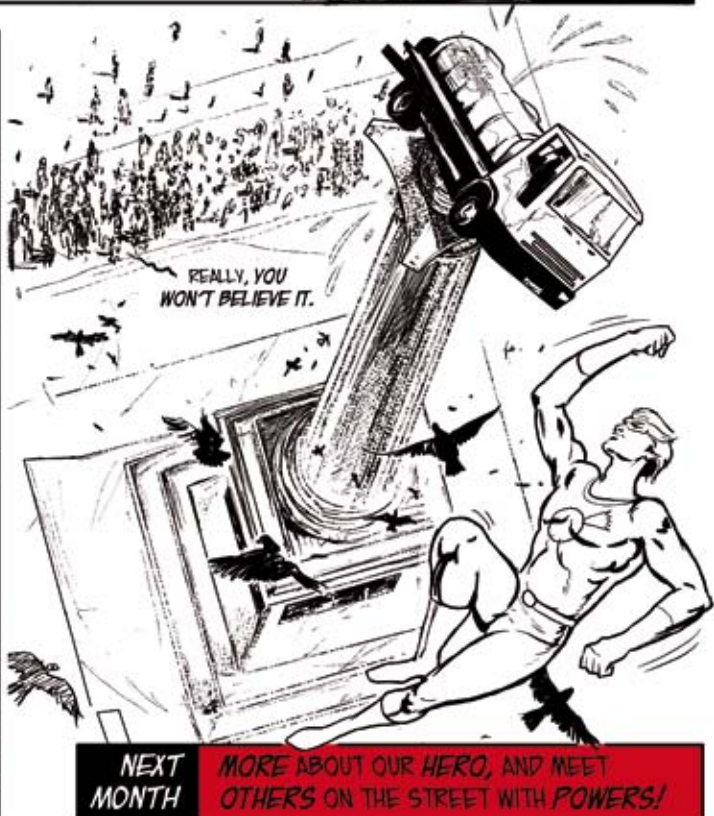
Andy Zapletal

STREET SHIELD

EPISODE 2

'ELLO, 'ELLO, 'ELLO.





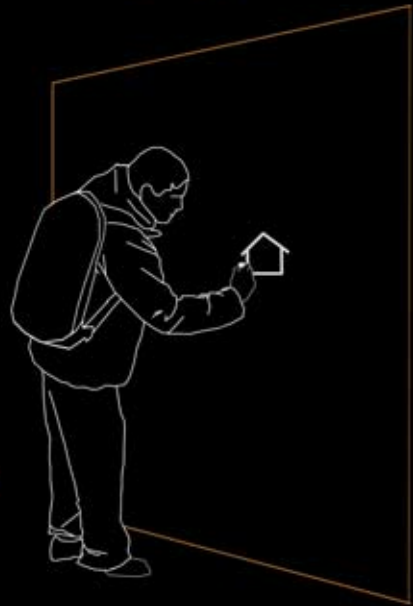
HOMELESS CITY GUIDE

-  squat
-  empty building
-  dangerous neighbourhood
-  danger
-  guard dogs
-  an attack happened here
-  good place to drink / smoke
-  unfriendly place
-  friendly place
-  soup run (with rating)
-  strong police presence
-  potential for work
-  good food thrown away here
-  safe for sleeping
-  message board x mins that way
-  security guard
-  you'll get moved on here

