

the Pavement

The *FREE* monthly for London's homeless

February 2010





*"When you said that you had a cutting edge job in the City,
I naturally assumed..."*

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The Pavement

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The Editor

Knowing your rights in 2010

The Rights Guide for Rough Sleepers was launched at Bloomsbury Baptist Church on 7 December too late to get in the last issue before our seasonal publishing break. It was the culmination of a lot of work by a relatively small core group.

The Guide (pictured on the cover) does what its title suggests: it helps those on the street understand their legal rights in a number of common circumstances. Pocket-sized, printed on durable, brightly-coloured paper, it was produced by Housing Justice, Liberty, Zacchaeus 2000 and *The Pavement*.

I'm excited it's out there, and hope to see it updated and reprinted many times in the future. I think it'll be around for a long time. If you haven't picked one up at a day centre or soup run, you can download the pdf from www.thepavement.org.uk or www.housingjustice.org.uk. (Print copies are being delivered along with this issue.)

In this issue, we have a small news story about the social networking site Facebook and another two memorial sites to rough sleepers who've died, although both men are alive. It's a sign of the times that compassion is easy to express online, but asking questions and verifying facts is too hard for most. It's also possible these Facebook rumours were started as deliberate, cruel hoaxes, which is another example of how easy compassion can be to lay aside in cyberspace.

Best stick to Twitter, where you can at least follow thepavementmag.

Richard Burdett

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Photography by Rufus Exton © 2009

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Encouragement

I have been an avid reader of your magazine for some time now, as I have been on the streets of London and around Britain for many, many years, in all seasons. Without help from you and the many charities, drop-ins, day centres etcetera, I – and I guess many others – would be well lost.

Your cartoons never fail to cheer me up and I read the articles regarding the police, outreach workers and the local borough councils with relish. After all, to be forewarned is to be forearmed! Anyway, please keep it going, no matter what.

Chrisovull
London

Thank you for taking the time to write – it was good for staff morale. And don't worry, we're not going anywhere, though we're opening editions in more cities in 2010.

Editor

Sock Mob

On 30 December 2009, eight members of the Sock Mob volunteer network (www.sockmob.org) found 87 people sleeping rough or about to bed down in the south of Westminster. They searched only a third of the borough. The Sock Mob – a casual 300+ strong volunteer network seeking to give friendship and socks to rough sleepers, beggars and others who seem socially excluded in central London – have begun to undertake the more formal role of rough sleeper counting because

of our general scepticism about the local council's statistics.

This is a high figure, particularly at a time when winter shelters are open, and suggests the true picture differs from the official version. The last official figures (Autumn 2009) for rough sleepers in the whole borough were 110. We at the Sock Mob want a bit of realism brought to this 'ending homelessness' debate and invite everyone, homeless or not, to join with us in fun and friendship to help do so.

Jonathan Cairns
Organiser for London Sock Mob
www.sockmob.org

Thank you for this, and we'll reflect on your figures when we cover the next official and unofficial street counts.

Editor

Food Not Bombs

A few days ago I saw Keith McHenry talk at the London Action Resource Centre about the founding and work of Food Not Bombs (FNB), and it was an eye opening talk for many.

You may wonder what this has to do with rough sleeping.

FNB was started by chance in the United States while activists were campaigning against a nuclear power plant. Food that would otherwise have been thrown away was collected and distributed to activists, and was sold to raise funds. After discovering that an abundance of food was being thrown away, the food they couldn't use was passed on to the local Catholic Worker House. As too much food was still being wasted, they created

a network to deliver it to local refuges and shelters, and then they started cooking food on street to hand out to anyone who wanted it.

FNB and Boston's [Massachusetts] homeless built up a relationship, so when the local police decided to move people on, taking their shoes, bedding, pets and personal belongings, FNB set up a tent city outside city hall, where activists would get arrested for handing out free food. City Hall eventually said that they would open up a shelter, but there were too many strings attached for some people (they were allowed only so many belongings, had to bring their own bedding and it was men only), so FNB also started a "homes not jails" campaign. They opened up empty properties to be used as homes, which helped engage support from local community groups and unions.

FNB has grown so it even provides food during natural disasters.

There are chapters across the World, serving vegetarian food to anyone regardless on status.

Dunk Gray
London

We're sorry to have missed Mr McHenry's talk, which readers can hear online at <https://london.indymedia/articles/416> However, we've spoken with him, and hope to get an interview with him for the next issue.

For information on getting involved and your nearest chapter go to www.foodnotbombs.net

Editor



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www.thepavement.org.uk**

*** download a pdf of the
Rights Guide for Rough Sleepers**

Canadian crack down

The Winter Olympics are causing heat for Vancouver's homeless

Less than a month before Vancouver is set to host the 2010 Winter Olympic Games, authorities in the Canadian city have intensified their campaign against homelessness with a controversial new law.

The Assistance to Shelter Act, passed at the beginning of December 2009, allows police forces in the city to "assist homeless people to shelter during extreme weather conditions". Civil liberties campaigners and homeless groups have nicknamed it 'The Olympic Kidnapping Act', alleging that Vancouver's government passed the law as a means of forcing homeless people off the streets before the international focus of the Winter Games is upon it.

"This Kidnapping Act creates a state of fear in the downtown Eastside," says Stella August, a member of a community group in one of the most poverty-hit areas of Vancouver. "We are angered at the hypocrisy of a government that closes down emergency shelters, while allowing police to forcefully displace homeless people against their will. We have already witnessed waves of police crackdowns over the past year, and we are not foolish enough to believe that this is a coincidence leading up to the games."

The city's government passed the law in response to the death in December 2008 of a homeless woman whose shopping-trolley shelter caught fire. The case of Dawn Bergman, known by others on the street as 'Tracey', shocked many people in the region and increased pressure on Vancouver's politicians to take action on the city's homelessness crisis. Under the Assistance to Shelter Act, police can prevent people from trying to stay outside during Vancouver's coldest

periods, when temperatures can drop as low as -10 degrees Celsius.

Canada's Housing and Social Development Minister Rich Coleman, speaking on the day the legislation was passed, explained: "When an extreme weather alert has been issued, we want people at risk off the streets and into safe accommodation. What we want to do is show people the supports available to them, including a warm bed and a hot meal."

But critics have argued that the government has manipulated Tracey's high-profile death in order to force through an unconstitutional law. "This legislation represents a return to the vagrancy laws of the 19th century, which saw people criminalised simply for being poor and having nowhere to go," says Laura Track, Housing Campaign Lawyer for Vancouver firm PIVOT. "The minister knows this is an unconstitutional law; this is a cynical strategy by the Liberal government to force poor people off the streets for the Olympics before courts strike the legislation down, which will, unfortunately, take months if not years."

"This is not the first time an Olympic host has resorted to using police to force homeless people out of sight," Track adds. "As a city and a province, we should all be truly disappointed to see the Vancouver 2010 Olympics going exactly the same way."

In order to draw attention to the homeless situation in the city, campaigners have organised a 'Poverty Olympics' to be held in Vancouver five days before the beginning of the official games. With events like 'Skating (Around Poverty)' and with mascots including Creepy the Cockroach and Chewy the Rat, the

event is aiming to embarrass the government over its failed housing policy, at a time when the world's eyes will be on the city. Organisers have criticised the government for cutting the budget on social services, legal aid and healthcare while spending increasing amounts of money on Olympic-related projects.

The Poverty Olympics' Organising Committee released a statement to reporters saying that: "Grinding poverty and growing homelessness are happening despite some bold promises to create a positive Olympic legacy – promises such as building more social housing, reducing homelessness, and not displacing poor people to make way for Olympics-driven development."

Official figures show that more than 2,500 homeless people live on the streets of Vancouver, a figure that has increased by 300 per cent in the last decade.

As increasing numbers of rough sleepers are forced off the streets, Vancouver's shelters are reaching critical capacity, and even emergency overflow hostels are being forced to turn people away.

The local government is opening two new emergency shelters in the weeks before the Olympics start in a bid to deal with the larger numbers of people forced into hostels as the Assistance to Shelter Act starts to impact on rough sleepers in the city.

"We're seeing just how big the demand is for shelter and housing in our city," says the city's mayor Gregor Robertson. "It's not just the Downtown Eastside that needs housing – it's neighbourhoods across Vancouver."

James O'Reilly

Chairman of the board

We talked to Richard Blakeway, chair of the London Delivery Board

"It's not a case of just some cosmetic clearance of the streets"

Mayor Boris Johnson established the London Delivery Board (LDB) on homelessness in February 2009 with the aim of "ending rough sleeping in London by 2012". The board has co-ordinated most of the major schemes attempting to combat homelessness in the last year, and announced at the end of 2009 that only 67 of the "most vulnerable and chaotic" rough sleepers were left on the capital's streets. To talk about this rapid progress, as well as some of the other major issues affecting homeless people in London at the beginning of a new decade, *The Pavement* spoke to Richard Blakeway, the Mayor's Advisor on Housing and the chair of the Delivery Board.

"I think we've done quite a bit, actually," says Mr Blakeway, of the board's first year. "Just launching the board itself was a significant step – we brought to the table a number of agencies for whom rough sleeping might not have been the biggest priority. It's really important that rough sleepers are recognised as a group needing distinct help".

