

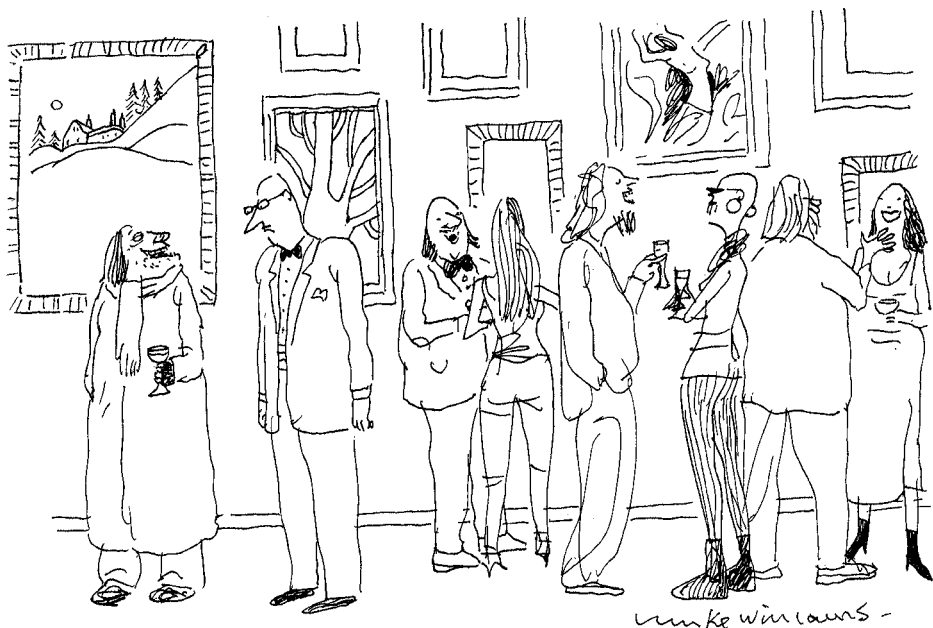
the Pavement

The *FREE* monthly for London's homeless

October 2010

NEW STREET COUNT GUIDANCE





"Actually, I'm rather a well known piss artist"

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The Editor

We Are Visible

We Are Visible has launched online – www.wearevisible – which is a website started by American Mark Horvath, who we've reported on before for his work with Invisible TV. This new site is simply there to encourage and guide those who are homeless or in poverty to explore and use social media: Twitter, Facebook, etcetera...

It won't be for everyone, and won't be beneficial to all those who are interested, but there's no doubt that some people find social media in beneficial in overcoming isolation, boredom and the trials of life.

We're running Mark's advert on page 15 for free because we believe some readers will find it beneficial. We also hope he'll visit the UK in spring 2011 to promote his work around this country.

Also in this issue, we've two lead stories. The first is on the changes to street counts (page 7), which is welcome news, although the new guidance hasn't been received without reservations. The second is on the fact that we noticed that the deadline for the Homeless Link campaign to end rough sleeping before the Olympics had slipped in London. We've never felt the campaign was on a firm base, and this, albeit subtle, change in the deadline suggests it's dawning on some that it won't happen. We'll keep watching.

Richard Burdett

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The counting tool, but not the method – at last, new guidance has been published to replace the old 'flawed' street counts.

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Derek Irvine

Age at disappearance: 46

Derek has been missing from Fishponds, Bristol since 24 April 2010.

There is great concern for him and he is urged to call our confidential service **Message Home** on **Freefone 0800 700 740** for advice and support.

Derek is believed to be in London and has been known to have visited Bank and Kensington.

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



mike winans

**missing
people**

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Counts are optional

We look at the new guidance on conducting street counts

On 14 September, the department of Communities and Local Government (CLG) marked the biggest reform in years to the way the number of rough sleepers is assessed with the publication of new guidance on how to conduct street counts.

'Evaluating the extent of rough sleeping – a new approach' is the result of a CLG consultation which lasted from 23 July to 3 September and invited suggestions from local authorities and charities. It was much anticipated, following comments on 16 June from housing minister Grant Shapps, MP for Welwyn Hatfield, who condemned the old system as "flawed".

The 12-page document details the six key changes in how the street counts should be conducted which were put forward in the earlier consultation report. The bulk of the document details how to carry out these counts.

Although Shapps's earlier comments implied the new guidance would come into effect in 2011, the introduction states that "the new methodology should be used for carrying out counts and providing estimates from October 2010".

But aside from coming into immediate effect, there are few other surprises in the new guidance; and although it aims to gather figures to "provide a complete picture of rough sleeping levels across England", critics will say it doesn't go far enough to address the inaccuracies that dogged the old system.

The six main changes to the method of counting readers who sleep out are:

1. It is now up to local authorities to decide whether they conduct counts. Previously they

were required if a council estimated they had more than 10 rough sleepers in their area. The guidance states "counts are no longer required by Communities and Local Government (CLG)."

2. Following on from this, if councils do not conduct a count, they "should submit a robust estimate" of the numbers of rough sleepers. Later in the document it states this should be done on a day "between 1 October and 30 November each year."

3. The definition of 'rough sleeper' and who to count has been broadened, to address old criticisms that only those 'bedded down' were counted. The new guidance includes "people sleeping, about to bed down (sitting on/in or standing next to their bedding) or actually bedded down in the open air (such as on the streets, in tents, doorways, parks, bus shelters or encampments). People in buildings or other places not designed for habitation (such as stairwells, barns, sheds, car parks, cars, derelict boats, stations, or 'bashes')."

4. These new methods also suggest "neighbouring authorities to count on the same night and to count on a sub-regional or regional basis to avoid missing (or counting twice) rough sleepers who move back and forth between local authority areas." Again, this is based on old criticisms that counts in one borough pushed people over boundaries for the duration of the count.

5. It is now recommended that counts should start later (after midnight) and states: "it is sensible for counts to start at 2.00am in cities and towns so as to ensure that rough sleepers who bed down later in these busier areas are still counted."

6. Importantly, the "CLG will no longer provide officials to attend and oversee that counts are being conducted in accordance with the agreed methodology." The responsibility for provision of verifiers has been given to Homeless Link, the umbrella charity for many homeless services, which has also been charged with publishing detailed guidance on its website.

Generally, most of these measures will be welcome, although many readers and organisations will question whether making counts optional and using estimates helps build trust in official figures.

Alison Gelder, director of Housing Justice, which offered recommendations within the consultation, told *The Pavement*: "I am really disappointed that local authorities are being let off the hook by making counting a choice. I hope the detailed guidance on providing a 'robust' estimate will be good enough and I wonder how CLG will test the robustness of the estimates."

