



# *the* Pavement

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The *FREE* monthly for London's homeless

November 2009

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I'M ON GOOGLE  
STREET VIEW!



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The Pavement

Registered Charity Number 1110656

PO Box 60385

London

WC1A 9BH

Telephone: 020 7833 0050

E-mail: office@thepavement.org.uk

**Editor**

Richard Burdett

**Sub Editor / Web Editor**

Val Stevenson

**News Editor**

Catherine Neilan

**Reporters**

Nathan Bleaken, Mike Edmondstone,  
Rebecca Evans, Theodore Kermeliotis,  
Jim O'Reilly, Amanda Palmer, Simone  
Richardson, Clarissa Sebag-Montefiore,  
Carinya Sharples, Giedre Steikunaite,  
Carlo Svaluto Moreolo, Claire Nevill,  
Katy Taylor, Rebecca Wearn

**Photographers**

Rufus Exton, Jenny Häggglöv Benjamin,  
Katie Hyams, Hugh O'Malley

**Contributors**

Agnes, Flo, Toe Slayer

**Cartoonists**

Nick Baker, Neil Bennett, Cluff, Pete  
Dredge, Kathryn Lamb, Ed McLachlan,  
Ken Pyne, Steve Way, Mike Williams

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# The Editor

## Homeless online and blogging

Get online. After valiant service for the last few years, our website (www.thepavement.org.uk) is relaunching this month. It addresses some of the inadequacies of the old site, but also has an archive of stories and an easy to access online directory. It's a good site, and should be as useful as it is interesting.

The internet offers a lot, if used correctly, especially if you're homeless. Free messaging, search engines and plenty of entertainment mean that it's an excellent resource for those on the street, but it's also good for getting your ideas heard. Blogging – Google it – is as common among our readers as it is among the population in general, and on page 7 we've included a good example of a homeless blog.

Importantly, this issue, as winter draws in, we've added the winter shelters to *The List*. It's that time of year again.

## Richard Burdett

editor@thepavement.org.uk

## Next month: Surviving the Festive Season

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*Floral tributes left at St John's church, Waterloo in October (see page 16), which act as a reminder for the annual service for commemoration this month, see page 11.*

*Photography by Katie Hyams © 2009*

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# Letters

*Write to us, by post or email, at the address on page 3*

## Dispersal zone

Dear Editor,

There is what looks like a new weapon for the Corporation of the City of London and City police in their ongoing campaign of harassment against the City of London's rough sleeper community. It's a new dispersal zone, similar to the one in Waterloo.

Is it a case of that the Operation Poncho cleansing programme has not done its job? I have said in the past and say it again: all Operation Poncho does is cause sleep deprivation and mental distress.

Could you pass on the enclosed paper [notice of the City dispersal zone] to Housing Justice or some a group of solicitors, so that those of us who make up the City of London's rough sleepers community can know what our legal rights are?

We may be rough sleepers, but we still have our human rights.

I'd like to know:

\* Is being a rough sleeper anti-social behaviour?

\* Is waking a person up at 1.30-2am, three to four times a week, in the name of the City of London cleaning, anti-social behaviour?

I know what I think, but I can't help wonder what a judge and jury would think.

*Peter Pickles*

London, by post (edited for length)

Dear Mr Pickles,

We'll try to get behind what drove this dispersal zone, but as a starter we report on it on page 11.

Generally legal measures that appear to target our readership are becoming more common, so with that in mind we're pleased to announce a new pamphlet is being produced to inform homeless men and women of their rights. Produced by Housing Justice, Liberty, *The Pavement* and Zacchæus 2000, we hope it'll be hitting the streets before the next issue is out.

*Editor*

## Camden closures

Dear Editor,

On Wednesday 19th August, I attended a meeting at Camden Town Hall about the Council's homeless hostel closure programme. In that meeting I said:

"Camden Council's plans to help homeless people by closing hostels for the homeless doesn't make sense. They say that fewer homeless families need temporary accommodation, leaving surplus places in family hostels. But their response is to close the hostels for single homeless people in Holmes Road, Mount Pleasant and Parker Street. That doesn't make sense.

The Council's consultation was very faulty. It didn't even mention that the Council are turning people out of a dozen self-contained flats at 147-151 Gray's Inn Road. Nor does it mention that a specially created small unit in Roderick Road has been closed and sold off, and that they propose the same fate for a similar unit in Savernake Road. People living in all these places have

complained to me that they weren't properly consulted and don't agree with what the Council are up to.

The Council claim they want to provide all homeless people with a secure home of their own. That's fine. But many of the people concerned and their advisers doubt whether handing them over to private landlords is the answer. And while it may not be what we want for ourselves, it is a fact that some single people actually prefer the communal aspects of hostel-type accommodation, either short-term or even, in some cases, long-term rather than risk isolation in a place of their own. What they want to see is the hostels and other temporary places being improved. They don't want them closed down and sold off.

The Council's proposal is all about clearing out the existing occupants whom they describe as 'silting up' hostel places, as though the Council wanted to create places for people who fall homeless in the future. But that's not what will happen. The places are to disappear. So what about people who fall homeless in the future? Where will they go? Who will they turn to? The voluntary sector, such as St. Mungo's and the Irish Centre do great work. But at a time of rising unemployment and reposessions, would a Council that cares be closing and selling off accommodation for the homeless?"

Yours sincerely,

*The Rt. Hon. Frank Dobson, MP*



## **Caring for Homeless Veterans... Now**

**Veterans Aid is the national gateway charity that helps homeless and vulnerable Veterans reclaim their lives. So, if you know one or are working with one, please speak to us or point him or her towards us at:**

**VETERANS AID  
40 Buckingham Palace Road  
London  
SW1W 0RE**

**Tel: 020 7828 2468**

**Email: [info@veterans-aid.net](mailto:info@veterans-aid.net)**

**Website: [www.veterans-aid.net](http://www.veterans-aid.net)**

**Read the news, keep informed  
& search our directory of  
services online @ our new  
website**

**[www.thepavement.org.uk](http://www.thepavement.org.uk)**

# Homeless blog

An extract from <http://thehomelessguy.wordpress.com/>

Don't panic! They are the most important two words of advice ever spoke, especially spoken to anyone on a journey. And homelessness is a journey, even if your locale never changes. Most homeless people never travel far from what was once their home, but still, they end up going places they never thought they would have. The worst thing you can do as a homeless person is panic. So, please, don't panic! Becoming homeless is not the end of the world. It certainly is not the end your life.

Although some four to five million people experience homelessness within a given year [in the US], there are less than a million people homeless in America at any one time. That's because the vast majority of people's homeless experiences last only three to four months. They experience homelessness only once, and never again.

Please understand that by the time a person admits to themselves that they "might" become homeless, usually by that time it's too late to stop it from happening. Although you should be aware of any opportunity to prevent homelessness from happening, once you think that you'll become homeless, you should be considering your living arrangements once you become homeless.

Talk to people you know and trust before hand. If you have family and/or friends who are willing to talk about it, make plans with them. A lot of people have ended up on the streets only because they were too ashamed to talk to family. And once family learned of their homelessness, their family took them in, and off the streets. If feelings of guilt are a problem, if you talk to them now,

before you are homeless, you'll feel less guilty about it then the actual event occurs. Also, check around to find all the different homeless service providers in your area, and if you can't find any near by, don't be afraid to expand your search beyond. Know that all the service providers offer, and what their requirements are for receiving services from them.

Every service provider/shelter is different, sometimes offering vastly different services with vastly different requirements to receive them. Most rescue missions don't charge any money for a night's stay, but they will require you to bow to their god. Most Salvation Army shelters don't demand you practice their religion, but they will charge you money, usually anywhere from five to 15 dollars a night. Some shelters only help women, some only help families, some only help addicts, some only help mentally ill. And there is one one place in Nashville that only helps people who are dual diagnosed, that is, they have addictions and mental illnesses. If you only have one of those issues, they won't help you. It's much better to know exactly where to go before you become homeless, then trying to figure it out while on the streets and you have little resources.

Being prepared goes a long way towards avoiding the panic of becoming homeless.

Know that if you don't have a pre-existing condition of mental illness or addiction, that your homeless experience will be short lived. You will recover from it, and perhaps you'll even gain a new and broader appreciation of life for the experience.

Kevin Barbieux



**Vetice Lord**

**Age at disappearance: 40**

Vetice has been missing from Southwark, London since 25th September 2009.

There is great concern for Vetice as her disappearance is out of character. She is urged to call our confidential service **Message Home** on **Freefone 0800 700 740** for advice and support.

Vetice is 5ft 3in tall, of medium build with brown eyes and black hair, usually worn in a ponytail.

When last seen she was wearing a brown cord jacket, light brown shoes and a plain polo jumper.

If you have seen Vetice please call the 24-hour confidential charity **Missing People** on Freefone **0500 700 700** or email: [seensomeone@missingpeople.org.uk](mailto:seensomeone@missingpeople.org.uk)

**missing people**

Reg. Charity No. 1120410





*Their presence, however, threatens to undermine the government's aim to rid the country of rough sleeping*



# Sending 'em back

*A new scheme to remove some rough sleepers has begun in London*

Homeless people who refuse to leave London could be sectioned or deported in a new 'tough love' approach agreed by senior housing figures.

The heavy-handed tactic is being endorsed by the London Delivery Board, a partnership established by the mayor which aims to end rough sleeping in London by 2012. Chaired by the mayor's director of housing, Richard Blakeway, the board comprises senior level representatives from influential voluntary and public sector bodies.

The board's aim is to develop a "detailed action plan" to eradicate homelessness in the capital ahead of the 2012 Olympic Games as part of the government's national rough sleeping strategy.

According to the board, 15 per cent of rough sleepers in the capital (around 2,500) are from Central or Eastern Europe, and 35 per cent of all rough sleepers have mental health problems. As a result, it plans to section those deemed to be "unwell" and deport migrants who have a criminal past or are not "exercising their treaty rights" – meaning that they are not seeking work.

At a meeting in June, board member Hannah Gregory, of the UK Border Agency, said the agency was in the process of "testing" the removal of rough sleepers who fall into this category.

Jeremy Swain, panel member and chief executive of homelessness charity Thames Reach, said: "Where we think someone is unwell, we will try to get them to go voluntarily to a hostel, but ultimately we can have them sectioned.

"This happened in north London recently with someone who had been rough sleeping for

a number of years. And if there is a foreign national with a criminal history, they will be deported."

The large number of Central or European rough sleepers in the capital is a result both of the European Union's expansion in 2004, which brought millions of migrants into Britain, and of the economic meltdown, which has left them without jobs or housing.

Most of those who lost their livelihoods have gone home, but others have nothing to go back to and prefer sleeping rough on the streets of Britain to sleeping rough in their home countries.

And contrary to what is usually reported, A10 workers (the term used to describe nationals from the 10 EU accession countries) are only entitled to benefits, income and housing support if they registered on arrival in Britain and have worked solidly for 12 months.