Although Mr Blakeway believes that the real success of the LDB has been down to co-operation between different service groups across London, he wants homeless people to be clear about the functions of each service.

"People should be assured that when they go to the voluntary sector, they don't feel somehow that there's an ulterior motive, something lurking behind it. They should have that confidence", he says. With this aim in mind, he wants to concentrate the LDB's efforts on healthcare services for the homeless, rather

than enforcement operations.

"I don't want to focus solely on the police," he says. "This year, we want to provide a new GP service at street level, and I think that will be an important step forward. That will mean an NHS professional going out with the Outreach teams to help rough sleepers".

Despite recent government figures claiming that the overall number of rough sleepers in London declined in 2009, the number of Central and Eastern European migrants living on the streets has been rising – and how these people are dealt with is going to occupy much of the LDB's work in the coming year.

"About 40 per cent of rough sleepers in London are A10 migrants," says Mr Blakeway, "so it's a real issue. I would stress that the last resort is not removal [to their home country]: the last resort is them remaining on the streets. There are people who want to return voluntarily, and groups like the Barka Foundation are doing great work to organise this. What we need to do is provide better information for foreign nationals when they are coming to the UK, spelling out the obligations they have to meet if they are to have the safety net of public funds". He says the LDB will not just deport homeless people from A8 and A10 countries, but will also try and help those that are qualified into work.

The LDB announced at the end of the year that the number of "the most entrenched" rough sleepers in London had dwindled from 205 to only 67 individuals. Mr Blakeway expects similarly quick progress over the next few months. "Everything I'm getting back from people working in the boroughs is

that we should be able to help the remainder of the 205 into accommodation by this summer," he says.

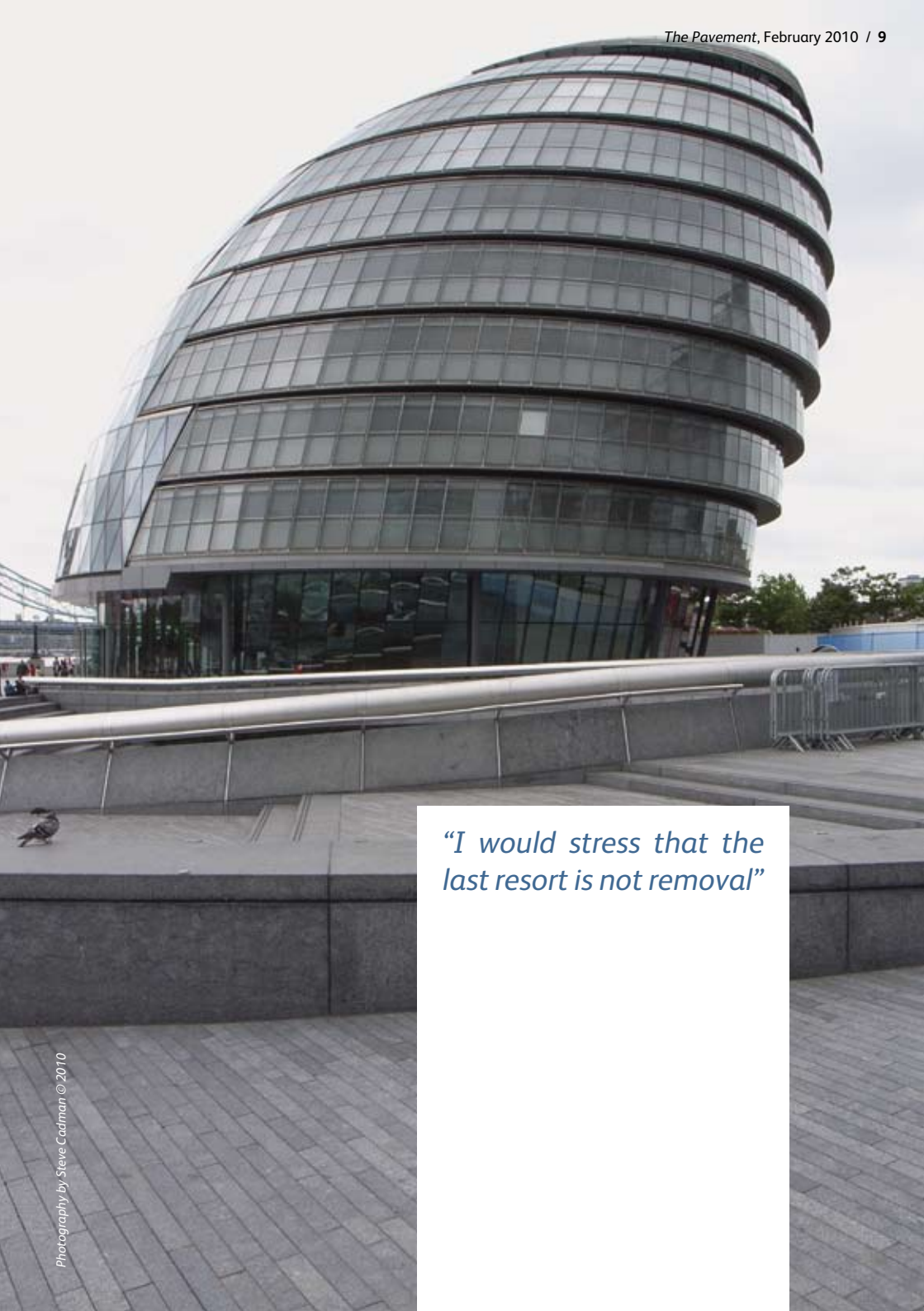
However, he is keen to distance the plans to help these entrenched rough sleepers from some of the controversial tactics employed by London authorities in the last year such as Operation Loose Change and the 'wetting down' of rough sleepers' bedding areas in Operation Poncho.

"Wetting down is entirely separate to the 205 – it is absolutely not part of it. Wetting down – Operation Poncho – is not part of the 205 strategy and neither is Operation Loose Change, which was an anti-begging campaign." He says these policies are unrelated to the work of the LDB, and so he is not in a position to comment on whether they'll continue as we approach 2012.

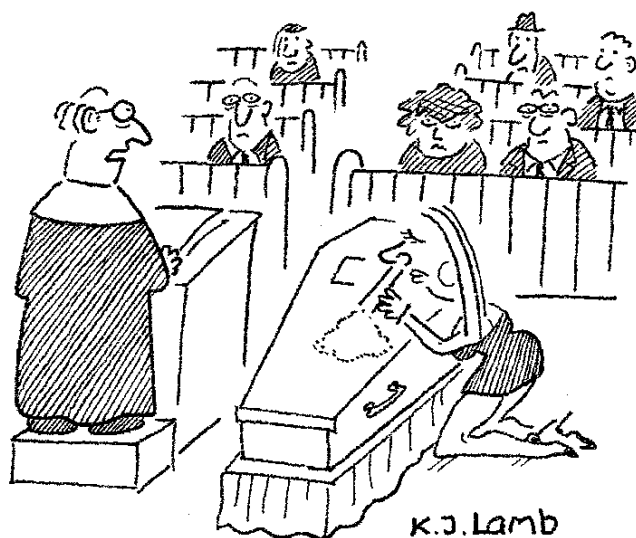
He insists, however, that the pledge to end homelessness in London is not just about a superficial change before the start of the Olympics. "This isn't a case of making sure London's streets don't have any rough sleepers on them for a couple of weeks in the summer of 2012. We want to ensure that anyone sleeping rough has a rapid response and a better service response."

"As we approach 2012, I hope there is more effort to help people, but certainly not a case of moving people around, certainly not a case of just some cosmetic clearance of the streets. It's about the whole of London saying that rough sleeping has been a problem here for more than 200 years, and it's about time someone said 'We're going to do something about this problem'."

James O'Reilly



"I would stress that the last resort is not removal"



*"I see this not so much as a funeral, more
a celebration of his lifestyle"*



Natalia Kowalewska
Age at disappearance: 26

Natalia has been missing from London since June 2009.

There is concern for Natalia's safety and she is urged to call our confidential service **Message Home** on **Freefone 0800 700 740** for advice and support.

Natalia is 5ft 8 tall, of thin build with brown eyes and dark brown hair. Natalia also has a scar on her left cheek.

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

**missing
people**

Reg. Charity No. 1020419

News-in-Brief

All the homeless news from the UK and abroad

Discharged into the snow

January began with an *Evening Standard* story on a homeless man being discharged during the first week of the New Year onto London's freezing streets.

It's not a surprise. We'll be chasing the detail, as we've covered similar stories before. In the London edition of May 2008, we looked at readers being discharged back to the streets and at the guidelines that are there to advise hospitals on how to deal with homeless outpatients.

We'll be revisiting this for the March issue (London and online).

Staff

Heroin users warned over anthrax contamination

Severe warnings have been issued across Scotland after seven drug users died from anthrax-contaminated heroin.

A total of 14 infections and seven deaths have been confirmed so far. The first case occurred in Glasgow in December, when an addict died in hospital after testing positive for the bacterial disease. Other infections have since been located in Tayside, Lanarkshire, Stirling and Fife.

