

# *the* Pavement

The FREE mo

homeless

Mr

HRH MEETS  
SOME QI  
WORKERS

A photograph showing HRH Prince Charles on the left, wearing a dark suit and a patterned tie, looking down at a man lying on a table. The man is wearing a white shirt. To the right, a woman in a white lab coat with purple cuffs is smiling and looking towards the man on the table. In the background, two other people are visible: a man in a dark suit and a woman in a dark jacket with a name tag. A large pink rectangular graphic is overlaid on the lower half of the image, containing the text 'HRH MEETS SOME QI WORKERS' in a bold, black, sans-serif font.





*"I might change my personal trainer"*



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# The Editor

## *An odd mix of articles, but all good reading*

There are several longer stories in this issue; one of them, on hospital discharge, we've covered before, and I'm sure we'll cover it again. Have a read and get in touch if you have any good or bad experiences to add.

We've also a long piece on Food Not Bombs after a letter in the last issue encouraged us to talk to Keith McHenry, its co-founder. We met up with him at Housing Justice's offices. It might not seem immediately obvious why we give two pages to reporting on an organisation with such a political message, but as you read it I hope it'll become clear.

We're not advocating his particular politics, but you can't avoid talking about politics when discussing free food and trying to change society. I don't think Keith McHenry has all the answers to poverty and inequality on the streets, but I do think he adds something compelling and dynamic to the debate. One of the most startling aspects of his work is that despite having hundreds of branches across the world, and having helped millions, Keith McHenry doesn't draw a salary from his work, but lives frugally and works when he needs to pay the bills. His is a radical stance and – in an age of highly paid chief executives – quite refreshing.

We're approaching 75 followers on Twitter, and although we're not going to compete with Stephen Fry, we'd like to reach 100. You can follow us at [twitter.com/ThePavementMag](https://twitter.com/ThePavementMag)

## *Richard Burdett*

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HRH the Prince of Wales watching an ex-serviceman having his qi (pronounced *kee*) energy realigned - see story on page 16  
*Photography by Sean Power © 2010*

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*“It is time to introduce policies that could start to make a difference, such as targeting cut-price high-strength lager”*



# Sobering facts

*Is street drinking putting an increasing strain on the National Health Service?*

Every three hours, a homeless person in England is admitted to hospital for problems related to drugs or alcohol – this is the headline figure being touted by The Conservative Party Homeless Foundation in a new report on healthcare and rough sleepers.

The report, *Sobering Facts*, claims that 13,872 people classified as having no fixed abode have been admitted to hospital over the last five years for drug or alcohol misuse. And British hospitals are struggling to cope with this growing problem. Central London's medical centres treated the largest number of homeless patients, with Leeds and Birmingham also topping the list (See fact box, page 6)

The report, released on 16 January, drew on figures obtained from 173 hospital trusts under the Freedom of Information Act, which revealed mounting pressure on the NHS from the homeless, despite Government claims that the number of people sleeping rough has fallen by three-quarters since 1988.

The Department of Health (DH) was unable to shed any further light on the figures. "We have an estimate for the number of admissions of patients classified by healthcare providers as having 'no fixed abode' who were admitted to hospital with an alcohol-related condition," said a DH spokesperson. "The 2008/09 estimate was 4,592, of which 4,287 were admitted through A&E." But being of 'no fixed abode' does not, of course, automatically mean homeless.

The Conservative paper received mixed reception in the national press, the *Daily Telegraph* choosing to see this as a problem with rough sleepers, whereas the *Independent* looked more at the growing

problems of alcoholism in Britain.

The timing of the release sat neatly with party proposals to boost the price of alcohol in supermarkets, a measure The Conservative Homeless Foundation – which includes charities Shelter and Crisis – feels would go some way to resolving the issue.

Street drinking has come under the spotlight recently in London, as Lambeth Council introduced additional powers to help police issue ASBOs and move those on considered to be behaving 'anti-socially'.

MP Grant Shapps, the Shadow Housing Minister, believes it is a problem that cannot go ignored. "Failing to confront the extent of homelessness in the United Kingdom leaves our frontline services like the NHS struggling to cope," he said. "It is time to introduce policies that could start to make a difference, such as targeting cut-price high-strength lager sold by supermarkets at less than it costs to buy a bottle water."

But would rough sleepers with long-term drinking habits or addiction problems really be perturbed by 20p more on a can of lager?

The report almost answered this question itself: it stated that in London, 49 per cent of rough sleepers have an alcohol problem and 40 per cent have a drug problem, but despite these figures, needs of homeless drug and alcohol abusers are not being met. In their Survey of Needs and Provision (SNAP) 2009, Homeless Link reported that 45 per cent of those interviewed told of problems when trying to access alcohol and drug treatment programmes and The Salvation Army has publicly criticised the current government's alcohol policy, as it focuses on

binge drinking, rather than aiming to address the underlying health problems caused by alcohol.

In addition to this, the figures quoted in the report look at increases over five years to 2009. The total number of drug- and alcohol-related admissions of homeless people have risen by 117 per cent since 2004, the year when the Czech Republic, Estonia, Hungary, Latvia, Lithuania, Poland, Slovakia, Slovenia, Malta and Cyprus became member states of the European Union.

It may not be coincidental that the arrival group signals a rise in the need for treatment. Many of the A10 migrants who came to Britain in search of a new life have instead fallen under the radar of Government support through complex benefit exemptions. For A10s, exceptions for support from the government means that although migrants are able to get free health care, they are not eligible for income or housing support unless they have worked legitimately for over a year. As it costs around £90 for A10s to register for work, many take unregulated cash-in-hand roles to survive, and the recession has meant even work like this is scarce.

Anecdotal reports suggest that some A10s have found themselves faced with drink dependency issues, but there were no Department of Health figures on the origins of those seeking NHS treatment, nor were any of the charities working with Eastern European migrants specifically available to comment at the time of going to press.

Mr Shapps hinted that a Conservative government could impose change on EU migration policy. "There are some very good programmes up and running now



# **NHS Trust admissions:**

Guy's and St Thomas's: 1,115  
 Liverpool and Broadgreen: 972  
 Barts and the London: 742  
 Leeds Teaching Hospital: 598  
 Imperial College: 532  
 Derby Hospitals: 496  
 St Helens and Knowsley: 407  
 Hillingdon: 378  
 Ealing: 360  
 East Sussex: 333

to help homeless A10s return to their home countries. As you will know, charities like The Passage in Victoria are well advanced with these programmes, and it is government job to support them," he said.

"Ultimately, though, we would propose transitional arrangements on new EU entrants in order to prevent this issue for individuals in the future."

Whatever the origins of alcohol or drug problems, if any government wishes to support the NHS in coping with street drinking, a long-term strategy for managing addiction, for individuals from any country, needs to be established.

*Rebecca Wearn*



## **Hephzibah Beulah**

**Age at disappearance: 46**

Hephzibah (also known as Hepsi) has been missing from Coventry since 16 December 2009.

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

Hepsi is 5ft 2in tall and of small build with short dark curly hair. When last seen, she was wearing a light grey three-quarter length jacket, a long dark skirt and open toe sandals

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



**missing people**

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*“There’s no reason for people to be homeless except for the need for economic exploitation”*



# Food Not Bombs

*We talked to Keith McHenry, co-founder of an innovative organisation*

When someone mentions free food, most of us think of a soup kitchen – perhaps a church group quietly serving cups of steaming tea. We don't think of one of the top terrorist groups in America, yet this is the title that has been applied to Food Not Bombs, a global movement with two peaceable aims: to give food to the hungry; and to protest against war, poverty and injustice.

The first Food Not Bombs group was formed in 1980 by eight anti-nuclear activists in Massachusetts. Since then, the concept has spread across the globe, throughout the Americas, Europe, Africa, Asia, Australia and the Middle East. There is no 'top-down' organisation; each group is created autonomously and simply adopts the Food Not Bombs title and consensus-based structure. Their only other unifying characteristic is that they always serve vegetarian or vegan meals, cooked using unwanted food collected from local groceries, markets and health food shops.