Their presence, however, threatens to undermine the government's aim to rid the country of rough sleeping, which is why the board is now targeting them – along with those who have mental health problems.

In London, Westminster Council has already spent £100,000 sending homeless Eastern European migrants back home, through a pilot scheme with Thames Reach, which provided a one-way bus and air ticket to thousands of people, mainly Polish, who have no access to benefits in this country. Swain said: "They are often better off back home."

The London Delivery Board was launched in February by Boris Johnson to eradicate homelessness in the capital, by encouraging greater "cross authority co-operation".

Swain added: "It is utterly unacceptable that in 2009 some of London's citizens still have to resort to sleeping on cardboard, huddled in shop doorways and along back alleys.

"The mayor has brought together some of the most committed and effective representatives from local and central government and the voluntary sector to form the Delivery Board, and I am very confident that this group will be the vanguard of an unstoppable coalition of interests which will secure London's place in history as the first major capital city where no one needs to sleep rough."

The board's new plans were revealed as the Communities and Local Government department published figures showing an apparent drop in homelessness registrations. According to their figures, the total number of households accepted as homeless fell by 32 per cent between April and June this year, compared with the same period the previous year.

But Leslie Morphy, chief executive of charity Crisis, said the figures were misleading. "Rough sleeping figures of just 464 nationwide do not reflect the true scale of the problem," she said. "The figure is just an aggregation of snapshots of who happens to be found on the night of a count. We know in London alone in 2008 at least 3,000 people slept rough at some point."

*Rebecca Evans*



# Supporting London life

[metro.co.uk](http://metro.co.uk)

# News-in-Brief

*All the homeless news from around the bazaars (UK and the World)*

## London's homeless dead remembered

London's homeless dead shall not be forgotten, thanks the annual commemoration service held in St Martin in the Fields this month.

The Trafalgar Square church will hold a ceremony at 11.30am on 12th November to remember the homeless and ex-homeless people who have died in the capital over the last year. Those who lived in hostels and in other temporary accommodation will also be remembered. All are welcome at the "branches and vines"-themed service, where the names of the dead will be read out. Housing Justice, joint organiser of Annual Service of Commemoration, has collected names since last year's service from homeless services across the city. Alistair Murray, regions coordinator, said: "The numbers vary each year, largely according to the weather. Last year there were some very cold points and so we may have another long list this year, I'm afraid."

Last year, several of the 150 names read out hailed from Poland. "There is no official help for people arriving from Europe, and this has lead straightaway to an increase in the number of people sleeping on the streets at night," Murray said. "Every year since [since 2004 and the expansion of the EU], there have been a lot of names of Polish and Latvian people, and so on. It won't be any different this year."

The commemoration service has been held since the 1980s and about 200 people and homelessness workers attended last year. Like then, November's ceremony

will include poetry readings, prayer, song and a time for all the congregation write the names of the dead on paper leaves to hang on a central vine at the front of the church.

Streetwise Opera and the Choir with No Name, both organisations of homeless and ex-homeless people turned singers and artists, will be performing again this year.

Whilst it's a scandal that more than 100 homeless people die in London each year, the service is more about the personal than the political, giving people a chance to celebrate diverse life stories and commemorate life.

"It's not an unremittingly sad service," Murray said. "It's about remembering those people who have lived in the margins: those who have been homeless or street homeless and people who otherwise might not be remembered," Murray explained.

*Carinya Sharples*

## New dispersal zone

The police have been given new powers to curb anti-social behaviour in central London following an increase in the number of community concerns about rough sleepers in the area.

The City of London Corporation, in partnership with the City of London police and homelessness charity Broadway, introduced the new dispersal zones in two areas of the Square Mile on September 14th. They will remain in force, initially, until December 14th, when they could be extended, depending on how effective and useful they have proven following consultation.

The measure, established as part of the Anti-Social Behaviour Act 2003, will give police and community support officers additional powers to move along people whom they believe may be linked to problems such as harassment, begging, drinking and urinating in the street.

A spokesperson for the City of London Corporation told *The Pavement*: "The City dispersal zone [pictured on the following page], which is being implemented after extensive consultation, is designed to make a positive difference in the areas it covers. Only those engaging in persistent anti-social behaviour will be affected by this measure."

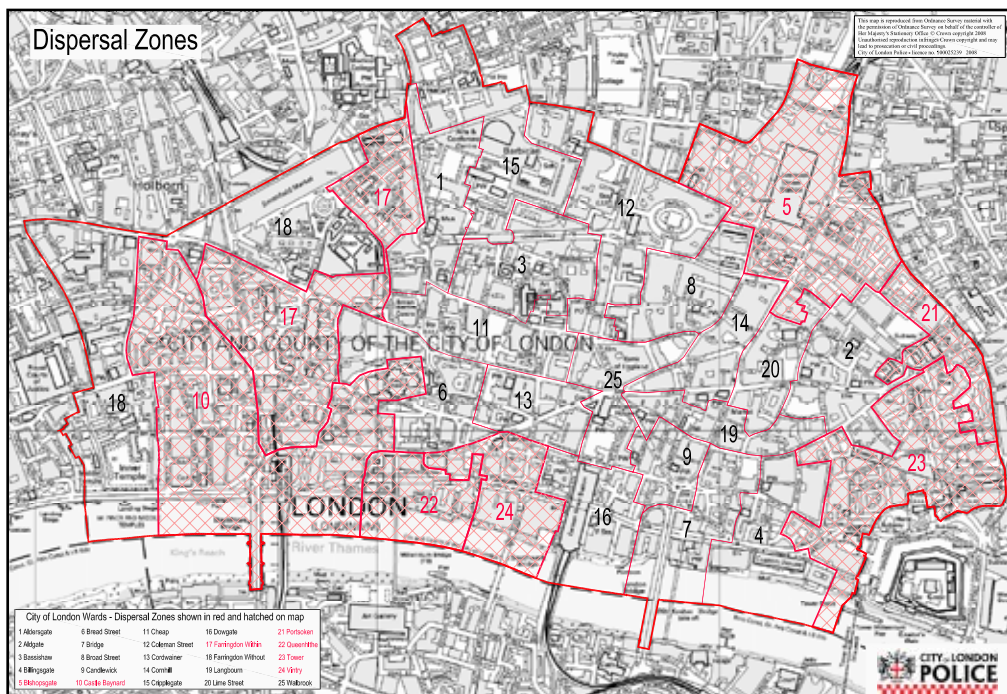
The dispersal zones will be to the east and west of the City, covering Castle Baynard, Farringdon Within, Queenhithe, Vintry, Bishopsgate, Portsoken and Tower.

When asked why specific wards were selected, rather than the whole City, the spokesperson explained: "The areas chosen are places where anti-social behaviour has been at its highest." He added that all members had been consulted, as were local charities, hostels, residents, businesses and also local authorities in adjacent boroughs.

On average, there are 35 rough sleepers in the area, according to figures provided by the City of London Corporation.

However, the measure has also sparked concerns that the dispersal zones are effectively giving police wide-ranging powers to stop most activities associated with rough sleepers or people who are surviving on the margins.

In a letter to *The Pavement* (published full on page 4), a reader describes the move as the latest "weapon" for the authorities in their "ongoing campaign



of harassment against the City of London rough sleeper community". He said: "Any misuse of the powers of part of the Anti-Social Behaviour Act 2003 will only make matters worse for [them]."

Sally Leigh, London co-ordinator at Housing Justice, is urging an "amnesty" for those who are not offered acceptable alternatives or cannot leave the street for other reasons.

"Restricting options for people without offering them a better alternative – or shifting and bullying vulnerable people with enforcement techniques without offering them a healthier sanctuary – is adding to human misery and driving desperate people to increasingly anti-social actions."

She added: "This action, which restricts movement and curtails freedom, will succeed in driving people out of the City of London in the short-term, but it will leave our society with a bitter taste."

This latest measure follows the implementation of a dispersal zone around Waterloo station in a bid to reduce the numbers of entrenched rough sleepers in the area, and a similar move in Clapham aimed at tackling a group of anti-social youths on an estate.

*The Pavement* will be monitoring the running of the dispersal zones, and urges anyone within the Square Mile to get in touch with their views.

What does it mean for me?

- If an officer feels that two or more people gathering in a public place are causing or are likely to cause anti-social behaviour, they may order you to disperse
- Examples of anti-social behaviour are spitting, shouting, using drugs, drinking alcohol, causing graffiti or damage, urination, defecation, street drinking and begging
- If a person fails to comply with the directions of a constable, they commit an offence for which is punishable by three

months' imprisonment and/or a fine not exceeding £2,500.

*Teo Kermoliotis*

## Tories outline firmer headcount policy

Shadow housing minister Grant Shapps has announced that improving the homeless head count system will be a fully-fledged Tory policy.

Shapps, who hinted at his desire to alter the method at the Conservative Party Conference in October, also recently announced plans to reform housing benefits. "I don't want people to think: 'since when did the Conservatives care about the homeless?'" he said. "The party has a long heritage of ending homelessness, but we might have lost our focus. Now we're back on track."

Shapps has been busy campaigning and writing reports on



*"I'm your imaginary friend, now I've grown up I'm a market researcher,  
can I ask you some simple questions..."*



*"I do wish you'd stop badgering me, Miriam"*



the subject for over a year, to little result. He estimates that the real rough sleeping figures is around 1,300 for the UK – more than double the official number.

At present, the recording system for any borough that finds fewer than 10 rough sleepers rounds this figure down to zero, something Shapps labelled “ludicrous”.

He praised Boris Johnson’s commitment to eradicating homelessness in the capital by 2012, a target introduced by former mayor Ken Livingstone. But Shapps said the increase in move-ons in the capital was not necessarily related to the aim. “It’s hard to nail down this kind of issue – it’s like proving a negative,” he said. “But if the rumours are true, then it’s very concerning. I don’t think the people running the services – those higher-up and in the councils – are aware of this. It comes from people lower down.”

Last month, Shapps announced plans to change the Local Housing Allowance, giving tenants the option of having benefits paid directly to landlords, which he claimed would help people manage their money and increase the supply of housing to the most vulnerable tenants. At present, tenants receive their benefit and then pass it on to landlords. If they wish to make this automatic, they need to apply, which Shapps thinks is a warning sign to landlords that someone may be unreliable.

“The truth is that chaotic people find their finances hard to manage,” he said. “This is just like a direct debit: we do not change the benefit itself. It is likely that some other priority comes up in a month, something quite simple like food or a bill, and that’s how people end up in arrears, and it’s how lots of people end up on the streets. I’ve not met a homeless person who is not chaotic with their finances, and I have met a lot.”

The policy has been well received by charities, which

thought this would appeal to tenants and landlords alike.

*Rebecca Wearn*

## **Big Issue sells office**

The *Big Issue* has sold a flagship building for £1m.