However, she added: "I am pleased that the definition of rough sleeper has been expanded, though sad that shelter residents will not be included where shelters are open at the time of the count, and the guidance about neighbouring counts being carried out on the same night and varying start times all seems sensible.

"[Housing Justice] expects to be invited to help Homeless Link provide volunteer independent verifiers – and it remains to be seen how many counts actually take place."

Staff

A moving target

We look at the shift in deadline for ending rough sleeping in 2012

The deadline for ending rough sleeping in London by 2012 has slipped to the end of that year.

The target originated in 2008, when the then housing minister Margaret Beckett made the landmark declaration that rough sleeping would be eradicated in Britain “for good” in time for the 2012 Olympics. Just two years on, it has emerged that the deadline has been quietly moved from before the start of the Games in the summer to the end of the year.

Ms Beckett’s bold pledge to banish homelessness - however welcome - raised a few eyebrows at the time, especially as it was accompanied by virtually no new resources and very few ideas. These doubts increased when the Government announced it would no longer publish a national estimate of the number of people sleeping rough, a figure that has remained around 500 on any given night. The absence of an accurate annual measure of street homelessness makes it impossible to assess progress towards the 2012 target.

Ms Beckett’s declaration that “rough sleeping in 21st century Britain is unacceptable” followed Tony Blair’s 1998 New Labour promise to reduce rough sleeping to “as close to zero as possible” but by at least two-thirds.

National homeless umbrella organisation Homeless Link campaigned for the 2012 target of ending rough sleeping and still declares on its website that the end point will be before the Olympics. The website states: “We are

campaigning for an end to rough sleeping ‘once and for all’ in this country by the time the Olympics come to Britain in 2012. Often homelessness is swept out of sight for the Olympics, this time we believe it can be different.”

However, a spokesman for London Mayor Boris Johnson told *The Pavement*: “By ending rough sleeping, we mean that by the end of 2012, no one will live on the streets of London, and no individual arriving on the streets will sleep out for a second night.”

A Homeless Link spokesman explained: “The original campaign was to end rough sleeping by the time the Olympics came to Britain, which would have been the summer of 2012. But the Mayor has since committed to this being the end of 2012 instead. This was considered to be more realistic and appropriate.”

In February 2009, the Mayor launched the London Delivery Board to as part of the drive to end rough sleeping in the capital. Its version of the 2012 pledge is: “By the end of 2012 no one will live on the streets of London and no individual arriving on the streets will sleep out for a second night.”

In November 2009, the Mayor’s office updated its progress in reaching this goal, declaring that “two-thirds of the capital’s most entrenched rough sleepers [138 of the 205 long-term rough sleepers targeted] are now off the streets”. They stated that had been achieved through initiatives including the

creation of a new outreach service, a street doctor service and the promotion of homeless volunteer services.

The shift in deadline also accompanies changes to the way rough sleeper head counts are to be carried out: the Department of Communities and Local Government want the counts to become voluntary rather than mandatory. The government is also proposing to expand the definition of rough sleeper to include people living in tents (migrant workers from Eastern Europe, for example) and those clearly intending to bed down on the street as opposed to only those actually lying down. Under the old system, people who slept in housing block stairwells, garages, bin sheds, green spaces and on buses were not counted. (see story previous page)

The official national Rough Sleeping Count published last month showed that there were just 440 rough sleepers in England. But according to the CHAIN database, which is maintained by homeless charity Broadway, 3,673 people were seen rough sleeping in the capital last year. London is considered to be the location of more than half of the country’s rough sleepers. The Department of Health estimated in a recent paper that more 40,000 people are at risk of homelessness.

With the numbers on the streets predicted to rise, we’ll watch to see if this target shifts again before 2012.

Rebecca Evans

**You can read the news,
keep informed & search our
directory of services online @
www.thepavement.org.uk**



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 ★



"Oh no! It's the return of Count Jocular"

News in brief

The homeless news from around the bazaars and the mainstream press

Rough sleeper dies in custody

An investigation has been launched into the death of a rough sleeper who died in police custody.

Thirty-six-year-old Valdas Jasiunas was arrested on suspicion of begging at 12.50pm on Wednesday 1 September 2010 and taken to Forest Gate Police Station in East London. He was found collapsed in his cell at approximately 8am the next morning and taken to Newham General Hospital. He was pronounced dead at approximately 8.15pm on Thursday 2 September.

The Independent Police Complaints Commission (IPCC), which always investigates deaths in custody, said that the post mortem examination was inconclusive and further tests had, therefore, been commissioned. IPCC investigators will examine CCTV and police custody records as well as accounts from all officers present during Mr Jasiunas's time in custody.

Rachel Cerfontyne, IPCC Commissioner, said: "This investigation will focus on the care this man received while in police custody to see if anything could have been done differently to prevent his death."

Inquiries are ongoing to trace the man's next of kin, and formal identification has not yet taken place.

Mr Jasiunas, of no fixed abode, was originally from Lithuania. Any *Pavement* readers who knew him are urged to get in touch with the IPCC.

An inquest will be opened and adjourned at Walthamstow Coroner's Court in due course. Trish Keville, the IPCC's press officer for London, said that it was difficult to predict how long an investigation of this kind would take.

In 2008/09 there were 92 deaths during or following police contact; 15 of these were in or following police custody.

His was not the only death in East London in September: on Thursday 8 September, the body of a homeless man was found in Buckingham Road Cemetery in Ilford – see story on page 12.

Rebecca Wearn

ITV plans new homeless reality TV show

Homeless people will move into celebrities' homes for three weeks as part of a new reality TV show.

The ITV show, called 'Home is where the heart is', will begin filming later this year, with stars such as GMTV host Kate Garraway, Anthea Turner, Liza Tarbuck, Danielle Lloyd and Fiona Phillips all rumoured to be taking part. Although ITV couldn't confirm which celebrities had signed up, it stressed that it was looking for celebs with a "genuine interest" in the issue of homelessness.

While the broadcaster could not confirm how much they would receive, a source told the *Daily Star* that the celebrities would be paid £20,000, but would be "encouraged" to donate £5,000 to the homeless person they had invited into their home. ITV did confirm that the homeless

participants would not be paid.

"This is something brand new," our source said. "It really shines a spotlight on the problems we have in our society."

"All these celebrities live a good life packed full of fine food, comfy homes and top gadgets. Being so up close and personal with someone who has nothing to their name may also be a huge learning curve for our pampered personalities."

The *Daily Star* also reported that all homeless participants would undergo a psychological assessment before moving into the celebrities' homes, though ITV declined to comment on this.

