

the Pavement

The *FREE* monthly for London's homeless

May 2010



MEMORY OF

ROUGH SLEEPER

AGED 42



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The Pavement

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The Editor

Mortality and cyberspace

In this, our 51st issue, the stories are as strong as ever.

We question the life expectancy figure so often given for those sleeping rough. The statistics aren't as simple as they can at first seem, especially when they are presented as a stand-alone figure. It makes interesting reading, and questions a much-used statistic.

Also this issue, we go back online. We've covered the homeless presence online many times, particularly – in recent months – the Facebook pages that have been set up to show 'appreciation' of rough sleepers or erroneously mark their death. However, after running across the Spoon The Tramp website (see the story on page 12) and the Facebook group about him, we began looking at similar Facebook sites. We asked whether this attention was uncomfortable or even dangerous for readers under the 'cyber spotlight.' Happily, we can report that our enquiries have persuaded Facebook to take action against some groups. You can read the whole story on page 9.

One very short news piece that will catch the attention of many readers attention concerns the deportation of East European migrants who are sleeping rough. We'll cover this story fully in our June issue.

Richard Burdett

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David Southwood
Age at disappearance: 44

David has been missing from Stantonbury, Milton Keynes, Buckinghamshire since 5 January 2010.

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

David is 6ft tall, of thin build with brown eyes and dark brown hair. David also has a scar on his neck, a scar on the base of his throat and a scar on his leg.

If you've seen David please call the 24-hour confidential charity **Missing People** on **Freefone 0500 700 700** Email: seensomeone@missingpeople.org.uk

missing people
Reg. Charity No. 1020418

Letters

Your news, views and comment

A taxing question

Dear Editor
Are homeless people who pay their own way (busking) liable for income tax? Thanks.

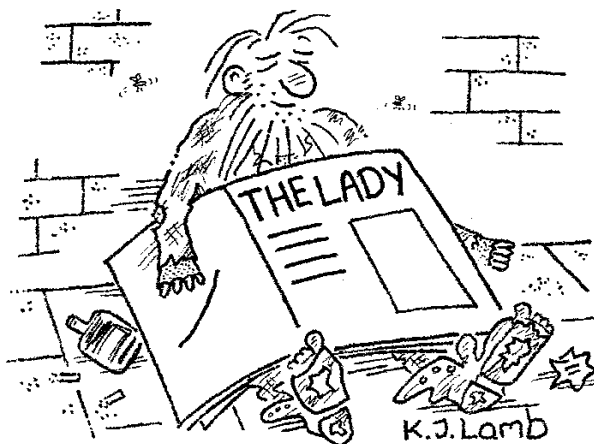
AI
By email, full name supplied

Dear AI,
Many thanks for your letter. We went to HM Revenue and Customs (HMRC) for the definitive answer.

Andrew Bennett, of the HMRC press office, was quick to answer the question: "The first point to

make is that nobody in the UK pays tax until they are receiving earnings of in excess of £6,475 per year. After that point they will need to pay tax either in the form of Pay As You Earn (PAYE/employed), or self-assessment (self-employed), and National Insurance if earning over £110 a week."

Clarifying your particular case, he added: "If say someone, as in your scenario, was to offer a musical performance in exchange for cash, then they would be creating a trade and so would need to register as a self-employed business, but only once they earn above the £6,475 threshold."



You will need a postal address to register as well, and we don't think they accept cash, but if you think you're liable to pay based on the threshold, contact HMRC to ask how to begin. The basics on tax can be found here: <http://www.hmrc.gov.uk/incometax/intro-income-tax.htm>

Editor

Health records

Dear Editor,
I read your publication and always find it very interesting and quite impressive that you challenge government policy and, indeed, some homelessness industry/machine issues.

I would like to suggest you cover one important issue, the quite worrying Summary Care Records on the NHS Spine IT system. As you may know, the assumption is that people give consent to have their NHS private medical records uploaded into a national and central electronic system. This is extremely Big Brother and has very dubious security features. Quite frankly, I would not trust them with any data as they have shown they cannot keep it safe or secure.

Of interest is the fact that 'medical professionals or stakeholders' will have access to this confidential clinical data and records. These people will include some 'social workers', pharmacists, non-clinical nursing staff and millions of NHS staff.

This information would be available to every healthcare professional you visit. There are implications for privacy around things like HIV and mental health, issues that could pose possible future problems and lead to direct or indirect discrimination.

I think you should highlight that this is not compulsory. Some useful

information is www.thebigoptout.com and www.nhscarerecords.nhs.uk

It is important that homeless people exercise their rights by visiting their GP or in other ways, and request an opt-out form there and then in order to stop the mass unauthorised upload.

Thanks and keep up your great work.

Lester

By email.

Dear Lester,
Thank you for writing in about this issue. Although we won't be advising readers to opt out, as it is a personal choice, we would like the options known. Flo will be covering this issue, as a full response to your letter, in the June issue.

Editor



**FIND OUT WHAT THE
CREEPING VILLAIN
KERB CRAWLER IS UP
TO ON THE STREETS OF
KERBSIDE - PAGE 20**

Questioning 42

A single statistic, often repeated by homeless organisations, deserves explanation

The average life expectancy of a rough sleeper is 42 years of age. But if you've just turned 41, don't panic.

Local authorities and homeless charities often use this figure; but this month, *The Pavement* wanted to see just how accurate it is. Like the official head counts or crime figures, reported statistics are not always what they seem and may be subject to a complex list of caveats or exceptions.

For anyone who is street homeless in their late 30s, or even 40s, reading a number like this could cause a wave of panic. But what neither the number nor the authorities reporting it, shows are the contributing factors. How long does an individual have to be a street sleeper before his life expectancy is reduced? Would an individual have to suffer from underlying health problems in order to see their life cut short? Which types of health problems are associated with premature death in street sleepers? Is this number based on individuals with long-term alcohol or drug addiction problems?

The number 42 comes from a Crisis report, *Still Dying for a Home*, which was published in 1996 and is still considered to contain the most robust data. The data was derived from Coroners Court reports, which took into account the age of those who had died and their cause of death. The age 42 was a mean value and could, therefore, have been reduced by, say, someone dying from a drug overdose aged 21. All those counted for this mean were street homeless at the time they died.

Despite this, and the fact that this number is 14 years out of date, this number keeps on popping up in local authority literature and guide-

lines, and is an emotive fact used in charity debates and fundraising.

In truth, there is no official government figure on how being homeless can affect life expectancy. The Office of National Statistics (ONS) provides life expectancy figures for the whole of the UK. This data is presented as a series of rolling averages, produced by aggregating the number of deaths and mid-year population estimates across each three-year period, the most recent of which is 2008. The figures do not delve into lifestyle, but are simply broken down by geographical region rather than socio-economic circumstances. The ONS data permits a reader to make casual assumptions about what can affect longevity on this planet – for example, that people tend to live longer in the South of England, where, typically, household income is higher. But to say that having more money makes you live longer is neither accurate nor true.