The office in Manchester city centre has been sold to Addiction Dependency Solutions, a charity that aims to help people with drug and alcohol problems.

The magazine will remain in the rented office it has occupied for some time until a new site is found. The street newspaper charity bought the 1,445 sq metre property in Oldham Street as headquarters for the *Big Issue in the North* for an undisclosed sum in 1997, following a fundraising campaign, and with grants from the National Lottery and English Partnerships. It is not known whether it made a profit on this sale.

Rhona Bradley, chief executive of ADS, which was already a tenant in the building, said: “The purchase of this flagship building is fantastic news for ADS and all our clients who we work with everyday to overcome their addictions. It marks another exciting era in our 35-year history.”

Caroline Price, director for the *Big Issue in the North*, said that the charity would now buy another building in the north that was “better suited” to the needs of the paper and its vendors. She added: “The sale of the building means that we can purchase new premises for the *Big Issue in the North* that are better suited to the needs of the magazine and the vendors selling it.”

Founded in 1991, The *Big Issue* is sold in eight countries, including Australia, Japan, Kenya, Malawi, Namibia, Ireland and South Africa. It produces a weekly magazine that is written by journalists and sold by homeless people, who buy it for 75p

and then sell to the public for £1.50, keeping 75p for themselves. More than 300,000 copies are sold each week. All vendors must adhere to a code of conduct, which includes stipulations such as sellers must not be seen to be begging, be drunk or have young children with them.

*Rebecca Evans*

## **Controlled Drinking Zone approved**

A festive pint too many could land street drinkers with a fine this Christmas as a London council approves a borough-wide controlled drinking zone (CDZ) to curb anti-social behaviour.

Lambeth Council’s CDZ will come into force on December 1st 2009. The ban does not make drinking alcohol in public illegal, and the Council claimed it would be used exclusively to combat ‘anti-social behaviour’ by giving police additional powers to confiscate alcohol or stop people drinking on the borough’s streets. The move comes on top of the already-established dispersal zone in Lambeth, around Waterloo station.

A spokesperson for the Council said this measure was aimed not at rough sleepers having a quiet couple of drinks, but at rowdy drunks defecating, urinating, shouting and having sex on the streets. “We are not talking about people having a laugh after a couple of pints,” the spokesperson said. “We have people congregating outside stations or begging aggressively. It is not to target homeless people.”

Police will monitor how frequently the powers are being used and in which locations of the borough. Any police officer who reasonably believes a person is behaving in an alcohol-related anti-social way, can issue a £50 fixed penalty or a fine of up to £500 if a person

does not comply with an officer's request to surrender alcohol.

A recent three-month public consultation revealed widespread support for the CDZ, with 77 per cent of residents responding in favour, as well as 74 per cent of licensed premises.

CLlr Mark Bennett, Lambeth Council cabinet member for community safety, said: "People should be able to walk along the street without the fear of being intimidated by rowdy and aggressive street drinkers. These powers are designed to help the police, council, and partner agencies get to the heart of the problem and tackle anti-social behaviour head-on."

Lambeth Council said it will offer counselling or rehabilitation services to offenders

*Rebecca Wearn*

## Bob Dylan donates Xmas dinner to UK homeless

Homeless charity Crisis is hoping to benefit from the release of Bob Dylan's new album, *Christmas in the Heart*, after the veteran folk singer announced his decision to donate all UK profits of the record to the organisation. Dylan had already arranged to pay for the cost of 15,000 meals for homeless people in Britain this Christmas, and his deal with Crisis will aim to continue that support after the festive season has ended.

Leslie Morphy, chief executive of Crisis, said: "We are very grateful to Bob Dylan for his generous donation. The money will help provide thousands of hot meals to our guests including a traditional Christmas dinner".

Christmas in the Heart includes re-workings of yuletide favourites like 'Winter Wonderland', and 'Have Yourself a Merry Little Christmas', and music industry

experts have tipped it for a surprise shot at Christmas number one.

Dylan said: "That the problem of hunger is ultimately solvable means we must each do what we can to help feed those who are suffering and support efforts to find long-term solutions. I'm honoured to partner the World Food Programme and Crisis in their fight against hunger and homelessness".

*Jim O'Reilly*

## Homeless murder suspect detained

Police have detained a man in connection with the murder of Brighton rough sleeper Stuart Slade.

On 22nd October, British detectives arrested 24-year-old Michael Bishop at Stansted Airport after Turkish Cypriot authorities had deported him.

Stuart Slade, 35, was found with chest wounds in Hampton Place, Brighton, on 30th December 2008.

Officers from Sussex Police's major crime branch brought Bishop back to Brighton for questioning after producing an arrest warrant as he landed at the airport. Bishop has been remanded in custody and is due in Lewes Crown Court on 7th November.

*Rebecca Wearn*

## RIP

Tributes (pictured opposite and cover) marked the railings outside St John's church, Waterloo, London, where Gary died in early October.

A rough sleeper who was well known in the area, his death was marked with many flowers and messages.

*Staff*

## Street Swags

An Australian charity that donates specially designed bed rolls to rough sleepers, has started subsidising its work by selling the 'walkabout bed' to the wider public.

Street Swags has been giving out the bags for more than four years now. Each comes with room for extra belongings, and is made of super-lightweight waterproofed canvas, with a high-density foam mattress. It offers comfort, warmth and protection from the weather.

Street Swags is tackling its financial problems head-on by creating Walkabout Beds Pty Ltd. All profits are returned to the charity.

Designed for emergency relief, the walkabout bed is a modular tent with a thicker full-length mattress that allows families to be sheltered together. However, many teenagers in Queensland have renamed it the 'party swag' as they are easily carted about and used for end-of-year celebrations.

In August, Jean Madden the designer behind all of this, won the INDEX Award 2009: People's Choice Award, the largest design award in the world. She beat off competition from the likes of Brad Pitt.

But, as with many organisations, Street Swags has been hit by the financial crisis that has rumbled throughout the world over the past year.

Madden said: "We have seen the majority of our street swags be given to families who can no longer afford to live anywhere. We have been faced with greater demand whilst receiving less financial assistance from the corporate sector."

Despite this, so far the charity has given away over 11,500 street swags to the homeless in Australia. The bed rolls are made by prisoners in centres in Grafton and Woodford and cost around \$60 Aussie dollars to make. "The street swags are about keeping people alive, long enough, for the

The Pavement, November 2009 / 17

A rough sleeper who was well known in the area, his death was marked with many flowers and messages

RIP  
GARY My Angel  
miss You  
Forever in  
my heart  
Love  
Kelly xx  
to  
K.C.  
GARY  
R.I.P  
my love  
GAZ  
The  
MAN  
IAD I Nosed You  
GAV  
think of  
you  
Don't  
old  
GAV  
AY

The Pavement, November 2009 / 17

A rough sleeper who was well known in the area, his death was marked with many flowers and messages

Photography by Katie Hyam © 2009

community to take responsibility for their own," Madden added.

*Claire Nevill*

- [www.streetswags.org](http://www.streetswags.org)

## Miss Homeless Holland

Therese van Belle was recently crowned the first 'Miss Homeless' in a contest in Belgium, winning a flat with a year's free rent into the bargain.

Ms van Belle, 58, beat nine other women in a competition the organisers described as a chance for homeless women to "get themselves out of their old life and on to a new path". The women were judged after a range of different tasks, including proving their commitment to "get themselves out of a difficult situation", as well as their catwalk skills and fashion judgement.

Women's rights activists have been vitriolic in their criticism of the pageant, with author Jacqueline Aubenas telling reporters: "I am outraged. These girls turned into puppets parodying their own lives – it's pathetic".

Contest runner-up Leonie Renier took a different view, however. She said: "The contest is not obscene. For a homeless person to want to be beautiful is not obscene – it is the misery of life on the streets that is obscene".

The contest was sponsored by local businesses, which also sat on the judging panel, along with social worker Mathilde Pelsers and her daughter Aline, who is a beauty queen. Winner Ms van Belle told reporters: "I am delighted, I've never been lucky in my life. This is the first time I've been lucky. I think my life is about to change for the better."

*Jim O'Reilly*

## Free gym service

A support service in Nottingham is offering service users free gym membership.

Thanks to donations from NHS Nottingham City, a day centre in Hockley has new sports facilities complete with a rowing machine, treadmill, weights machine, a Wii Fit and an exercise bike.

To launch Emmanuel House's new gym and to celebrate Mental Health Awareness week, service-users, staff and volunteers ran a collective treadmill marathon on 15th October.

Alastair Paylor, a homeless worker, said: "Loads of people really enjoyed it. Some people ran three miles quickly and others people walked a mile slowly.

"We were also celebrating Mental Health Awareness week and wanted to highlight the positive relationship between exercise and mental health. There are two main



## What a waste

We don't keep our fresh, natural food overnight to sell the following day. We never have and we never will.

For years we've worked with registered charities helping the homeless by offering our unsold sandwiches to them at the end of each day.

Unfortunately, some still get chucked away.  
(And that really upsets us.)

If you know of a charity in need of good food,  
please tell them to call Edward Metcalfe  
on 020 7932 3339.

★ PRET A MANGER ★

reasons for people to improve their fitness – because they feel unfit or because of the positive effect it has on their mental health.” Exercise triggers the release of endorphins, the body’s natural opiates, which are chemically similar to morphine.

Paylor said events were a fun encouragement for people to join. “Slowly, people have been trickling through,” he said. “The marathon encourage people who wouldn’t have signed up had there not been an event. We are thinking of doing a triathlon next.”

Nottingham’s service is a rarity, though not unique. In London, Forest Hill’s Novo project takes service users to the gym and the Romford YMCA. Their well-attended sports centre and fitness classes are free to residents and help boost physical and mental health.

*Carinya Sharples*



## Homelessness on increase in Scotland

The number of homeless people in Edinburgh is on the increase, with the problem being exacerbated by a shortage in affordable family accommodation. As a result, increasing pressure is being put on the city’s homeless accommodation with many being forced into temporary accommodation.

The government report shows that the problem of homelessness is increasing throughout Scotland as a whole with single people, followed by individuals with children applying in the highest numbers for accommodation. Commenting on the report published on 29 September by the Scottish Government, Jamie McGrigor MSP, Shadow Minister for Communities, said: “The number of households in temporary accommodation has increased by 11 per cent over the past year and 42 per cent of those

*“Your father isn’t made of money, he’s actually made of toxic assets”*

households include children.

Mr McGrigor heaped further criticism on the way in which the Scottish Government has addressed the issue of homelessness and its root causes, stating: “The number of households in temporary accommodation has more than doubled since 1999. For many vulnerable people, particularly those suffering from drug or alcohol problems, it is vital that a support system of care is in place for their entry into accommodation, especially to ensure that any children they have are protected.