Hospitals across the country have been placed on alert to look out for suspected cases as fears grow over the increasing number of victims, and health agencies and the police are co-operating to find the source of the contaminated batch of drugs.

Consultant epidemiologist Dr

Colin Ramsay, of Health Protection Scotland, said: "The evidence is that the heroin is prepared in non-sterile circumstances and, therefore, it is conceivable it could be contaminated by a organisms which could occur naturally in the environment in which the heroin is prepared. We are not suggesting that there is any evidence that someone deliberately added it.

"Heroin comes from countries where anthrax is more likely in the animal population, so the chances of it being in the environment in these countries is higher.

"If any heroin users do notice signs of infection (for example, marked redness and swelling around an injection site, or other signs of serious infection such as a high fever), they should seek urgent medical advice."

Anthrax is commonly found in hoofed animals in countries such as Afghanistan and Turkey, where much of the UK's heroin is produced. There have been previous cases of tainted batches of heroin coming from these countries, where the drug is often prepared in unhygienic surroundings that may be polluted with animal waste. It has been suggested that one of the cutting agents used in preparing the drug could be responsible for the contamination.

Public health consultant Dr Syed Ahmed said: "One possibility is that bonemeal from animals could be one of the sources, but this is speculation. We have no way of knowing how it might have become contaminated."

The increasing geographical spread of the infected cases means that heroin users across Scotland are being urged to be aware of the risks of inject-

ing a contaminated dose.

Dr Ahmed advised the need to be alert for the key signs of infection: "I urge all injecting heroin users to be extremely alert and to seek urgent medical advice if they experience an infection. Symptoms include local infection at the injecting site. There can be a red pimple which swells and turns black. If it's not treated early, the infection can spread to the blood and then it may be too late." Anthrax can be cured with antibiotics if treatment is started early.

While drug users are being strongly encouraged to stop taking heroin immediately, Dr. Ahmed said the risk to other members of the public, as well as family members or friends of the infected cases, was "negligible".

He said: "It is extremely rare for anthrax to be spread from person to person, and there is no significant risk of airborne transmission from one person to another."

Symptoms to look out for include:

- Severe swelling or redness around a wound site, which may be painless
 - Pain at a site where you have previously injected
 - An open sore or wound
 - Pus collecting under the skin
 - More generalised and severe flu-like illness, with muscle aches, headache, tiredness and high fever.
- If you have used heroin and notice any of these symptoms, especially if the infection seems different to others you may have had in the past, you should see a doctor immediately, either your GP or at your local Accident & Emergency Department.

What to do to reduce the risk of getting infected:

- There is no way to tell if your supply of heroin (or other drugs) is contaminated with anthrax.
- There is no safe method of consuming heroin (or other drugs) that may be contaminated with anthrax, as there is a serious risk from inhaling or smoking the anthrax, as well as from injecting it.
- Drug users currently in drug treatment are strongly urged to stop using heroin altogether.
- Heroin users not in drug treatment should stop using heroin if possible. You are encouraged to talk to a doctor or someone at a drug service about starting on a prescribed alternative drug (such as methadone or buprenorphine) and/or other treatment options.

Matthew Stanger

Squatters given access to list of empty houses

Organised squatters can get a list of empty properties if they ask their council.

The location of more than 800 vacant houses in the London Borough of Lambeth was published last year following a Freedom of Information Act request, which has put pressure on local authorities to tackle the twin problem of homelessness and empty properties.

The Advisory Service for Squatters (ASS) would advise people to take this route, though it can be a lengthy process. An ASS legal adviser said: "We have seen an increase in calls from people asking if they can squat their own homes as the bank has taken them, but we don't advise this. It is far easier to squat someone else's property."

The number of squatted properties has increased since the recession hit and caused repossession across the country.

Sixty-nine residences are now being squatted in Lambeth, compared with 43 last year.

But the local authority take a zero-tolerance stance against squatters. A spokesperson said: "There is a nationwide shortage of social housing, and people who illegally occupy properties are depriving families – in genuine need and on the housing waiting list – of a permanent home."

The borough has 865 empty properties. Many remain empty for months after tenants are kicked out, which can lead to property damage, but the Council's approach towards so called 'fluffy' squatters, who often do repairs and create a pleasant living environment, remains firm. The ASS pointed out that squatting was still legal.

The latest edition of the *Squatters Handbook* was published last year.

Katy Taylor

Yet another Facebook memorial... that's wrong

Last March and July we ran two stories about the memorial pages for rough sleepers 'Toxic Terry' and 'Duvet Man' who, it turned out, were not dead.

In January we found another and – surprise, surprise! – Lenny Sprigg is alive and well in Enfield, North London. The people who started the condolences had failed to check whether he'd actually died of hypothermia in the cold weather.

People began posting rumours of the death of the Enfield man on the 'Lenny the Tramp Appreciation Society' page and started an 'RIP Lenny' group on the social networking site.

According to the Enfield Independent, this led to the police mounting a search, though it wasn't long before people began

posting messages that they'd seen him. Posts such as "lenny is alive!!! im chatting to him now" [sic] began to appear soon after the rumours of his demise, but took a while to convince a lot of people that he wasn't dead.

To find the other stories go to www.thepavement.org.uk and search for 'Facebook.'

Staff

Street Heat

Celebrities love to do (or be seen doing) their bit for homeless people – bar Jonathan Creek star **Alan Davies**, who bit a homeless man instead.

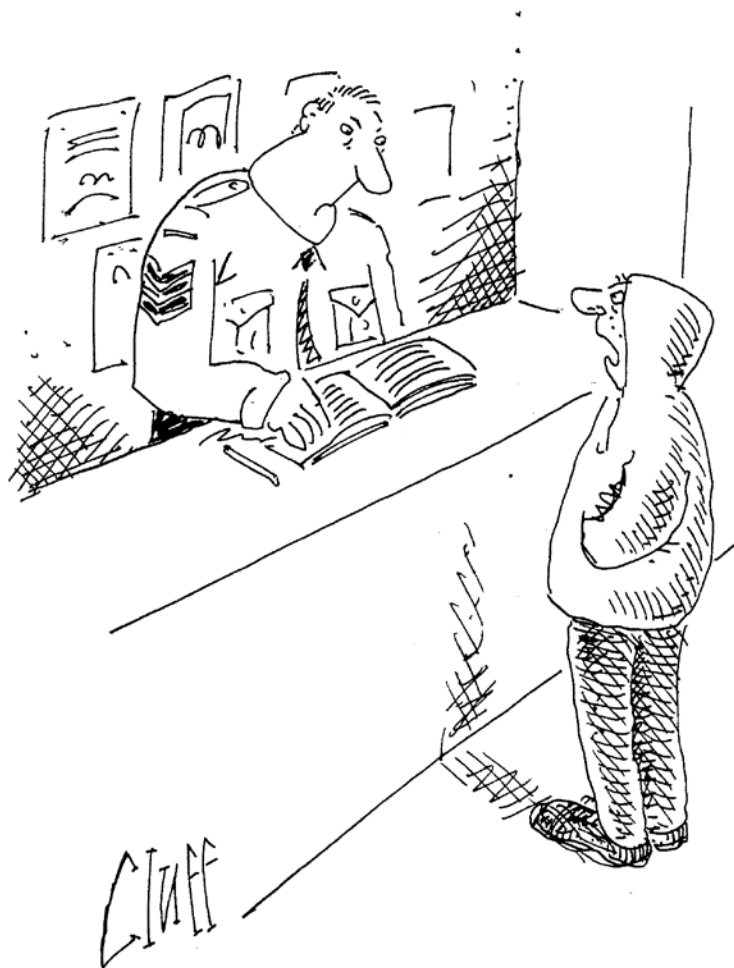
In honour of their selfless deeds, we've collected a number of stars that have made the news for helping our readers over the festive season.

Not one known to gush, Hollywood hard-man **Russell Crowe** proved he was a softie at heart when he gave his winter coat to a homeless fan, known as Radio Man, who had cycled to Pittsburgh just to see Crowe on set filming *The Next Three Days*. The coat in question was a grey, downy number with a fur hood. Good job Radio Man's favourite actor isn't *Sex And The City* clothes-horse Sarah Jessica Parker.

Russell Crowe's coat pales into insignificance, however, in comparison to the generous gifts of the French first lady, **Carla Bruni**, who has struck up a friendship with a homeless man living near in her Paris home. Denis, 53, said Ms Bruni regularly hands over €50 or €100 notes, and the pair discuss books and music. The 41-year-old ex-model has also given her neighbour a military-style duvet and offered to put him up in a hotel, an offer he turned down. "It's not that I enjoy being in the street, but I've got my habits,"



"I always find the wine is simply awful at these private views"



*“Why haven’t I been harassed today? I’ve got
a reputation to maintain”*

Denis told reporters. "People say it's cold. That's true, but I'm well covered up." It's also a good excuse to use when his new friend asks if he's listened to her latest album.

Rather than handing out CDs, living music legend **Bob Dylan** is donating the sales of his latest musical offering to homelessness. In the festive spirit (or possibly after one too many festive spirits), the grizzly singer-songwriter recorded an album of traditional Yuletide favourites entitled *Christmas In The Heart*. Released on October 12, the royalties go towards Crisis UK and the World Food Programme. Bob Dylan rocking out *Here Comes Santa Claus*? The times they are a-changing.