It is understood, though, that ITV has been in talks with homeless charities in a bid to ensure that all those taking part in the show have a positive experience.

However, Crisis – which was approached by the broadcaster but did not want to be involved – warned that extra care needed to be taken when addressing such a sensitive subject. Duncan Shrubsole, its director of policy & external affairs, said: "At Crisis, we believe the media – and television in particular – can be very effective at informing the general public about homelessness, its causes and consequences and the issues homeless people face."

"It is vital, however, that television, whether in media reports or in longer programmes, approaches the subject – and particularly homeless people themselves – with sensitivity."

"Homeless people need an understanding and commitment to telling their stories with honesty, empathy and integrity, moving beyond the stereotypes

to reveal some of the underlying causes of their situation but also the real strengths and potential that they have but which their homelessness has cruelly denied them the opportunity to fulfil," he concluded.

Garnet Roach

Refurb rumours

The management of two hostels in Victoria have denied that their refurbishment would lead to both being closed at the same time.

Roger Clarke, deputy chief executive of The Passage, assured *The Pavement* that no closures were planned for Passage House, the 48-bed facility that is being revamped, but that a small and temporary reduction in beds would occur whilst the improvement works were taking place. The hostel in Longmoore Street is undergoing a facelift in four phases over the next year to replace the current dorm-style rooms with single bedrooms, and to introduce new reception and office facilities.

Passage House is benefiting from the Places of Change: Hostels Capital Improvement Programme, which has spruced up other hostels in London. Mr Clarke said staff at The Passage were "very excited".

Half a mile around the corner, Look Ahead Victoria in Castle Lane was rumoured to be temporarily closing a 54-bed building for a month while improvement works went ahead, courtesy of the Supporting People Grant, via Westminster Council. However, a spokesperson for Look Ahead Victoria denied any closure was on the cards.

She said: "While a number of options are being explored, no decisions or funding commitments have yet been taken or

made on the possible redevelopment of Victoria Hostel. Communication with the appropriate stakeholders will take place at the appropriate time."

Liza Edwards

Man charged with Ilford murder

A homeless man was killed and two others left in a serious condition after a brutal attack in Ilford, East London.

The incident took place between 11.30pm and midnight on Wednesday 8 September near Buckingham Road Cemetery.

According to a report in the *Ilford Recorder*, 31-year-old Harbarjan Singh died as a result of a blunt trauma to his head and neck. While their names have not yet formally been released, the Romford Recorder identifies the other two victims as Jit Singh and Harteerth Singh. According to latest police reports, both men are in a serious but stable condition at an East London hospital. The newspaper also reports that the three men were not related and often slept in a car park near business premises on Clarks Road.

Police first heard of the attack when they were called to reports of an injured man on Ilford High Road at around 1am on Thursday 9 September. Later that day, at around 3.30pm, a member of the public notified them about another injured man near the cemetery. However, the body of Harbarjan Singh was not discovered until 8pm, following a police search of the area. He was pronounced dead at the scene.

Jaswinder Singh, 47, of Town Road, Enfield, appeared at the Old Bailey on Thursday 16 September charged with murder and attempted murder. His appeal

for bail was refused, and he was remanded in custody. He will submit his plea at his next court appearance on 21 December.

Carinya Sharples

They're not lovin' it

The *San Francisco Chronicle* has recorded an outcry from homeless people in one neighbourhood of their city, but it's not because of police harassment or the closure of a day centre: it's the removal of the dollar menu from the local McDonald's.

The fast food restaurant in the Haight-Ashbury area removed the cheapest items from its menu in August, so that whereas a burger could previously have been bought for 99c, it is now \$1.49. A small hike in price, perhaps, but it makes a lot of difference to the city's homeless population, who do not have the same welfare support most of our readers are entitled to and who relied on this cheap food.

Responding to criticism that the move was being made as anti-homeless measure, to move rough sleepers of the local streets, Natalie Gonzales, the franchise owner, told the *San Francisco Chronicle*: "this was a business decision based on a number of contributing factors. And while these items are no longer available at \$1, they are still available at what I believe to be a good, everyday value."

Staff



NB

*“...and when the music stops, the department that
has the letter must do something about it.”*



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HELPING YOU CONNECT TO THE SOCIAL WORLD

@beckyblanton says:

Nothing is more powerful than our stories. Whether it's a story told in pictures, or story told in words, stories change people. Social media and blogs are how and where we tell our stories. Stories connect us to the world. No matter how rich, how poor, how young, how powerful or how weak, stories change us.

@HomelessGirl1 says:

As the online community around me got bigger, as I blogged and tweeted my very innermost secrets, I began to realize that I was not unique in my situation, people were asking me for advice and sharing their stories about living on the outskirts of society, the shame and helplessness they had experienced like me. This changed my perception and understanding about the epidemic of homelessness and it gave me the purpose that I had been looking for.

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Nobby on stage

A homeless man who spent 10 years living in a Peterborough bus shelter has been immortalised in a new play about his life.

Scotsman Michael Ross, also known as Nobby, found fame in the local press and appeared twice in the London edition of *The Pavement*, having made his home in a local bus shelter where he received postcards, presents and food.

Tales of Ross' life – including his passion for golf, which he developed after a set of clubs were left outside his shelter – will now be brought to the stage as 'Our Nobby' by touring theatre group Eastern Angles.

Ross became known as Nobby after a local yob sprayed his own tag, Nobby, on the bus shelter where he lived.

"Using the myths surrounding one of Peterborough's best-loved local figures, Our Nobby reflects on the city's history," said Eastern Angles. "This show will strike a chord with all those who remember Nobby or who have wondered where their own lives might be leading."

People from the city were asked to send in their own stories of Ross to be included in the play. Ross, who now lives in a local housing association flat, has not had any input into the play but has said that he is happy to have his story told.

Garnet Roach

- For more info, go to www.easternangles.co.uk

Keeping the Rhythm

The uncertainty surrounding the future of charity Rhythms of Life (RoL), based in London's Dalston, looks set to continue, with the daily food service likely to close unless a deal can be reached with Hackney Council in the next few weeks.

In the last issue of *The Pavement*, we reported how RoL's tenancy at the premises at Crossway was under threat after a series of increases in rent, related to the new Crossrail expansion at Dalston Junction. Andrew Faris, the founder of RoL, told *The Pavement* that they had yet to receive any private backing, and that the charity may be forced to move away from Dalston.

"We're seeing more and more people every day," he said. "We've got 60 now, but it looks like we're not going to be able

to carry on. I've been thinking that we might have to go somewhere else – whether it's Hammersmith or Camden or wherever – where we're properly supported and appreciated."