Similarly, the Department of Health (DoH) does not keep any data on life expectancy of those who find themselves sleeping rough; but Julia Harris, a spokeswoman for the DoH, was able to point us towards a paper from 22 March 2010 which aimed to better understand the health needs and relative healthcare costs of people who are homeless or living in certain types of short-term accommodation. This paper cited, and explained the limitations of, the 1996 Crisis figure amongst its research:

"There is abundant evidence that people who are sleeping, or have slept, rough and/or are living in hostels and night shelters, have significantly higher levels of premature mortality and mental and physical ill health than the general

population. Several sources show that of deaths that occur in hostels or while registered with homelessness services, the average age at death is low, about 40–44 years." But the paper goes on to state that it is very important that these figures are not "misrepresented" as life expectancy figures. "The figures give the average age at death of a sample of homeless people who die whilst they are homeless and do not take into account those people who become settled in a home."

The DoH paper concluded a 40-year-old homeless person should not only expect to live another four years.

Homeless Link, the umbrella organisation overseeing local authority and charity intervention and policy on rough sleeping also said they knew the figure was not accurate: "I understand that it is not really correct to say it is average life expectancy as there is no evidence related to those who move on from homelessness," Gill Perkins, their spokeswoman, said. However, Homeless Link and its partners recognise a fundamental need to monitor the health problems that come with sleeping rough.

As with health warnings about alcohol, salt and tobacco, it seems street sleepers should apply common sense when it comes to what unaccounted for factors may seriously damage their health. Staying warm and dry with moderate indulgences and a balanced diet should help anyone live longer – and old age, after all, is only a number.

Rebecca Wearn

Borderline offers support and advice to 1st and 2nd generation homeless and insecurely housed Scots in London.



0800 174 047

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SCOTS IN LONDON

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Supporting London life



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Cyber spotlight

Is there a Facebook site about you?

Facebook, the world's most popular social networking website, has removed a number of its user groups after *The Pavement* wrote to enquire about its stance on groups 'dedicated' to rough sleepers around the UK.

As well as enabling users to communicate with their friends, the site, which has only been running since 2004, also allows them to form online groups, usually based on a shared interest or belief. A small number of users opted to use this facility to create groups dedicated to homeless people in their area, almost certainly without the knowledge of the rough sleepers to whom the groups were dedicated.

Readers might have been concerned, had they known that they were the subjects of an online group, regardless of whether its creators wished them no harm. People of all ages joined these groups to exchange anecdotes about rough sleepers, who were powerless to prevent information – and, indeed, misinformation – being spread about them on the site. For example, *The Pavement* has covered three cases in the last year where users had claimed a rough sleeper had died: the three were still alive.

The groups claimed to pay homage to rough sleepers, but the messages that appeared on them were not always positive. One typical online group, 'The Chiswick Roundabout Tramp Appreciation Society', with over 7,000 users, described a rough sleeper as "a foul-mouthed menace to society".

As well as harmless messages such as "I love him!" and "What a legend!", these groups also contained posts detailing the wherea-

bouts and activities of people living on the streets. Users posted details such as "I saw him round the back of the Tesco in Enfield" or "He's been hanging around the roundabout". Sometimes the comments were abusive. One member of the 'Lenny the Tramp Appreciation Society' group wrote that Lenny, who lives in Enfield, "needs a bath in acid", while another accused him of insulting members of the public.

We asked Facebook whether it would consider shutting down a group that published details of a homeless person's whereabouts and activities. We suggested that these user groups were intrusive and undermined individuals' right to privacy, as well as stigmatising rough sleepers.

Facebook agreed that these user groups contradicted their own rules on what can and cannot be posted on the site, both because they invaded the privacy of rough sleepers and because certain people had used the groups to attack individuals.

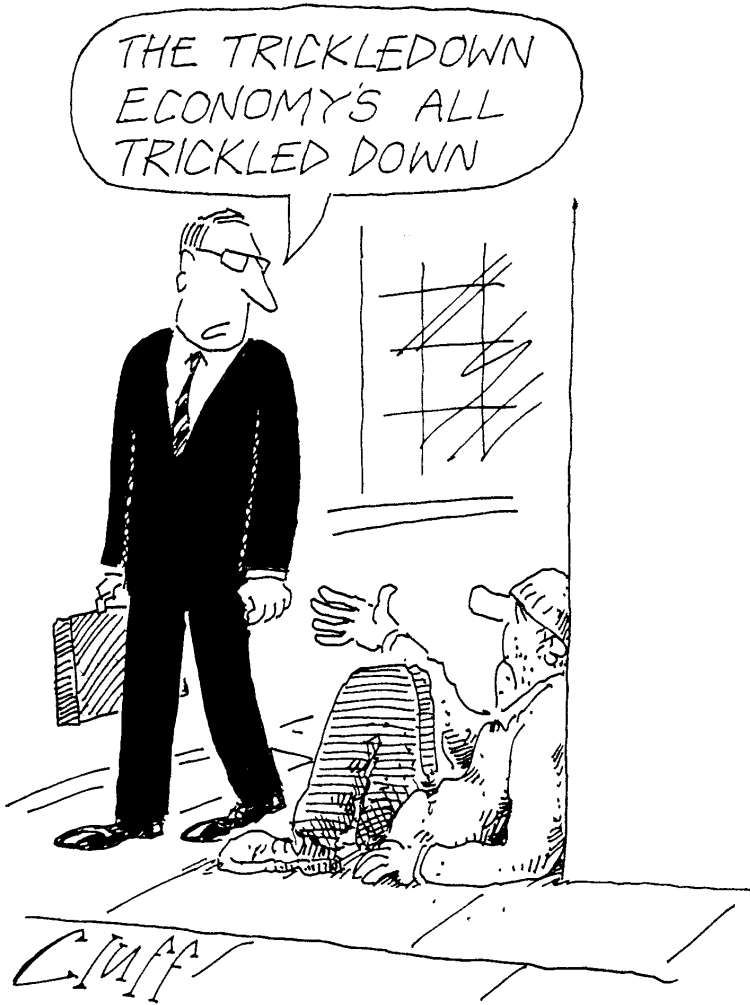
Emily Clarke, from public relations group Nelson Bostock, released a statement on behalf of Facebook: "These groups have been removed as they violate Facebook's Statement of Rights and Responsibilities, the governing document for the site.

"Facebook is highly self-regulating and users or content that is reported to us which violates our terms, such as attacking private individuals, will be removed. We encourage people to report any users they think are doing this, either through the report links we provide on the site or through the contact forms in our Help Centre."

Although Facebook has acted in the cases we've highlighted, this is likely to be an ongoing problem, with other groups existing and others bound to be started. In the end, it is up to the individual to contact Facebook with any concerns, and ask them to act.

John Ashmore





News in brief

All the homeless news from the UK and the World

Deportations have begun

United Kingdom Border Agency (UKBA) has begun a trial scheme in April to deport Eastern European (A10) nationals who are sleeping rough, on grounds that their presence on the streets and without work is in violation of the treaty under which they were allowed to come here.

At present we believe the deportations are restricted to London and Peterborough, but they are expected to be extended to other London boroughs, as well as Oxford and Reading, if the scheme proves 'successful'.

We'll be reporting on this in the June issue, questioning the legal reasons and timing of the action.

Staff

Benefit cut appeal letter

In December issue of our London edition, we ran a feature by Alan Murdie, a barrister with the Zacchæus 2000 Trust, explaining how changes brought about by "the biggest shake-up of the benefits system for 60 years" could mean people losing their claims. If this happens to you or someone you know, you still have the right of appeal.

Alan Murdie wrote: "wherever possible, you should get help or advice with a tribunal, but people can win them by themselves." The template of an appeal letter is now on up on the home page of our website (thepavement.org.uk – look under 'Your rights') will help if you want to appeal a sanction to your claim.