But first prize goes to fashion oddball **Lady Gaga**, who last year raised US\$35,000 for a Toronto shelter, toured youth shelter Eva's Phoenix and dished out free concert tickets to young volunteers as part of Virgin Mobile's RE*Generation campaign to help homeless youngsters in the US. "If I can be inspiring to them and be a part of it, that makes me feel more powerful than any of the stage drama or the flashing lights," gushed the Paparazzi star.

Carinya Sharples

Urban nomads

A German artist has been fusing art, architecture and design to create innovative life systems that can be used by homeless people. Winfried Baumann's creations, dubbed 'Urban Nomads', take into account the special conditions rough sleepers live in and can be managed by one person. His collection of works includes Instant Housing (small mobile homes), Instant Cooking (nomadic mobile kitchen), Instant Help (medical help for homeless people), Instant Exhibition (mobile living and exhibition systems) and

Instant Shelter (emergency aid).

While some of Baumann's objects are merely art pieces, many have been bought by homeless magazines in Germany and given to homeless people. "The Instant Objects are working in different ways," Mr Baumann told *The Pavement*. "Some are just art objects to show the challenging situation of fringe groups and homeless people, while others are sponsored by donations and have been given to welfare services. They can be given to people who need for them."

Mr Baumann, who has been involved in this project since 2001, says that art cannot solve the problem of homelessness. His creations are not a nostrum, but act as an important contribution to the public argument over the issue. "Art has a social responsibility, so this is why I deal a lot with corporate and social themes. On my trips to the big metropolises I always kept track on the contact to homeless people and figured out that they have the need for a place they can call home. Even if it's small, it's huge for them. As a result, I started working and developing Instant Housing objects."

Many of Mr Baumann's objects have been shown in exhibitions in Belgium, France and Italy. He says that homeless people's reactions have been very positive. "They also give me input and advice for improvements and variations," he adds.

Teo Kermeliotis

- www.winfried-baumann.de

Homeless chic hits Milan

Men with dishevelled and dusty hair, wheeling shopping trolleys and emerging from cardboard boxes, models treading a catwalk, styled to look like rough sleepers: this was the scene at Vivienne Westwood's latest fashion show for Milan Fashion Week.

Coined "homeless chic" by one magazine editor, who described it as "a little close to the bone", the theme, apparently inspired by a friend of Westwood's who works for a homelessness charity, has raised a few eyebrows in and out of the fashion world.

And sensitivity seemed to be the order of the evening according to *The Times*. It said: "It was not the only delicate subject to be broached. One of Westwood's models wore an orange boiler suit – a touch of Guantánamo chic, perhaps."

When questioned, Westwood admitted that she herself had no experience of being homeless, says *The Times*. "The nearest I have come to it is going home and finding I don't have my door key," she said. "I mean, what a disaster that is, dying to get in your house and you can't. And what if it wasn't there any more?"

Tracey Kiddle

US police attempt to ban camping

Police in America are trying to ban homeless people from camping on public land after parts of the country have seen a sharp increase in homeless camps.

Police chiefs in Colorado Springs, the county town of Colorado state, want to clear the camps because of safety and sanitation concerns. According to one report, a man named Randy has lived in a small tent in one of the camps for more than a year. He said: "If the city makes camping illegal, I have no idea what I'll do. I don't know where I'll go." Local resident Marcia Whittaker added: "I think it's okay for the camps to be there. Maybe the visibility will prompt people to try to help them."

If the law is passed by the city council, people found camping could be fined and may face prison. Chief of police Richard Myers presented the case at a meeting last month. He said: "We have life safety concerns. Camping in the sub-zero temperatures we're having is a public health risk. Recently, one of the tents caught fire while occupied."

The issue has yet to be decided but vice-mayor Larry Small said he could not support a ruling that would kick hundreds of homeless people off city land without giving them a place to go: "This is not a good time to consider that kind of ordinance. Life is pretty tough for people right now."

Rebecca Evans

Drive-thru death

American Bessie Mae Berger, the 97-year-old who was living in her car in Los Angeles, has died.

The nonagenarian, whose story we covered in the London edition of *The Pavement* ('Drive-thru homeless, December 2009, London and online) died in hospital at the end of January. She had been in temporary accommodation since been discovered living in her 1973 Chevrolet Suburban with her two sons.

Staff

Dragon chairs *Big Issue*

Dragons' Den star James Caan has become chair of *The Big Issue* magazine. Mr Caan, 49, who is chief executive of private equity firm Hamilton Bradshaw, took up the post in December. He said: "*The Big Issue* embodies my firm belief that we all need a helping hand sometimes. I identify with building something from nothing and the organisation's principle of giving

a hand up, rather than a handout, resonates with me on many levels.

"What's most remarkable about *The Big Issue* is its ability to work with homeless people without their dignity being sacrificed."

A spokesman for the street magazine said the entrepreneur was brought on board to help bring them into the digital age by improving their online content in a bid to boost advertising revenue, which has been hit by the credit crunch. Mr Caan, who is currently involved in around 40 businesses through his private investment fund, is also set to establish *The Big Issue* in Pakistan, the country of his birth, and is assisting with the launch in India. He added: "It doesn't matter what language you speak or what culture you're from – a desire to earn a legitimate living and integrate back into mainstream society is something that is universally felt."

The magazine circulates more than 147,000 copies a week and vendors last year made more than £8m. Founder and editor-in-chief John Bird said: "James is one of UK business's leading lights, so I have no doubt that he'll be a fantastic addition to our board. In the 18 years since I launched *The Big Issue*, it remains a ground-breaking initiative and a unique business proposition, so we hope James will find working with us challenging, exciting and enlightening."

Rebecca Evans

Homeless man's body stolen for WWII plot

The body of a homeless Welshman was illegally used in a British plot to deceive the Nazis during World War II, it was recently revealed.

Glyndwr Michael's corpse was dumped in the sea off the Spanish coast, in 1943, carrying fake secret documents outlin-

ing plans to switch the British invasion of Sicily to Greece.

The plot, known as Operation Mincemeat, was "swallowed rod, line and sinker" (a telegram to Churchill triumphantly reported) and Hitler moved his troops to Greece.

Speculation as to the identity of the body has followed over the years. However, a government cover-up meant Mr Michael's name was concealed until 1996, when files on Operation Mincemeat were declassified.

Even then, it was not until Professor Denis Smyth, a historian at Toronto University, came across a "secret" memo written by Mincemeat's chief conspirator, Lieutenant Commander Ewen Montagu, that the truth finally came to light.

Mr Michael had been found in an abandoned warehouse near King's Cross on 26 January, 1943. He was suffering from acute chemical poisoning, having ingested rat poison, and died two days later.

Times journalist Ben Macintyre has also uncovered a disturbing chain of events behind the celebrated plot, which formed the basis for the 1956 film *The Man Who Never Was*. Montagu had previously claimed that the dead man's relatives had given their permission for the body to be used "for a really worthwhile purpose" on the condition his identity was never revealed. However, Mr Macintyre discovered this paperwork had been falsified by Sir Bentley Purchase, the coroner of St Pancras, and no attempt had been made to contact Mr Michael's family.

Sir Purchase also failed to carry out a post mortem examination, identified Michael as a suicidal labourer of no fixed abode and a "lunatic", and informed the registrar that the body was being "removed out of England" for burial. However, he had secretly agreed to keep the corpse in cold storage until it was needed.



*"...and another thing, just who the hell is this 'Perfectly Frank' that you
always claim to want to be?"*

This is not the first time a homeless body has been used without the relatives' permission. In 2004, a Siberian pathologist was reported to have sent the corpses of homeless people to German anatomist Günther von Hagens, the man behind the recent Body Worlds exhibitions.

Carinya Sharples

On yer bike... Another interesting cycling project

Homeless people in north London are encouraged to take part in bicycle workshops as part of a drive to help them back into employment.

The Margins homelessness project, based at Islington's Union Chapel, runs bike maintenance and recycling sessions, funded via the LCC-administered Community Cycling Fund for London.

It aims to turn its recycling capabilities into a business after a successful 90-day trial period.

Margins, which has been providing services and facilities for the homeless and those in crisis for 14 years, plans to open a shop and sell restored bicycles at affordable prices, with profits used to support the scheme.

The workshops, which have been named 'On the Streets', last for more than six weeks and aim to boost self-esteem and encourage the development of personal responsibility. They also act as a training programme in a bid to improve employment opportunities and development for homeless people in the area. Participants boost their skills - from tool handling and workshop safety to social skills - by learning how to repair abandoned and donated bicycles.

"The workshop was absolutely brilliant... Having known nothing about bicycles, I now know a lot, and I am so pleased to be getting

a bicycle next week," one participant was quoted as saying.

Teo Kermeliotis

From the web...

Some stories couldn't wait to be reported. Here's a selection of what appeared online since our last issue.

Emergency shelter re-opened for cold snap

The emergency shelter run by St Mungo's, which re-opened on 5 January, should remain open as long as temperatures remain below zero, a spokesperson for London's largest homeless charity has told *The Pavement*.

The accommodation, in Islington, north London, has around 100 beds and at present is about half full. Rough sleepers cannot simply turn up at the facility, but need to be referred by outreach teams working on the capital's streets.