Mr Faris did say, however, that he had arranged a meeting with Hackney Council in the coming weeks to see if there was a council-owned property that would be suitable for them, though he feared they may be 'outbid' by other organisations desperate for premises in the area. "We've been down this road before," said Mr Faris, "and lost out when we had to bid on a council property, so I'm not optimistic. We'll just have to wait and see."

James O'Reilly

Soup runs come in from the cold

Long queues, waiting in the cold, stares or abuse from passers-by... users of soup runs may not have to pay money, but there is often another price to pay. However, one hostel is aiming to change that by helping to bring soup kitchens indoors.

King George's Hostel in London's Victoria currently provides space for two soup kitchens; the Good Samaria Network and Streetlytes. The innovative scheme came to life in May 2009 when the manager of King George's Hostel, Stephen Davies, offered space to various soup kitchens through Housing Justice. "I wanted to help them provide a similar service but with a bit more dignity," he explains, "particularly in the winter months".

Another factor was the complaints made about soup runs located near Westminster Cathedral by people living in the area:

"We're just round the corner," said Mr Davies, "so I thought we could help, and alleviate the concerns of the neighbours at the same time."

Donald Ewers, manager of the Good Samaria Network, was keen to take up the offer. The group had been running a soup kitchen at Temple Station since September 2004, feeding an average of 25 people a night. After dealing with pushing, shoving and confrontations, Mr Ewers says, there was little time for outreach work: "You can see when people are very needy, but you don't get quality time to speak to them on the street".

However, he says, the atmosphere at the hostel is completely different: "The crowd is much better managed. They conduct their behaviour according to the environment they are in." In their first year at King George's Hostel, the Good Samaria Network has reported no incidents.

"There is time to sit and talk," adds Mr Ewers. "We can signpost people to services that can help them. In a hostel, you get warmth, attention, a chance to socialise and somebody to laugh with." As well as supporting homeless people, the group is providing training and experience to volunteers, some of whom are professionals (including a nurse and a doctor) and others who are unemployed.

Whether the concept of the indoor soup run will expand remains to be seen. Mr Davies points out not many other hostels have the same amount of space as King George's. However, at the latest Soup Run Forum, he learned about three other similar schemes in different venues: The Catholic Worker's community café; St Patrick's in Soho; and the Recovery Chapel in Deptford.

The Good Samaria Network soup run takes place at King George's Hostel on Monday,

with plans to add a Wednesday date, while Streetlytes' soup run happens on Tuesdays from 6pm to 9pm.

Carinya Sharples

Peter Pickles completes second walk for charity

Having recently completed his second walk to raise money for a local youth charity, ex-rough sleeper Peter Pickles is becoming quite the advocate for community fundraising.


60 year-old Pickles (pictured opposite, soaking his feet in a canal) completed the 70-mile trek in aid of London charity, Kings Corner Project, which provides courses and activities for young people in Islington. He completed the three-day walk from Kings Corner Project, in Old Street, to Dymchurch, his birthplace on the Kentish coast, at the end of August and raised more than £750.

In April 2008, as reported in *The Pavement* (London edition), Pickles, having recovered from a violent attack, completed his first 70-mile walk to raise money for the Spitalfield Crypt Trust, the organisation that supported him following the attack.


A former amusement arcade worker, Pickles has been on the streets since 2004, when he lost his wife and job and was evicted from his home.

Mr Pickles said: "I am very proud to be doing this walk for such a good cause as Kings Corner Project. My walk is aiming to raise as much money as possible for the charity and promote the wonderful work it does in the borough.

"The workers and volunteers at Kings Corner have really looked after me. They treat me as a normal person, and this is my



*"I am very proud to
be doing this walk"*

A photograph of a person wearing a red jacket steering a boat. The person's hands are on a grey steering wheel. The boat has a silver metal railing and a red buoy is visible in the foreground. The background is a vast, greyish-blue ocean under a cloudy sky. A white text box is overlaid on the upper left portion of the image.

*John Scarfe, a volunteer with OYT,
watching Jordan Davies at the helm.
Story page 20 – “Learning a new skill
such as sailing can inspire people”*



thank-you to them. My walk shows homeless people and rough sleepers do actually care about others and want to play a full part in contributing positively to our local community", he was reported as saying in the *Islington Gazette*.

He first became involved with the charity when he was the subject of a documentary on homelessness made by Kings Corner youngsters, and even stopped drinking to be in peak condition for the charity walk.

Sarah Bates, chairwoman of Kings Corner Project, said: "We are delighted that Peter has offered to undertake such an incredible feat as this to help publicise the work we do in the local area.

"Kings Corner Project works tirelessly in Islington aiming to deliver the best quality services and support for local young people. The money that Peter has raised will mean we can continue improving the opportunities we offer to residents."

Tracey Kiddle

Cyrenians set sail

A group of homeless people have been given the chance to experience the "voyage of a lifetime" with sail training charity Ocean Youth Trust North East (OYT NE).

The organisation teamed up with Newcastle-based charity The Cyrenians to take nine homeless men and women on a four-day trip around the coast, on board the OYT yacht *James Cook* (pictured on previous pages).

The group was made up of service users from The Cyrenians, an organisation that helps socially-excluded people back into society, teaching them new skills and allowing them to experience life at sea. The trip was also designed to "increase individuals' self-confidence and

give them an opportunity to discover their own potential".

Terry, a resident at The Cyrenians, enjoyed his time in the *James Cook* so much that he has now registered as a volunteer.

"The voyage was an unbelievable experience and I am so pleased I was able to take part," he said. "It is something that I will never forget.

"It was extremely hard work, but there was a huge sense of satisfaction knowing you had done a full day's hard graft."

The charity works with people of all backgrounds - those with sailing experience and those who want to try it for the first time - offering them a chance to learn new skills while building up their self-esteem and confidence as part of a team.

Steve Lennon, general manager of OYT NE, added: "Learning a new skill such as sailing can inspire people to achieve and continue developing their skills.

"Working with The Cyrenians gave us a fantastic opportunity to deliver these opportunities to those members of society who are often passed over. I'm delighted that some of the people who took part in this voyage have decided to continue their journey with us as volunteers."

Garnet Roach

- Find out more at www.oyt.org.uk

The shape of things to come

London day centre Providence Row has told *The Pavement* of cuts being to its funding that mirror funding reductions many charities will experience with the coalition government's pro-

posed cuts in public spending.