In January, one of the founders of the first Food Not Bombs group, Keith McHenry, gave a talk at the London Action Resource Centre as part of a world tour to mark the 30th anniversary of Food Not Bombs. Following a letter about the talk in our last issue, *The Pavement* went to McHenry's second London appearance at Housing Justice's offices in February, where we caught up with him for a chat.

## Other projects

As well as sharing food with homeless people, Food Not Bombs volunteers can often be found feeding protestors at demonstrations against everything from the

war in Iraq to globalisation. With their strong organisational skills and ability to respond quickly to unpredictable situations, some groups have even become unofficial emergency food providers. Food Not Bombs groups, for example, were the first to serve hot meals to the rescue workers at the World Trade Center attacks in 2001, and the first to provide food and help to survivors of Hurricane Katrina and the Indian Ocean tsunami.

There are spin-off campaigns, too, such as Bikes Not Bombs; Homes Not Jails; the community gardens project Food Not Lawns; and Really Really Free Markets, where nothing is 'for sale'.

The main function of Homes Not Jails is to house homeless people in unused buildings. The project began in San Francisco in response to a persistent campaign to move on homeless people by the city's police and mayor during which the belongings of some local homeless people were reported to have been destroyed and their pets put down. In protest, the San Francisco 'chapter' of Food Not Bombs provided food to the homeless – for which they were arrested, collectively more than 1,000 times – and began taking over empty properties. In the end, Homes Not Jails had keys to over 400 houses, and housed people in over half of them.

From San Francisco, Homes Not Jails spread, but only as far as Toronto, Boston, Baltimore and Washington DC. Why wasn't it as successful?

"I think it's just more complex than cooking," explains McHenry. "It's kind of harder to get into a building and fix it up, and I think the laws are more severe. In America, you can get [convicted of]

trespassing, which could be a year or two of prison, so it's a little more scary. Although, we've had nobody convicted – we've been arrested, but no one's been convicted".

However, despite a slow start, Homes Not Jails is now gaining renewed interest and, according to McHenry, several communist and socialist groups are creating similar projects in an effort to re-house people recently evicted from their homes.

"Sometimes we've done actions where we take over buildings [where] you'll freeze to death if you actually stayed in them, but they're symbolic buildings. Once, we took over these houses on a military base because there was a law that they had to give you the house if you were working for a non-profit group, that kind of thing.

"It's much more powerful to talk about how society should be changed while actually implementing changes through direct action than it is to talk about 'oh, wouldn't it be great if sometime something happened that was better'. I think that makes a big difference."

## Food and politics

Food Not Bombs calls itself a movement, not a charity, a distinction that separates it from soup kitchens with no agenda other than to serve food. "We're trying to make a point that we think the way society's organised is just not right," says McHenry. "That no one should really be homeless and there's no reason for people to be homeless except for the need for economic exploitation."

This political, grassroots philosophy often ruffles feathers – and not



just those of the police: “Sometimes the government tries to get Food Not Bombs groups to become charities and says ‘oh, just don’t have the literature and banner, and then you can serve the food’”.

Occasionally the authorities go even further. McHenry describes a US policy called Weed and Seed in which food donations will be withheld if a population is not “cooperating”. This could include getting people to move out of an area so it can be gentrified. “They will say ‘we’ll give you food if you do what we say and we will not give you any food if you don’t do what we say’”, McHenry explains.

Even charities, including UK-based ones, try to get Food Not Bombs to change its agenda or name. “They often approach us and say ‘oh, you’ve got to change your name’, we can’t work with you unless you change your name”.

## Food for thought

During the Q&A session after the Housing Justice talk, McHenry defended soup kitchens, which have been criticised by some UK individuals and organisations in recent years: “if people are not spending their energy trying to find food, and struggling and starving, they have more freedom to come up with other ideas of things to do.

“And the message of just giving out free stuff is pretty dramatic, which is one of the reasons why we have a policy of giving it to anybody – whether they’re rich or poor, drunk or sober. Because in a capitalist system, free stuff kind of destabilises people’s image of what’s happening.”

However, for McHenry, giving free food is not enough – there also has to be a political message, most importantly to drive social change, but also to balance the often unequal relationship between giver and receiver. Having

been homeless five times himself (and still struggling with housing troubles now), McHenry is well aware of this divide: “In America, I always felt the way that most charities treat homeless people is like they’re above the homeless... they try to make you feel like you should be really appreciative of it and that you’re kind of maybe retarded or stupid or something and that’s why you’re homeless.”

In fact, sleeping rough has made McHenry more determined and given him “a good impression of how painful it is to be homeless”. It’s also, he says, why he’s so dedicated to Food Not Bombs being a force for social change: “I don’t want to spend my days working so that everybody gets to be in a soup line – I want to spend my days working so that no one has to go to a soup line and everyone has a warm place to go to sleep.”

Could this happen by 2012, as so many are promising?

“I think we could end homelessness by 2012,” says McHenry, “but it’s going to take total undying dedication to ending capitalism, and it seems to be going to opposite direction currently.

“We have to get to a point where either we have made it so uncomfortable for the owners of property that they decide ‘OK, surplus property is illegal and we’re going to just let people live in it’ or some major shifts of consciousness happen. And in America, actually that is happening... People who were diehard capitalist Republicans have lost their homes and are now seeing that maybe this political and economic system is not realistic.”

This economic system, in which a huge proportion of the budget is spent on defence, is a key bone of contention for McHenry and, as its name suggests, for Food Not Bombs as a whole – particularly in the US, and here in the UK where the defence budget is set to increase from £32.6 billion in 2007/08

to £36.9 billion in 2010/11.

The role of Food Not Bombs, therefore, is to provide “a foundation of how to work together, how to make decisions together by consensus and how to work cooperatively to directly solve problems like hunger, homelessness, transportation, energy, healthcare – things like that”.

## Getting involved

Food Not Bombs is growing all the time and the creation of new groups is always encouraged. For a guide to setting up a chapter in your area, visit [www.foodnotbombs.net](http://www.foodnotbombs.net) and read the ‘Seven Steps to Organising a Local Food Not Bombs’.