You can also read the feature on benefit cuts at thepavement.org.uk/story.php?story=883.

Staff

Tin can tycoon

A scavenger from Sweden who spent 40 years collecting tins to sell for pennies has died, shocking his relatives by leaving behind a stash of nearly £1 million.

Curt Degerman, 60, ate leftovers from bins and did not change his clothes regularly. Locals in his hometown of Skelleftea knew him as Tin-Can-Curt and assumed he was penniless, but Mr Degerman secretly learned how to use the financial markets to his favour and amassed a fortune.

By studying the financial pages in his local library every day, he learned the stock market and used the cash from his tin can sales to buy stocks and shares. His legacy included more than £731,000 worth of shares in a Swiss bank account, £250,000 worth of gold bars and around £275 of loose change found at his home.

Described as a 'very clever' child by relatives, he apparently dropped out of school after a personal crisis.

The news of Mr Degerman's wealth surfaced following a family dispute over who is entitled to the estate, which left everything to a cousin who had visited him in the months before his death. The will was contested by another cousin and his father, Mr Degerman's uncle. The parties settled out of court last month.

Liza Edwards

Community London count

Hot on the heels of our 'rough count' [April issue – we estimated London's rough sleeper population by compiling the numbers in cold weather shelters], the Simon Community has published the results of its latest bi-annual street count.

Volunteers from the Simon Community and Housing Justice counted 109 people sleeping rough in the borough of Westminster between midnight and 2.30am on 26 March.

This matches the government's own figure for Westminster from its Total Street Count 2009. However, the Simon Community's report notes that almost all volunteer-run winter shelters and government-funded services were running at full capacity. And as most winter shelters in London closed after their count was carried out, the number of 109 people is likely to be considerably higher now.

Interestingly, the volunteers also carried out a street survey of 69 rough sleepers. The responses ranged from a reluctance to take up the offer of a hostel bed or accept benefits, to highlighting problems faced by people from the EU. The survey also covered:

Accommodation

- 29 of respondents had been offered no help to secure accommodation
- 20 had been given a hostel; but of those, 18 were back on the street
- Five had received help from charities, such as the Two Step rent-deposit scheme run by Hope Worldwide.

Enforcement

Around half of the respondents talked about enforcement tactics being used against them, many noting that use of these methods had increased recently. Methods reported include:

- Being woken up and asked to move on in the night
- Attempted deportation
- 48-hour ASBOs, used repeatedly when a magistrate had dismissed a case.

While four respondents reported good experiences of police officers, many others had less positive encounters. One person was “dragged by their sleeping bag by police officers from Charing Cross Homeless Unit” in the middle of the night from their sleeping spot by the Army and Navy shop in Howick Place, Victoria. Another was held in police custody for 24 hours for urinating by a tree.

Support needs

- 11 said help was needed to find jobs and permanent accommodation
- Seven said more hostels and day centres were needed
- Four said they found outreach workers unhelpful because they were patronising, too young or didn’t listen
- Three had faced problems accessing medical services for HIV, diabetes and epilepsy

Suggestions included helping people in their first six months on the streets and providing more food in the afternoon.

Carinya Sharples

Has Poncho ended?

A rumour reached *The Pavement* that Operation Poncho had been suspended. Under the operation, the City of London Police conduct ‘welfare checks’ on rough sleepers in the middle of the night, usually moving on those woken.

However, Susanna Howard, a spokeswoman for the City of London Corporation, told us that it is ongoing.

Staff

‘Spoon the Tramp’ site

A website encouraging members of the public to attack a homeless man in West London has been mysteriously shut down.

Spoonthetramp.com, believed to have been set up by London-based comedians Danny Blue and Mark Gale, invited passing motorists to throw spoons at a homeless man sleeping under the Chiswick flyover. The site’s author claimed to have thrown 8,000 spoons at the rough sleeper over a period of 15 years, and published directions to the flyover as well as the tip that “that the best time to bomb this geezer with spoons is about 2.30 in the morning.”

At the end of March, an article in the *Hounslow Chronicle* described spoonthetramp.com as ‘malicious’ and ‘unpleasant’ in its targeting of an individual rough sleeper. Soon afterwards, the site disappeared and its web address diverted to the home page of housing charity Shelter.

It is unclear who redirected the page or whether the site is likely to return. Shelter was concerned to find that spoonthetramp.com had linked to their site and was keen to distance themselves from it. Julia Pitman, a spokeswoman for the charity, told *The Pavement* that “Shelter has no connection with either Mark Gale or Spoon the Tramp and was not aware of the redirect to our website.” She added that Shelter was taking steps to remove the link.

The Pavement also contacted Sergeant Nathan Fane from Brentford Safer Neighbourhood team, who works in the area of the

flyover and has had contact with the man targeted by spoonthetramp.com. Although Sgt Fane said that online material that might incite violence could be pursued as a criminal matter, the fact that the site had been taken down meant he was unable to investigate the matter. “It would be wrong to make a comment on the legal implications of this without seeing the site,” said Sgt Fane.

The Pavement will follow up on spoonthetramp.com to see if the site resurfaces, and whether any legal action will be taken against it.

James O’Reilly

Root beer float count

In an attempt to entice homeless people staying in emergency shelters in Los Angeles to register their details for the latest census, the US Census Bureau recently offered free root beer floats, something like Dr Pepper with a scoop of ice cream added, to those who came forward to give their details, reports *The Examiner*.

The tactic was adopted due to the difficulty in reaching enough homeless people to tally within the 24-hour time span. Many people living in shelters are busy looking for employment or taking part in social service programmes, reports *The Examiner*, and are therefore difficult to track.

“It’s hard to get everyone together because they are busy getting their lives in order,” said Mary Leasure, Program Director for People Assisting The Homeless, the largest homeless programme in Hollywood. “So we offered root beer floats to everyone who turned in a completed census form. It worked.”

Other participation incentives being trialled Stateside include giving out free socks.

Tracey Kiddle



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 have the right to remain a complete pratt"

Zero in Huddersfield

Rough sleepers are a thing of the past – at least in Huddersfield, which claims to have no one sleeping on its streets.

Rather than following the Westminster tactic of hot washing, the West Yorkshire town has opted for offering “personalised” support through a street homeless project.

Funded by the Department of Communities and Local Government (CLG), the project grew out of job advice sessions held at the Methodist Mission café in Huddersfield, a popular hub for local homeless people. It is being led by Ian Brooke, who took secondment from his job as a Homeless Assessment Officer with Kirklees Council at the end of August. Others involved in the project include Kirklees Council ‘street rangers’, housing organisations and groups such as drugs and alcohol charity Kirklees Lifeline.

With just 13 known rough sleepers, compared to Westminster’s 109, providing accommodation for all was always going to be easier in Huddersfield. But the results do seem to be positive: one individual has got a permanent tenancy with Kirklees Neighbourhood Housing; three have been helped into private renting; and the rest are in temporary accommodation.

This temporary accommodation consists of units rented by the project from Kirklees Neighbourhood Housing. Mr Brooke explained: “It’s very much about assisting people in temporary accommodation to learn to stabilise things before we move them on. So some people will move on quicker than others”.

The project currently provides help to the former rough sleepers through “floating support” provided by the voluntary sector, such as Simon On The Streets, a homeless charity based in Leeds and Huddersfield.