The centre is part of the capital's Severe Weather Emergency Protocol (SWEP), and is funded by the Department of Communities and Local Government. But the St Mungo's spokesperson was unable to say what would happen to the shelter should the temperature remain sub-zero for more than one month.

The centre opened before Christmas, from 17 to 23 December, and has re-opened due to the coldest January for 30 years. Current forecasts predict the cold snap could last for another fortnight. Facilities include hot showers, beds, clean clothes and food.

Rebecca Wearn

Posted online 8 January 2010

Rumours of Poncho's death have been greatly exaggerated

The Pavement had received reports that Operation Poncho – a policy in the City of London whereby rough sleepers have seen the areas they bed-down in soaked with water in the middle of the night – was to cease.

But the City of London has said this is not the case. Operation Poncho remains part of the policy to get people off the streets. A City of London spokesman said: "The City of London Corporation, working in partnership with Broadway and the City of London Police continue to engage with rough sleepers in the City of London to reduce the risk of people dying on the streets and get them into accommodation."

The scheme has courted controversy and *Pavement* readers have complained of feeling harassed and disorientated when woken at 3am by a water bowser, and given coffee and cigarettes while they are questioned by authorities.

Poncho is not permanently active, but has run for a period of weeks twice in 2009. *The Pavement* is now working with Housing Justice and human rights charity Liberty to produce and distribute a leaflet for rough sleepers [out now], so they understand their rights when approached by police or outreach workers.

Rebecca Wearn

Posted online 13 December 2009



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 ★

STREET SHIELD

EPISODE 11

SHELTER
FROM THE
STORM

INSIDE KERBSIDE'S EMERGENCY SHELTER.



BUSY IN HERE.

DON'T LIKE CROWDS.

BEATS THE SNOW THOUGH.

... SO
I COUL
THAT



WHAT'S UP DOC,
YOU IN TROUBLE?

WHATCHA SCOUSE! NO, JUST HAD
WARDEN TELLING ME TO MOVE ON
HIS MORNING, SAYING IT WAS THE LAW.
I SAID DIFFERENT!

WHAT, SO THEN HE
CALLS THE POLICE?

NO, HE
WALKED OFF
AND LEFT ME
TO MY THOUGHTS.

HOW DID YOU
WHICH POWER



Rights Guide For Rough Sleepers

- Arrest | pg. 02
- Stop and search | pg. 09
- Answering questions | pg. 17
- Living you on | pg. 18
- No-drinking zones | pg. 20
- Sleeping
- Toilets
- High

DOWNLOAD

THE RIGHTS GUIDE FOR ROUGH SLEEPERS
ON OUR WEBSITE

www.thepavement.org.uk

STREET SHIELD WILL BE BACK IN APRIL

Health and wellbeing

The Pavement's health team – a nurse and podiatrist – answer your questions

Dear Nurse Flo

Most people get constipation at some point and, fortunately, it is easily treatable. If you've never been constipated, then you're very lucky! Don't be shy: if you're having problems going to the loo, then read on...

Constipation happens when you haven't moved your bowels as often as you usually do. People are all different: some people poo every day; others may only go every two or three days. What's important is that you know what's normal for you. Constipation is when you become aware that things have slowed down. You may also feel uncomfortable and bloated, and when you do poo, it may be hard and uncomfortable.

By now I'm pretty sure most of you will know what I'm talking about. Don't be embarrassed – we nurses spend a lot of time advising people about constipation.

The first step to getting things moving again is to look at your diet. Eat as much fruit and vegetables as you can. Foods high in fibre such as wholemeal bread, lentils or high-fibre breakfast cereals are good. Most people have foods they know will get their bowels moving again – favourites are prunes, oranges, fresh orange juice and dried apricots. Drink plenty of water too, as dehydration can cause constipation, as can lack of exercise or a change in routine – many people get it on holiday or after a major life change. For some people, finding a toilet where they feel comfortable – and peace and quiet – is important. This could be a challenge for the rough sleeper and could, in itself, cause constipation. Do a bit

of research and once you've found a comfortable loo, take your time.

If you're eating fruit and vegetables, and drinking water, and things still haven't improved, there is a massive range of over-the-counter medication for constipation. In fact, they probably keep many chemists in business, and pharmacists are used to talking about constipation. There are different types, so discuss your symptoms with the doctor, nurse or pharmacist so you get the right one for you. Most of these remedies are available over-the-counter or on prescription, so it's up to you how you get them.

Most are taken by mouth. Some people find suppositories or enemas useful, but constipation is best treated from the top down, so if you get to the stage where you want to put something up your bottom to treat it, it's time to see a doctor or nurse.

Prescription drugs can also make you constipated. Ask the doctor about the side-effects of any new medicine, and if constipation is one of them, ask for one for your bowels at the same time. Any drug that has opium as a base will cause constipation, whether it's strong painkillers prescribed by your doctor or street drugs. There are too many to list here, but if you use heroin, morphine or any opiate-based drug, then think about keeping your bowels moving. If you've ever been on methadone, you'll already know about its constipating qualities. Be aware: increase your fluids, fruit, and vegetable and fibre intake at the first sign of trouble. If your sluggish bowel motions are caused by drugs, follow the same advice as with normal constipation.

Haemorrhoids or piles often occur alongside constipation. Piles

are swollen sore veins just inside or outside your anus. Although usually not serious, they can be excruciatingly painful and you may notice small amounts of fresh blood in your poo. Try not to strain on the loo and follow the same advice as with constipation. If they don't go away or the pain is intolerable, see a doctor.

Occasionally constipation can be a symptom of another illness or just won't go away. If you've been constipated for more than a week, have stomach pains, unexplained blood in your poo or your bowel patterns have changed in any other way, see a doctor. You should also see one if you've lost your appetite and/or are losing weight.

Remember, constipation is such a common problem that most people will experience it, so don't worry about talking about it.

Good Health,

Nurse Flo

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

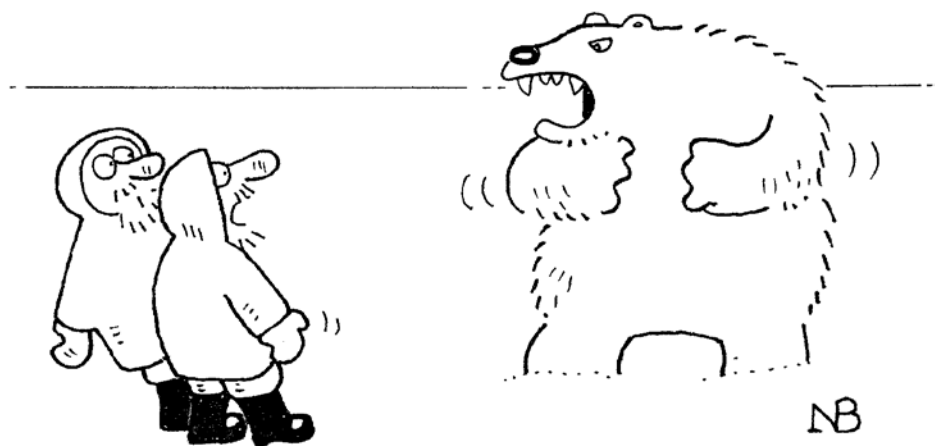
Footcare – practical podiatry advice

Snow looks good on seasonal celebration cards, but what may appeal to the eye is pure menace to the feet. Not only does it bring everything to a halt (usually with a bang!), it tests even the more worthy town councils and transport authorities.

Over-exposure to cold and damp is potentially lethal, and the consequences can be tragic. During the



"Spare some change for a phial of transforming medicine, Sir?"



"Oh no, he's bi-polar!"

First World War, soldiers were left to stand in cold water for long periods of time. The trenches had no drainage, and prolonged exposure resulted in the feet completely collapsing. Injured soldiers were unable to move because of the dire agony.

Official Second World War records confirm more American GIs suffered from “trench foot” in the winter offensives than were wounded by enemy fire. As a result, not looking after your feet became a court martial offence.

The recent cold weather has seen an increase in the number of reported cases of trench foot. Symptoms vary from hot, swollen feet, with bleeding under the skin, to completely collapsed arches. Complications with infections are common in the later stages. Pain can last for many years, so it makes good sense not to let your feet get over-exposed to cold and wet conditions. It doesn't have to be snowing for this to affect you.

Frostbite (pictured right) has also increased among those coping with subzero temperatures. Symptoms here again depend on the degree of exposure: fourth degree frostbite usually results in autoamputation (fingers and toes dropping off).

So how do you prevent cold feet?

The old Russian saying “Stupid as boots” gives us a clue! Keep your feet warm and dry, and don't rely solely on footwear. For centuries, Russian soldiers protected themselves by bandaging their feet. Ever since Peter the Great introduced portyanki (foot bandages), combat veterans have wrapped their feet with flannel in winter and cotton in summer. Bandages support the feet better than socks, and give much-needed insulation. Mastering the notoriously difficult art of foot binding was a rite of passage among the rank and file. Worn portyanki trapped sweat and harboured bacterial breakdown, which gave off a foul smell like teenagers'



trainers. This became a source of perverse pride to the soldiers. A common myth was that the Russian army was invincible because of the soldiers' stinking portyanki. Barrack room funsters would roll the smelly bandages into tight balls and leave them beside snoring comrades...