step 1



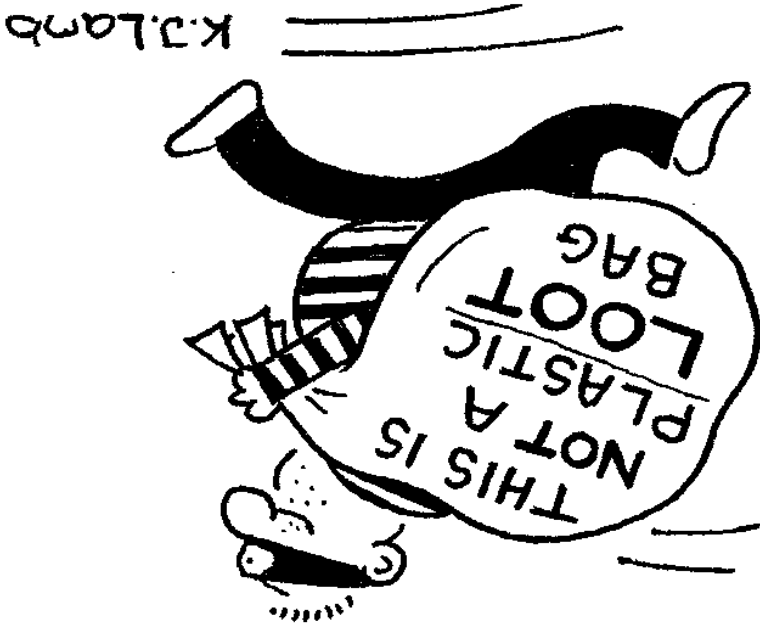
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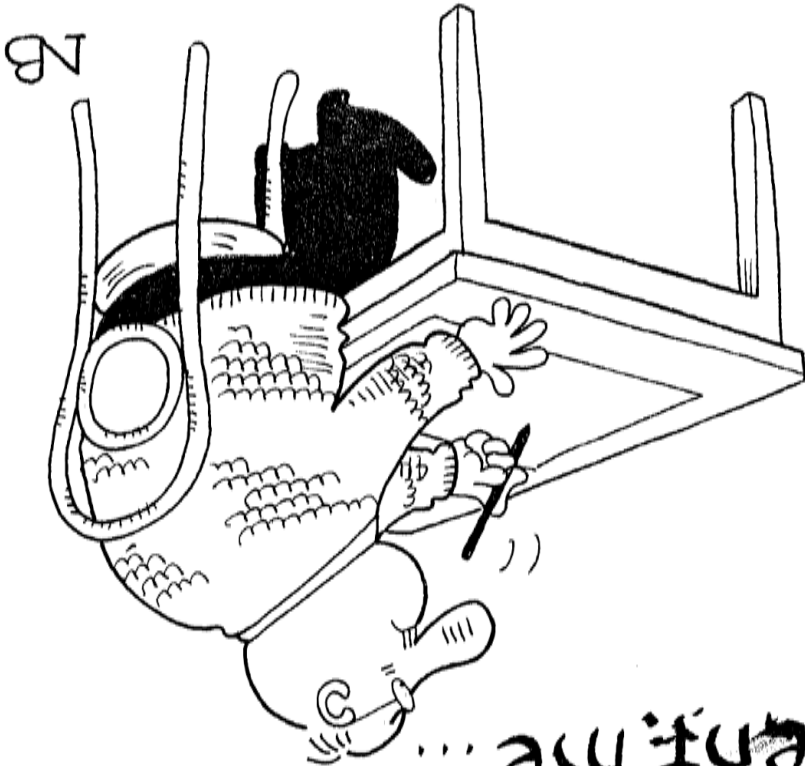


MAKE YOUR MARK AND HELP OTHERS TO READ THE CITY

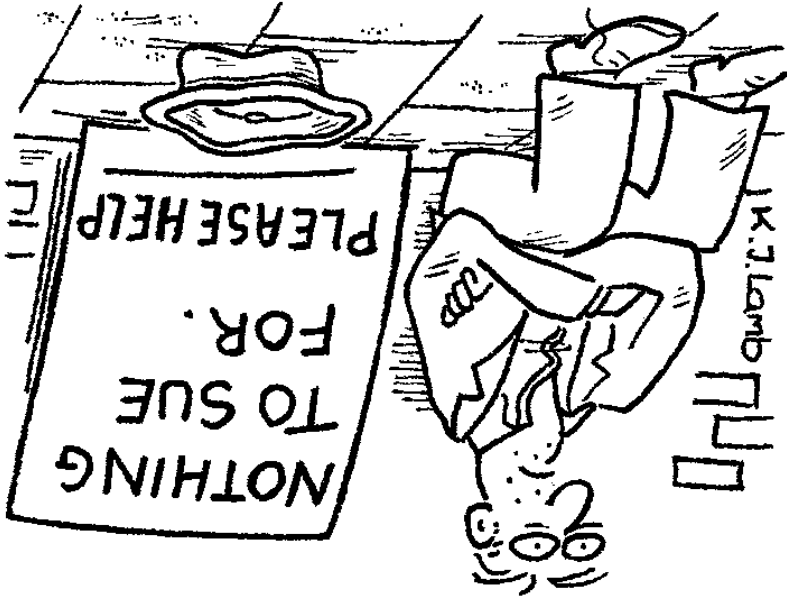
Make non permanent marks to keep the system up to date and stay within the law.