Providence Row, in London's East End, marked its 150th anniversary this year, but even in this year of celebration has been told by its local authority, Tower Hamlets, that funding to its project will be cut by £100,000 annually from 1 January 2011. Lisa Harrison, deputy chief executive of the charity, said: "this constitutes just over 10 per cent of our annual income, and so we will need to be making some cuts. We aim to minimize the effect on our clients' services, but there may be some effect what is available in the future."

Harrison added: "although Tower Hamlets is making the cut, it is as a result of cuts from central government."

Providence Row will weather this storm, but many younger, smaller organisations may more affected by public sector cuts.

Staff



*"You do realise, Weatherby, that this is
the thick end of the wedge?"*

STREET SHIELD

EPISODE 17

WHERE'S
THE
CARDBOARD
SHIELD?

BIRMINGHAM.

I JUST NEED A
COUPLE OF QUID!

BUT...WHY SHOULD
WE GIVE IT TO YOU?

GRRR!

WHY D'YA DO
THAT, MAN?

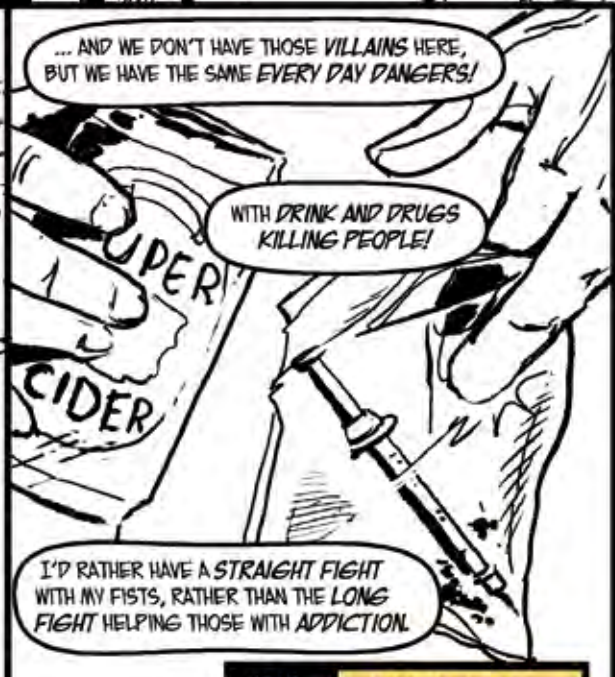
YOU CAN GET DRUNK,
YOUR CHOICE, BUT
THREATENING PEOPLE
WON'T DO!

GO AND
GET SOBER!

I'VE FOUND YOU
AT LAST, AND
IN THE THICK OF IT
I SEE!

SO YOU MADE IT
UP HERE! COME TO SEE
OUR LOCAL PROBLEMS?

THE M
TOLD ME
AND YOUR



MISSING MAN
WHAT YOU DO,
ABOUT ALL
ENEMIES...

... AND WE DON'T HAVE THOSE VILLAINS HERE,
BUT WE HAVE THE SAME EVERY DAY DANGERS!

WITH DRINK AND DRUGS
KILLING PEOPLE!

I'D RATHER HAVE A STRAIGHT FIGHT
WITH MY FISTS, RATHER THAN THE LONG
FIGHT HELPING THOSE WITH ADDICTION.

NEXT
MONTH

A MYSTERY
TO SOLVE!

Health and wellbeing

The Pavement's health team – a nurse (on holiday) and a podiatrist – answer your questions



Foot care: socks appeal

Socks are great – such a simple design idea, yet so functional. In hot weather, they direct the sweat away from our feet; and in cold weather, they give us an extra layer of insulation to protect against frostbite. They also give us a bit of protection from friction where the shoe rubs against the foot – if you've ever worn hard shoes with no socks, you'll know that feeling. Socks provide the interface between your foot and your shoe, so we need to think about choosing the right ones. Historically, the first socks were made from animal wools, fleeces or skins. These days we have a bit more choice, but natural materials are still the best way to go.

Cotton – preferably 100 per cent – allows your feet to breathe and lets the sweat out, so it makes a great sock material. Nylon socks, or ones with a high nylon content, can make a little pocket of sweat form under your feet, which can lead to uncomfortable heat and friction. With up to a pint of sweat coming out of your feet every day, your socks have a lot of wet stuff to contend

with! Wool socks are good, but some people are allergic or sensitive to wool, and it's not all of the same quality. Some doesn't wash or react to sweat so well, so your size nine socks could come out as a five, or stay as a nine but come out like cardboard instead of nice, soft, fluffy wool.

Socks come in a variety of shapes and types, colours and styles. Toe socks with individual toe spaces, like the fingers on a glove, have grown in popularity. I've always seen them as a form of torture (squeezing my toes into little pockets just seems wrong!), but some people love them, and swear by their comfort and warmth. The sock industry produces annual awards, based on fit, durability and appearance. Socks sold in 'walking' or 'outdoor' shops always seem to win, but tend to come it at a heavy price, usually around £10–£15 per pair. M&S, with over 90 types of sock on show in M&S at any one time, offers a range to suit all feet and all budgets. Their three pairs for £5 deals, often for socks with a high percentage of cotton, provide

an affordable option for those in need of a new sock wardrobe.

Rihanna made 2010 the year in which it was cool to wear socks with stilettos. While the jury is out on the aesthetic appeal of socks with high heels (it was a massive no-no in my day, much like socks and sandals!), there must be some benefit in providing a comforting socky layer between foot and stiletto. Maybe they limit the potential for rubbing to produce those all too familiar blisters.

So far so good, then – but are there any problems with socks? Well, the elastic shouldn't be too tight. If it leaves an imprint on your lower leg when you remove the sock, you need to cut a 'V' in the top of the elastic with scissors. If your socks are wet, through sweat or our wonderful climate, take them off and let them dry thoroughly before wearing them again. If you have diabetes, or are worried about the circulation or sensation in your legs and feet, check the inside of your socks. A big thick seam there can rub and irritate your toes. If there is one, simply turn the sock inside-out and keep the seam on the outside.

An article on socks would not be complete without some mention of 'lonely sock syndrome'. In every washing machine in the country, at least once a week, a sock will be vaporised, resulting in a single sock problem that will never be resolved. Perhaps a website – SocksReunited? – would help rematch these lonely socks...

Evelyn Weir

Lecturer in podiatry
Queen Margaret University



"I'm afraid Hugo doesn't do eye contact"

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.

AD, BA, DA, H
benefits, tax credits, debt etc.