Despite having been commended previously for its efforts in tackling this issue, Edinburgh council announced earlier this year:

“The council will find it difficult to meet its statutory duties to provide accommodation to all homeless people by 2012 because of the acute shortage of affordable housing in the city. The homelessness strategy has a strong focus on preventing homelessness because there are simply not going to be enough homes for homeless people in the future. Edinburgh needs an additional 12,000 affordable homes over the next ten years.”

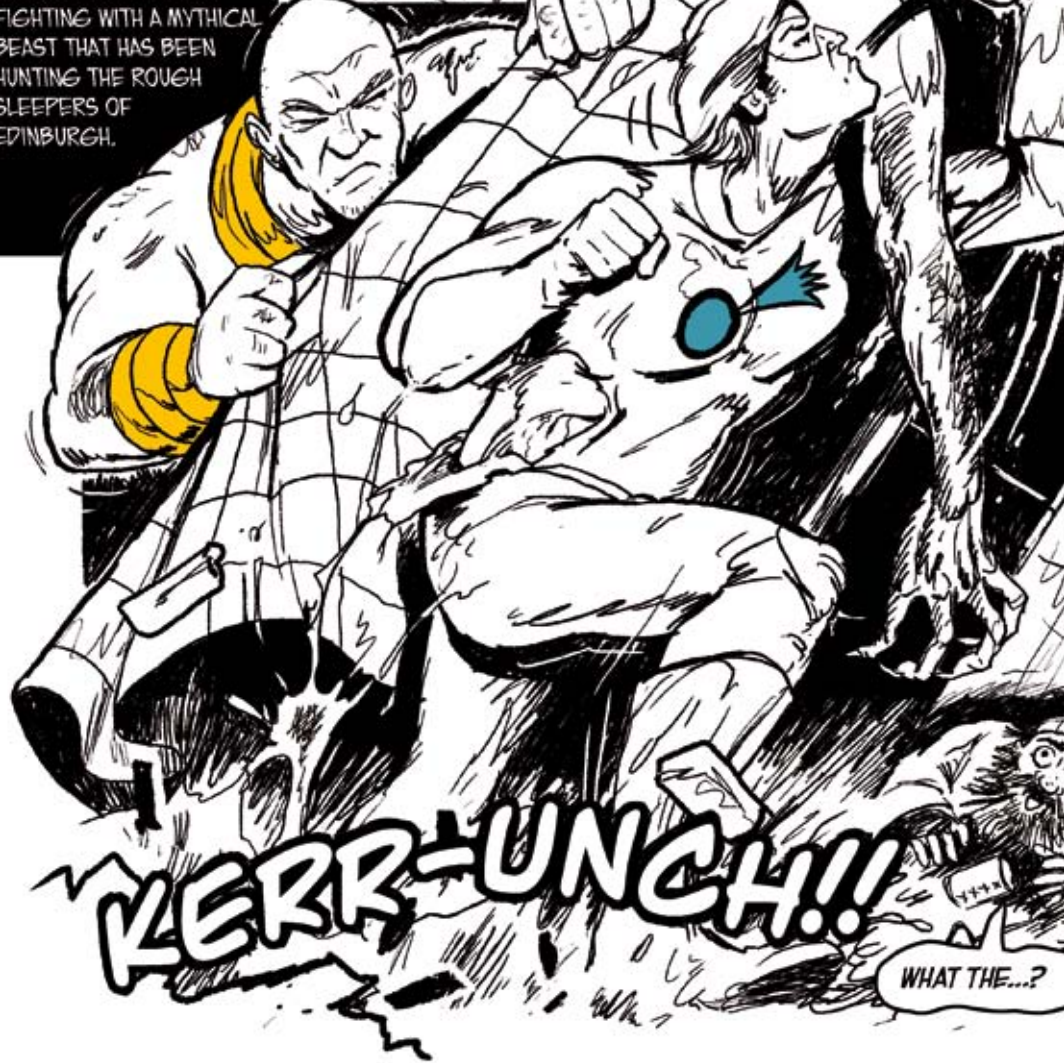
*Staff*



# STREET SHIELD

## 9: GRAPPLING A MONSTER!

STREET SHIELD AND THE GOLDEN BLANKET ARE FIGHTING WITH A MYTHICAL BEAST THAT HAS BEEN HUNTING THE ROUGH SLEEPERS OF EDINBURGH.







WHAT NOW GB?

OFFER HIM A  
SUGAR LUMP?



RRR  
RAR  
RGH

THE GOLDEN BLANKET  
DELIVERS A HAYMAKER!



THUMP!

WILL THIS BE THE  
END OF HIS  
TERROR?

HE'LL LAND IN THE FIRTH,  
AND I THINK HE'S FORGOTTEN  
HOW TO SWIM - HE'S FINISHED!



UP YOU GET, PAL.  
LET'S GO GET YOU  
SOMETHING HOT  
TO DRINK.

NEXT  
MONTH:

YULETIDE  
PARTINGS



*"A rottweiler sniffed my bottom!"*

# Foot care

*My bunions are sore*



To the uninitiated, a bunion is a bursa or balloon-like sac that appears at the base of the big toe and protects the joint. It may lie dormant but it can become a problem known as “bursitis” when it is inflamed by rubbing against shoes. When most people talk about sore bunions, they mean problems with the joint underneath.

A bony malalignment caused by the partial dislocation of the big toe joint can leave an unsightly bump on the inside of the foot at the base of the big toe (hallux) which is called hallux-abducto-valgus (HAV). When the conditions worsen the big toe can sometimes overlay (or underlie) the second toe, which often causes it to dislocate partially. The toe joints then fuse together in a fixed deformity called a ‘hammer toe’ because it looks like a gun hammer. Damaged joints are subject to wear and tear (osteoarthritis), which can be very painful.

No one is born with HAV or bunions, but many people have a genetic predisposition to develop painful toe joints.

Bunions and HAV affect more

women than men and can be made worse by ill-fitting shoes. Bunion symptom involve a tender swelling over the big toe joint, whereas painful HAV gives rise to swollen, tender, joints and pain, with stiffness of the big toe joint.

In the case of severe pain, surgery may be the only option. People living with developing bunions can try a variety of conservative treatments, including wearing wider-toed shoes and foot orthoses (Orthopaedic insoles) to help restore proper balance in the foot. Persistent pain, however, calls for more drastic measures.

There are several operating procedures, depending on the type and severity of the pain, and the person’s age and activity level. The preferred method involves reconstructing the metatarsal bone that leads to the big toe joint. This has two main attractions: it keeps the joint intact and allows the joint to appear straight after the operation. The more common operations involve removing part of the hallux bone and sometimes pinning it to act like a lever. Toe

operations will leave the big toe shorter and in some cases, a walking cast may be required. Full recovery can take up to a year, though this is the exception rather than the rule.

Whilst 85 per cent of people are reported to be satisfied after surgery, there is a high risk that the toe might return to its former position, but for the majority, the irritating symptoms do not come back. If you suffer from sore feet, then do not ignore them; see the podiatrist and or your doctor before it gets worse.

Crystal deposits in the joint surfaces can also cause painful big toe joints. Monosodium-urate crystals are produced where there is an upset in purine (protein) metabolism. The condition is known as gout and affects about 0.3 per cent of the population. It is common in males and characterised by recurrent episodes of acute arthritis. The condition is uncommon before the age of 40 and associated with post menopause in females.

Gout can affect any joint but most commonly it appears in the big toe. Pain is sudden and begins at night leading to severe and excruciating discomfort. Joints become hot, red, and swollen and untouchable. The pain eventually subsides. Episodes recede with time, and there are seldom any symptoms between attacks. Chronic gout episodes will eventually lead to severe joint damage. The condition is treatable, so if you have experienced any of the above symptoms then see your doctor.

Keep as warm as you can, always keep dry and keep safe.

*Toe Slayer*

Registered podiatrist and shoe historian

# Dear Flo...

## *Always read the label*

A couple of stories with a cautionary theme...

A friend's husband had complained of a sore stomach one morning. She had suggested he take some of the antacid in the cupboard and left him to sort himself out, being busy with the children. Later that day she asked him how his stomach was, to which he replied that he felt worse, would take some more medicine and took the packet out of his pocket. Dissolving into fits of giggles, my friend then informed her poorly husband that he was about to munch the dog's constipation tablets.

And this first hand: I was nursing at a summer festival where a lot of people who were taking 'herbal highs', bought from an onsite shop, were getting bad stomachs, and suffering with diarrhoea and vomiting. Some tablets were sent for analysis, and we were soon advising patients that they'd had no chance of getting high: they'd been taking dog-worming tablets.

No people were hurt in the making of either story. Fortunately, neither type of dog medicine was truly damaging to humans. But was that just luck? The key to health and happiness is to know

the medicine you are about to take. Medicines prescribed by a doctor and dispensed by a pharmacist will have a printed label with your name, the name of the medicine and the dose of each tablet. It will then convey instructions for use, such as "Take ONE tablet daily. Do not chew but swallow whole".

Quite often, but not always, there will be some indication that the medication, for example, is "to lower blood pressure". Every packet should also contain a patient information leaflet that tells you the specifics of that medicine, its side effects and contra-indications etcetera.

If you're buying medicine from a shop, then you'd still expect to find the patient information leaflet inside the box which would give further details to those on the outside of the packet. The potential for confusing medicines is reduced still further by the wrapping of the tablets, usually a plastic base with foil coating. The foil will have the name of the medicine and an expiry date.

Obviously, there are points along the process where, rarely, mistakes can happen: the prescriber could pick the wrong dose or, indeed, the wrong medicine, or the pharmacist could print the wrong details. But if you've not read the label, you'll not know until it's too late whether you've taken paracetamol or swallowed elephant laxatives!

Read the label. Good health,

*Flo*

- To put a question to our nurse, email: [flo@thepavement.org.uk](mailto:flo@thepavement.org.uk) or write to the address on page 3





## TARZAN AND JANE.....



*"It's not the first time, Tarzan, he's been climbing  
the furniture for ages now..."*

# 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

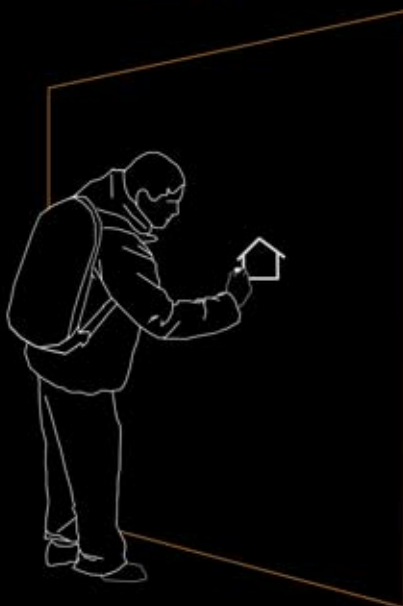


you'll get moved on here

step 1



step 2



**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.



Mon-Fri: 9am-5pm  
For asian women fleeing domestic violence  
AD

## Blue Cross Veterinary Services

Offered to pet owners on a low income. This is usually a means tested benefit or state pension with no other means of income:

*Blue Cross Mobile Veterinary Clinic*

All run 10am – 1.30pm & 3-3.30pm, at these locations – Mon:

Bethnal Green Road E2, Wed; Hackney Town Hall (car park) E8;

Thur: Islington Town Hall, Upper Street, N1; Fri: Walthamstow Town Square, High Street, E17

On a first-come-first-served basis. Some cases November need to be referred to the Victoria hospital.