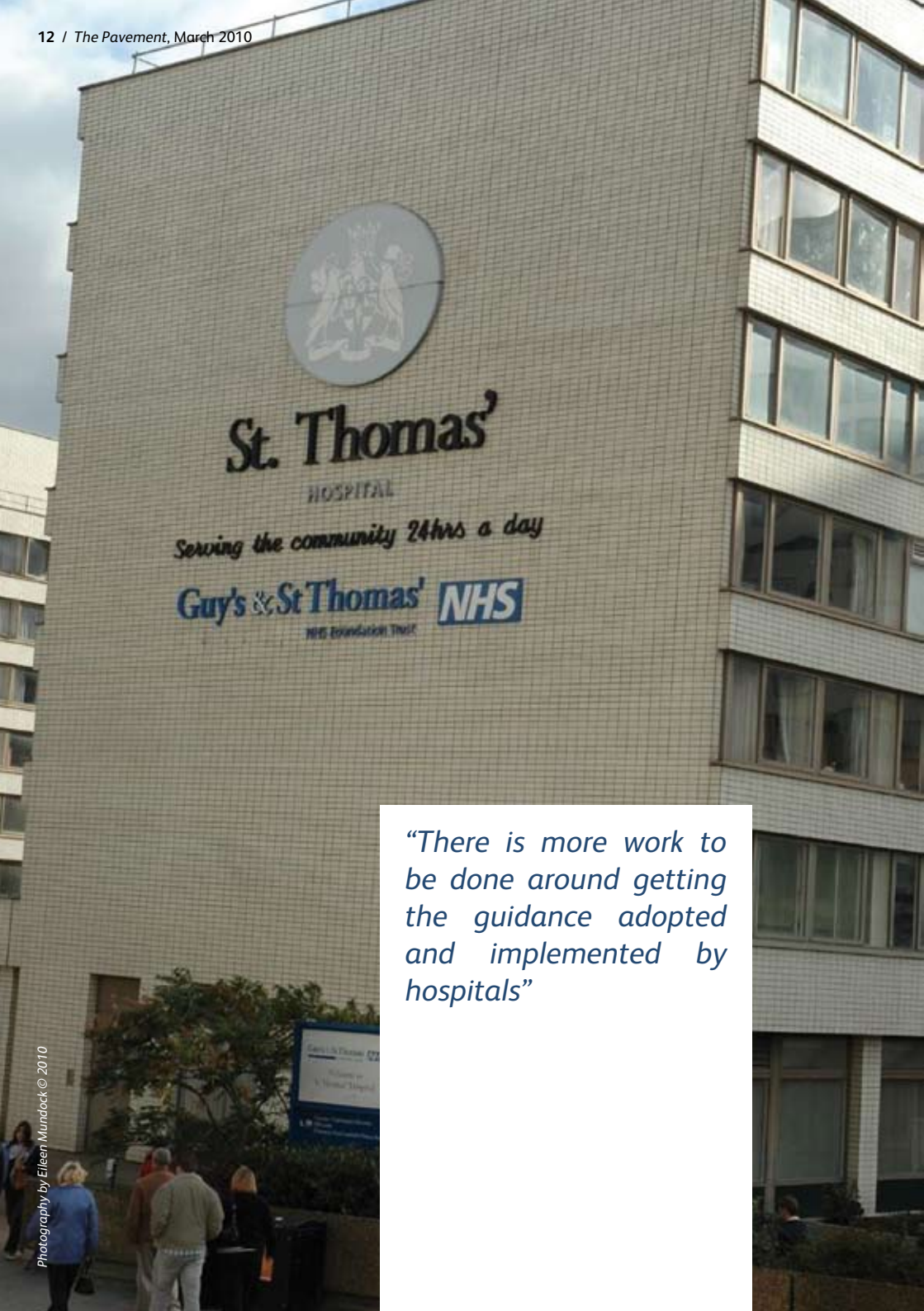
There are existing groups across England, in Birmingham, Bristol, Cambridge, Exeter, Leicester, Lancaster, Liverpool, Manchester, Nottingham, Sheffield and York. In London, the Brixton and Whitechapel Food Not Bombs groups have now combined under one Hackney chapter and can be contacted at [londonfnb@lists.riseup.net](mailto:londonfnb@lists.riseup.net).

*Carinya Sharples*









*“There is more work to be done around getting the guidance adopted and implemented by hospitals”*



# Still a big problem

*One story reminded us of a longstanding problem for readers – hospital discharge protocols*

An Emmaus companion was discharged from Guy's and St Thomas's hospital, London, wearing a pair of pyjama bottoms, prompting fresh concern about the aftercare of homeless patients.

Harry Dixon, 48, said he was "really embarrassed" as he waited at Victoria Coach Station for over six hours to catch a coach back to Bolton.

Mr Dixon had come to London to volunteer with Crisis at Christmas, as he has done for the past 15 years. On New Year's Eve, he was out in Leicester Square when someone poured a drink over him.

As he chased the man around the corner, Mr Dixon was attacked with a champagne bottle. "I got whacked in the face and the next thing I know I was on the floor, in a pool of blood," he told *The Pavement*.

At Guy's and St Thomas's NHS Trust, the police took Mr Dixon's clothes for forensic testing, leaving him with nothing to wear, as his luggage had also been stolen during the attack. When he was discharged on 6 January, hospital staff provided a shirt, jumper, jacket, shoes and pair of underpants. Although he says they tried their best, the staff could only find pyjama bottoms to replace his trousers.

At Mr Dixon's request, the hospital called a taxi to take him to St Martin-in-the-Fields, but by the time the taxi arrived, it was already too late for him to get into The Connection day centre. St Martin's referred him to Charing Cross Police Station, where he secured a travel permit to return to Bolton.

"I was sitting round Victoria from 5pm till 11.30pm in pyjama bottoms," Mr Dixon said. "I tried to keep away from the doors because

obviously it was too cold. Everyone kept looking at me... I felt like I was from a mental hospital because all I had was a carrier bag".

## What about the guidelines?

Back in December 2006, Homeless Link and the London Network for Nurses and Midwives released a set of guidelines for discharging homeless patients from hospital, as reported in *The Pavement* (Issue 32, London edition, June 2008).

Issued in partnership with Communities for Local Government (CLG) and the Department of Health (DH), the guidelines stated "safe discharge is the duty of the hospital trust", citing the need for hospitals to work in partnership with local authority housing departments, social services and voluntary groups working with homeless people.

According to Alice Evans, head of policy analysis at Homeless Link, the guidelines were sent out to all their members, and the DH included links to it in their mailings to NHS hospitals and Primary Care Trusts (PCTs). The guidelines have not been redistributed since, though Ms Evans said Homeless Link have continued to promote them.

Although not legally enforceable, the guidelines were intended to educate hospital staff on dealing with homeless patients, covering subjects such as ensuring the patient does not lose their space in a hostel or contacting their key worker. Provision of clothing, however, is not mentioned.

"We haven't been prescriptive in the guidance," explained Ms Evans.

"It's saying to each hospital you need to think about what is suitable for you... [Homeless patients] need to have appropriate clothing whether that's the hospital's responsibility or the hospital liaises with the day centre, who may have the clothing that they can provide."

For Guy's and St Thomas's, the issue of lack of clothing is apparent in a public appeal on their website which reads: "Washed clothing is urgently needed for patients admitted who are either homeless, have had their own clothes cut off, or who have been brought to the department in their nightwear. These patients often have no-one to bring in their own clothing from home, so the donated clothing helps make sure that everyone leaves the hospital with dignity."

Despite the guidelines having been available for more than three years, in the interim findings of Homeless Link's Health Audit, published in October last year, only three out of the 17 respondents admitted to hospital were helped with their housing before being discharged.

"There is more work to be done around getting the guidance adopted and implemented by hospitals," Ms Evans conceded. "There is movement across the country, but it's sporadic in terms of what's happening."

Defending Homeless Link, she added: "We have limited resources... it's a long process getting [a hospital protocol] set up because of the number of different partners involved in it."

In response to the slow take-up, Ms Evans said Homeless Link was "thinking ourselves what more we can do around promoting the guidance and encouraging



uptake". Yet she could not yet provide any specific examples of what this action might be.

"We're just talking, we're starting to think about it," said Ms Evans, instead highlighting the Health Needs Audit and the hospital discharge case studies it was commissioned to conduct by the Housing Learning and Improvement Network.

"We have [also] promoted West Sussex short-term housing provision for people when released from hospital who are waiting for appropriate accommodation and are temporarily housed by an RSL [Registered Social Landlord] in disabled-access flats. We were also involved in evidencing and getting set up an innovative intermediate care provision for homeless people, which has now been set up with a hostel in Lambeth."

Ironically, Guy's and St Thomas's NHS Trust is seen as a beacon of excellence when it comes to homeless hospital discharge.

Communications manager Malcolm Bennie told *The Pavement* the hospital was aware of Homeless Link's guidelines and follows them. It also has its own protocol and, for the past two years, a dedicated homeless patients' discharge coordinator. This role, Mr Bennie said, is "primarily for supporting patients who are in acute hospital beds and to facilitate and support discharge. However, the person is also available if there are problems for patients who attend A&E, but a number of homeless patients do attend A&E out of hours."

Mr Dixon requested to see the homeless coordinator during his time at Guy's and St Thomas's and told *The Pavement*: "He tried his best... I wanted to go to Winchester [at the time] but that never happened."

As well as a homeless-patient coordinator, the hospital also has use of the Simon Patient Hotel,

which offers bed and board and a minimal amount of personal care for patients who are unable to return home when they are well enough to leave the ward. Patients can stay in the NHS-funded facility for between one day and six weeks.

Although Mr Bennie was unable to talk to *The Pavement* about Mr Dixon's case, he said, "Each patient is assessed on an individual basis for discharge requirements, including pre-paid transport... If required, we will attempt to contact a homeless person's keyworker. This will depend on the time of day and the individual patient's requirements."