Eco-thief





Dear Sir's,
I write to complain
about the poor
quality of the
charity pen you
sent me...



The Samaritans
08457 90 9090

SANeline

6 – 11 pm
0845 767 8000

Out-of-hours helpline for those affected by mental health

Shelter

0808 800 4444

Housing info and advice
8am–12am daily

UK Human Trafficking Centre
0114 252 3891

TELEPHONE SERVICES
EDINBURGH

Edinburgh City Mission

Counselling and crossline helpline
0845 658 0045

Providing a listening service

for anyone in emotional crisis. Also offers face-to-face counselling by appointment

WEBSITES

Mental Fight Club

A creative/arts site for those with mental illness.
uk.geocities.com/gdbriele-

jenkinson@btinternet.com/

The Pavement Online

Soon to have an online version of *The Other List*, which will soon be in several translations to download.
www.thepavement.org.uk/services.htm

Proud to be mad

A campaigning site for those with mental illness
www.proudtobemad.co.uk

Stonewall Housing

Addresses the housing needs of lesbians and gay men. Provides temporary, supported housing for 16 – 25 years old lesbians and gay men.
www.stonewallhousing.org

Streetmate

An independent site with substantial information on housing, working and learning, built for those homeless who use the internet and want to do-it-themselves as much as possible.
www.streetmate.org

WEBSITES EDINBURGH

Homeless Edinburgh

A comprehensive website containing information about services in Edinburgh including hostels, advice and support centres. Also has information on over 8,000 services outside Edinburgh.
www.homelessedinburgh.org

WEBSITES GLASGOW

Homeless Information Pages Glasgow

Lots of useful information and advice on homeless services in and around Glasgow.
www.hippinglasgow.com

Mon - Fri: 9am - 4pm

Runs short courses that help people look at their choices, rights and opportunities in settling down. Open to anyone over 16. Courses are organised on a rolling programme and run between 10am and 4pm

C, ET
www.glasgowstimon.org.uk

ENTERTAINMENT & SOCIAL EVENTS

EX-FORCES

AWOL?
01380 738137

Call the 'Reclaim Your Life' scheme from SSFA (Soldiers, Sailors, Airmen and Families Association): Mon - Fri: 9am - 10am

Royal British Legion

08457 725 725

Ring the Legionline to see how they can help ex-servicemen and women

Veterans UK

0800 169 2277

Free help and advice for veterans and access to dedicated one-to-one welfare service
www.veterans-uk.info

EX-FORCES EDINBURGH

Whiteford House

53 Canongate, EH8 8BS

0131 556 6827

Ring first
Mon - Fri: 7am - 5pm
Accommodation for homeless ex-service men and women, including ex-merchant mariners. Can accept married couples

MEDICAL SERVICES EDINBURGH

Edinburgh Homeless Practice

(Cowgate Clinic)
20 Cowgate, EH1 1JX
0131 240 2810

Mon, Wed - Fri: 9am - 12.45pm, 1.45 - 5pm; Tues 9am - 12.45pm
Health service for homeless people, including a general nursing and treatment room, mental health care, 10 GP sessions a week, as well as dental services two mornings

MEDICAL SERVICES GLASGOW

The Physical Health Care Team
55 Hunter St, G4 0UP
0141 553 2826

Has two GPs and a team of nurses and office staff who also run clinics at some hotels. Appointments not necessary. They also provide support for people who have hospital appointments and want someone to go along with them. There is also an addiction and mental health team based at this address
A, D, F, C, M, H, M, S, H

PERFORMING ARTS

SOUP KITCHENS & SOUP RUNS EDINBURGH

Grassmarket Mission
86 Candlemaker Road, EH1 2QA
0131 225 3626
Soup Kitchen four times a week:
Mon: 7 - 9pm; Tues: 6 - 7pm;
Fri: 6 - 6.30pm; Sun: 8 - 9pm