*Hospitals*

Blue Cross Victoria, 1 – 5 Hugh Street, SW1V 1QQ

020 7932 2370 Blue Cross Hammersmith, Argyle Place, King Street, W6 0RQ

020 8748 1400 Blue Cross Merton, 88 – 92 Merton High Street, SW19 1BD

020 8254 1400

## Maytree Respite Centre

72 Moray Road, N4 3LG 020 7263 7070

One-off four night stay for those in suicidal crisis

MH

## Quaker Mobile Library

Every second Mon at either: 10.45am Webber Street or 10.45am Deptford Churches Centre. This means that each Webber Street and Deptford each receive one visit per month; every second

Bermundsey (every fortnight). Every Mon, 1.30am at Manna Centre, other Tue: 7pm, Lincoln's Inn Fields; Sat: 9.45am, The Connection at St Martins; 1.1am, The Passage, P

## TELEPHONE SERVICES

### Domestic Violence Helpline

0808 2000 247

Eaves 020 7735 2062

Helps victims of trafficked for prostitution

Frank 0800 776 600 Free 24-hr drug helpline

## Get Connected

0808 808 4994 Free advice for young people (1pm-7pm daily)

## Jobcentre Plus

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

*London Street Rescue*

0870 383 3333 Rough sleeper's hotline

*Message Home Helpline*

0800 700 740, 24 hrs daily

*National Debtline*

0808 808 4000

*Open Door Gay Men's Housing*

0208 743 2165

*Poppy*

020 7840 7141 Helps women who have been trafficked for sexual exploitation

*Runaway Helpline*

0808 800 7070 For under-18s who have left home

*The Samaritans*

0845 790 9090

*SANeline*

6 – 1pm Out-of-hours helpline for those affected by mental health

*Shelter*

0808 800 4444 Housing info and advice 8am-8pm daily

*Stonewall Housing advice line*

020 7359 5767 Advice for Lesbian and Gay men (Mon, Thu, Fri 10am-1pm; Tue & Wed 2-5pm)

## WEBSITES

0114 252 3891

## UK Human Trafficking Centre

any time in their lives

Helping for men who have been sexually assaulted at 020 7404 6234

Mon, Tue & Thur: 7-10pm

*Survivors UK*

Helping for men who have been sexually assaulted at 020 7404 6234

of services, particularly for London. An 'e-shelter', with a large directory

*Everyone's home*

www.everyoneshome.org.uk

Updated at least annually

*Homeless London Directory (RLS)*

www.homelesslondon.org

*Mental Fight Club*

A creative/arts site for those with mental illness. uk.geocities.com/gygabelle-jenkinson@btinternet.com/

*Proud to be mad*

A campaigning site for those with mental illness

www.proudtobemad.co.uk

*Soup Run Forum*

For those using or running soup runs, or just concerned with their work. Comments and details on future meetings.

www.souprunforum.org.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-them-

selves as much as possible. www.streetmate.org

& Fri 10am-4pm – Ealing Churches workers

### St John the Evangelist

39 Duncan Terrace, N1 8AL  
Tues–Sat: 12.30pm–1.30pm

### Streetlites

A new service, operating on every other Saturday, 7.30pm behind the House of Fraser, Victoria Hot tea/coffee, sandwiches, fruit, yogurt, pasta, blankets and clothing to the vulnerable and homeless.  
www.streetlites.org

### SW London Vineyard – The King's

Table  
Sun 2.30pm–4.30pm beneath Waterloo Bridge (Embankment).  
Superb hot stews and potatoes.

## SEASONAL SHELTERS

### 999 Club (Lambeth & Lewisham)

21 Deptford Broadway, SE8 4PA  
Jan–Mar 10; Beds for 15 people; Referral only, from 999 Club (during day); Dry

### Community of Camden Churches

**Cold Weather Shelter (C4WS)**  
Various Churches  
01–23 Dec; 31 Dec–31 Mar 10  
Referral only; go to www.coldweathershelter.org  
07715507970

### Caris Islington Churches Cold

**Weather Shelters**  
Various Churches  
07960 491151  
01 Jan–31 Mar 10; 7.30pm–8.30am. Arrive before 8.30pm  
Age 18+ mixed; Beds for 15 (separate area for women); Self- or agency referrals; phone ahead

### Crisis Christmas

Various Venues  
23–30 Dec  
Priority for rough sleepers, those with proven dependencies, and vulnerable women. Residential centres will be by referral only, for those registered on CHAIN. See posters nearer date for details.

**The Sacred Heart**  
This run from Wimbledon has several teams coming up once a month to the Piazza of Westminster Cathedral. Sandwiches and hot beverages around 9.30pm every Tuesday and Friday.

### Sai Baba

Third Sunday of the Month: 93 Guildford Street, WC1 (Coram's Fields); 11am–1pm. Vegetarian meal and tea. Another branch of this sect also have a service at Lincoln's Inn Fields, Wednesday, around 8pm – a great curry!

### Sammaritan Network

Every Sunday, 6–8pm, at the corner of Temple Station.  
www.samouk.org

### Silver Lady Fund (The Pie Man)

Piping hot pasties, pies and sausage rolls from the van down behind the Festival Hall or on Southwark Bridge Road – from 5am (it's white with 'Silver Lady Fund' written on the side).

### Simon Community

*Tea Run*: Sun & Mon (6–9.30am); St Pancras Church 6.30am; Milford Lane 6.45am; Strand 7am; Southampton Road 7.30am; Army and Navy 8am; Grosvenor Gardens 8.30am; Marble Arch (Sunday) 9am; Waterloo Bridge (Sunday) 9.30am  
*Soup Run*: Wed & Thurs (8pm–10.30pm); St Pancras Church 8.15pm; Hinde Street 8.45pm; Maitavores Street 9.15pm; Waterloo 9.45pm; Army and Navy 10.15pm  
*Street Café*: St Mary-Le-Strand (Strand) – Mon (5pm–7pm) & Wed (10am–12.00pm), and St Giles-in-the-Fields, St Giles High Street, WC2 (next to Denmark Street) – Sat (2–4pm) & Sun (1.15–3.15pm), p

### St Andrew's Church

10 St Andrew's Road Fulham, W14 9SX  
Sat: 11.30am–1.30pm  
Hot food and sandwiches

### St John's Ealing

Mattock Lane, West Ealing W13 9LA  
020 8566 3507  
Sat & Sun: 3.30–5pm  
Also: Advice service Thurs

### Croydon Churches Floating

**Shelter**  
Various Churches  
07860 270 278  
Mobile switched off if no vacancies  
01 Nov–31 Mar 10; 7.30pm–8am.  
Last admission 9pm  
Age 18+ mixed; Beds for 14  
Local referral only, dry  
www.croydonchurch.org.uk

### Hackney Winter Night Shelter

Various Churches  
Booking essential – 07549 043 728  
– you will not be charged for this call  
01 Jan–31 Mar 10; 8pm–8am  
(7pm on Sundays)  
Age 18+ mixed; beds for 25 (screened area for women)  
Last admission 8.30pm  
Agency or self-referrals: dry  
www.hwns.org.uk

### Quaker Christmas Shelter

Union Chapel, Compton Avenue, N1 2XD  
23–30 Dec (not 24 hours): 7–10am (breakfast for up to 75); opening again at 4pm (supper for up to 75 except for those referred to one of the 24 beds (self-referrals are possible); Dry

### Robes Project (Southwark &

### Lambeth)

Various Venues  
08 Nov–31 Mar 10  
Age 18+ mixed; Beds for 13  
By referral only from Manna Centre, 6 Melior Street, SE1 3QP  
Further info 07806878851 or 020 7407 2014  
www.robres.org.uk

### West London Churches Winter

**Shelter**  
Various Venues  
0207 351 4948  
09 Nov–28 Mar 10 8pm–7am:  
last admission 8pm  
18+ mixed; Beds for 35 (separate area for women); self-referrals on a first come first served basis; must phone first; dry

## SPECIALIST SERVICES

### ASHA Project

13 Shrubbery Road, SW16 2AS  
020 8696 0023

**Streetwise Opera**  
020 7495 3133  
MC, PA  
Workshop programme from  
www.streetwiseopera.org

**Vision Impossible**  
An arts project (Thames Reach),  
based at Crisis Skylight, Mon-Wed  
9.30am – 1.00pm, by referral only  
www.thamesreach.org.uk

**SOUP KITCHENS & SOUP RUNS**

**All Saints Church**  
Carnegie St, N1  
020 7837 0720  
Thurs: 10am–12noon  
Cooked breakfast

**American Church**  
(Entrance in Whitfield St)  
79a Tottenham Court Rd, W1T  
020 7580 2791  
Mon–Sat (except Wed):  
10am–12noon  
AC, CL, FF, P

**ASIAN**  
Hot food and sandwiches for  
early risers. Sat 5.30am–8.30am  
Surrey Street, Strand and Waterloo.  
P

**Bloomsbury Central Baptist Church**  
235 Shaftesbury Ave, WC2 8EP  
020 7240 0544  
Sunday: Roast lunch 1 pm  
10.30am for ticket (very limited)

**The Cabin**  
Near top of Holloway Road,  
right at The shoe shop  
Sandwich van every day;  
10.30–11.45am

**The Carpenters**  
TMO Community Hall, 17 Doran  
Walk, Stratford, E15 2JL  
020 8221 3860  
Every Tuesday: 10am–12pm

**Ealing Soup Kitchen**  
St Johns Church Hall, Mattock Lane  
Friday: 11am–4pm; Sat and Sun:  
3.30–5pm  
They also give practical help/  
housing advice

**Emmanuel Church**  
Forest Gate, E7 8BD (corner of  
Romford Rd & Upton Lane)  
Thurs: 7.30am (cooked breakfast)

**Faith House (Salvation Army)**  
11 Argyle Street, King's Cross  
(near Burger King), WC1H 8EJ  
020 7837 5149  
Mon: 6–8pm (men's group);  
Tues: 5–6pm (women's drop-in);  
Wed: 1–3pm (women's drop-in);  
Fri: 1am–1pm (women's  
brunch & discussion group)  
FF, CL

**Harlow Krishna Food for Life**  
The Hare Krishna food run provides  
wholesome and tasty vegetarian  
meals from Soho and King's Cross  
Temples. The former can be found  
at Lincoln's Inn Fields, Mon–Thurs;  
7.15pm, finishing at Temple if  
there's food left. The latter from  
Monday to Friday, all year round:  
Kentish Town (Islip Road): 12pm;  
Camden (Arlington Road): 1pm;  
King's Cross (York Way) 2.15pm.