## The next step

While Homeless Link thinks about its next step, other organisations are making homeless discharge a priority issue.

In the summary to its 2008 Health Strategy, St Mungo's has pledged to "press for every resident discharged from hospital to have an appropriate treatment plan with follow up" and to set up a pilot "hospital at home" project. In January 2009, it implemented this through the launch of The Intermediate Care Pilot Project at its Cedars Road hostel, which aims to ease discharges from hospital and provide key health and medical care for its clients. A report on the project is due to be released this April.

In terms of governmental response, the CLG publication *No One Left Out: communities ending rough sleeping* reported in November last year that "recommendations have been made to NHS London – through the London Delivery Board – for the establishment of Homeless Ward Rounds to prevent people leaving hospital with nowhere to go."

*The Pavement* contacted Daniel Pople in the NHS London communications team to find out whether these "homeless ward rounds"

have been implemented, and to ask how many homeless patient discharge coordinators there are in London, but at the time of printing still had not received a reply.

However, according to Ms Evans, the London Delivery Board is making homeless hospital discharge a priority. "Over the next few months, the Board's Health Subgroup will lead a project working with London hospitals, supporting them to ensure that rough sleepers are discharged in a planned manner that takes them off the streets," she explained.

*Carinya Sharples*



# News in brief

*All the need to know news, from across the UK and the World*

## Street counts and homeless decoys

A pioneering programme to check the figures from homeless street counts in New York could make counts in the UK more “accurate” and “helpful”, Housing Justice has said.

The Homeless Outreach Population Estimate (HOPE) is the annual street count organised by New York’s Department of Homeless Services (DHS), when 2,000 volunteers take to the streets to create the definitive register of the city’s rough sleepers.

On the same night, 200 decoy ‘rough sleepers’ spend the night on the streets in order to check the official count reaches all areas of the city. Run by the Hunter College of Social Work, the so-called shadow count, which this January ran for the fifth year, is a means for homeless charities to see whether there are areas of New York that the DHS counters miss.

But could a similar programme be run in London? Street count figures in London have fluctuated considerably from year to year, and official figures from Boris Johnson’s office frequently contradict those from homeless charities.

Alison Gelder, chief executive of London’s Housing Justice, said the shadow count scheme was an “interesting” idea. “If it were tried here I would want to see it as an addition to the current system of independent verifiers going out on the street counts rather than an alternative to that,” she added. “I’m sure that between Housing Justice, Simon Community, Sock Mob and others, we would be able to get

enough volunteers to give it a try.

“But for me, the really interesting thing about the New York count was that the counters are asking people whether they are homeless rather than just counting bedded down people. I think that would make the counts more accurate – and helpful – as well,” she said.

*Jim O’Reilly*

## Four men charged with attacking man on train

Four men have been charged with causing grievous bodily harm with intent after a vicious attack that left a homeless man hospitalised on Sunday 17 January. The man, who is in his 40s, was taken to hospital with facial fractures after a row broke out between him and his attackers at East Croydon station.

Detective Constable John MacNaughton of the British Transport Police described it as “a brutal and callous attack on a man who had absolutely no chance of defending himself”.

Four men – Carlton York (25) and Dean Newton (24), from Highbury; Devish Dervish (24), from Beckenham Hill; and Dennis Smith (20) – have been granted conditional bail and were due to appear at City of Westminster Magistrates’ Court as *The Pavement* went to press.

According to a London Ambulance Service spokesperson, rail staff found the 32-year-old victim collapsed in a train carriage at 3.10am at Victoria rail station. “The man had sustained facial injuries and was treated and stabilised by London Ambu-

lance Service crew before being taken to hospital,” he said.

The man remained in hospital overnight and was discharged the next day.

*Tracey Kiddle*

## Minister urges retailers to donate food

A government minister has urged the UK’s largest food retailers to donate leftover goods to charity food distributors such as FareShare.

Environment minister Hilary Benn wrote to several companies highlighting the £12bn-worth of food wasted every year, adding that “a lot it is perfectly edible”.

Maria Olesen, the charity’s spokesperson, agreed with Benn’s argument, describing some of the wastage – for damaged packaging or because an item it out of promotion – as “really quite silly”.

“Lots of companies go to the extra effort to make sure their product is fair trade and ethically sourced,” Olesen added, “and now they are trying to avoid landfill, but we are saying don’t let it go to waste – people can eat it.”

Despite the public endorsement, the government has no plans to provide any funding for the charity.

But according to Olesen, FareShare has the capacity to deliver up to five times more than its current output. “The government has done a good thing here,” she said. “We have been saying it for a while. We have been saying, come on, get on board.”

*Katy Taylor*



## Instructing bin men; be aware

Following past reports of deaths, injuries and near misses for readers in skips and bins, particularly during the winter, *The Pavement* has spoken to Biffa Waste Management.

We can confirm that this UK-wide company has produced a DVD for its waste lorry drivers, seeking to minimise the risk of people being crushed while sheltering in bins. A copy of this DVD has been sent to our office, and we'll watch it with interest.

### Staff

## Prince poses

HRH Prince William has taken part in a photo shoot for homeless charity Crisis.

He joined former rough sleeper Jeff Hubbard, who lived on the streets after the breakdown of his marriage several years ago.

The pair took turns to pose and take pictures under the guidance of top fashion photographer Rankin at his North London studio.

Rankin said: "It was a big shock how natural he was when he picked up the camera. He was incredibly loose and comfortable and took my guidance and went with it."

Prince William said: "The irony of being on the different end of the lens was not lost on me. It was an honour to be part of it and fun to work with Jeff."

Mr Hubbard, 53, of Hackney, East London, has had problems with drink and drugs in the past, but is now hoping to become a photographer.

Following the "exhausting" shoot, he said: "I'm chuffed as I know I've captured something unique in my photos. I feel immensely proud. I faced up to an

experience and did not run away."

A double picture of the pair will be unveiled next month at the Positive View exhibition in London, which is expected to raise £250,000 for Crisis.

*Rebecca Evans*

## The Warrior Prince – cover story

Meanwhile, his father HRH The Prince of Wales visited The Warrior Programme on 10 February at its London office in Fulham.

The charity provides a unique combination of treatments to ex-service and homeless people who have been traumatised by their experiences. Prince Charles was joined by some of the charity's ambassadors; actor/adventurer Charley Boorman, chef Antonio Carluccio, OBE, and John Illsley of Dire Straits.

The Warrior Programme is an intensive three-day therapeutic course, which tackles emotional and mental trauma, using a wide range of therapies from acupuncture, through neuro-linguistic programming, to realigning your qi (the body's energy).

The Prince of Wales met many of the 'Warriors' and was moved by their stories. He commented on the therapies used, saying: "The difficulty, of course, is overcoming natural scepticism about some of these techniques. But it's enormously encouraging having heard from those who have been through it all and what a difference can be made."

Eva Hamilton, MBE, founding director of the Warrior Programme, who has worked with homeless people for 20 years, said: "We treat the underlying causes of people's problems rather than just dealing with just the symptoms. Already the programme is demonstrating

life-changing differences to those who have been marginalised."

### Staff

- Find out more at [www.warriorprogramme.org.uk](http://www.warriorprogramme.org.uk)

## Back to the tents

The cold snap has helped one local council find longer-lasting solutions for rough sleepers. A group of Polish men who had been sleeping in tents in Norfolk were taken into temporary accommodation when the cold weather hit Britain before Christmas.

Previously, one of the group – 33-year-old Mariusz Fidos – was found dead from hypothermia in Barnham Common, Thetford. His twin brother Piotr and a handful of other Polish migrants were then taken into free emergency shelters. As migrants, unless the men had been in work for a full year or were currently employed, they would not be entitled to benefits for housing.

But the period the accommodation was open was scheduled to end, and local press raised the alarm for the group's well-being. As the freezing weather continued, they were given an extension until mid-January, which was re-introduced as the temperature dropped at the end of the month and in February.

Subsequently, one has been re-housed and another has taken up the offer of funds to cover repatriation to Poland.