However, Mr Brooke is also

aware that the ‘zero’ figure is temporary: “It remains to be seen how things go. There are people who have been tempted to go back on the streets because that’s what they’re used to, and in a sense it’s easier because of difficulty dealing with bills and utilities”. Yet with support from the Methodist Mission (and himself), he hopes to stop people’s problems becoming too “calamitous”.

The project also has limited scope, only helping those actually sleeping on the streets rather than those staying with friends, for example. Mr Brooke said: “It [the project] doesn’t really fit the stringent legalities of homeless legislation and we were concerned that people may be sofa surfing and spin us a tale to get into temporary accommodation through a back door.

“So the only test we’ve had is whether someone is literally sleeping on the streets. We’ve either known these people long-term, have evidence from the street rangers or have had to go out ourselves and make 100 per cent sure that, yeah, they are on the streets, therefore we will help them”.

Mr Brooke also admitted that there are still “plenty” of sofa surfers in the area. But, as he added, “the street homeless project is precisely that: to get people off the streets”. So the street rangers aren’t out of a job just yet? “No, they deal with a whole load of other issues, you name it: anti-social behaviour, even traffic problems”.

Mr Brooke’s secondment ends in September, as does funding for the project. We’ll watch with interest to see what happens to the project (and the rough sleepers) then.

Carinya Sharples

Library outreach in SF

In London, specialist homeless outreach has been deployed at Heathrow and on number 25 buses, after rough sleepers were found in higher numbers in and on both. However, in San Francisco, USA, it’s the city’s main public library that has its own outreach worker to offer help to the homeless bibliophiles.

The imposing seven-storey public library in San Francisco is in the busy centre of the city, and thousands pass through its doors every day. These include people like Bruce Sokol, a homeless carpenter, who told *Voice of America News*: “I use it as my home base. I use the café downstairs and I read a lot.”

Indeed, so many homeless people now use this library that it now offers a new service specifically aimed at people like Sokol: a full-time outreach worker for the homeless.

Although the library is concerned about those using the building to sleep, launder clothes, take drugs or wash themselves, outreach worker Leah Esguerra takes a low-key approach. She told *Voice of America News*: “People come here to study. So when they’re in their space and they have their books open in front of them, I feel like it’s an intrusion for me to be able to talk them.”

But Esguerra doesn’t work alone, and four ex-rough sleepers have been hired to help by offering support to those amongst the bookshelves.

Staff

Tough times for charities

The number of charities working on behalf of homeless people may fall as smaller charities are swallowed up in the wake of the recession.

Off the Street and into Work (OSW), a 16-person strong charity tackling homelessness through

improving access to education, training, employment and volunteering, last month announced it was merging with sector giant Crisis.

Frances Mapstone, its chief executive, said: "In the current economic climate and commissioning environment, it is going to be increasingly difficult for small organisations to survive on their own."

Crisis has already taken over St Botolph's and Health Action for Homeless People. This month, the Salvation Army is in the process of taking over the Salvation Army Housing Association so they, too, can make efficiency savings.

A Homeless Link survey in November 2009 found that half of all homelessness organisations had seen a drop in personal donations, and a over a third reported charitable grants and government funding had gone down. Surviving the economic storm often means reduced competition, redundancies, centre closures, and a lack of services, as reported in *The Pavement* ['Services under threat from funding cuts' – April issue, available online at thepavement.org.uk/story.php?story=960].

But while staff in the merging companies may moan, not everybody is against efficiency savings. Adrian Fradd, a senior analyst at New Philanthropy Capital, said: "Some might argue that these pressures are not a bad thing and that there are already too many charities working in homelessness.

"And to a certain extent they may be right. When I did some research into UK homelessness charities back in 2007, I was struck by the large number of organisations working in the sector, many of them doing very similar things and probably duplicating a lot of each other's work." He was quick to add that this was different from saying that there were too many services available: "In fact, in some key areas, it was completely the opposite."

Crisis, however, is clear that

OSW's employment solutions skills will add another string to its bow. Not much work is being done in this area, despite the path off the street that employment can provide. Leslie Morphy, chief executive of Crisis, said: "We look forward to building on the work of OSW over the last 10 years ... [We] now have more evidence than ever before of what works in getting homeless people into sustainable employment and this will give us a stronger voice to government in making the case for reform."

Katy Taylor

South Africa's World Cup poverty pretence

A surge of activity forcing homeless people off South African streets is underway in a move to hide the extent of poverty from World Cup fans. More than 800 rough sleepers and street children have been removed from Johannesburg so far and sent to remote settlements hundreds of miles away, reports the *Daily Mirror*.

Charity campaigners have attacked the move as a sham and a temporary measure which has done nothing for the long-term well-being of South Africa's homeless, according to the newspaper. Says Bill Rogers, who works with the homeless in Johannesburg, said: "Rather than help people permanently, the government's obvious intention is to release them back on the streets after the World Cup."

Warren Whitfield, of homeless charity Addiction Action, adds: "It's a cosmetic fix to create an impression of South Africa for football fans which is not real. We have huge problems with homelessness and that is what the world should see."

Johannesburg councillor Siphiso Masigo was unrepentant. "Homelessness and begging are

big problems in the city," he said. "You have to clean your house before you have guests. There is nothing wrong with that.

"The numbers of homeless are in the hundreds, leading up to thousands."

Earlier this month, the *Evening Standard* reported that the Metropolitan Police has been accused of "harassing" rough sleepers in London in a drive to clear the streets before the 2012 Olympic Games. These actions are similar to Operation Poncho, under which the 'welfare' of anyone sleeping rough in the City is checked. Dave Clarke, a trustee of the Simon Community in London, which has slammed these tactics, said: "We've [also] found Operation Poncho is still using unacceptable tactics such as waking people in the middle of the night to tell them about services and ordering people to move on. It amounts to harassment."

Tracey Kiddle

Post-Olympics Vancouver

Homelessness is increasing in the Olympic city of Vancouver, a new study has revealed.

Results from a census taken in March show there are now 1,762 homeless in the Canadian 2010 Winter Games city, up from 1,576 in 2008.

The number of homeless living in sheltered accommodation has also nearly doubled, jumping from 765 in 2008 to 1,334 today.

At the same time, however, the number of people living on the streets has halved from 811 two years ago to 428 in 2010.

Mayor Gregor Robertson, who has made an election promise to end homelessness in Vancouver by 2015, said the numbers show how more permanent social housing is "urgently needed". And with seven





*"It's always the same with mime schools...
nobody actually dials"*

temporary shelters due to close over the next month, at least 500 people will be sent back to the streets.

He said: "There is still a lot of work to be done to create housing."

Rebecca Evans

Iceland accused of bleaching waste food

Staff at Iceland's store in Bridlington have been accused of pouring bleach on waste food to deter homeless people and 'freegans' from eating it.

Local homeless people whom he met while researching a system to distribute food to the homeless first reported the allegations to Councillor Liam Deatry. The former mayor of Bridlington told the *Daily Telegraph*: "I was mortified. They said Iceland staff had been pouring bleach and the blue toilet cleaner onto the food they would normally eat."

The frozen food firm's marketing director, Nick Canning, responded saying: "One of our store staff suggested to one of the freegans [people who take unwanted food] not to do it because it might have been treated with chemicals... It has never been and it wasn't actually done."

Tania Barry, a spokeswoman for Iceland, told *The Pavement*: "it is not Iceland's policy to tamper with our waste products in any way. Our waste in the Bridlington store has never been treated, and it is outside company policy to even suggest this may be the case. Our staff are not encouraged to tell people that food has been covered in bleach or tampered with in anyway."