**Harlow Chocolate Run**  
Renamed London City Aid.

**House of Bread – The Vision**  
Second and fourth Sunday in the  
month (6.45am onwards) – Hot  
food; note that an excellent full  
cooked breakfast is served on the  
fourth Sunday. On the Strand  
(Charing Cross end, outside Court's).  
Imperial College  
Serving sandwiches and hot  
beverages on Sunday evenings  
(8–9.30pm) at Lincoln's Inn Fields.

**Lincoln's Inn Fields**  
Mon–Fri: 7.15pm; Many vans with  
food and occasionally clothing.  
Sat–Sun: 6.15pm onwards.

**London City Aid**  
This run is from Harlow, and  
serves hot chocolate. Coming  
out on the second Tuesday of  
the month. Behind the Army and  
Navy in Victoria: 8.30–10.30pm.

**The London Run**  
Mondays (including bank holidays).  
Van with tea/coffee, sandwiches,  
Rice and Chicken, or savoury rice

**Memorial Baptist Church Plaistow**  
389–395 Baking Road, E13 8AL  
020 7476 4133  
Sat: 8am–12pm  
Full English breakfast

**Muswell Hill Churches Soup Kitchen**  
2 Dukes Ave, N10 2PT  
020 8883 8520  
Sun–Thurs: 7.45–8.45pm

**New Life Assembly**  
A run in Hendon, that comes into  
the West End once a month.

**Nightwatch**  
At the fountain in the Queens  
Gardens, central Croydon  
Every night from 9.30pm  
Sandwiches and hot drinks

**Open Door Meal**  
St James the Less parish centre,  
Vauxhall Bridge Road, behind the  
Lord High Admiral public house.  
An established service, providing a  
two-course hot meal served at table.  
Alternate Thursdays during  
term-time: 7–9.30pm.  
B, CL, FF

**Our Lady of Hal**  
165 Arlington Rd, NW1  
020 7485 2727  
Tues, Weds, Fri & Sat:  
12.45pm–2pm

**Peter's Community Café**  
The Crypt, St. Peter's Church,  
De Beauvoir Road, N1  
020 7249 0041  
Mon–Wed: 12noon–6.30pm

**Rhythms of Life International**  
23 Crossway, N16 8LA  
020 7254 9534  
Daily, 5.30–7.30pm, all year 'round  
Tea/coffee, soup and a warm meal

**Rice Run**  
The Strand, Westminster  
Fri: 9–10pm  
Rice and Chicken, or savoury rice

*"Economic recovery or no economic recovery?  
Let me toss my last coin"*



Mon, Tues, Thurs & Fri:  
10am–12.30pm & 2pm–4pm  
Wed: 10am–12.30pm  
A, BA, C, D, DT, H, MH, MS, P, SH

#### Health E1

9–11 Brick Lane, E1

020 7247 0090

Mon–Thurs: 9.15am–1.30am

Friday: 10.30am–12.30pm;

Mon, Wed & Fri afternoons

– appointments only

#### King's Cross Primary Care Centre

264 Pentonville Rd, N1

020 7530 3444

Mon: 6.30–9.30pm; Tue: 2

–4pm; Fri: 1.30–3.30pm

BA, BS, CL, DT, FC, H,

MH, MS, NE, P, SH

#### Primary Care for Homeless People

Spectrum Centre, 6 Green-

land Street, NW1

0207 267 2100

Mon, Tue, Thur & Fri: 9.30am

– 12 noon; Wed: 1.30–3.30pm

BA, BS, CL, D, FC, H, MS, NE, P, SH

#### Project London (Médicus du

Monde)

Pott St, Bethnal Green, E2 OEF

Mon, Wed & Fri: 1pm–5pm

07974 616 852 & 020 8123 6614

MS, SH

Victoria, Fri: 9.30–11.30am

Wed: 2–4pm; & Providence Row,

Operating at 999 Club, Deptford,

MS, SH

#### TB screening van – MXU

Information given as date,

time, location and post code.

Turn up at these locations:

Mon 09 Nov: 8.30am–1pm; the

Connection at St Martins, 12

Adelaide Street, WC2N 4HW

Tue 10th Nov: 10am–4pm;

Soho screening (Great Chapel

St Medical Centre et al)

nb. MXU to park on Carlisle

Street, off Soho Square

Wed 11 Nov: 9am–11.30am; West

London Day Centre, 134–136

Seymour Place, W1H 1NT;

12noon–3pm; Church Army

Women's Day Centre, 1–5

Cosway Street, NW1 5NR

Thu 12 Nov: 9am–12noon; St

Mungos, 217 Harrow Road W2 5XQ;

1.30–4pm; WDP, 474

Harrow Road, W9 3RU

nb. MXU to park on Elgin

Avenue by Harrow Rd

Mon 16 Nov: 8.30am–2pm; The

Passage, Carlisle Place, SW1P 1NL

Tue 17 Nov: 10am–4pm; Look

Ahead, 41 Castle Lane, SW1E 6DW

Wed 18 Nov: 9am–3pm; Edward

#### PERFORMING ARTS

Free sight tests and spectacles

– 5pm at The Passage

at Crisis Skylight; Wed: 9am

Mon & Thurs: 2–7.30pm

07792 960416

#### Vision Care Opticians

Gardens, WC1H 0EH

St Mungos, 12–14 Endsleigh

Friday 27 Nov: 9am–12noon;

Parker Street, WC2B 5PJ

Parker Street Hostel, 25

Wed 25 Nov: 10am–4pm;

Kings Cross Road, WC1X 9LP

SHF Dennis Handfield House, 93–95

Mon 23 Nov: 9.30am–12.30pm;

Medway Street, SW1P 2BE

Hostel & Cardinal Hume Centre,

Fri 20 Nov: 11am–3pm; St Louise

Centre, 97 Rochester Row, SW1P 1LU

3.45–7.30pm; Rochester Row Day

nb. MXU to park on Osbert Street;

Road, SW1V 2RW

88 Vauxhall Bridge

Equinox (Hopkinson House),

Thu 19 Nov: 11am–2pm;

Great Peter Street

nb. MXU to park by 18

Great Peter Street, SW1P 2BT

Alsop Court & King Georges hostel,

www.choirwithnoname.org

singing experience.

homeless, with or without

A choir for homeless and ex-

Every Monday, 7pm,

The Choir With No Name

www.cardboardcitizens.org.uk

ET, LA, MC, PA

well as hosts around London.

shops held at Crisis Skylight as

Variety of performing arts work-

020 7247 7747

#### Cardboard Citizens

020 7426 5661

Mon–Thurs: 2pm–9.30pm

AC, ET, IT, MC, P, PA

Workshop programme from

www.crisis.org.uk

#### Smart

Art workshops and lec-

tures at various venues

020 7209 0029

Email: smartnetwork@lioneone.net

Mon-Fri: 1-5pm; Sat: 1-4pm  
AS, A, AD, AC, CA, C, D, H, NE, OB, SH

**Westminster Drug Project**  
470-474 Harrow road, W9 3RU  
020 7266 6200

Mon-Fri: 10am - 12.30pm  
(appointments and needle-exchange); 1-5pm (open access)

AD, C, D, H, NE, OB, SH  
AD, C, D, H, NE, OB, SH

**184 Camden**  
184 Royal College Road, NW1 9NN  
020 7485 2722

Mon: 9.30am-3pm; Tue-  
Wed: 9.30am-5.30pm;

Thu-Fri: 9.30am-9pm  
AS, AD, BA, C, D, H, OB

## EASTERN EUROPEANS

**Ania's Recruitment Agency**  
31 Fallsbrook Rd, SW16 6DU  
020 8769 0509

**East European Advice Centre**  
Pallingswick House, 241  
King Street, W6 9LP

Open weekdays 10am-12pm & 2-3pm, for appointments; closed Wed  
Ring for appointment

**Eastern European Drug and Alcohol Support**  
Emmanuel's Church,  
Forest Gate, E7 8BD

Support for drug and alcohol  
treatment, advice, contact with  
other agencies; Thur: 5-7pm

Part of DAS in Drug &  
**Alcohol Services**

**UR4J085**  
Upper Room, St Saviour Church,  
Cobbold Road, W12 9LN

020 8740 5688  
Mon & Fri: 1-6pm; Tue, Wed

supper); Sat & Sun: 12.30-  
1.45pm (hot lunch)

Now available online at (ET, FF):  
www.ur4jobs.co.uk

## EMPLOYMENT AND TRAINING

**Dress for Success (Women)**  
Unit 2, Shepperton Hse  
89-93 Shepperton Rd, N11 3DP

020 7288 1770  
www.dressforsuccess.org  
Smart clothing for job interviews, CL

**New Hanbury Project (SCT)**  
3 Calvert Avenue, E2 7JP  
020 7613 5636

Mon-Thur: 9.30am-4.15pm  
Courses in: personal develop-

ment, life skills, woodwork, DIY,  
art, IT, guitar, Spanish, cooking

C, ET, MC

**OSW (London Bridge)**  
4th Floor, The Pavilion  
1 Newhams Row, SE1 3UZ

020 7089 2722  
CA, ET, IT

**Tunaround Resource E1**  
Monteriore Centre, Hanbury  
Street, London, E1 5HZ

020 7247 9005  
www.tunarounde1.org.uk

CA, ET, IT

## ENTERTAINMENT & SOCIAL EVENTS

**ASLAN**  
All Souls Church - Clubhouse  
Cleveland St

020 7580 3522  
Sat eve: by invitation

**Open Film Club**  
www.openhousefilmclub.org

**EX-FORCES**  
AWOL? Call the 'reclaim your life'

scheme from SSAFA  
01380 738137 (9am-10am)

**Royal British Legion**  
08457 725 725

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

**Veterans Aid**  
40 Buckingham Palace Rd, Victoria  
020 7828 2468

AS, AS, BA, D, CL, P, SS  
0800 169 2277

**Veterans UK**  
Free help and advice for vet-  
erans and access to dedicated  
one-to-one welfare service.  
www.veterans-uk.info

## JOB CENTRE PLUS

To get benefit advice use local job  
Centre or visit a day centre that  
hosts JCP outreach staff. These are  
listed below by day, but contact  
individual centres for times:

**Mondays** - The Passage; The  
Connections at St Martins; Holy-

cross Centre; Rushworth Rolling  
Shelter; Guy's Hospital Onco-

logy Ward; Spectrum; Webber  
Street/Waterloo Christian Centre;

HAGA; Compass Day Centre.  
**Tuesday** - St Thomas' Hospi-

tal, In Patients; Westminster  
Rolling Shelter; The Connection

at St Martin's; Conway House  
(hostel); Anchor House (hostel);

The Passage; Downview Prison;  
Look Ahead Day Centre.