SOUP KITCHENS & SOUP RUNS GLASGOW

Balvicar Street

Thurs: 7 - 9pm

Cadogan Street
Glasgow G2
Runs at these times:
Sun: 9 - 10pm; Mon: 7.30 - 9pm; Tues: 8.45pm - 12.30am; Wed: 9 - 10pm; Fri: 8 - 9pm

St. Columba's Church

St. Vincent Street

Sun: 7.30 - 9pm

St. Patrick's Church

North Street

Thur & Sun: 8pm - 9pm

St. Simon's Church

Dunaskin Street

Sun: 1.30 - 2.30pm

Waterloo Street

Thur: 10pm - 12am

SPECIALIST SERVICES GLASGOW

Glasgow Women's Support Project

31 Stockwell St, G1 4RZ

0141 552 2221

Mon, Tues, Thurs, Fri: 10am - 4.30pm; Wed: 2 - 4.30pm

Information, advice and initial support for women who have experienced sexual abuse

TELEPHONE SERVICES

Benefits Agency (JCP)

To make a claim

0800 055 6688

For queries about existing claims for Income Support, Jobseekers Allowance or Incapacity Benefit

0845 377 6001

For Social Fund enquiries

0845 608 8661

For the Pensions Service

0845 60 60 265

Domestic Violence Helpline

0808 2000 247

Frank

0800 776 600

Free 24-hr drug helpline

Get Connected

0808 808 4994

Free advice for young people (1pm - 7pm daily)