Advances in sock technology have seen an end to the portyanki, but light binding with dry cloth is an option in very poor weather. Combined with warm socks, it is a practical means of coping with freezing temperatures. One other trick the Russians used was to wear felted boots called valenki. People living in extreme conditions have used animal fleece to trap air and keep the feet warm for thousands of years. Modern equivalents such as Ugg boots are fleece-lined, which make them ideal for the cold, so check the charity shops.

By way of a footnote, the in-soles in most trainers are made from a plastic material that is ideal for insulating the foot. They are often covered with a fabric used to advertise the maker's name

or give the shoe flash appeal. If you turn them upside down and swap them so you are wearing them in the opposite shoes, you can keep your feet warmer without losing any comfort.

Go away with this: during the cold weather it is extremely important to keep feet warm and dry. Wear waterproof footwear, warm socks and insulation in-soles, and if you experience cold feet, tingling (pins and needles), cramps or arch pain, then see you GP.

Toe Slayer

Registered podiatrist
and shoe historian

Ask Agnes – The Pavement's agony aunt

Agnes is away this month.

- To pose a query to our agony aunt, email: agnes@thepavement.org.uk or write to the address on page 3

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

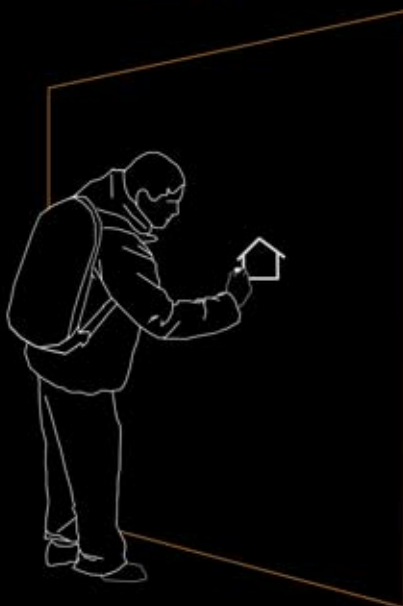


you'll get moved on here

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.

Blue Cross Mobile Veterinary Clinic
All run 10am – 12pm & 1.30pm – 3.30pm, at these locations – Mon: Hackney Town Hall (car park) E8; Bethnal Green Road E2; Wed: Thur: Islington Town Hall, Upper Street, N1; Fri: Walthamstow Town Square, High Street, E17 On a first-come-first-served basis. Some cases February need to be referred to the Victoria hospital. Hospitals

Blue Cross Victoria, 1 – 5 Blue Cross Hammersmith, Argyle Place, King Street, W6 0RQ 020 7932 2370

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

020 8748 1400

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 Mon, 1.30am at Manna Centre, Bermondsey (every fortnight); Every other Tue: 7pm, Lincoln's Inn Fields; Sat: 9.45am, The Connection at St Martins; 1 am, The Passage

TELEPHONE SERVICES

Domestic Violence Helpline

0808 2000 247

Eaves

020 7735 2062

Helps victims of traffick- ing for prostitution

Frank

0800 776 600

Free 24-hr drug helpline

Get Connected

0808 808 4994

Free advice for young people (1 pm–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 hot-line

Message Home Helpline
0800 700 740, 24 hrs daily

National Debtline
0808 808 4000

Open Door Gay Men's Housing
0208 743 2165
020 7840 7141

Poppy
MH
Helps women who have been trafficked for sexual exploitation

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

The Samaritans
08457 90 9090
1 pm – 6 pm
0845 767 8000
Out-of-hours helpline for those affected by mental health

SANLINE
1 pm – 6 pm
0845 767 8000
For those using or running soup runs, or just concerned with their work. Comments and details on future meetings.

Sheriff
0808 800 4444
Housing info and advice 8am–8pm daily

Stonewall Housing advice line
Advice for Lesbian and Gay men (Mon, Thu, Fri 10am–1pm; Tue & Wed 2–5pm)

Survivors UK
Mon, Tue & Thur: 7-10pm 020 7404 6234
Helpline for men who have been sexually assaulted at any time in their lives

WEBSITES

UK Human Trafficking Centre
0174 252 3891

Everyone's home
An 'e-shelter', with a large directory of services, particularly for London. www.everyoneshome.org.uk

Homeless London Directory (RLS)
Updated at least annually www.homelesslondon.org

Mental Fight Club
A creative/arts site for those with mental illness. uk.geocities.com/gabriele-jenkinson@btinternet.com/

The Pavement online
Regularly updated online version of *The List*, which will soon be in several translations to download. www.thepavement.org.uk/

Proud to be mad
A campaigning site for those with mental illness www.proudtobemad.co.uk

Sock Mob
A group of people who aim to befriend readers on the streets... and out socks. www.sockmob.org

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-themselves as much as possible. www.streetmate.org

Sun: 3.30-5pm.
Free tea and warm food
served 365 days a year

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

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
Guilford 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!

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

Silver Lady Fund (The Pie Man)
Piping hot pasties, pies and
sausages 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; South-
 ampton 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; Hindle Street 8, 45pm;
 Maltravers Street 9, 15pm; Waterloo
 9, 45pm; Army and Navy 10, 15pm
 Street Café: St Mary-Le-Strand
 (Strand) – Mon (5pm–7pm) & Wed
 (10am–12, 20pm), & St Giles-
 in-the-Fields, St Giles High Street,
 WC2 (next to Denmark Street) – Sat
 (2 – 4pm) & Sun (1, 15–3, 15pm) *d*

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
Mattcock Lane, West Ealing
W13 9LA
020 8566 3507

Also: Advice service Thur & Fri 10am-4pm – Ealing Churches workers

St John the Evangelist
39 Duncan Terrace, N1 8AL
020 7226 3277
Tues-Sat: 12.30pm-1.30pm

Streetlites
Tue: 6-9pm, King George's
hostel, Victoria; 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

Table
SW London Vineyard – The King's
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
Cold
Cars Islington Churches Cold
Weather Shelters
Various Churches
07913 020738
01 Jan-31 Mar 10; 7.30pm-
8.30am. Arrive before 8.30pm
(separate area for women); Self-
agency referrals; phone ahead
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
07175507970
advice@coldweathershelter.org

Croydon Churches Floating Shelter
Various Churches
020 869 320 328

Mobile switched off if no vacancies
01 Nov–31 Mar 10; 7.30pm–8am.
Last admission 9pm
Age 18+ mixed; Beds for 14

Hackney Winter Night Shelter

Various churches
Booking essential – 07549 043 728
You will not be charged for this call
10 Jan–31 Mar 10.8pm–8am
(7pm on Sundays)
Age 18+ mixed; beds for 25
(last admission 8.30pm)
(screened area for women)
Agency or self-referrals; dry
www.hwms.org.uk

Robes Project (Southwark & Lambeth)

Various Venues
08 Nov – 31 Mar 10
Age 18+ mixed; Beds for 13
By referral only from Manna
Centre, 6 Mellior Street,
ST1 3QB

West London Churches Winter

Shelter

Various Venues
0207 351 4948
09 Nov-28 Mar 10 8pm-7am:
First Edition 8pm

rais on a first come first served basis, must phone first; dry

SPECIALIST SERVICES

ASHA Project
13 Shrubbery Road, SW16 2AS
020 8696 0023

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:

SOUP KITCHENS & SOUP RUNS

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

All Saints Church

Carnegie St, N1
020 7837 0720
Tues & Thurs: 10am–12noon
Cooked breakfast, FF

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
– Covent Garden, Milford Lane,
Surrey Street, Strand and Waterloo.

Bloomsbury Central Baptist

Church
235 Shaftesbury Ave, WC2 8EP
020 7240 0544
Sunday: Roast lunch 1pm
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

Camden Road Baptist Church

Hilldrop Road, Holloway, N7 0JE
020 7607 7355
Thu: 10.30am–12noon
FF

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

Haar Krishna Food for Life

The Haar 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 (Isip 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.

Kings Cross Baptist Church

Vernon Sq, W1
020 7837 7182
Mon: 11am–2pm
FF, LF

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 London Run

Mondays (including bank holidays).
Van with tea/coffee, sandwiches,
eggs, biscuits, soft drinks, clothes,
Strand, opposite Charing Cross
police station: 9.30pm–10.15pm;
Temple: 10.15pm–11.00pm;
Waterloo (St John's Church).