Free, confidential advice on housing,
free, confidential service, offer-
ing specialist advice on housing,
Sat: 9am–12:30pm
Mon–Fri: 9am–8pm;
www.communitylegaladvice.org.uk

Nationwide
0845 345 4345

Community Legal Advice

TELEPHONE SERVICES

St Martins; 11am, The Passage
Sat: 9.45am, The Connection at
other Tue: 7pm, Lincoln's Inn Fields;
Bermondsey (every fortnight). Every
Mon, 11.30am at Manna Centre,
visit per month; every second
and Deptford each receive one
means that each Webber Street
Deptford Churches Centre. This
10.45am Webber Street or 10.45am
Every second Mon at either:

Quaker Mobile Library

drop in service. *MH*
Telephone first - not a
those in suicidal crisis

One-off four night stay for
020 7263 7070

Octoberree Respite Centre

020 8254 1400
Merton High Street, SW19 1BD

Blue Cross Merton, 88 – 92
020 8748 1400

Place, King Street, W6 0RQ
Blue Cross Hammersmith, Argyle

020 7932 2370
Hugh Street, SW1V 1QQ

Blue Cross Victoria, 1 – 5
Hospitals

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

Town Square, High Street, E17
Street, N1; Fri: Walthamstow

Thur: Islington Town Hall, Upper
Hackney Town Hall (car park) Eg;

Bethnal Green Road E2; Wed:
– 3.30pm, at these locations – Mon:

All run 10am – 12pm & 1.30pm
Blue Cross Mobile Veterinary Clinic

with no other means of income:
tested benefit or state pension

income. This is usually a means
Offered to pet owners on a low

Blue Cross Veterinary Services

Domestic Violence Helpline

0808 2000 247

Eaves

020 7735 2062

Helps victims of traffick-
ing for prostitution

Frank

0800 776 600

Free 24-hr drug helpline

Get Connected

0808 808 4994

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 hot-line

Message Home Helpline

0800 700 740, 24 hrs daily

National Debtline

0808 808 4000

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

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

www.streetmate.org

WEBSITES

UK Human Trafficking Centre

0114 252 3891

Homeless London Directory (RLS)

Updated at least annually

www.homelesslondon.org

The Pavement online

Regularly updated online

version of The List.

www.thepavement.org.uk/

services.htm

Proud to be mad

A campaigning site for

those with mental illness

www.proudtobemad.co.uk

Sock Book

An 'e-shelter', with a large

directory of services.

sockbook.referrata.com

Soup Run Forum

For those using or running

soup runs, or just concerned

with their work. Comments and

details on future meetings.

www.soupnforum.org.uk

Stonewall Housing

Addresses 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

St Vincent De Paul

Lincoln's Inn Fields

Tue & Thu: 7.30pm

Steps of Faith

Victoria area, Thurs: 8-10pm

Walking around with soup, drinks, snacks and some clothing

Streetyles

Mon: From 6.30pm, a sit down meal at Chelsea Methodist Church, 155a King's Road, SW3 5TX. Tue: 6-9pm, 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.streetyles.org

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 9pm every Tuesday and Friday.

Sahnu Vaswani

Lincoln's Inn Fields

Wed: 8-8.30pm

A great curry!

Sai Baba

Third Sunday of the Month:

93 Guildford Street, WC1

(Coram's Fields); 11am-1pm.

Vegetarian meal and tea.

Samaritan Network

Has changed its name, see

Good Samaria 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; Southampton Road 7.30am; Army and Navy 8am; Grosvenor Gardens 8.30am; Marble Arch (Sunday) 9am *Soup Run:* Wed & Thurs (8pm-10.30pm): St Pancras Church 8.15pm; Hinde Street 8.45pm;

St Andrew's Church

10 St Andrew's Road

Fulham, W14 9SX

Sat: 11.30am-1.30pm

Hot food and sandwiches

St Ignatius Church

Lincoln's Inn Fields

Sat: 8.30-9.15pm

St John's Ealing

Mattock Lane, West Ealing

W13 9LA

020 8566 3507

Sat & Sun: 3.30-5pm

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

St John the Evangelist

39 Duncan Terrace, N1 8AL

020 7226 3277

Tues-Sat: 12.30pm-1.30pm

St Monica's Church

Temple Station

First, third and fourth Tue

of the month: 8.30pm

St Thomas of Canterbury

Lincoln's Inn Fields

Every second Wed: 9pm

Sandwiches, drinks, cake and clothes

SPECIALIST SERVICES

Food, drink and some sundries

Tue: 8.15pm

Lincoln's Inn Fields

Wycombe & Marlow Group

Second Sun of month: 7pm

Victoria area

Quaker Run

Hot meals from a bus

& Thu, 9-11pm: Ealing Tube

Wed, 9-11pm: Brixton (in square);

Tue, 9-11pm: Hackney Central;

Mon, 9-11.30pm: Whitechapel;

Teen Challenge

Good hot stews and potatoes.

Waterloo Bridge (Embankment).

Sun 2.30pm-4.30pm beneath

SW London Vineyard/King's Table

and some clothing.

Also have sleeping bags

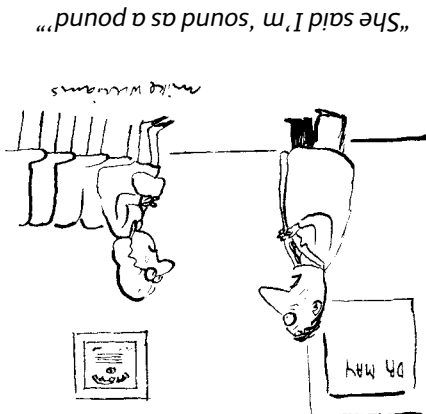
Soup, drinks, sandwiches & cakes.

minister Cathedral.

onwards, Ashley Place, near West-

Third Fri of the month: 8pm

Street Souls



"She said I'm 'sound as a pound'"

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), 7.30-9pm (open drop-in);

Fri: 1am-1pm (women's

brunch & discussion group)

FF, CL

Farm Street Church

Thurs: 8-10.30pm

Three routes: *Oxford Street route*

- Davies Street; Boudon Street;

South Moulton Street; Oxford

Street; top end of Regent Street

to Hanover Street; Hanover

Square; New Bond Street

Berkeley Square route - Ber-

keley Square; Berkeley Street;

Green Park tube; Piccadilly

Hyde Park Corner route - Mount

Street; Park Lane underpasses;

Shepherds Market; Curzon Street

Food Not Bombs

The Narroway, Hackney Central

Every second Sat: 5-6pm

Good Samaritan Network

Mon: King George's hostel, Victoria;

Sun: 6-8pm, Temple Station

Hare Krishna Food for Life

The Hare Krishna food run provides

wholesome and tasty vegetar-

ian meals from Soho and King's

Cross Temples. The former can

be found at Lincoln's Inn Fields,

Mon-Fri; 7:15pm, finishing at

Temple if there's food left. The

latter from Mon-Sat, all year round:

12pm: Kenish Town (Islip Road);

1pm: Camden (Arlington Road);

2pm: King's Cross (York Way)

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).