Message Home Helpline

0800 700 740

24 hrs daily

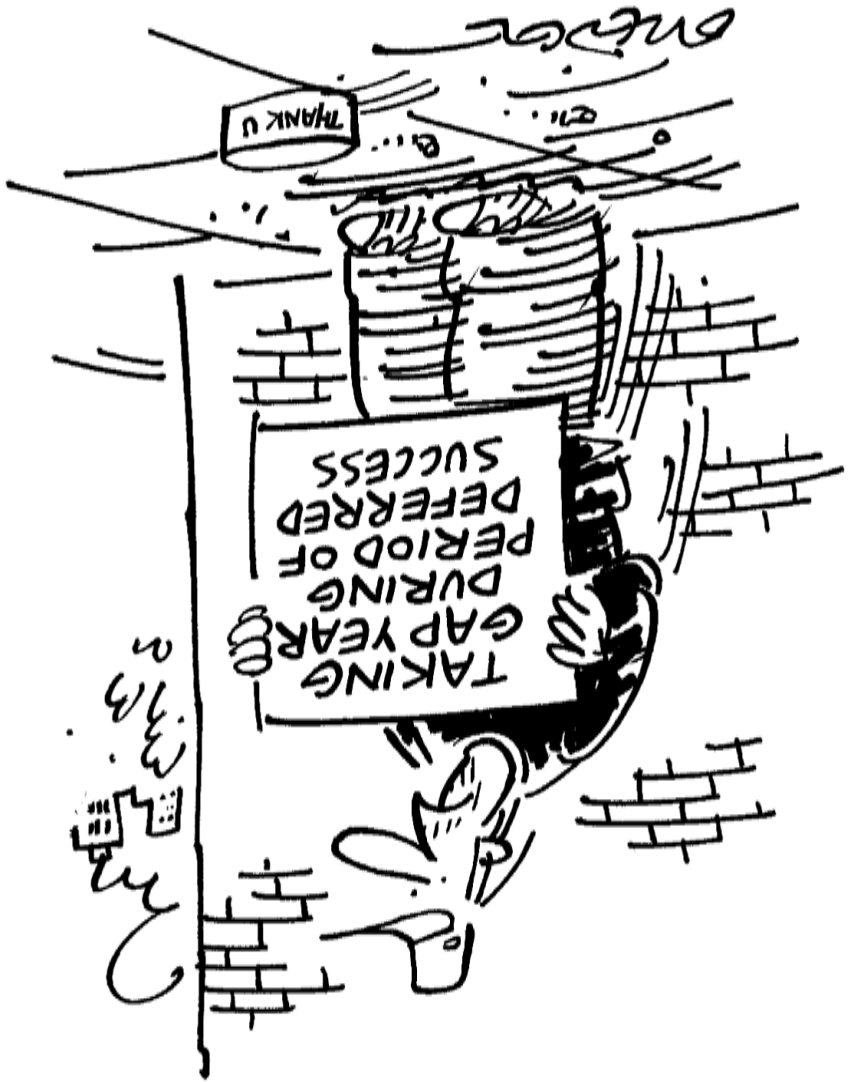
National Debtline

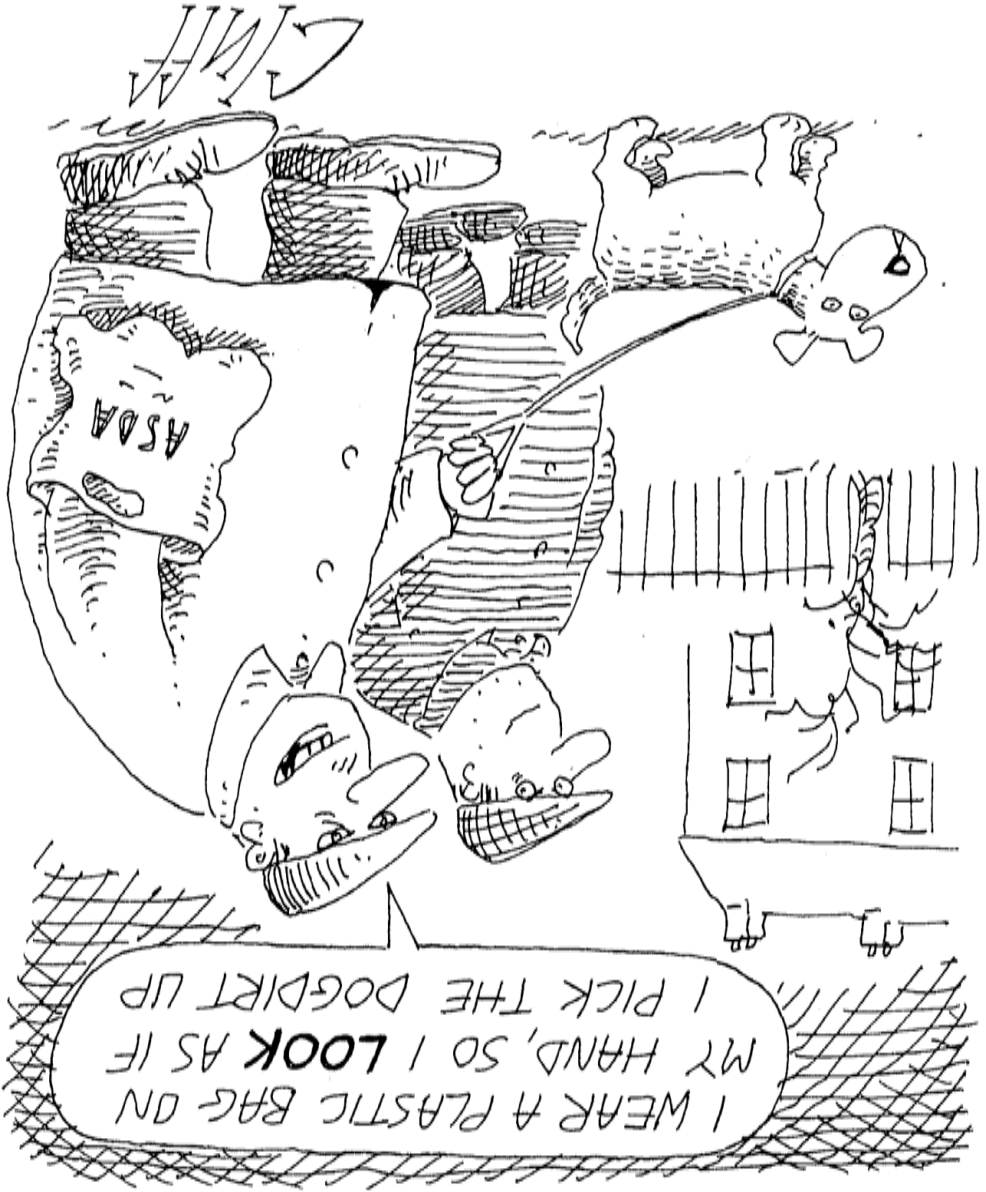
0808 808 4000

Runaway Helpline

0808 800 7070

Free line for under-18s who have left home





Salvation Army – Ashbrook

492 Ferry Road, EH5 2DL
0131 552 5705
90% residents are over 40. Ring
or drop in 24 hours a day

Men

Gowrie Care – Caledonia House

41 Lothian Rd, EH1 2DJ
0131 229 1747
Ring first (Mon - Fri 9am
- 5pm). Over 25 only

Women

Cranston Street Hostel

2 Cranston St, EH8 8BE
0131 556 8939
Ring first. Will not accept women
who are over six months pregnant.

Number Twenty

20 Broughton Place, EH1 3RX
0131 557 1739
Young single homeless women aged
16-21 with support needs. Ring
first (8am - 11.30pm every day)

Young people (16-21)

Bedrock

55 Albany St, EH1 3QY
0131 557 4059
For young women who have a baby
under 12 months or are pregnant as
well as residents up to the age of 25.

Open Door Accommodation

Project
7-12 Adelaide Street, Liv-
ington, EH54 5HG
01506 430221
Young single homeless people
aged 16-21 with a local con-
nection to West Lothian

Stopover (Edinburgh)

40 Grove Street, EH3 8AT
0131 229 6907
Young single homeless people aged
16-21 with a range of support needs
Ring first

DIRECT ACCESS HOSTELS/

NIGHTSHELTERS GLASGOW

All with low-support needs

Salvation Army – Hope House

14 Clyde Street, G1 5JW
0141 552 0537
24hr Direct access

A, AS, BS, F

Talbot Association – Kingston

344 Paisley Road, G5 8RE
0141 418 0955
Ring first

BS, C, DT, FT, F, H, L, MS, MH, SH

Turning Point Scotland – Link Up

112 Commerce Street, G5 9NT
0141 420 1929
A direct access service for homeless
people in crisis as a result of mental
health, drug, or alcohol problems

A, AS, AD, C, D, F, C, MS

Women

Govanhill Women's Project

14 Polmadie Street, G42 0PQ
0141 423 5599
Works with single homeless
women aged over 25 from the
Glasgow area. The project is not