Memorial Baptist Church Plaistow

Sat: 8am–12pm
020 7476 4133
389–395 Barking Road, E13 8AL

Muswell Hill Churches Soup

Kitchen
2 Dukes Ave, N10 2PT
020 8444 7027

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: 7–9.30 pm.
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 Cypri, 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
Mon–Sat: 4.30–6pm;

Thu 18 Feb: 9:30am-12:30pm;
Blackfriars CDAT, 151
Blackfriars Rd SE1 8EL
Fri 19 Feb: 9am-12noon;
St Munigos, 96 Great Guild-
ford Street, SE1 0ES
Mon 22 Feb: 8:30-11am; Mis-
sionaries of Charity - Gift of Love,
116 - 118 St Georges Rd, SE1
6EU; 12noon-2pm; Ace of Clubs,
25 Alphonsus Road, SW4 7AS
Tue 23 Feb: 9am-12:30pm; Manna
Day Centre, 6 Mellor Street, SE1 1EX

PERFORMING ARTS

Vision Care Opticians
07792 960416
Mon & Thurs: 2 – 7.30pm
at Crisis Skylight; Wed: 9am
– 5pm at The Passage
Free sight tests and spectacles

Cardboard Citizens
020 7247 7747
Variety of performing arts work-
shops held at Crisis Skylight as
well as hostels around London.
ET, LA, MC, PA
www.cardboardcitizens.org.uk

The Choir With No Name

Every Monday, 7 pm,
at various venues
A choir for homeless and ex-
homeless, with or without
singing experience.
www.choirwithanname.org

Crisis Skylight

66 Commercial St, E1
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 lectures at various venues
020 7209 0029
Email: smartnetwork@l

Streetwise Opera

020 7495 3133

Workshop programme from
www.streetwiseopera.org

BA, BS, CL, DT, FC, H,
-4pm; Fri: 1:30 - 3:30pm
MH, MS, NE, P, SH
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

MEDICAL SERVICES

Great Chapel Street Medical
Centre, 13 Great Chapel St, W1
020 7437 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

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

EMPLOYMENT AND TRAINING

Dress for Success (Women)

Unit 2, Shepperton Hse
89-93 Shepperton Rd, N1 3DF
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 Newham Row, SE1 3UZ
020 7089 2722
CA, ET, IT

Turnaround Resource E1

Montmore Centre, Hanbury
Street, London, E1 5HZ
020 7247 9005
www.turnarounde1.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

Tue: 6pm, St Patrick's, Soho Square;
Wed: 5.30pm, Providence Row; Thu:
5pm, Connection at St Martins;
6pm, St Mungos, Mare Street
www.openhousefilmclub.org
FF, LA

Sock Mob

see Websites

EX-FORGES

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

JOB CENTRE PLUS

To get benefit advice use local Job
Centres 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 Oncol-
ogy Ward; Spectrum; Webber
Street/Waterloo Christian Centre;
HAGA; Compass Day Centre.
Tuesday – St Thomas' Hospi-
tal; In Patients; Westminster
Rolling Shelter; The Connection

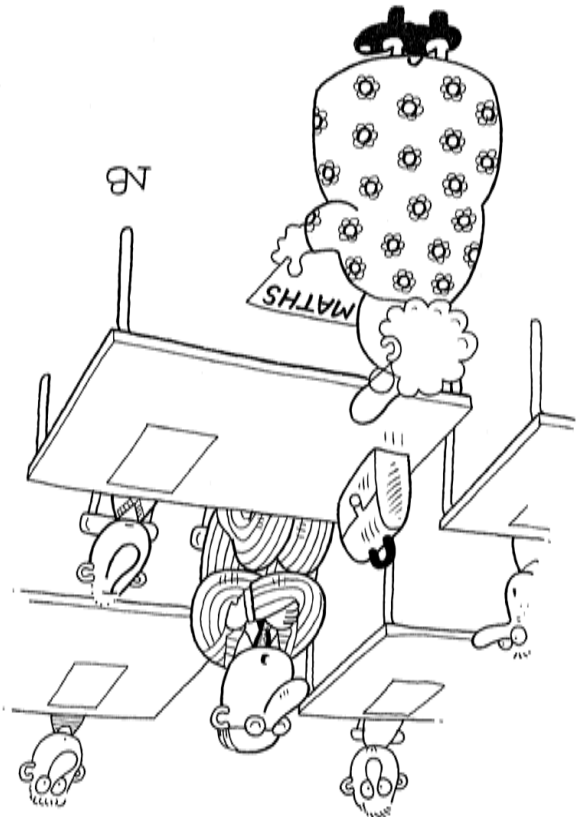
Veterans Aid

020 7828 2468
A, AS, BA, D, CL, SS
40 Buckingham Palace Rd, Victoria

Veterans UK

0800 169 2277
Free help and advice for vet-
erans and access to dedicated
one-to-one welfare service.
www.veterans-uk.info

"My client is advised not to answer that question"



St. Mungo's (Ennersdale House)
1a Arlington Close, Lewi-
sham SE13 6JQ
020 8318 5521 (ring first)
Medium-support needs

Women

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 Birkenhead St, WC1H
020 7278 6466

Young people (16-21)

Centrepoint
25 Berwick St, West-
minster W1 8RF
020 7287 9134/5
Ring first. Daily vacancies

MASH
8 Wilton Rd, Merton, SW19 2HB
020 8543 3677
Ring first

DRUG/ALCOHOL SERVICES

Addiction (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)

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
service); Mon & Fri: 2pm-5pm
& 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 (Turning Point)
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

Needle Exchange Van
White van under Centrepoint
Tower, Tottenham Court Road
Mon-Fri: 4-7pm

Soho Rapid Access Clinic

Soho Centre for Health and Care
1 Ffith Street
London
W1D 3HZ
020 7534 6687

Wandsworth Drug Project
86 Garratt Lane, SW18 4DB
020 8875 4400
Mon-Fri: 1-5pm; Sat: 1-4pm
AS, A, AD, AC, CA, C, D, H, NE, OB, SH

Westminster Community Alcohol Service
4th Floor, 1 Ffith Street, W1D 3HZ
020 7534 6699

Mon, Tues, Thu & Fri: 9am-
5pm; Wed: 9am-8pm
A, C

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

184 Camden
184 Royal College Road, NW1 9NN
020 7485 2222
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
020 8741 1288
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
020 8257 3068
Support for drug and alcohol
treatment; advice, contact with
other agencies; Thur: 5-7pm
Part of DASL in **Drug & Alcohol Services**

UR4JOBS

Upper Room, St Savour Church,
Cobbold Road, W12 9LN
020 8740 5688
Mon & Fri: 1-6pm; Tue, Wed
& Thurs: 5.30 - 6.45pm (hot
supper); Sat & Sun: 12.30
- 1.45pm (hot lunch)
Help in finding work and education
Now available online @
www.ur4jobs.co.uk
ET, FF

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

Spectrum Centre

6 Greenland St, Camden Town, NW1
020 7267 4937

Mon–Fri: 9.30am–3pm
A, BS, C, CL, D, FC, H, L,

Upper Holloway Baptist Church

BS, CL, FF, HA, L, LA, LF
Sun: 3pm–5pm
020 7359 4019

Union Chapel (Margins)

Compton Terrace, Upper Street, N1
020 7359 4019

Upper Room, St Saviour's

Cobbold Rd, W12
020 8740 5688

Mon: 1–6pm (UR4jobs); Tue–Thur: 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

Webber Street (formerly Waterloo Christian Centre)

6–8 Webber St, SE1 8QA
020 7928 1677

Mon–Sat: 9am–12noon
AS, B, BA, BS, BE, CL, FF,

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, hosted residents join); 1.45am–12.45pm (advice, appointments only); Mon & Thur: 1.30–3.30pm (drop-in for those with tenancies)

L, LS, MS, OL, P, SK, TS, AC, BA, BS, C, CL, F, FC, IT,

The Whitaker Centre

91–93 Tollington Way, N7 6RE
020 7263 4140

Mon–Fri: 11am–5pm
Alcohol allowed

BS, FF, L

Thomas Reach

See Hackney 180 First

Friday: 9am–12noon, F

020 72739 3076

The Tab Centre

B, BS, CL, FC, FF, L
10am–12noon (key work session)

Tues: 7–9pm (drop-in); Weds: 1–3pm (drop-in – B and FC); Fri: 10am–12noon

020 72726 5369

St Stephen's Church

17 Canonbury Rd, N1 2DF
020 7835 1389

Mon–Fri: 11.45am–3.45pm
AC, BS, C, CL, F, H, IT, L, OL

St Cuthbert's Centre

The Philbeach Hall
51 Philbeach Gdns, Earls Court
020 7835 1389

AC, BS, CA, ET, FC, IT, L, MS
Please call for opening times: 020 8740 9182

St Christopher's Centre

Lime Grove Resource Centre,
47 Lime Grove, W12

H, MC, MH, MS, P
A, BA, CL, D, ET, FF, FC,

Spire Centre

8 Tooting Bec Gardens, SW16 1RB
020 8696 0943

Mon: 8am–12noon (women sleepers 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

ET, IT, FF, H, OL

A, AC, BA, C, CA, CL, D, Sat–Sun: 12.30–1.30pm

020 8740 5688

020 8740 5688

020 8740 5688

020 8740 5688

020 8740 5688

020 8740 5688

020 8740 5688

020 8740 5688

020 8740 5688

020 8740 5688

020 8740 5688

Triumphant Church International

136 West Green Rd
South Tottenham, N15 5AD
020 8800 6001

Sun: 10–11am (open drop-in)
AD, C, FF

Whitechapel Mission

212 Whitechapel Rd, E1
020 7247 8280

Daily: 6–11am (cooked break-fast 8am–10am); Sat: 12noon–2.30pm (women only)
A5, AD, B, BA, BS, BE, 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
A5, AD, A, B, BE, CL, C, DA, D, FF,