Pam Sayle, speaking for Breckland Council, said: "Breckland Council's policy is to bring in rough sleepers in freezing weather and provide temporary accommodation, and the Council has an arrangement with the local police to identify and bring in rough sleepers in freezing weather conditions."

*Rebecca Wearn*





*“Ever since my keyworker mapped my Outcomes Octagon onto my Risk Matrix, I’ve felt like a new man”*





NB

*"Oh, I claim it as my second dome"*



## Police inquiry into death of Witney rough sleeper

The death of a 46-year-old homeless man, whose body was found above a post office in Witney, Oxfordshire on 26 January, is being investigated by the Independent Police Complaints Commission.

Police spokeswoman Victoria Brandon said it was a “mandatory referral” as the local constabulary, Thames Valley Police, had been in contact with him within 48 hours of his death.

According to the *Witney Gazette*, the man, who is thought to have been sleeping rough around the town for a few days, had been seen by police the day before.

“We were called at 9.39am by HSBC reporting that a man was unwell outside their building. Two police officers attended and the man was taken away by the ambulance service,” said a spokesperson for Thames Valley Police.

According to Ngozi Fakeye, spokeswoman for South Central Ambulance Service, the man was taken to a doctors’ surgery with a drop-in centre, but was not treated.

She told *The Pavement*: “Police called us to see the man in the first instance when he was outside HSBC bank. As his observations were good and it was the drop-in centre that he was taken to, they would not have treated him, just given him shelter.

“We were called out by the police the next day, but sadly the patient was deceased.”

Office workers believe the man was from Cornwall and had been searching for relatives in Hailey. Jason Bell, a local man, said: “For two days running I saw him outside HSBC. He was quite thin and unshaven as though he had been living rough.”

The man cannot be named before an inquest is held.

*Tracey Kiddle*

## Cardboard contest

It seems that sleeping out to raise money for rough sleepers is all the rage, both sides of the Atlantic. A week doesn’t go by without a report of a group taking their camping gear onto the streets to raise funds for homeless organisations

However, the YMCA in Watford, Hertfordshire, added to this established fundraising formula, running a competition for the “Best Dressed Cardboard Box.” The event held at Watford Football Club on 26 February, dubbed the ‘Sleep Easy’, promoted itself with the competition, which had a hot water bottle as first prize.

### Staff

## Rough sleepers take part in archæological dig

A team of homeless people have taken part in a “ground-breaking” archæological dig in Bristol.

The excavation at Turbo Island, a busy traffic island in the heart of Bristol, was undertaken with the help of English Heritage, Avon and Somerset Police and students from the University of Bristol.

The dig was part of a wider project looking into heritage and contemporary homelessness, funded by the Council of British Archæology.

English Heritage said the excavation was designed to “engage” with homeless people and those who have a “marginalised existence in society” in the archæological process.

Turbo Island has been frequented by homeless people for at least 40 years. The inspiration for the dig arose from conversations between homeless people, English Heritage archæologist John Schofield and Rachael Marmite, a Bristol-based urban archæologist.

Mr Schofield explained: “This was archæology at its very best – involving people who really wanted to be there, and who embraced the opportunity with great enthusiasm and good humour. Heritage can and should be for everyone, as this ongoing project has demonstrated.”

Ms Marmite added: “This project managed to break down barriers and got homeless and non-homeless people together to achieve a common goal. We braved torrential rain, snow and mud worthy of Glastonbury to discover secrets from the history of Bristol’s finest cultural quarter.”

The site is said to be a place where pirates were once hanged and the location of a bombed WWII building.

Smiler, one of the homeless people who took part in the project, said: “It was an opportunity that doesn’t come round very often. I learnt about dating pottery and about dating beer can rings – they changed in 1980 to the push-in ones, which gives you a period of time. Little things like that were really useful to know. We are looking at being involved in another dig in the same place in the summer.”

The results of the dig will be presented in spring with a series of lectures and an exhibition.

*Rebecca Evans*

## Happy birthday, Providence Row

Providence Row, based in London’s East End, is marking its 150th birthday in 2010.

Founded in 1860 by Father Daniel Gilbert after he had met a homeless woman and her children in east London, and with the help of the Sisters of Mercy, the first non-sectarian night shelter in London was designed to help



homeless and destitute people regardless of religion or race.

Even as the East End has changed over the 150 years since it opened its doors, the charity's mission has remained the same: "To help people find their pathway out of homelessness." Today the team runs two day centres, the Dellow and Satellite Centre.

Providence Row will host a series of events celebrating its work in 2010, including a day for its regulars at the end of June, with a free barbecue and music.

Jo Anstell, the chief executive of Providence Row, told *The Pave-*  
*ment*: "150 years is real milestone, something to be proud of. We are looking back, remember where we have come from, but also looking to the future, evolving and improving to meet people's changing needs."

Staff



"It's a rough neighbourhood"



## 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 ★



**You can\* read the news,  
keep informed & search our  
directory of services online @  
[www.thepavement.org.uk](http://www.thepavement.org.uk)**

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





*"Well, normally I would prescribe a long rest, but it looks like  
you'll be getting that anyway?"*



# Health and wellbeing

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

**Dear Nurse Flo**

## Your skin

Skin is the thing that keeps your innards in, and we take it for granted most of the time. However, as well as being a major organ, it is also literally the face you show to the world. Your skin works really hard to protect you from the outside environment, so take care of it.

There are many different types of skin complaint, so I'm not going to bore you with them all. Basically, though, if your skin is sore, red, flaky, broken, crusty or a different colour from usual, or if you have a rash, you need to see a doctor. Most skin conditions are easily treated or managed once you know what the problem is; they can be caused by infections, allergies, viruses or stress. It's important to get to the root of the problem and if you can't work it out, then it's time to get it looked at.

Here are some tips to keep your skin healthy.

## Dry skin

Dry skin can become itchy, red, flaky and sore, so protect it by using a moisturiser – any one will do. Cosmetic companies like to tell us their overpriced and overcomplicated products contain magic ingredients that will keep you looking young forever. Ignore them! All you need is a cheap emollient that will stop your skin from getting dry. Use it as often as you need to, particularly on your hands and face. Harsh soaps can make dry skin worse, so try liquid cleansers or ask your pharmacist about emollient bath lotions. Avoid

heavily scented products and pat your skin dry after washing.

## Acne

If you've never had spots, you're very lucky. When the skin produces too many oils, it can lead to blocked pores that can then become infected and cause a spot. If you suffer from spots, there are lots of over-the-counter remedies, and keep your skin as clean as possible. It's best not to pick at them but if you can't help yourself, make sure your hands are clean and be gentle. (Nurse Flo had terrible teenage spots and could never resist a good squeeze!) Spots have a habit of popping up when we least want them to, but people who eat a healthy diet are less likely to suffer from them, and drinking lots of water can help keep your skin clear.

Although most people get spots, for some they are more than just an occasional nuisance. Acne is a recognised skin condition, so if your spots persist and are making you feel down, see your doctor. There are very effective prescription-only treatments, so there's no need to suffer in silence.

Remember: spots are usually not as obvious to everyone else as you think.

## Moles

Not the kind you find in the garden... Most of us have moles or little raised brown bumps on our skin, and they don't really have a purpose unless you want to play "join the dots"! Some people have hardly any and others have loads. The big thing with moles is to keep

an eye on them; if they change shape, get sore, become more raised or change in any other way, get them checked out, as this can be an early sign of skin cancer.

I know the summer seems a long way off, but remember: the sun can damage your skin. It is very important to protect it with a high-factor sun cream at least during the summer months. Don't use sun lamps and if you do sunbathe, use a high factor sun cream and cover up if you think you're going to burn. Beware the first sunny day of the year, especially if you've got very fair skin.

Skin conditions can cause a great deal of embarrassment. People are often judged by their outward appearance and others can make assumptions. Getting a proper diagnosis and treatment is important. Please remember: you are not alone and it's not your fault that your skin is playing up.