suitable for women under 25
modated with a partner or with
or those wanting to be accom-

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Young single homeless people aged
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Ring first

Young people

Quarriers Stopover

189 Pollockshaws Road, G41 1PS
0141 420 3121
For young people 16-25. Accom-
modation is on the upper levels of a
four-storey building so not suitable
for people with physical disabilities
A, C, D, ET, H

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Young people

Quarriers Stopover

12 Commercial Road, G5 0PQ
0141 420 6105
- Resettlement Training Service
Glasgow Simon Community

EMPLOYMENT AND TRAINING

GLASGOW

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Immediate practical help and advice for vulnerable people on the streets of Edinburgh AS, A, BA, C, D, H, MS, SH

The Access Point
17-23 Leith Street, EH1 3AT
0131 529 7438

Mon, Wed - Fri 9am - 5pm;
Tues 10am - 5pm
Advice and information for single homeless people AS, BA, FC, H, MS, SH

ADVICE SERVICES GLASGOW

Glasgow Shelter Housing Aid Centre
274 Sauchiehall Street, G2 3EH
0844 893 5560
Mon & Thu: 1-4pm, Tues & Fri 10am - 1pm

Outside these times, there is a 24-hour helpline for advice and support - Shelterline: 0800 800 4444
AD, C, H

GAMH Homeless Support Project
123 West Street, G40 1DN
0141 554 6200
Mon - Fri: 9am - 5pm

Provides flexible emotional and practical support, information and advice for homeless people in Glasgow with mental health problems. Phone, write or just drop in C, MH

Hamish Allan Centre
180 Centre Street, G5 8EE
0141 287 1800

Glasgow City Council
For anyone who is homeless, threatened with homelessness, or in need of advice about homelessness issues. Staff will be pleased to discuss your circumstances with you in a private interview room and provide advice on what can be done next to help you www.glasgow.gov.uk AS, BA, C, DA, H, TS