She added: "We are not allowed to sell any chilled products past their use-by date and it is company policy not to offer any out-of-date food to charitable causes and the suchlike

as we can't guarantee it will be suitable for human consumption."

Mr Deatry has now pledged to write to local shops and hotels to encourage them to donate food. He has also called for the council to set up a taskforce to help homeless people in the area.

Carinya Sharples

Tent Cities US – update

A tent city in the state of New Jersey is under threat of closure. The encampment in Camden is home to more than 100 people in a county that has a homeless population of more than 500.

Last month, *The Pavement* reported on the rise of tent cities across America. Almost half of the country's 3.5m homeless people are unsheltered, with many gathering in tent cities for safety.

One resident, Marvin Tomlinson, has lived at the camp, known as Transition Park, since it was founded four years ago on a patch of woods frequented by drug users between railroad tracks and a road. Marvin, 43, who has struggled with crack and alcohol addiction since leaving prison in 2002 after serving 16 years for manslaughter, describes his home as an "accomplishment".

But county officials want to close the camp, forcing the residents to find new places to live in a "cold turkey" approach.

Government housing director Gino Lewis said the community cannot survive the way it is: "There's lack of sanitation, there's health issues. So we want to make sure we try to transition them to facilities that will help them."

Yet social service agencies say there are not enough spaces if everyone who is kicked out seeks shelter space.

Glenn Neil, who has lived in the camp for five months, said: "I don't like the curfews at shelters, and

sleeping on the streets is unsafe."

The tent city, which was founded by Vietnam War veteran Lorenzo Banks, has become a municipality unto itself, complete with a mayor and 16 rules, which are written on boards that hang on a tree.

The rules include: No 1, "No arguing"; No 3, "No borrowing money or sex from anyone"; No 7, "Don't bring your drama here or you'll be evicted."

Residents say the rules are generally followed, and evictions and arrests are rare. Lorenzo, who is the city's mayor, said: "It's a lot of good here. It's not about being homeless and helpless. It's about trying to overcome your fears of society."

Rebecca Evans

Wearing a jacket to beg?

In Tampa, Florida, USA, beggars asking for small change at road junctions are being forced to comply with a safety code that means they have to wear yellow reflective vests.

The byelaws of Tampa allow beggars to ask drivers for money during the day, and only when cars are stopped at a red light. They also state that they must wear a brightly colored safety jacket or vest, as approved by the Occupational Safety and Health Administration or American National Standards Institute.

And beggars must supply their own jacket.

However, the fluorescent jackets don't always help the begging. "I'm still doing bad," 68-year-old Samuel Barker told Tampa Bay Online, seated in an old chair at his crossroads. Barker had even lost money by the scheme – he was fined two weeks previously for begging without a reflective jacket.

Staff

STREET SHIELD

EPISODE 13

ON THE PROWL...

LATE NIGHT IN THE BOROUGH OF KERBSIDE.



IT'S ALRIGHT, I KNOW A
SHELTER FOR TONIGHT.

I'M FINE... DON'T NEED HELP.

I'M NOT ASKING FOR ANYTHING,
BUT WE CAN HELP EACH OTHER OUT,
AND I'LL INTRODUCE YOU TO PEOPLE
IT'S GOOD TO KNOW.

PLEASE, JUST LEAVE ME ALONE.

FELLA,
K THIS IS
Y NIGHT.

RIGHT
TRAP.

STREET SHIELD!

NOW, YOU CAN START BY TELLING
ME WHERE I CAN FIND YOUR BOSS?

NEXT
MONTH : BATTLE ROYALE!

Health and wellbeing

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

Foot care: itchy feet

Few things in life are worse than a persistent, annoying itch. Unfortunately, many things cause itchy feet, and scratching can seem unbearably tempting, but don't! It can break the skin and lead to further problems; and if the itch is due to an infection or infestation, scratching can spread it.

So what are the causes?

The infection most people are familiar with is the fungus sometimes known as 'athlete's foot' (covered in the last issue). The foot provides an ideal site for fungus to live and spread: a warm, moist micro-environment inside a sweaty sock and shoe. Easily caught and very common, fungal infections take hold quickly and spread, with their favourite parts of the foot being between the toes and in the arch on the underside of your foot. Some fungal infections produce small blisters and peeling of the skin, and others produce redness in the area. All of them produce itching. Fungal creams and sprays are available from the chemist or your doctor, but fungal infections are notoriously difficult to treat with topical applications, as they need to be treated regularly for long periods of time.

Eczema is also a common cause of itchy feet. Problems with your veins can lead to varicose eczema on the front of the ankle and up the front of the leg, areas that are particularly vulnerable to bleeding if scratched hard. Eczema on the sole of the foot can be very itchy. There is also a common skin condition with the long title 'allergic contact dermatitis' where the skin produces

an itchy rash as an allergic response to particular substances or materials including washing powders, soaps, the materials used in the making of shoes and socks, and the floor surface materials and shower room cleaners which we come into contact with when we go barefoot.

Another cause of itching is the invasion and infestation of our feet by scabies mites. You cannot see them, but the white 'burrows' they move in can be visible in the nice warm soft skin between the toes if you look closely. Scabies spread from person to person, and cause intense itching, sometimes with accompanying redness, but is easily treated by a one-application lotion from the doctor.

Some drugs and medicines cause itching of the skin, with or without a rash, so bear that in mind and check with a doctor if you are worried. Some serious medical conditions produce all-over itching, so if you have itching all over with no obvious cause, try to see your doctor.

You can't stop infection and infestation, but keeping your feet clean and away from communal surfaces, and changing socks and shoes as often as you can will limit the risks.

The word 'itchy' is guaranteed to give you an irresistible urge to scratch... And despite my own advice, I'm writing this article and doing it now...

Evelyn Weir

Lecturer in podiatry
Queen Margaret University
Edinburgh

Flo on... looking after your teeth

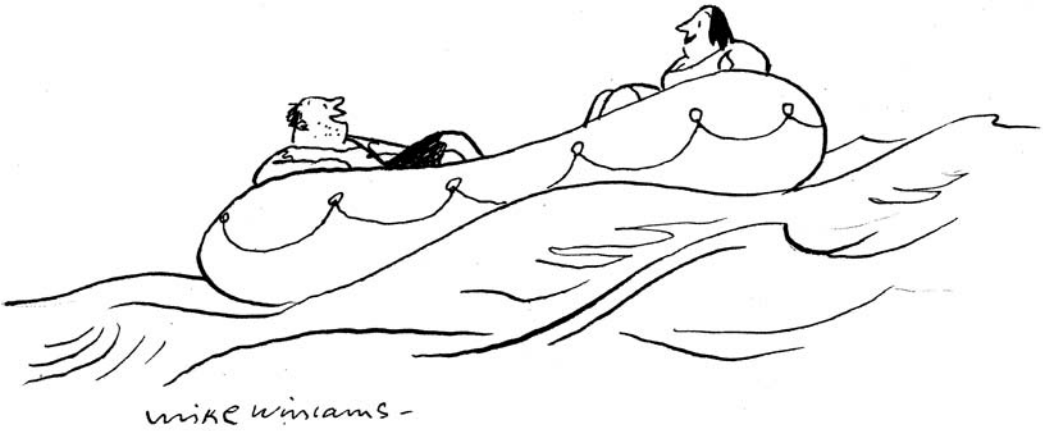
We take our teeth for granted until something goes wrong, and an emergency visit to the dentist can be a scary experience. Read on to find out how best to care for your teeth and keep your dental visits to painless five-minute checkups...