DIRECT ACCESS (NEAR ROUND)

HOTELS/NIGHTSHELTERS

All–low-support needs

Branches

740 Forest Road, Waltham-stow, E17 3HR
020 8521 7773

Their address from mid-February 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

Specialist Services

Redbridge Night Shelter

16 York Rd, Ilford
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

Men

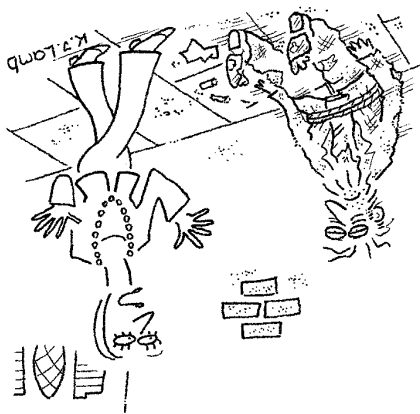
Missionaries of Charity

112–116 St Georges Rd,
Southwark, SE1

020 7401 8378

Ring first, 9am–11am except Thurs
Age 30+ (low support)

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 Chalton Street, NW1 1JR
020 7388 5560
Daily: 10.30am-4pm
AS, AC, BA, BS, C, D, ET, LA, MS, MC, OB
North London Action for the Homeless (NLAH)
St Paul's Church Hall, Stoke Newington Rd, N16 7UE
020 8802 1600
Mon: 12noon-1.30pm;
and Wed: 7-8.30pm
BA, BS, CL, FF
Our Lady Help of Christians Catholic Church
see SankTus
London Jesus Centre
83 Margaret St, W1W 8TB
0845 8333005
Mon - Fri: 10am - 12.30pm
BS, CL, FF, IT, L, SK
Manna Day Centre
6 Mellor St, SE1
020 7403 1931
Every day: 8.30am-1.30pm
AS, BA, BS, BE, CL, DT, FF,
FC, H, MH, MS, OL, TS
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
Simon Community
Town, NWS 4HS
020 7485 6639
Mon: 1am-3.30pm; Wed:
11am-5pm; Thursday: 11am-6pm
AS, B, BA, BS, BE, CL, C,
FF, H, IT, L, LS, OB, P
"Oh my God, I love how you've worked that whole
Global Recession look"



SankTus
4 Lady Margaret Road, NWS 2XT
020 7485 9160
Entrance in Falkland Road
Mon - Sat: 2 - 3pm; Sun: 3 - 4pm
BS, CL, FF, H
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
Simon Community
Town, NWS 4HS
020 7485 6639
Mon: 1am-3.30pm; Wed:
11am-5pm; Thursday: 11am-6pm
AS, B, BA, BS, BE, CL, C,
FF, H, IT, L, LS, OB, P
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All Saints, Monson Rd, SE14
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Mon-Fri: 10am-5pm
AD, ET, FF, L, LA
New Horizon Youth Centre (16-21 year olds)
68 Chalton Street, NW1 1JR
020 7388 5560
Daily: 10.30am-4pm
AS, AC, BA, BS, C, D, ET, LA, MS, MC, OB
North London Action for the Homeless (NLAH)
St Paul's Church Hall, Stoke Newington Rd, N16 7UE
020 8802 1600
Mon: 12noon-1.30pm;
and Wed: 7-8.30pm
BA, BS, CL, FF
Our Lady Help of Christians Catholic Church
see SankTus
London Jesus Centre
83 Margaret St, W1W 8TB
0845 8333005
Mon - Fri: 10am - 12.30pm
BS, CL, FF, IT, L, SK
Manna Day Centre
6 Mellor St, SE1
020 7403 1931
Every day: 8.30am-1.30pm
AS, BA, BS, BE, CL, DT, FF,
FC, H, MH, MS, OL, TS
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
Simon Community
Town, NWS 4HS
020 7485 6639
Mon: 1am-3.30pm; Wed:
11am-5pm; Thursday: 11am-6pm
AS, B, BA, BS, BE, CL, C,
FF, H, IT, L, LS, OB, P
"Oh my God, I love how you've worked that whole
Global Recession look"

For self-treating drug & alcohol users: no using on day or no entry

Action Homeless Concern
 Emmaus House
 1 Berrymed Gardens, Acton

Age of Clubs (16+)
 St Alphonsus Rd, Clapham, SW4 7AS
 020 7622 3196
 Mon-Fri: 12noon-5pm;
 Sat & Sun: 12noon-2pm
 BS, DT, F, FC, H, IT, L, MS, OB, P

DAY CENTRES AND DROP-INS

BENEFITS AGENCY See Jobcentre Plus

Women's Link
 26 Hanbury St, E1 6QR
 0800 652 3167 (ring first)
 AS, H

St Giles Trust
 64 Camberwell Church St, SE5 8JB
 020 7703 7000
 Mon-Fri: 9.30am-12.30pm
 A, BA, BS, D, ET, H, L, MH, MS, P, TS

Church Army (women)
 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

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
 (appointments); Mon, Tue, Thu, Fri: 2-4pm (walk in)

Notre Dame Refugee Centre
 5 Leicester Pl, WC2H 7BX
 020 7434 1619
 Mon and Thurs: 11am-4pm
 (drop-in) Service for French-spea-
 ing refugees and asylum seekers
 BA, C, CA, FF, H

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+)

Cricklewood Homeless Concern
 60 Ashford Road, NW2 6TU

Croydon Resource Centre
 70a Wellesley Rd, Croydon, CR0 2AR
 020 8686 1222
 Mon-Fri: 10am-3pm
 AS, BA, CA, CL ET, F, IT, LA

The Connection at St Martin's
 12 Adelaide St, WC2
 020 7766 5544
 Mon-Fri: 9am-12.30pm (12pm Wed). Various afternoon sessions
 from 1pm (except Wed). Weekends:
 9am-1pm (no entry after 10.30am).
 There are also drop-in sessions on
 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

Hamrun Community Project (SCT)

Details of their changes have been
 confirmed, and they're now called
 under
Employment & Training
 At the Holy Cross Centre
 (See below).
 Mon: 6pm-10pm

Hackney 180 First Contact & Advice (Thames Reach)
 Hackney Methodist Church
 219 Mare St, E5
 0208 985 6707
 Mon-Thurs: 8am-9.30am
 (breakfast club)

Street Drinkers Initiative
 See Whitaker Centre

Finsbury Park
 CL, FF
 Mon & Wed: 2 - 4pm
 020 7370 4424

Earts Court Community Project (ECCP)
 St Jude's Church, 24 Colling-
 ham Road, London, SW5 0LX
 020 7370 4424

The Dunloe Centre
 St Saviour's Priory, Dunloe Street, E2
 020 7739 9976/020 7613 3232
 Tues: 10.30am-12.30pm
 CL, FF

Deptford Churches Centre
 Speedwell St, Deptford
 020 8692 6548
 Mon, Tues, Thurs & Fri:
 9am-3.30pm
 A, AC, AD, AS, B, BA, BE, BS, C,
 CA, CL, D, DA, DT, ET, FF, F, H, L,
 LA, LF, MC, MH, MS, OL, SS, TS

See Performing Arts

Crisis Skylight
 AC, BA, BS, H, IT, L, MS, OL
 Tues-Fri: 10am-12 noon.
 wood, NW2 3AQ

Mental health drop-in: in flat above St Gabriel's Hall
 77 Chichele Rd, Crickle-
 wood, NW2 3AQ
 Tues & Fri: 10am-2.30pm;
 Weds & Thurs: 12.30-2.30pm
 Rd, Craven Park, NW10 9RE
 Homeless drop-in: 28a Fortunegate
 info@chc-mail.org
 020 8208 8590

Broadway Day Centre
 Market Lane, Shepherds Bush, W12
 020 8735 5810
 Mon-Fri: 10am - 1pm (drop-
 in); 2 - 4pm (Appointments)
 AD, A, BA, BS, CL, DA, D, ET, F, FC, H,
 IT, L, LA, MS, MH, ML, P, SK, SH, TS

Alidage Advice Centre
 See Providence Row (The Dellow Centre)
 A, B, BA, CL, D, DT, ET, F, FC
 Call for opening times
 020 8992 5768

the list

The directory of London's homeless services Updated 25th January 2010

Key to the list: Accom. assistance – AS 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
Or write to our address on page 3
Updated entries: 8
Services added: 2

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
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.

Borderline (for Scots) See ScotsCare

For those aged 16 – 25 years, who are homeless or at risk of becoming homeless.
AS, AD, BA, CA, ET, H, IT, TS

Bridge Resource Centre
Bridge Close, Kingsdown Close, W10 6TW
0208 960 6798
CA, ET, IT,

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

CHAS (Central London)
19–20 Shroton St, NW1 6UG
020 7723 5928
By appointment only
BA, DA, H
Depaul UK (young people)
291–299 Borough High Street, SE1 1JG
020 7939 1220 (central office)
www.depauluk.org

HOPE worldwide / Two Step
360 City Road, EC1V 2PY
020 7713 7655
Mon–Fri 10am–4pm
(appointments only)
AS, H, TS, P

KCAH
36a Fife Rd, KT1 1SU
020 8255 2439
BA, FF, H