SAY Women Accommodation Project
3rd Floor, 30 Bell St, G1 1LG
0141 552 5803
Provides support and counselling to young women aged 16 - 25

BENEFITS AGENCY

See Telephone Services

DAY CENTRES AND DROP-INS EDINBURGH

Barony Contact Point
67a York Place, EH1 3JD
0131 622 1865 / 1867
Mon 6:30 - 9pm drop-in; Tues 10:30am - 4pm, 7 - 9pm (art group); Thurs 10am - 1:30pm (drop-in); Fri 11am - 2pm (women-only); Sunday 11am - 4pm (drop-in) C, MH

Cowgate Day Centre
22 Holyrood Road, EH8 8AF
0131 557 6055
Every day: 10:30pm - 11:45am; 12:45 - 4:15pm. Appointments every day: 7:30 - 11:45am

AD, BA, BS, F, L, LS, MH, SK
• Service users can also use the centre as a mailing address

Four Square (Scotland)
28 North Bridge, EH1 1QG
0131 225 4143

Mon - Fri 9am-5pm (drop in) or phone for an appointment AS, BA, BE, CL, ET, H

The Ark
2 New Street, EH8 8BH
0131 557 1197

Mon - Fri: 7am - 12 noon; Advice sessions: Mon - Thurs 9am - 4pm; Fri 9am - 12 noon AS, BA, CL, FF, H, L, TS

DAY CENTRES AND DROP-INS GLASGOW

Glasgow City Mission - The Shieling

24 McAulpine Street, G2 8PT
0141 221 2630
Mon - Fri: 10am - 5pm (drop in); Mon, Tues, Wed: 8 - 10:30pm (advice and information) BS, C, CL, DA, ET, FF, H, MS, SH

Lodging House Mission
35 East Campbell St, G1 5DT

0141 552 0285
BS, CL, E, F, IT

Salvation Army - The Laurieston Centre

39 South Portland Street, G5 9JL
0141 429 6533

IT, LF, MS, SH, TS
Wayside Day Centre
32 Midland Street, G1 4PR
0141 221 0169

Mon, Tues, Wed and Fri: 9:30am - 5pm (drop in 12noon - 4pm), Thurs 9:30am - 3pm (drop in 12noon - 3pm). There are specific services for women and rough sleepers as well as health, addiction and other specialist services at specified times A, BS, C, D, F, MS, SH