Food and bacteria build up on the surface of your teeth and cause a sticky, acidic film of plaque which attacks the surface and leads to tooth decay. If this is left untreated, the nerve of the tooth can become infected and die. Once this happens, you may lose the tooth or get an abscess.

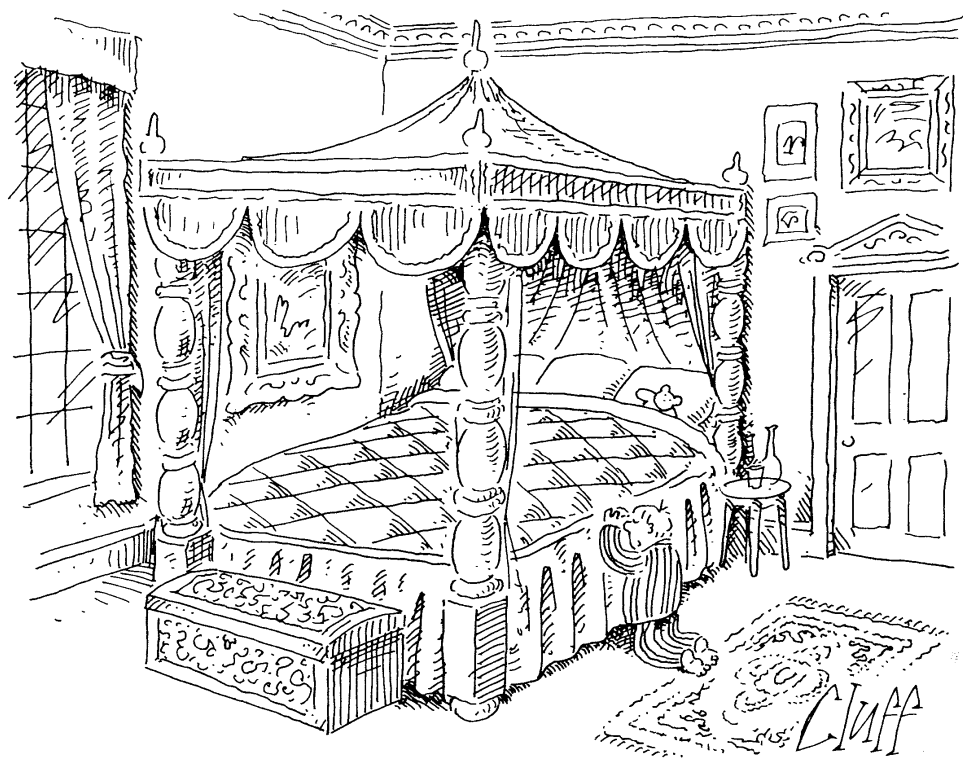
The easiest way to stop tooth decay is to brush your teeth regularly. Dentists recommend that you brush your teeth at least twice a day with a medium-sized, nylon-bristled toothbrush, and use fluoride toothpaste. Brushing for two minutes in a circular motion is the best way to remove plaque.

Most people don't bother to clean in between their teeth, but this should be a very important part of your cleaning routine. There's no point in taking the plaque off the surface if you're leaving nasty stuff between your teeth. Take a long strand of dental floss, wrap the ends round your fingers and gently clean between each tooth, using a new part of the strand for each tooth. Removing bacteria from between your teeth will also keep your breath fresh.

Toothbrushes don't last forever and a worn-out brush will not get your teeth properly clean. Get a new one once the bristles start to look worn, and



"You know, considering just how spectacularly boring the Robinsons were, they did turn out to be surprisingly tasty"



"...and thank you, God, for unequal Britain"

definitely don't use the same one for longer than three months.

No matter how scrupulous you are about cleaning your teeth, plaque can still gather around your teeth and harden into tartar, which can be difficult to remove. Leaving it on your teeth can cause tooth decay and gum problems, and visiting the dentist is really the only way to get rid of it. Lots of dentists now have hygienists who can give your teeth a deep clean.

Worried you might have smelly breath? Getting into a good tooth cleaning routine may sort it out. Some people find brushing their tongue after their teeth helps. Mouthwash may help keep your mouth clean but isn't really necessary and may mask bad breath problems rather than solve them. If you think you have smelly breath and can't get rid of it, see a dentist and ask for advice.

Gum disease is the biggest cause of tooth loss in adults. If your gums bleed regularly, are sore, red, inflamed or you notice any changes in them, you must see a dentist. Gum disease is easily treated with good mouth cleaning and visits to the dentist.

For those of you who already have dentures remember you must keep them clean. Food can gather in dentures and literally rot in your mouth. Give your dentures a good scrub at least twice a day. If your dentures aren't comfortable or are chafing the inside of your mouth, see a dentist. It's really important to get them fitted properly.

Dentists don't just look after teeth. They are trained to spot signs of mouth cancer or anything else wrong with the inside of your mouth. The British Dental Health Association says early detection of mouth cancer

can increase your chances of survival by 90 per cent, so think of your dentist as a lifesaver!

It may take a bit of effort to find a dentist. Ask your local health centre or clinic for information about dentists in your area who will see you. Alternatively, **NHS Direct**, on **0845 46 47**, can give you a list, or you can call the **British Dental Health Foundation's Word of Mouth Helpline** on **0845 063 1188**.

Remember, you don't need a permanent address to see a dentist – you can use the address of a day centre, a friend or relative.

Good Health,

Nurse Flo

• To put a question to our nurse, email: flo@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

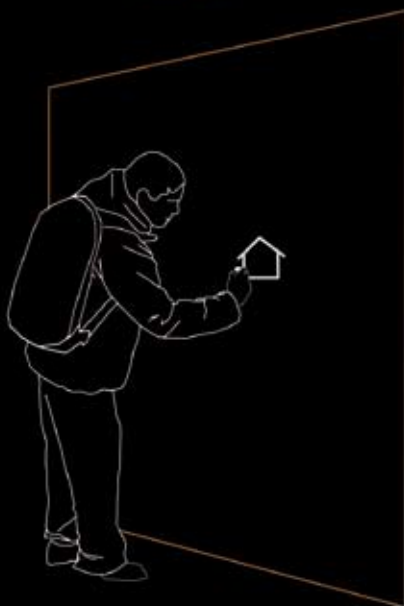


you'll get moved on here

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.