Serving sandwiches and hot

beverages on Sunday evenings

(8-9.30pm) at Lincoln's Inn Fields.

Imperial College

Jesus Army

National Portrait Gallery,

near Trafalgar Square

Second full week of the

month, Mon-Wed: 9pm

Food from a bus

Kings Cross Baptist Church

Vernon Sq, W1

020 7837 7182

Mon: 11am-2pm; Tue:

11.15am-1pm

Open for breakfasts

Lincoln's Inn Fields

Mon-Fri: 7.15pm; Many vans

with food and occasionally cloth-

ing. Sat-Sun: 6.15pm onwards

The Lion's Club of Fairs

Charing Cross, Strand

Second & fourth Sun: 6pm

Hot Indian food

Liss Homeless Run

Strand, Palace Hotel

Last Tue of the month: 8pm

Also have clothes and toiletries

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

Monday's (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).

Love to the Nations Ministries

Every second Sun: 4pm

Charling Cross, Strand

Memorial Baptist Church Plaistow

389-395 Barking Road, E13 8AL

Fri: 9-10pm

Rice Run

The Strand, Westminster

Fri: 9-10pm

Rice and Chicken, or savoury rice

020 7476 4133

Sat: 8am-12pm

Full English breakfast

Missionaries of Charity

Mon: Spitalfields (9.30pm)

& Victoria (10pm)

Muswell Hill Churches

2 Dukes Ave, N10 2PT

020 8444 7027

Sun-Thurs: 7.45-8.45pm

New Life Assembly

A run in Hendon, that comes into

the West End once a month.

Nightwatch

At the fountain in the Queens

Gardens, central Croydon

Every night from 9.30pm

Sandwiches and hot drinks

Open Door Meal

St James the Less parish centre,

Vauxhall Bridge Road, behind the

Lord High Admiral public house.

An established service, providing a

two-course hot meal served at table.

Alternate Thursdays during

term-time: 7-9.30 pm. B, CL, FF

Our Lady of Hal

165 Arlington Rd, NW1

020 7485 2727

Tues, Weds, Fri & Sat:

12.45pm-2pm

Peter's Community Café

The Crypt, St. Peter's Church,

De Beauvoir Road, N1

020 7249 0041

Mon-Wed: 12noon-6.30pm

Plaistow Woman's Group

House of Fraiser

Thurs: 9pm

Hot meals, teas and coffees

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

PERFORMING ARTS

VISION IMPPOSSIBLE

Sorry, no longer running

SOUP KITCHENS & SOUP RUNS

Agape

Waterloo Bridge, North Side

Wed: 8pm

Sandwiches, teas and coffees

All Saints Church

Carnegie St, N1

020 7837 0720

Tues & Thurs: 10am–12noon

Cooked breakfast

American Church

(Entrance in Whitfield St)

79A Tottenham Court Rd, W1T

020 7580 2791

Mon–Sat (except Wed):

10am–12noon

AC, CL, FF, P

ASIAN

Hot food and sandwiches for

early risers. Sat 5.30am–8.30am

– Covent Garden, Milford Lane,

Surrey Street, Strand and Waterloo.

Bloomsbury Baptist Church

235 Shaftesbury Ave, WC2 8EP

020 7240 0544

Sunday: Roast lunch 1pm

10.30am for ticket (very limited)

The Cabin

St Gabriel's Community Centre

21 Hatchard's Road, N19 4NG

020 7272 8195

Daily: 1030–1130am;

Thu: 12noon (lunch)

Camden Road Baptist Church

Hilldrop Road, Holloway, N7 0JE

020 7607 7355

Thu: 10.30am–12noon

The Carpenters

TMO Community Hall, 17 Doran

Walk, Stratford, E15 2JL

020 8221 3860

Every Tuesday: 10am–12pm

The Coptic Church

Victoria area, Tue: 9–10pm

Ealing Soup Kitchen

St Johns Church Hall, Mattock Lane

Friday: 11am–4pm; Sat and Sun:

"They're playing shop"



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

Vision Care Opticians

Road, SW5 0SE

St Mungos, 173 Cromwell

Fri 29 Oct: 9am–12noon;

Finborough Road, SW10 9BA

Ahead (Earls Court Hostel), 192

Thu 28 Oct: 1am–5pm; Look

60 Ashford Road, NW2 6TU

Cricklewood Homeless Concern,

Wed 27 Oct: 10.30am–3.30pm;

Cobbold Road, W12 9LN

Project, St Savours Church,

Tue 26 Oct: 5–7pm; Upper Room

End Road, SW6 1NH

Crowthor Market, 282 North

Community Drug Service

Hammermith & Fulham

Mon 25 Oct: 9.30am–1pm;

10–12 Edith Road, W14 9BA

Fri 22 Oct: 9.30–11am; Broadway,

97 Cobbold Rd, NW10 9SU

8EZ: 1.30–4pm; Addiction - Brent

Way Centre, 14 Market Lane, W12

Thu 21 Oct: 10am–12noon; Broad-

Onslow Square SW7 3NX

St Pauls Church (drop in),

Wed 20 Oct: 10am–1.30pm;

www.streetwiseopera.org

MC, PA

020 7495 3133

Streetwise Opera

Email: smartnetwork@lineone.net

020 7209 0029

tures at various venues

Art workshops and lec-

Smart

www.crisis.org.uk

Workshop programme from

AC, ET, IT, MC, P, PA

& Sun: 11am–5pm

Mon–Fri: 2pm–8pm; Sat

020 7426 5650

66 Commercial St, E1

Crisis Skylight

www.choirwithnoname.org

singing experience.

homeless, with or without

A choir for homeless and ex-

at various venues

Every Monday, 7pm,

The Choir With No Name

www.cardboardcitizens.org.uk

ET, LA, MC, PA

well as hostels around London.

shops held at Crisis Skylight as

Variety of performing arts work-

020 7247 7747

Cardboard Citizens

ENTERTAINMENT & SOCIAL EVENTS

ASIAN

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 Martin's;
6pm, St Mungos, Mare Street
www.openhousefilmclub.org
FF, LA

EX-FORCES

AWOL? Call the 'reclaim your life'

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

Home Base

158 Du Cane Road,
London, W12 0TX
020 8749 4885
www.cht.org.uk
Monday–Friday: 9.30am–5.30pm
Accommodation for 21 ex-service
men and women aged 18–55
who are homeless or potentially
homeless. Require proof of military
service. Phone, call in or write.