Good Health,

*Nurse 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

## Ask Agnes – The Pavement's agony aunt

### Anger management

*Dear Agnes,  
I find that I often lose my temper with the strangers I encounter in my day-to-day life.*

*For example, I'll be walking down a road and someone will*



*knock into me. Even though I know it was a mistake, I still get instantly angry and have to stop myself from shouting abuse.*

*Sometimes I punch a wall instead as I don't want to hurt or scare anyone. All the angry feelings then surge through my body for ages afterwards, which feels dangerous, as I could fly off the handle at any minute.*

*Outbursts of anger can happen many times a day, often over these trivial things, and I've not found a good way to handle it. I think it makes it difficult for me to keep relationships going, and also makes me tired and just makes my life harder generally. Do you have any suggestions to help me?*  
Kevin, 25

Dear Kevin,

Anger is a natural response to situations where we feel threatened, we believe harm will come to us, or we believe another person has unnecessarily wronged us. We can also become angry when we feel someone close to us, or a vulnerable person like a child, is being threatened or harmed. Anger can flare up when we feel frustrated; for example if our needs, desires or goals are not being met.

Anger is different from aggression, which is behaviour that intentionally threatens or causes harm to another person or their property.

A handy way to distinguish between these two states is to think of anger as an emotion, and aggression as a behaviour, and to bear in mind that feeling angry does not have to lead to aggressive behaviour. From your letter, it sounds as if you have found a way to control your aggressive outbursts towards others, which is a very good start.

The first step towards getting on top of things is to learn to recognise types of situations that spark your anger. You already mentioned being knocked into in the street as one. Some of these

trigger situations may be more predictable, like having to queue for a long time at the post office, or being in an over-crowded space.

Over a seven-day period try recording all the things that make you angry and add a rating for how angry you have become (0 = not angry at all, and 10 = maximum rage). You may notice some patterns, such as time of day or responses to specific situations. You might find angry feelings are worse when you are tired, or have been using substances such as caffeine or alcohol.

The idea of noticing these triggers is not so that you can avoid those situations, but so you can prepare for them a little better, or minimise your response to them.

Next, I want you to draw a circle. At the top of the circle, write "BEHAVIOUR", at the bottom write "THOUGHTS" and on each of the sides write "EMOTIONS" and "PHYSICAL SYMPTOMS". Bearing in mind an episode when you last felt very angry I'd like you to write some words under these headings relating to what was going on at the time. So, taking the example of someone knocking into you in the street, your behaviour might have been to *punch a wall*, your emotion was *anger*, and your physical symptoms might have been along the lines of: *tense and hot*. It might be trickier to identify what you are thinking at these times, but people who react very angrily often have thoughts that they are being *humiliated or criticised*. This is all personal to you and hopefully you'll be able to come up with more descriptions than I have!

The point of doing the exercise above is so that you can begin to break down the different areas of your anger response. Working on one area, such as your thoughts or your physical symptoms, might be more manageable than trying to address the whole package. So, if waiting in long queues makes you

angry, then you might try some relaxation techniques while waiting to combat the feelings of tension in your body. If you can manage to relax physically, the other areas may become easier to handle as a result.

It is advisable to seek help for anger management via your GP, where you may be referred to a CBT group that will elaborate on the above and make it easier to apply. Best of luck,

*Agnes*

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

## ***Footcare – practical podiatry advice***

### **Second hand shoes**

#### **Finding footwear**

One of the challenges of living on the street is finding suitable footwear to cope with all weathers and all terrains. Shoes and boots are pretty expensive, so an alternative may be to look for a suitable second-hand pair that will meet your needs. So what sort of things do you need to consider?

#### **Getting shoes**

Check in your local area – many shelters have/will know of an associated 'shoe swap' scheme, where you might get new or second-hand shoes or boots in exchange for your old ones. Charity shops and jumble sales can also be a good source of footwear – 'quality' footwear is often available at a reasonable price.



## What should you look for?

Wearing shoes that someone else has worn is never ideal, but may not be as risky as you think.

Contrary to popular belief, it isn't easy to pick up infections from a second-hand shoe unless you are putting your warm bare foot in it directly after someone has taken their infected, warm bare foot out of it. (If you think about it, it might be riskier to buy new shoes in a busy shoe shop than go second-hand!). Most second-hand shoes spend some time waiting for their new owner, so the bugs cannot survive for long inside an empty cold shoe and should be long gone by the time you put your foot in.

Keep your socks on anyway.

If you are still worried about infection, a good spray of disinfectant may be helpful, but the risks of catching something are minimal.

A much bigger challenge is finding a second-hand pair that fit you. It depends a lot on how much wear the shoe had before it came to you. It won't be a simple matter of size. Just because the previous owner was a size seven and you are a size seven, and the shoe is a size seven, this unfortunately does not mean the shoe will fit.

All 'new' shoes start their life being moulded on a 'last' into a perfect foot shape that probably does not exist. The wearer then "breaks them in", stretches them in places, and beds down the inner sole to reflect their own foot. This is what gives people the feeling of a comfy shoe: it has adapted over time to fit their foot.

If you then put your foot into a second-hand shoe that has been shaped by someone else's foot, there can be issues of rubbing and chafing where your foot doesn't match, or the shoe may not provide the support you need if it is too worn down at the inside



edge or the back of the heel. Look for shoes that appear less worn and 'stronger' rather than shoes with a lot of heel and sole wear.

You can buy an insole, but they sometimes cost as much as the shoes, so it's better to look inside and opt for a pair than don't have too much evidence of the foot that has gone before. Try them on and walk about a bit, and remember that you can adjust laces if they seem too big or too tight.

Natural materials are always better for breathability than synthetic, so try to

pick up a pair of leather ones if you can. Avoid plastic.

Lace-ups are better for your feet than slip-ons, and trainers are always a good option.

It's easy to find a really good, waterproof, strong and durable pair of second-hand shoes for a bargain price, so have a hunt and see if, like Cinderella, the shoe fits.

*Evelyn Weir*

Lecturer in podiatry  
Queen Margaret University  
Edinburgh



# 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

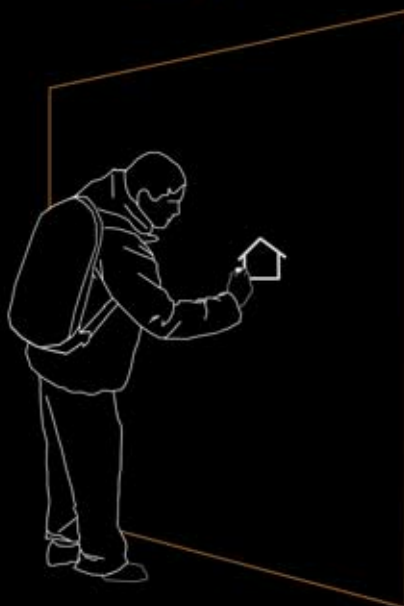


you'll get moved on here

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.





**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:  
Deportford Churches Centre. This means that each Webber Street and Deftford each receive one visit per month; every second Mon, 11.30am at Manna Centre, Bermondsey (every fortnight). Every other Tue: 7pm, Lincoln's Inn Fields; Sat: 9.45am, The Connection at St Martins; 11am, The Passage

#### TELEPHONE SERVICES

**Domestic Violence Helpline**  
0808 2000 247

**Eaves**  
020 7735 2062

Helps victims of traffick-  
ing for prostitution  
0800 776 600  
Free 24-hr drg 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

08457 90 9090

#### SANALINE

6 – 11pm  
0845 767 8000

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

Advice for Lesbian and Gay men  
020 7359 5767  
(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

**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/

#### services.htm

#### 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 hand 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

Adds the housing needs of les-  
bians and gay men. Provides tempo-  
rary, supported housing for 16-25  
years old lesbians and gay men.  
www.stonewallhousing.org

#### Streetmate

An independent site with sub-  
stantial 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



**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!

**Samaritan Network**

Has changed its name, see

**Good Samarita Network**

**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; South-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; Maitlavers 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)

**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**

Mattlock Lane, West Ealing W13 9LA  
020 8566 3507  
Sat & Sun: 3.30–5pm  
Also: Advice service Thur & Fri 10am–4pm – Ealing Churches workers

**St John the Evangelist**

39 Duncane Terrace, N1 8AL  
020 7226 3277  
Tues–Sat: 12.30pm–1.30pm

**Streetlytes**

Tue: 6–9pm, King George's hostel, Victoria; Every other Saturday, 7.30pm behind the House of Frazier, Victoria  
Hot tea/coffee, sandwiches, fruit, yogurt, pasta, blankets and clothing to the vulnerable and homeless.  
www.streetlytes.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

**Caris Islington Churches Cold Weather Shelters**

Various Churches  
07913 020738  
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

**Community of Camden Churches Cold Weather Shelter (C4WS)**

Various Churches  
Referral only; go to www.coldweathershelter.org  
07715507970  
advice@coldweathershelter.org

**Croydon Churches Floating Shelter**

Various Churches  
07860 270 278  
Mobile switched off if no vacancies  
01 Nov–31 Mar 10; 7.30pm–8am.