Some cases may need to be referred to the Victoria hospital. Hospitals

Blue Cross Victoria, 1 – 5
Hugh Street, SW1V 1QQ
020 7932 2370

Blue Cross Hammersmith, Argyle
Place, King Street, W6 0RQ
020 8748 1400

Blue Cross Merton, 88 – 92
Blue Cross Merton, 88 – 92
Merton High Street, SW19 1BD
020 8254 1400

Maytree Respite Centre
72 Moray Road, N4 3LG
020 7266 7070

One-off four night stay for those in suicidal crisis
Telephone first - not a drop in service. *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; 1.1am, The Passage

TELEPHONE SERVICES

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
0870 700 740, 24 hrs daily

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
020 7840 7141

Runway Helpline
0808 800 7070

For under-18s who have left home

The Samaritans
08457 90 9090

SANeline
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

UK Human Trafficking Centre
0114 252 3891

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 Book
Previously Everyone's Home
An 'e-shelter', with a large directory of services.
sockbook.referrata.com

Sock Mob
A group of people who aim to befrend 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
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

Get Connected
0808 808 4994

Frank
0800 776 600
Free 24-hr drug helpline

Eaves
020 7735 2062
Helps victims of trafficking for prostitution

Domestic Violence Helpline
0808 2000 247
Free, confidential service, offering specialist advice on housing, benefits, tax credits, debt etc.

d
(2–4pm) & Sun (1.5–3.15pm)

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

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

Streetstyles

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.streetstyles.org

SW London Vineyard/King's Table

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

SPECIALIST SERVICES

ASHA Project

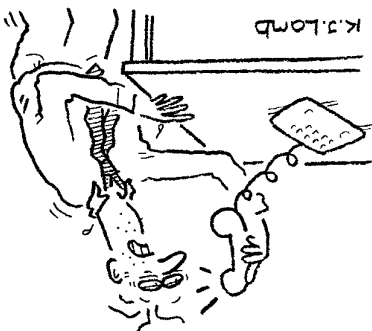
13 Strubberry Road, SW16 2AS
020 8696 0023

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.

“...and finally, to speak to a human being
press 9876556321003 followed by the hash key”



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 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.

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

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; Millford
Lane 6.45am; Strand 7am; South-

ampton Road 7.30am; Army and
Navy Barr: 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;

Maltby 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

(Charting Cross end, outside Coult'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: 1am–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 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.

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: 1am–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 drop-in);
Sat: 10.30–12.30pm (discussion group)

Good Samaria Network

Every Sunday, 6–8pm, at the corner of Temple Station.
www.sn-works.com

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

Harlow Chocolate Run

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

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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@lioneone.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 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

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

Primary Care for Homeless People
 Spectrum Centre, 6 Green-
 land Street, NW1
 0207 267 2100
Mon, Tue, Thur & Fri: 9.30am

Project London (Médecins du
Monde)
 Pott St, Bethnal Green, E2 0EF
 Mon, Wed & Fri 1pm-5pm
 07974 616 852 & 020 8123 6614

TB screening van – MXU
 Information given as date,
 time, location and post code.
 Turn up at these locations:
Tue 4 May: 9.30am-1pm;
 Hommersmith & Fulham CDAS,
 Crowther Market, 282 North End
 Road, SW6 1NH

Wed 5 May: 10am-3pm; St Pauls
 Drop In, St Pauls Church, Onslow
 Square, SW7 3NX

Thur 6 May: 11am-5pm; Look
 Ahead (Princess Beatrix Hostel),
 192 Finborough Road, SW10 9BA
Mon 10 May: 8.30am-1pm;
 Connection at St Martins, 12

Tue 11 May: 10am-4pm; Soho
 Agencies, such as Great Chapel
 Street Medical Centre
 nb. MXU to park on Carlisle Street,
 W1D, off Soho Square
Wed 12 May: 9-11.30am; West
 London Day Centre, 134 - 136
 Seymour Place, W1H 1NT; 12noon-
 3pm; Church Army (Marylebone

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;
Tuesday – St Thomas' Hospi-
HAGA; Compass Day Centre;

Wednesday – The Passage; Great
 Chapel Street Medical Centre; St
 Thomas' Hospital; Lloyd Still ward;
 Cricklewood Homeless Concern;

Thursdays – Broadway Day Centre;
 Manna Centre; Great Chapel St
 Day Centre; The Connection at
 St Martin's; Rochester Row Day
 Centre; Whitechapel Mission;
 Deptford Churches Centre;
 Probation Services; Wandsworth
 Prison; Focus Day Centre.

Friday – The Passage;
 Cricklewood Homeless Concern;
 Endsleigh Gardens (hostel);
 The Connection at St Martin's;
 Cedars Road (hostel); St Giles Day
 Centre; Cardinal Hume Centre
 (drop in); Waterloo Jobshop;
 Romford YMCA (hostel).

All week – Brixton Prison;
 Wandsworth Prison.
 See **Telephone Services**
 for helplines

MEDICAL SERVICES

Great Chapel Street Medical
Centre, 13 Great Chapel St, W1
020 7437 9360
 Mon, Tues & Thurs: 11am-
 12.30pm; Mon-Fri: 2pm-4pm
 A, BA, CA, D, DT, FC, H, MH, MS, P, SH

Dr Hickey's – Cardinal Hume
 Arneway St, SW1
020 7222 8593
 Mon, Tues & Fri:
 10am-12.30pm & 2pm-4pm
 Wed: 10am-12.30pm
 A, BA, CA, D, DT, H, MH, MS, P, SH

Health E1, 9-11 Brick Lane, E1
020 7247 0090

Thur 13 May: 9am – 12noon; St
 Mungos - Harrow Road Hostel, 217
 Harrow Road, W2 5XX; 1.30-
 4.00pm; Westminster Drug Project,
 Harrow Road, W2 5XQ

Mon 17 May: 8.30am-2pm; The
 Passage Day Centre, Carlisle Place,
 SW1P 1NL

Tue 18 May: 9am-3pm; Look
 Ahead (Victoria Hostel), 41 Castle
 Lane, SW1E 6DW

Wed 19 May: 9am-3pm; Edward
 Alsop Court & King Georges Hostels,
 18 Great Peter Street, SW1 nb. MXU
 to park outside Edward Alsop Court
Thur 20 May: 11am-2pm; Look
 Ahead (Hopkinson House), 88
 Vauxhall Bridge Road, SW1V 2RW
 nb. MXU to park on Osbert Street;
 3-6pm; Salvation Army, 97
 Rochester Row, Victoria SW1P 1LJ
Fri 21 May: 10am-3pm; To
Be Confirmed St Louise Hostel/
 Cardinal Hume Centre, 33 Medway
 Street SW1P 2BG

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

EASTERN EUROPEANS

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

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

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

Eastern European Drug and

Alcohol Support

Emmanuel's Church,
Forest Gate, E7 8BD

Support for drug and alcohol

treatment, advice, contact with
other agencies: Thur: 5-7pm

Alcohol Services

Drug &

UR4J0BS

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

020 8740 5688
07967 312207 (English)

00772 565815 (Romanian)

07772 473554 (Polish)

Mon - Fri: 5.30-6.45pm

(hot supper): Mon & Tue:

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-Thur: 9.30am-4.15pm

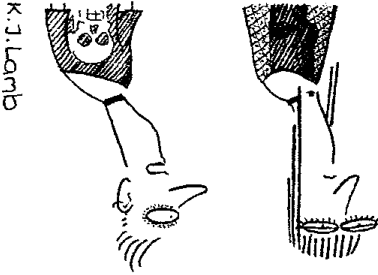
Courses in: personal develop-

ment, life skills, woodwork, DIY,

art, IT, guitar, Spanish, cooking

C, ET, MC

"You look really ill, pale and tired. Wow!
It's such a great look"



K.J. Lamb

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 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)

JOB CENTRE PLUS

www.veterans-uk.info

one-to-one welfare service.