**Wednesday** - The Passage; Great  
Chapel Street Medical Centre; St

Thomas' Hospital; Lloyd Still ward;  
Cricklewood Homeless Concern;

Parker Street (hostel); Crisis Skylight;  
Endleigh Gardens (hostel); Dellow

Centre (hostel); Brixton Prison.  
**Thursday** - Broadway Day Centre;

Manana Centre; Great Chapel St  
Medical Centre; West London

Day Centre; The Connection at  
St Martin's; Rochester Row Day

Centre; Whitechapel Mission;  
Dapford Churches Centre;

Probation Service; Wandsworth  
prison; Focus Day Centre.

**Friday** - The Passage;  
Cricklewood Homeless Concern;

Endleigh Gardens (hostel);  
The Connection at St Martin's;

Cedars Road (hostel); St Giles Day  
Centre; Cardinal Hume Centre

(drop in); Waterloo Jobshop;  
Romford YMCA (hostel).

**All week** - Brixton Prison;  
Wandsworth prison.

See **Telephone Services**  
for helplines

## MEDICAL SERVICES

**Great Chapel Street Medical**  
Centre, 13 Great Chapel St, W1  
020 7477 9360

Mon, Tues & Thurs: 11am-  
12.30pm; Mon-Fri: 2pm-4pm

A, BA, C, D, DT, FC, H, MH, MS, P, SH  
Dr Hickey's - Cardinal Hume

Arneway St, SW1  
020 7222 8593



**Central and NW London**  
**Substance Misuse Service**  
282 North End Rd, SW6 1NH  
020 7381 7700  
Mon-Fri: 9am-5pm, C, MS  
**Druglink**  
103a Devonport Rd, Shep-  
herds Bush, W12 8PB  
020 8749 6799  
Mon-Fri: 10am-5pm (needle  
exchange and telephone  
& Wed: 3pm-6pm (drop-in))  
C, D, OL, NE  
**East London Drug and Alcohol**  
**Support Services**  
Capital House, 134-138 Romford  
Road, Stratford, E15 4LD  
020 8257 3068  
Drug and Alcohol Service for  
London (DASL) provides free and  
confidential services to anyone who  
has concerns about their own or  
another person's drug or alcohol  
use, working with people from  
Newham, Tower Hamlets, Red-  
bridge and Bexley and Greenwich.  
A special Eastern European service  
is listed in **Eastern European** section  
A, C, D  
**The Hungerford Drug Project**  
32a Wardour St, W1D 6QR  
020 7437 3523  
Mon-Fri: 12noon-5pm, except Wed  
2-5pm (drop-in); Sat & Sun: 1-5pm;  
Antidote (lesbian, gay, bisexual and  
transgender drug/alcohol service)  
drop-in Thursday: 6-8.30pm  
C, D, FF, IT, LA, MH, P  
**Needle Exchange Van**  
White van, parked at bottom  
of Centrepoint Tower, Tot-  
tenham Court Road  
Mon-Fri: 4 - 7pm  
**Soho Rapid Access Clinic**  
Soho Centre for Health and Care  
1 Fifth Street  
London  
W1D 3HZ  
020 7534 6687  
D, P  
**Wandsworth Drug Project**  
86 Garratt Lane, SW18 4DB  
020 8875 4400

**Men**  
**Missionaries of Charity**  
112-116 St Georges Rd,  
Southwark, SE1  
020 7401 8378  
Ring first, 9am-1am except Thurs  
Age 30+ (low support)  
**St. Mungo's (Ennarsdale House)**  
1a Arlington Close, Lewi-  
sham SE13 6JQ  
020 8318 5521 (ring first)  
Medium-support needs  
**Women**  
DA, D, F, H, IT, OL, SK, P, TS  
AS, AD, B, BA, BF, CL, C,  
AS, AD, B, BA, BF, CL, C,  
21 Whitechapel Rd, E1  
020 7272 8280  
Daily: 6-11am (cooked break-  
fast 8am-10am); Sat: 12noon-  
2.30pm (women only)  
AS, AD, B, BA, BF, CL, C,  
DA, D, F, H, IT, OL, SK, P, TS

**Church Army**  
1-5 Cosway St, West-  
minster NW1 5NR  
020 7262 3818  
Ring first. Daily vacancies  
**Home of Peace**  
179 Bravington Rd, W9 3AR  
020 8969 2631  
Women only. Open access (dry)  
**St Mungo's**  
2-5 Bickenhead St, WC1H  
020 7278 6466  
**Young people (16-21)**  
Centrepoint  
25 Berwick St, West-  
minster W1F 8RF  
020 7287 9134/5  
Ring first. Daily vacancies

**MASH**  
8 Wilton Rd, Merton, SW19 2HB  
020 8543 3677  
Ring first  
**DRUG / ALCOHOL SERVICES**

**Addaction (Harm Reduction**  
**Team)**  
228 Cambridge Heath Rd, E2  
020 8880 7780  
Drop-in: Mon, Fri 10am-4pm;  
Tues, Wed & Thurs 12noon-6pm;  
Closed each day 1.30pm-2.15pm  
D, OL, MS, NE, SH  
**Blackfriars Road CDAT Team**  
151 Blackfriars Rd, SE1 8EL  
020 7620 1888/6500  
Mon: 2pm-4pm (drop-in)  
MH, MS, NE

**The Whitaker Centre**  
91-93 Tollington Way, N7  
020 7272 8195  
Mon-Thurs: 9am-3pm  
Alcohol allowed  
BS, FF, L  
**Whitechapel Mission**  
21 Whitechapel Rd, E1  
020 7247 8280  
Daily: 6-11am (cooked break-  
fast 8am-10am); Sat: 12noon-  
2.30pm (women only)  
AS, AD, B, BA, BF, CL, C,  
DA, D, F, H, IT, OL, SK, P, TS

**The 999 Club**  
21 Depford Broadway, SE8 4PA  
020 8691 7734  
Mon-Fri: 10am-5pm  
AS, AD, A, B, BE, CL, C, DA, D, FF,  
F, H, L, LA, MS, MH, OB, SH, TS  
**DIRECT ACCESS (YEAR ROUND)**  
**HOSTELS/ NIGHTSHELTERS**  
**All - low-support needs**

**Branches**  
740 Forest Road, Waltham-  
stow, E17 3HR  
020 8521 7773  
Their address from mid-  
November will be Stonelea,  
Langthorne Road, E11 2HJ  
**Livingstone House**  
105 Melville Rd, Brent NW10 8BU  
020 8963 0545  
Ring first. Local connection only  
**Maytree Respite Centre**  
**See Specialist Services**

**Redbridge Night Shelter**  
IG1 3AD  
020 8514 8958  
Ring first  
**Turnaround (Newham)**  
Choral Hall  
020 7511 8377  
7.30pm-7.30am  
**Waltham Forest Churches Night**  
**Shelter**  
**See Branches**

**Simon Community**  
129 Malden Rd, Kentish  
Town, NW5 4HS  
020 7485 6639  
Mon: 11am-3.30pm; Wed:  
11am-5pm; Thursday: 11am-6pm  
AS, B, BA, BS, BE, CL, C,  
FF, H, IT, L, LS, OB  
FF, H, IT, L, LS, OB

**St Christopher's Centre**  
Lime Grove Resource Centre,  
47 Lime Grove, W12  
Please call for opening  
times: 020 8740 9182  
AC, BS, CA, ET, FC, IT, L, MS  
**St Cuthbert's Centre**  
The Philbeach Hall  
51 Philbeach Gdns, Earls Court  
020 7835 1389  
Mon-Fri: 11.45am-3.45pm  
AC, BS, C, CL, F, H, IT, L, OL, P

**Spire's Centre**  
8 Tooting Bec Gardens, SW16 1RB  
020 8696 0943  
Mon: 8am-12noon (women  
only); Tues: 9-10.30am (rough  
sleepers only), 10.30am-2pm  
(drop-in); Wed: 10am-12noon  
(rough sleepers only); Thu:  
9-11am (rough sleepers only);  
Fri: 9-10.30am (rough sleepers  
only); 10am-1pm (women only)  
Education sessions throughout  
the week by appointment  
A, BA, CL, D, ET, FF, FC,  
H, MC, MH, MS, P

**Southwark Salvation Army**  
1 Princess Street, SE1 6HH  
020 7928 7136  
Wed 1-3pm (drop-in with  
lunch); Thurs 10am-3pm; Fri:  
1-2.30pm (lunch and bible study)  
AC, P

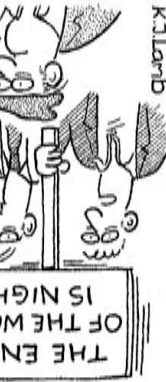
**Spectrum Centre**  
6 Greenland St, Camden  
Town, NW1  
020 7267 4937  
Mon-Fri: 9.30am-3pm  
A, BS, C, CL, D, FC, H, L,  
LS, MH, MS, P, TS

**The Tab Centre**  
20 Hackney Rd, Shoreditch, E2  
020 7739 3076  
Friday: 9am-12noon, F  
See Hackney 180 First  
Contact & Advice

**Triumphant Church International**  
136 West Green Rd  
South Tottenham, N15 5AD  
020 8800 6001  
Sun: 10-11am (open drop-in)  
AD, C, FF

**Upper Room, St Saviour's**  
Cobbold Rd, W12  
020 8740 5688  
Mon: 1-6pm (UR4jobs); Tue-Thur:

**Upper Holloway Baptist Church**  
11 Tollington Way, N7  
020 7272 2104  
Mon: 10.30am-1.30pm  
CL, FF, LF



**The Tab Centre**  
5.30-6.45pm; Fri: 1-6pm (UR4jobs);  
Sat-Sun: 12.30-1.30pm  
A, AC, BA, C, CA, CL, D,  
ET, IT, FF, H, OL

**Webster Street (formerly Waterloo Christian Centre)**  
6-8 Webster St, SE1 8QA  
020 7928 1677  
Mon-Sat: 9am-12noon  
AS, B, BA, BS, BE, CL, FF,  
LA, MH, MS, OL, P

**The Welcome Project**  
11 Green Lane, Essex, IG1 1XG  
020 8220 4111  
Tue & Thur: 12.30-3pm;  
Wed & Fri: 10.30am-3pm  
AS, BA, BS, CL, FF, H, L

**West London Day Centre**  
134-136 Seymour Place, W1H  
020 7569 5900  
Mon-Fri: 8.45-10am (rough sleep-  
er's drop-in); 10am-1.30am (drop-  
in, hostel residents join); 1.14.5am-  
12.45pm (advice, appointments  
only); Mon & Thur: 1.30-3.30pm  
AC, BA, BS, C, CL, F, FC, IT,  
L, LS, MS, OL, P, SK, TS

"He used to work for the railways"

**Shoreditch Community Project**  
(SCT) St Leonard's Church  
Shoreditch High St, E1  
020 7613 3232  
Mon & Wed: 9.30am–  
12.30pm; Tues: 2–4pm  
FF, BA, OL, P