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  
01 Jan–31 Mar 10; 8pm–8am  
(7pm on Sundays)  
Age 18+ mixed; Beds for 25 (screened area for women)

**Robes Project (Southwark & Lambeth)**

Various Venues  
08 Nov–31 Mar 10  
Age 18+ mixed; Beds for 13  
By referral only from Manana Centre, 6 Mellor 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-referral 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:  
Blue Cross Mobile Veterinary Clinic  
All run 10am – 12pm & 1.30pm – 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 March 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 ORQ  
020 8748 1400  
Blue Cross Merton, 88 – 92  
Merton High Street, SW19 1BD  
020 8254 1400



## ASLAN

Hot food and sandwiches for early risers. Sat 5.30am–8.30am – Covent Garden, Milford Lane, Surrey Street, Strand and Waterloo.

**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)**  
1 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);  
Thurs: 7.30–9pm (open drop-in);  
Fri: 11am–1pm (women's bunch & discussion group)  
FF, CL

**Good Samarita Network**  
Every Sunday, 6–8pm, at the corner of Temple Station.

**Haré Krishna Food for Life**  
The Haré 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: 12pm; 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.

**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 month. Behind the Army and Navy in Victoria: 8.30–10.30pm.

**The London Run**

Mondays (including bank holidays). Van with tea/coffee, sandwiches, eggs, biscuits, soft drinks, clothes, and toiletries: 8.45–9.30am; The Strand, opposite Charing Cross police station: 9.30pm–10.15pm; Temple: 10.15pm–11.00pm; Waterloo (St John's Church).

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

Full English breakfast

**Muswell Hill 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.  
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  
Mon–Sat: 4.30–6pm;  
Sun: 3.30–5pm.

served 365 days a year  
Free tea and warm food

**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.



## PERFORMING ARTS

### 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, 7pm,

at various venues

A choir for homeless and ex-

homeless, with or without

singing experience.

www.choirwithnoname.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 lec-

tures at various venues

020 7209 0029

Email: smartnetwork@lilineone.net

### 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

Tues & Thurs: 10am-12noon

Cooked breakfast, FF

### American Church

(Entrance in Whitehall St)

79a Tottenham Court Rd, W1T

020 7580 2791

Mon-Sat (except Wed):

10am-12noon

AC, CL, FF, P

## Work life balance



### TB screening van - MXU

Information given as date,

time, location and post code.

Turn up at these locations:

Mon 8 Mar: 10am-12.30pm;

Fairway Lodge, 400-408 Stanstead

Road, SE6 4XB nb. MXU to park

on Glenwood Road: 2-4pm;

Foundation 66, 1 Creek Road, SE8

3BT

Tue 9 Mar: 9-11am; St Mungos

- Pagnell Street Hostel, Exeter Way,

off Pagnell Street, SE14 6AY

Wed 10 Mar: 10am-4pm;

Lewisham Community Drug and

Alcohol Service

Central Clinic, 410 Lewisham High

Street, SE13

Thu 11 Mar: 10am-1pm;

Sydenham Green Clinic, 26

Holmslow Close, SE26 4TH: 2-4pm;

999 Club, 21 Deptford Broadway,

SE8 4PA

Fri 12 Mar: 10am-1pm; St Mungos

- Spring Gardens & Garden House,

Arlington Close, off Ennersdale

Road, SE13 6JQ

Wed 17 Mar: 10am-4pm;

Berford Project, 36-42 Hare

Street, SE18 6LZ

### Vision Care Opticians

07792 960416

Mon & Thurs: 2-7.30pm

at Crisis Skylight; Wed: 9am

- 5pm at The Passage

Free sight tests and spectacles

car park

SW18 nb. MXU to park in Sainburys

- Wandsworth, 86 Garratt Lane,

Palmerston Road

Wed 31 Mar: 1-4.30pm; WDP

Road, SW19 1LT nb. MXU to park on

Salvation Army Hall, 109 Kingston

Action (Merton Homeless Project),

Fri 26 Mar: 1am-2.30pm; Faith in

GR0 1SE

Hall, 190 Church Road, Croydon,

Substance Misuse Team, Lantern

Wed 24 Mar: 10am-4pm; Croydon

on Hardman Road

Kingston, KT2 6RN nb. MXU to park

Kaleidoscope, 28-46 Cromwell Road,

Mon 22 Mar: 11am-5pm;

Library

to park on high street by Erith

Pier road, Erith, DA8 1RQ nb. MXU

Signpost, Erith Health Centre, 50

Fri 19 Mar: 1am-3.30pm;



12noon – 5pm (UR4J0BS);  
Wed 10am – 5pm (Polish lan-  
guage counselling service)  
Now available online @  
www.ur4jobs.co.uk  
C,ET, FF

## 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–Thurs: 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

## Turnmore Resource E1

Mountmore Centre, Hanbury  
Street, London, E1 5HZ  
020 7247 9005  
www.turnmounde1.org.uk  
CA, ET, IT

## ENTERTAINMENT & SOCIAL EVENTS

### ASIAN

All Souls Church – Clubhouse  
020 7580 3522  
Cleveland St  
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 Munigos, Mare Street  
www.openhousefilmclub.org  
FF, LA

### Sock Mob

see **Websites**

## EX-FORCES

**AWOL?** Call the 'reclaim your life'  
scheme from SSAFA  
01380 738137 (9am–10am)

### Royal British Legion

08457 725 725  
Ring the Legion line to see how they  
can help ex-servicemen and women

### Veterans Aid

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

### 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

## 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:

### Monday's

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  
at St Martin's; Conway House  
(hostel); Anchor House (hostel);  
The Passage; Downview Prison;

### Wednesday

Chapel Street Medical Centre; St

Thomson's Hospital; Lloyd Still ward;

Cricklewood Homeless Concern;

Parker Street (hostel); Crisis Skylight;

Endsleigh 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;

Depford Churches Centre;

Probation Service; Wandsworth

prison; Focus Day Centre.