DIRECT ACCESS HOSTELS/ NIGHTSHELTERS EDINBURGH

All with low-support needs

Bethany House

12 Couper St, Leith, EH6 6HH
0131 467 1010

Bethany Supported Housing
65 Bonnington Road, EH6 5JQ
0131 553 1119

Ring first

Castlecliff Hostel

25 Johnston Terrace, EH1 2NH
0131 225 1643

Cunningham House

205 Cowgate, EH1 1JH
0131 225 4795

Ring or drop in

Dunedin House

4 Parliament St, Leith, EH6 6EB
0131 624 5800

Ring or drop in

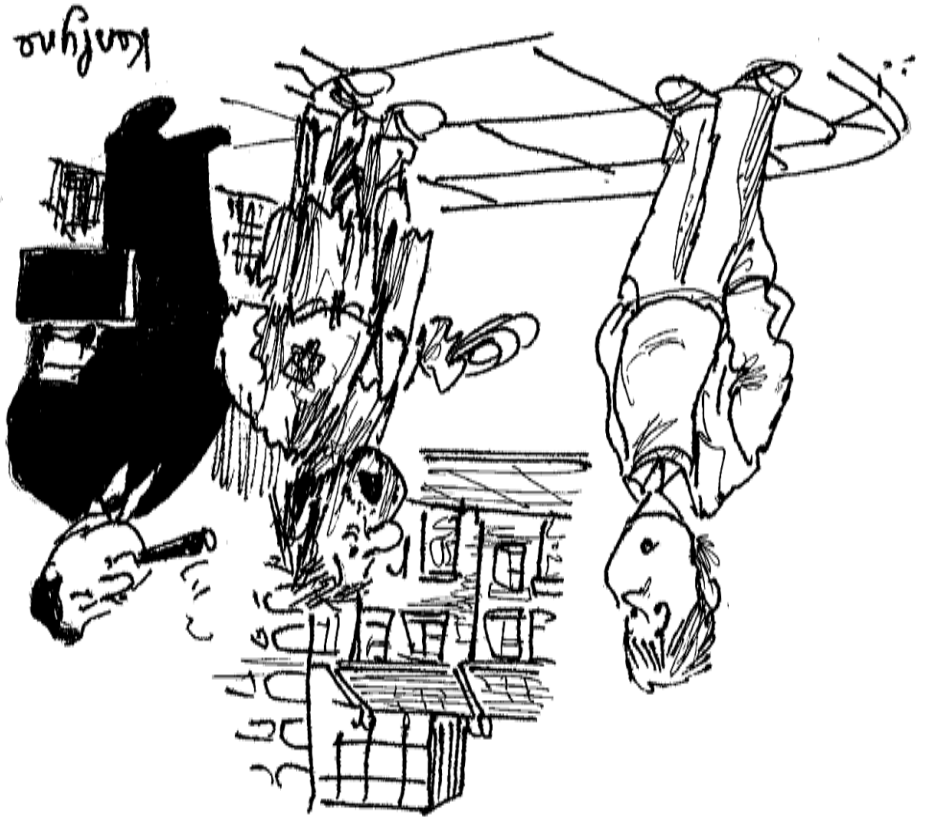
Gowrie Care - St John's Hill

1 St John's Hill, EH8 9TS
0131 557 5502
Ring or drop in: Mon - Fri 9am - 2pm

Randolph Crescent Hostel

2 Randolph Crescent, EH3 7TH
0131 220 1607
Referral from LEAP on: 0131 332 3228

“He’s my financial advisor”



Edinburgh Cyrenians – Smartmove project
 57 Albion Rd, EH7 5DQ
 0131 475 2356
 Mon - Fri 10am - 4pm
 Advice, information and support for people who are homeless or threatened with homelessness
 AS, H, TS

Homeless Outreach Project
 1a Grindlay Street Court, EH3 9AR
 0131 221 9099
 Mon - Fri: 9.30am - 5pm
 Outreach service for homeless people with mental health, alcohol and drug-related problems
 AS, AD, A, BA, CA, C, D, ET, H, MH, OB, SH, TS

Streetwork UK
 14 Albany Street, EH1 3QB
 0131 476 3666
 Mon - Fri, 1 - 4.30pm

ADVICE SERVICES EDINBURGH

Advocare
 332 Leith Walk, EH6 5BR
 0131 529 7584 / 7368
 Mon, Wed, Thurs 8.30am - 5pm; Tues 10am - 5pm;
 Fri 8.30am - 3.40pm
 Advice and information on housing options for homeless people, including assessment of priority need for housing. Out-of-hours emergencies AS, H

MH
 Mon - Fri: 10am - 4pm
 www.advocard.org.uk

City of Edinburgh Council – Housing Options Team 1
 Cockburn St, EH1 1BJ
 0131 529 7584 / 7368

New Stockists: 14
Updated entries: 2
Services added: 1

The Other List has details of homeless services in Edinburgh and Glasgow. It's still new, so will have some errors and omissions, but if you've any changes or suggestions write to us at the address on page 3, or email: scotland@thepavement.org.uk

Key to this list:

- Accom assistance – AS
- Advocacy – AD
- Alcohol workers – A
- Art classes – AC
- Barber – B
- Benefits advice – BA
- Bathroom/showers – BS
- Bedding available – BE
- Careers advice – CA
- Clothing – CL
- Counselling – C
- Debt advice – DA
- Dentist – DT
- Drugs workers – D
- Education/training – ET
- Free food – FF
- Food – F
- Foot care – FC
- Housing/accom advice – H
- Internet access – IT
- Laundry – L
- Leisure activities – LA
- Leisure facilities – LF
- Luggage storage – LS
- Medical services – MS
- Mental health – MH
- Music classes – MC
- Needle exchange – NE
- Outreach worker links – OL
- Outreach workers – OB
- Pavement stockist – P
- Safe keeping – SK
- Sexual health advice – SH
- SSAFA – SS
- Tenancy support – TS

The directory of Scotland's homeless services Updated 3rd November 2008

the OTHER List