**Sanctus**  
4 Lady Margaret Road, NWS 2XT  
Entrance in Falkland Road  
020 7485 9160  
Mon – Sat: 2 – 3pm; Sun: 3 – 4pm  
BS, CL, FF, H, P

**Rochester Row Day Centre**  
97 Rochester Row, SW1  
020 7233 9862  
Mon–Fri: 3–3.30pm & 7.30–8pm  
(post and enquiries); Mon, chap-  
lain's group (all welcome): 4–5pm;  
English language class: 6.30–8pm;  
7.30–7.45pm (food and drink); Tue,  
1–1.15pm & 7.30–7.45pm (food  
and drink); English language class:  
6–8pm; Wed, 1–1.15pm (food  
and drink); 5.30–8pm (drop in, but  
collect ticket at 4pm – food, showers  
and clothing); Thur, 1–1.15pm (food  
and drink); JobCentrePlus (appoint-  
ments): 2–6pm; 5.30–8pm (drop  
in, but collect ticket at 4pm – food,  
showers and clothing); Fri: 1–  
1.15pm (food and drink); chaplain's  
group (all welcome): 3–4pm; film  
night (register early in the week): 5–  
8pm; 7.30–7.45pm (food and drink).  
AC, BA, BS, CL, ET, FF, P

**The Passage (25+)**  
St Vincent's Centre,  
Carlisle Place, SW1P  
020 7592 1850  
Mon–Fri: 8am–12pm (for rough  
sleepers); 12–2pm (Lunch);  
2–6pm (appointments); 4.30–6pm  
(verified rough sleepers – by invita-  
tion); Sat–Sun: 9am–12noon.  
A, BA, CA, CL, D, ET, F, FC,  
H, IT, L, MH, MS, P, TS

**Providence Row**  
**The Dellow Centre**  
82 Wentworth St,  
Aldgate, E1 7SA  
020 7375 0020  
Mon–Fri: 9.30am–12noon (8.30am  
for verified rough sleepers) & 1.30–  
3.30pm (appointments & activities)  
A, AC, BA, BS, C, D, ET, FF, H, IT,  
L, LA, LS, MH, NE, OL, SK, SH, P



**The Haven Club**  
At the Holy Cross Centre  
(See below).  
Mon – Fri: 10am – 12.30pm  
BS, CL, F, IT, L, SK, P

**Holy Cross Centre**  
The Crypt, Holy Cross Church  
Cromer St, WC1  
020 7278 8687  
Mon: 2pm–5pm; Tues: 6–9pm;  
(ticket required) Thurs: 5–8pm  
(Italian speakers session); Fri:  
12 noon–3pm (refugees and  
asylum seekers session).  
AC, FF, H, IT, LA, LF, MH, P

**New Cross 999 Club**  
All Saints, Monson Rd, SE14  
020 7732 0209  
Mon–Fri: 10am–5pm  
AD, ET, FF, L, LA

**New Horizon Youth Centre (16–21 year olds)**  
68 Chatham Street, NW1 1JR  
• Due to reopen in December

**Homeless (NLAH)**  
St Paul's Church Hall, Stoke  
Newington Rd, N16 7UE  
(Entrance on Evering Road)  
020 8802 1600  
Mon: 12noon–1.30pm;  
and Wed: 7.30–8.30pm  
BA, BS, CL, FF, P

**Kings Cross Baptist Church**  
Vernon Sq, W1  
020 7837 7182  
Mon, Tues & Thur: 9am – 12noon  
(rough sleepers only); Wed: 9am  
– 12noon (women's group)  
AD, BA, BS, CL, F, H, L, TS

**Homeless Action in Barnet (HAB)**  
36B Woodhouse Road, N12 0RG  
020 8446 8400  
Mon – Fri: 12noon – 3pm (drop in);  
Mon, Tues & Thur: 9am – 12noon  
(rough sleepers only); Wed: 9am  
– 12noon (women's group)  
AD, BA, BS, CL, F, H, L, TS

**London Jesus Centre**  
83 Margaret St, W1W 8TB  
0845 8333005

- London Irish Centre**  
50–52 Camden Sq, NW1 9XB  
020 7916 2222  
Ring for service times  
A, BA, C, CL, D, ET, H, MC
- No 10 – Care Advice Service**  
10 Princess St  
Oxford Circus, W1C 2DJ  
020 7629 5424  
Wed: 6.30pm–8pm (drop in – 18+)  
BA, C, CA, ET, H
- Notre Dame Refugee Centre**  
5 Leicester Pl, WC2H 7BX  
020 7434 1619  
Mon and Thurs: 11am–4pm  
(drop-in) Service for French-speaking refugees and asylum seekers  
BA, C, CA, FF, H
- ScottsCare & Borderline (for Scots in London)**  
37 King St, Covent Garden, WC2E 8JS  
Call the helpline on 0800 6522 989  
BA, CA, H, B, P, TS  
**Borderline (for Scots):**  
Mon–Fri: 09.30am–12.30pm  
Thurs, Fri: 2–4pm (walk in)  
0800 174 047 (freephone)  
dutyworker@scotscare.com  
A, BA, C, CL, D, H, MH, P
- St Giles Trust**  
64 Cambridge Church St, SE5 8JB  
020 7703 7000  
Mon–Fri: 9.30am–12.30pm  
A, BA, BS, D, ET, H, L, MH, MS, P, TS
- Women's Link**  
26 Hanbury St, E1 6QR  
0800 652 3167 (ring first)  
AS, H
- BENEFITS AGENCY**  
See Jobcentre Plus
- DAY CENTRES AND DROP-INS**
- Age of Clubs (16+)**  
St Alphonsus Rd, Clapham, SW4 7AS  
020 7622 3196  
Sun, Mon & Tues: 2pm–6pm;  
Wed & Thurs: 12 noon–2pm;  
Fri & Sat: 12 noon–6pm  
BS, DT, F, FC, H, IT, L, MS, OB, P
- Action Homeless Concern**  
Emmaus House  
AS, BA, CA, CL, ET, F, IT, LA  
Mon–Fri: 10am–3pm
- 1 Berrymead Gardens, Acton**  
020 8992 5768  
Call for opening times  
A, B, BA, CL, D, DT, ET, F, FC
- Cricklewood Homeless Concern**  
60 Ashford Road, NW2 6TU  
020 8208 8590  
info@chc-mail.org
- Homeless drop-in:** 28a Fortnegate Rd, Craven Park, NW10 9RE  
Tues & Fri: 10am–2.30pm  
Weds & Thurs: 12.30–2.30pm  
Mental health drop-in: in flat above St Gabriel's Hall  
77 Chichele Rd, Cricklewood, NW2 3AQ  
Tues–Fri: 10am–12 noon.  
AC, BA, BS, H, IT, L, MS, OL
- Crisis Skylight**  
See Performing Arts
- Deptford Churches Centre**  
Speedwell St, Deptford  
020 8692 6548  
Mon, Tues, Thurs & Fri:  
9am–3.30 pm  
A, AC, AD, AS, B, BA, BE, BS, C, CA, CL, D, DA, DT, ET, FF, H, LA, LF, MC, MH, MS, OL, SS, TS
- The Dunloe Centre**  
St Saviour's Priory, Dunloe Street, E2  
020 7739 9976/020 7613 3232  
Tues: 10.30am–12.30pm  
CL, FF
- Church Army, Women's Day Centre**  
1–5 Cosway St, NW1  
020 7262 3818  
Mon–Thurs: 9.30am–12pm  
(advice); 12pm–3.30pm (drop-in);  
12 noon–1pm (sandwiches).  
AC, BA, BS, CA, CL, C, ET, FF, H, IT, L, LA, LF, MC, P  
Women only
- The Connection at St Martin's**  
12 Adelaide St, WC2  
020 7766 5544  
Mon–Fri: 9am–12.30pm (12pm from 1pm (except Wed). Weekends: Wed). Various afternoon sessions  
Wed. Various afternoon sessions  
9am–1pm (no entry after 10.30am).  
There are also drop-in sessions on Tues & Thurs 4.30pm–7.30pm.  
Tues & Thurs 4.30pm–7.30pm.  
A, AC, BA, BS, CA, CL, D, ET, F, FC, H, IT, MC, MH, MS, OB, P, SK, SS
- Croydon Resource Centre**  
70a Wellesley Rd, Croydon, CR0 2AR  
020 8686 1222  
Mon–Fri: 10am–3pm  
AS, BA, CA, CL, ET, F, IT, LA
- Hanbury Community Project (SCT)**  
Details of their changes have been confirmed, and they're now called the New Hanbury Project, and listed under **Employment & Training**
- Hackney 180 First Contact & Advice (Thames Reach)**  
Hackney Methodist Church  
219 Mare St, E5  
Mon–Thurs: 8am–9.30am  
(breakfast club)
- Street Drinkers Initiative**  
See Whitaker Centre
- Finsbury Park**

# the List

The directory of London's homeless services Updated 2nd November 2009

Key to the 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
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Email changes and suggestions to:  
[thelist@thepavement.org.uk](mailto:thelist@thepavement.org.uk)  
Or write to our address on page 3  
Updated entries: 3  
Services added: 10

## ADVICE SERVICES

**Advisory Service for Squatters**  
Angel Alley, 84b Whitechapel High Street, E1 7QX  
0203 216 0099 (cheaper to call 0845 644 5814 from land lines)  
outside London)  
[www.squatter.org.uk](http://www.squatter.org.uk)  
**Alone in London (16–25 years)**  
Unit 6, 48 Provost Street, London, N1 7SU  
020 7278 4224  
Mon–Fri: 9am – 1pm and 2pm – 4pm; Note – advice by appointment only on Tuesday.

For those aged 16 – 25 years, who are homeless or at risk of becoming homeless.  
AS, AD, BA, CA, ET, H, IT, TS  
**Borderline (for Scots)**  
See **ScotsCare**  
**Bridge Resource Centre**  
Bridge Close, Kingsdown Close, W10 6TW  
0208 960 6798  
CA, ET, IT, P  
**The Caravan Drop-In**  
St James's Church, 197 Piccadilly, W1  
Open daily: Sat – Mon, 10am – 7pm; Tues – Fri: 11am – 7pm  
A friendly ear to listen, with some access to counselling C, P  
**KCAH**  
36a Fife Rd, KT1 1SU  
020 8255 2439  
BA, FF, H  
**HOPE worldwide / Two Step**  
360 City Road, EC1V 2PY  
020 7713 7655  
Mon–Fri 10am–4pm  
(appointments only)  
AS, H, TS, P  
**Depaul UK (young people)**  
291–299 Borough High Street, SE1 1JG  
020 7939 1220 (central office)  
[www.depauluk.org](http://www.depauluk.org)  
**CHAS (Central London)**  
19–20 Shroton St, NW1 6UG  
020 7723 5928  
By appointment only  
BA, DA, H