**Friday** – The Passage;

Cricklewood Homeless Concern;

Endsleigh Gardens (hostel);

## 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

020 7222 8593

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–11.30am

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,D,FC,H,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 (Médécins du**

Pott St, Bethnal Green, E2 0EF

Mon, Wed & Fri 1pm–5pm

07974 676 852 & 020 8123 6614

MS, SH

Operating at 999 Club, Depford,

Wed: 2 – 4pm; & Providence Row,

Victoria, Fri: 9.30 – 11.30am

MS, SH



**Men**

**Missionaries of Charity**  
11-12-16 St Georges Rd,  
Southwark, SE1  
020 7401 8378  
Ring first, 9am-11am except Thurs  
Age 30+ (low support)

**St. Mungo's (Ennersdale House)**  
11a Arlington Close, Lewisham SE13 6JQ  
020 8318 5521 (ring first)  
Medium-support needs

**Women**

**Church Army**  
1-5 Cosway St, Westminster 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)**

**DRUG / ALCOHOL SERVICES**

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

**Soho Rapid Access Clinic**  
1 Ffith Street  
Soho Centre for Health and Care

**UR4JOBS**  
Upper Room, St Savour Church, Cobbold Road, W12 9LN  
020 8740 5688  
07967 312207 (English)  
07772 565815 (Romanian)  
07772 473554 (Polish)  
Mon - Fri: 5.30-6.45pm  
(hot supper); Mon & Tue:

**Central and NW London Substance Misuse Service**  
282 North End Rd, SW6 1NH  
020 7381 7700  
Mon-Fri: 9am-5pm. C, M5

**Druglink**  
103a Devonport Rd, Shepherd's 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, Redbridge and Bexley and Greenwich. A special Eastern European section is listed in **Eastern Europeans**

**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; Antigone (lesbian, gay, bisexual and transgender drug/alcohol service) drop-in Thursday: 6-8.30pm  
C, D, FF, IT, LA, MH

**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**

**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**

**Wandsworth Drug Project**  
86 Garratt Lane, SW18 4DB  
020 8875 4400  
Mon - Fri: 5.30-6.45pm  
(hot supper); Mon & Tue:

**Blackfriars Road CDAT Team**  
151 Blackfriars Rd, SE1 8EL  
020 7620 1888/6500  
Mon: 2pm-4pm (drop-in)  
MH, MS, NE

**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

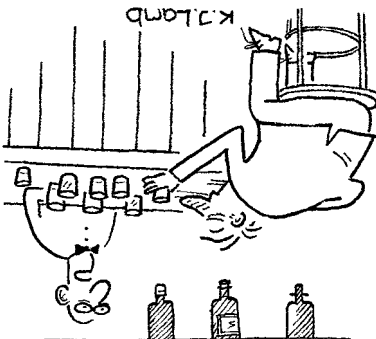
**EASTERN EUROPEANS**

**184 Camden**  
184 Royal College Road, NW1 9NN  
020 7485 2722  
Mon: 9.30am-3pm; Tue-Thu-Fri: 9.30am-9pm  
AS, AD, BA, C, D, H, OB

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



"Come along, Sir, that's enough green shots of recovery for you"



## 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-March  
will be Stoneleg, Langth-  
orne 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

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

## 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): 1.45am–

12.45pm (advice, appointments  
only); Mon & Thur: 1.30–3.30pm  
(drop-in for those with tenancies)  
AC, BA, BS, C, CL, F, FC, IT,  
L, LS, MS, OL, P, SK, TS

#### The Whitaker Centre

91–93 Tollington Way, N7 6RE  
020 7263 4740  
Mon–Fri: 11am–5pm  
Alcohol allowed  
BS, FF, L

#### Whitechapel Mission

212 Whitechapel Rd, E1  
020 7247 8280  
Daily: 6–11am (cooked break-  
fast 8am–10am); Sat: 12noon–  
2.30pm (women only)  
AS, AD, B, BA, BS, BE, CL, C,  
DA, D, F, H, IT, OL, SK, P, TS

#### The 999 Club

21 Deptford 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

020 7226 5369  
Tues: 7–9pm (drop-in); Weds:  
1–3pm (drop-in – B and FC); Fri:  
10am–12noon (key work session)  
B, BS, CL, FC, FF, L

#### The Tab Centre

20 Hackney Rd, Shoreditch, E2  
020 7739 3076

Friday: 9am–12noon, F

#### Thames Reach

See Hackney 180 First

#### Contact & Advice

#### Triumphant Church International

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

AD, C, FF  
Sun: 10–11am (open drop-in)

#### Union Chapel (Margins)

Compton Terrace, Upper Street, N1  
020 7359 4019  
Sun: 3pm–5pm  
BS, CL, FF, HA, L, LA, LF

#### Upper Holloway Baptist Church

11 Tollington Way, N7

020 7272 2104

Mon: 10am–1pm

CL, FF, LF

#### Upper Room, St Savour'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,  
LA, MH, MS, OL

#### 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



(See below).  
 Mon: 6pm–10pm  
 For self-treating drug & alcohol users: no using on day or no entry

### 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

### Homeless Action in Barnet (HAB)

368 Woodhouse Road, N12 0RG

Mon – Fri: 12 noon – 3pm (drop in);  
 Mon, Tues & Thur: 9am – 12 noon

(rough sleepers only); Wed: 9am  
 – 12 noon (women's group)

AD, BA, BS, CL, F, H, L, TS

### London Jesus Centre

83 Margaret St, W1W 8TB  
 0845 8333005

Mon – Fri: 10am – 12.30pm  
 BS, CL, F, 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

### 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 Chilton Street, NW1 1JR  
 020 7388 5560

Daily: 10.30am–4pm  
 AS, AC, CA, C, 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: 12 noon–1.30pm;

and Wed: 7–8.30pm  
 BA, BS, CL, FF

### Our Lady Help of Christians

see SankTus

Mon & Wed: 9.30am–  
 12.30pm; Tues: 2–4pm  
 FF, BA, OL, P

### 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, P

### Southwark Salvation Army

1 Princess Street, SE1 6HH

020 7928 7136  
 Wed 1–3pm (drop-in with

lunch); Thurs 10am–3pm; Fri  
 12–3.30pm (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,

LS, MH, MS, P, TS

### 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

### SankTus

4 Lady Margaret Road, NW5 2XT

Entrance in Falkland Road

020 7485 9160  
 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

### Catholic Church

Mon & Wed: 9.30am–

12.30pm; Tues: 2–4pm

FF, BA, OL, P

### 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, P

### Southwark Salvation Army

1 Princess Street, SE1 6HH

020 7928 7136  
 Wed 1–3pm (drop-in with

lunch); Thurs 10am–3pm; Fri  
 12–3.30pm (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,

LS, MH, MS, P, TS

### 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  
 A, BA, CL, D, ET, FF, FC,

H, MC, MH, MS, P

### 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

### St Stephen's Church

17 Canonbury Rd, N1 2DF



**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  
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, L, 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  
**Fair's Court Community Project**  
(ECCP)  
St Jude's Church, 24 Collingham Road, London, SW5 0LX  
020 7370 4424  
Mon & Wed: 2-4pm  
CL, FF  
**Finsbury Park Street Drinkers Initiative**  
See **Whitaker Centre**  
**Hackney 180 First Contact & Advice (Thames Reach)**  
Hackney Methodist Church  
219 Mare St, E5  
0208 985 6707  
Mon-Thurs: 8am-9.30am  
(breakfast club)  
**Honbury Community Project (SCT)**  
Details of their changes have been confirmed, and they're now called the New Honbury Project, and listed under **Employment & Training**  
**The Haven Club**  
At the Holy Cross Centre

020 8992 5768  
Call for opening times  
A, B, BA, CL, D, DT, ET, F, FC  
See **Providence Row (The Dellow Centre)**  
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  
**Bromley 999 Club**  
424 Downham Way, Downham, BR1 5HR  
020 8698 9403  
Mon-Fri: 10am-5pm  
AD, L, FF  
**Chelsea Methodist Church**  
155a Kings Road, SW3 5TX  
020 7352 9305  
Mon: 9am-3.30pm; Tues & Thurs: 8.30am-3.30pm (last laundry at 1pm); Fri: 9.30am-2pm  
F, L, P  
**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  
**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  
**Croydon Resource Centre**  
70a Wellesley Rd, Croydon, CR0 2AR  
020 8886 1222  
Mon-Fri: 10am-3pm  
AS, BA, CA, CL ET, F, IT, LA

**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  
(appointments); Mon, Tue, Thu, Fri: 2-4pm (walk in)  
0800 174 047 (freephone)  
dutyworker@scotscare.com  
A, BA, C, CL, D, H, MH, P  
**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  
**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  
Mon-Fri: 12noon-5pm;  
Sat & Sun: 12noon-2pm  
BS, DT, F, FC, H, IT, L, MS, OB, P  
**Action Homeless Concern**  
Emmaus House  
1 Berrymed Gardens, Acton



# the List

The directory of London's homeless services

Updated 23 February 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](mailto:thelist@thepavement.org.uk)  
Or write to our address on page 3  
Updated entries: 3  
Services added: 1

## 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,  
**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](http://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