Free help and advice for vet-

erans and access to dedicated

Centres or visit a day centre that

hosts JCP outreach staff. These are

listed below by day, but contact

individual centres for times:

A, A5, BA, D, CL, S5

020 7828 2468

40 Buckingham Palace Rd, Victoria

Veterans Aid

0800 169 2277

Veterans UK

Free help and advice for vet-

erans and access to dedicated

Centres or visit a day centre that

hosts JCP outreach staff. These are

listed below by day, but contact

individual centres for times:

Royal British Legion

08457 725 725

Ring the Legionline to see how they

can help ex-servicemen and women

020 7828 2468

40 Buckingham Palace Rd, Victoria

Veterans Aid

020 7828 2468

40 Buckingham Palace Rd, Victoria

Veterans Aid

020 7828 2468

40 Buckingham Palace Rd, Victoria

Veterans Aid

020 7828 2468

40 Buckingham Palace Rd, Victoria

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40 Buckingham Palace Rd, Victoria

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020 7828 2468

40 Buckingham Palace Rd, Victoria

Veterans Aid

020 7828 2468

40 Buckingham Palace Rd, Victoria

Veterans Aid

020 7828 2468

40 Buckingham Palace Rd, Victoria

Veterans Aid

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

MH, MS, NE
Mon: 2pm-4pm (drop-in)

Central and NW London

Substance Misuse Service
282 North End Rd, SW6 1NH

Mon-Fri: 9am-5pm, C, MS
020 7381 7700

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
(drop-in)
C, D, OL, NE

East London Drug and Alcohol

Support Services

Capitol 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

D

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 2722

Mon: 9.30am-3pm; Tue-

Wed: 9.30am-5.30pm;

Thu-Fri: 9.30am-9pm

AS, AD, BA, C, D, H, OB



St Stephen's Church
17 Canonbury Rd, N1 2DF
020 7225 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
See Hackney 180 First

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

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 7222 2104
Mon: 10am-1pm
CL, FF, LF

Upper Room, St Saviour's
Cobbold Rd, W12
020 8740 5688
Mon: 1-6pm (UR4 jobs); Tue-Thur:
5.30-6.45pm; Fri: 1-6pm (UR4 jobs);
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

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 4140
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

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-May
will be Stonelea, 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, IG1 3AD
020 8514 8958
Ring first

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

Turnaround (Newham)
Choral Hall
020 7511 8377
7.30pm-7.30am

Waltham Forest Churches Night Shelter
See Branches

Men
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 W1F 8RF
020 7287 9134/5
Ring first. Daily vacancies

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

DRUG/ALCOHOL SERVICES
Addaction (Harm Reduction Team)
228 Cambridge Heath Rd, E2
020 8880 7780
Drop-in: Mon-Fri 10am-4pm;
Tues, Wed & Thurs 12noon-6pm;

(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

020 8446 8400

Mon – Fri: 12 noon – 3pm (drop in);

Mon, Tues & Thurs: 9am – 12 noon

(rough sleepers only); Wed: 9am

– 12 noon (women's group)

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

2–6pm (appointments); 4.30–6pm

(verified rough sleepers – by invita-

tion); Sat–Sun: 9am–12 noon.

A, BA, CA, CL, D, ET, F, FC,

H, IT, L, MH, MS, P, TS

Mon – Fri: 10am – 12.30pm

BS, CL, F, IT, L, SK

Manna Day Centre

6 Mellior St, SE1

020 7403 1931

Every day: 8.30am–1.30pm

AS, BA, BS, BE, CL, DT, FF,

FC, H, MH, MS, OL, P, 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

No 10 – Drop in Centre (Salvation

Army)

10 Princes Street

London W1B 2LH

020 7629 4061

Tue, Wed, Fri: 2.30–4pm

(advice & enquiries);

Mon: 3–5.30pm (advice & enquiry-

(reading group); Tue: 2.30–4pm

(drop-in - soup & sandwiches); Fri:

12.30am–2pm (table tennis club)

BA, CL, H, LA

North London Action for the

Homeless (NLAH)

St Paul's Church Hall, Stoke

Newington Rd, N16 7UE

(Entrance on Eving Road)

020 8802 1600

Mon: 12 noon–1.30pm;

and Wed: 7–8.30pm

BA, BS, CL, FF

Our Lady Help of Christians

Catholic Church

see Sanktus

020 7613 3232

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; Thursdays: 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 11–3pm (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,

LS, MH, MS, P, TS

Spire's Centre

8 Tooting Bec Gardens, SW16 1RB

020 8696 0943

Mon: 8am–12 noon (women

only); Tues: 9–10.30am (rough

sleepers only); 10.30am–2pm

(drop-in); Wed: 10am–12 noon

(rough sleepers only); Thurs:

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

Mon: 12 noon–1.30pm;

and Wed: 7–8.30pm

BA, BS, CL, FF

Our Lady Help of Christians

Catholic Church

see Sanktus

4 Lady Margaret Road, NW5 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

London Irish Centre
50-52 Camden Sq, NW1 9XB
020 7916 2222
Ring for service times
A, BA, C, CL, D, ET, H, MC

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

ScotsCare & 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
BS, DT, F, FC, H, IT, L, MS, OB, P

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

Brooklyn 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);
A, 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

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

Cricklewood Homeless Concern
60 Ashford ROAD, NW2 6TU
020 8208 8590
info@chc-mal.org
Homeless drop-in: 28a Fortuneigate
Rd, Croydon Park, NW10 9RE
Tues & Fri: 10am-2.30pm;
Wed & Thurs: 12.30-2.30pm
Mental health drop-in: in flat
above St Gabriel's Hall

Action Homeless Concern
Emmas House
1 Berrymead Gardens, Acton
020 8992 5768
Call for opening times
A, BA, BA, CL, D, DT, ET, F, FC

Aldgate Advice Centre
See Providence Row (The
Dellow Centre)

Holy Cross Centre
The Crypt, Holy Cross Church
Cromer St, WC1
020 7278 8687
Mon: 2pm-5pm; Tues: 6-9pm;

Hanbury Community Project (SCT)
Details of their changes have been
confirmed, and they're now called
under **Employment & Training**

The Haven Club
At the Holy Cross Centre
(See below).
Mon: 6pm-10pm
For self-treating drug & alcohol
users: no using on day or no entry

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

Earls Court Community Project
(ECCP)
St. Jude's Church, 24 Colling-
ham Road, London, SW5 0LX
020 7370 4424
Mon & Wed: 2 - 4pm
CL, FF

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, H, L,
LA, LF, MC, MH, MS, OL, SS, TS

See Performing Arts
Crisis Skylight

77 Chichele Rd, Crickle-
wood, NW2 3AQ
Tues-Fri: 10am-12 noon.
AC, BA, BS, H, IT, L, MS, OL

the List

The directory of London's homeless services Updated 26 April 2010

Debt advice – DA	Luggage storage – LS
Dentist – DT	Medical services – MS
Drugs workers – D	Mental health – MH
Education/training – ET	Music classes – MC
Free food – FF	Needle exchange – NE
Food – F	Outreach worker links – OL
Foot care – FC	Outreach workers – OB
Housing/accom advice – H	Pavement stockist – P
Internet access – IT	Safe keeping – SK
Laundry – L	Sexual health advice – SH
Leisure activities – LA	SSAFA – SS
Leisure facilities – LF	Tenancy support – TS

Email changes and suggestions to:
thelist@thepavement.org.uk
Or write to our address on page 3
Updated entries: 2
Services added: 3

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)
www.squatter.org.uk
outside London)
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.

Alone in London (16–25 years)

Borderline (for Scots)
See **ScotsCare**
Bridge Resource Centre
Bridge Close, Kingsdown
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