C

Royal British Legion

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

Veterans Aid

40 Buckingham Palace Rd, Victoria
020 7828 2468
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:
Mondays – The Passage; The

Connections at St Martins; Holy-

cross Centre; Rushworth Rolling
Shelter; Guy's Hospital Oncol-
ogy Ward; Spectrum; Webber
Street/Waterloo Christian Centre;
HAGA; Compass Day Centre.
Tuesday – St Thomas' Hospi-
tal, In Patients; Westminster
Rolling Shelter; The Connection
at St Martin's; Conway House
(hostel); Anchor House (hostel);
The Passage; Downview Prison;

Wednesday

Look Ahead Day Centre.
Chapel Street Medical Centre; St
Thomass' Hospital, Lloyd Still ward;
Cricklewood Homeless Concern;

Parker Street (hostel); Crisis Skyhigh;
Endsleigh Gardens (hostel); Dellow
Centre (hostel); Brixton Prison.

Thursday

Manna Centre; Great Chapel St
Medical Centre; West London
Day Centre; The Connection at St
Martin's; Whitechapel Mission;

Depford Churches Centre;
Probation Service; 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 helpline

MEDICAL SERVICES

Great Chapel Street Medical

Centre, 13 Great Chapel St, W1
020 7437 9360
Mon, Tues & Thurs: 1am–
1.30pm; Mon–Fri: 2pm–4pm
A, BA, C, D, DT, FC, H, MH, MS, P, SH

Dr Hickey's – Cardinal Hume

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

Mon–Thurs: 9.15am–1.30am
Friday: 10.30am–12.30pm;

King's Cross Primary Care Centre

264 Pentonville Rd, N1
020 7530 3444
Mon: 6.30–9.30pm; Tue: 2
–4pm; Fri: 1.30–3.30pm
BA, BS, CL, DT, FC, H,
MH, MS, NE, P, SH

Primary Care for Homeless People

Spectrum Centre, 6 Green-
land Street, NW1
0207 267 2100
Mon, Tue, Thur & Fri: 9.30am
–12 noon; Wed: 1.30–3.30pm
BA, BS, CL, D, FC, H, MS, NE, P, SH

Project London

Pott St, Bethnal Green, E2 0EF
Mon, Wed & Fri: 1pm–5pm
07974 616 852 & 020 8123 6614
MS, SH
Operating at 999 Club, Deptford,
Victoria, 2 – 4pm; & Providence Row,
MS, SH

TB screening van – MXU

Information given as date,
time, location and post code.
Turn up at these locations:
Wed 6 Oct: 10am–4pm; Hilling-
don Drug & Alcohol Services
Old Bank House, 64 High Street,
Uxbridge, Middlesex UB8 1JP
Thu 7 Oct: 10am–4pm; Phar-
macia House, Prince Regents
Rd, Hounslow TW3 1NE
Fri 8 Oct: 10am–2pm; Acton Home-
less Concern - Emmaus House
1 Berrymead Gardens,
Acton, W3 8AA

Wed 13 Oct

10am–4pm; Gate-
house Drug Treatment Centre
St Bernard Hospital Site, Uxbridge
Rd, Southall UB1 3EU
Thu 14 Oct: 10am–12noon
Broadway – Sixty Five Project
65 Uxbridge Road, W7 3PX;
1.30pm–4pm; DAIS - Ealing
3–4 Featherstone Terrace,
Southall UB2 5AL
Fri 15 Oct: 12noon–4pm; Lancaster
House, Leeland Road, W13 9HH
Mon 18 Oct: 9.30am–
12.30pm St Mungos, 115
Pound Lane, NW10 2HU
Tue 19 Oct: 9am–2pm; River-
side ECHG - Livingstone House,
105 Melville Rd, NW10 8BU

DRUG / ALCOHOL SERVICES

Addiction (Harm Reduction

Team)
228 Cambridge Heath Rd, E2
020 8880 7780
Drop-in: Mon, Fri 10am–4pm;
Tues, Wed & Thurs 12noon–6pm;
Closed each day 1.30pm–2.15pm
D, OL, MS, NE, SH

Blackfriars Road CDAT Team

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

Central and NW London

Substance Misuse Service
282 North End Rd, SW6 1NH
020 7381 7700
Mon–Fri: 9am–5pm, C, MS

Druglink

103a Devonport Rd, Shep-
herds Bush, W12 8PB
020 8749 6799
Mon–Fri: 10am–5pm (needle
exchange and telephone
service); Mon & Fri: 2pm–5pm
& Wed: 3pm–6pm (drop-in)
C, D, OL, NE

East London Drug and Alcohol

Support Services
Capital House, 134–138 Romford
Road, Stratford, E15 4LD
020 8257 3068
Drug and Alcohol Service for
London (DASL) provides free and
confidential services to anyone who
has concerns about their own or
another person's drug or alcohol
use, working with people from
Newham, Tower Hamlets, Red-
bridge and Bexley and Greenwich.
A special Eastern European service
is listed in **Eastern European** section
A, C, D

The Hungerford Drug Project

(Turning Point)
32a Wandour St, W1D 6QR
020 7437 3523
Mon–Fri: 12noon–5pm, except Wed
2–5pm (drop-in); Sat & Sun: 1–5pm;
drop-in Thursday: 6–8.30pm
C, D, FF, IT, LA, MH

transgender drug/alcohol service)

Antidote (lesbian, gay, bisexual and

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 Frith Street, W1D 3HZ
020 7534 6687, D

Wandsworth Drug Project

86 Garratt Lane, SW18 4DB
020 8875 4700
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 Frith 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

EASTERN EUROPEANS &

MIGRANTS

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

East European Advice Centre

Pallingswick House, 241
King Street, W6 9LP
020 8741 1288
Open weekdays 10am–12pm & 2–
3pm, for appointments; closed Wed
Ring for appointment

Eastern European Drug and

Alcohol Support

Emmanuel's Church,
Forest Gate, E7 8BD
020 8257 3068

Alcohol Services

Part of DASL in **Drug &**
treatment, advice, contact with
other agencies; Thur: 5–7pm

Hackney Migrant Centre

St Mary's Church, Spenny
Walk, Stoke Newington
Church Street, N16 9ES
info@hackneymigrantcentre.org.uk
Wed: 12.30–3.30pm
Free advice and support for
refugees and migrants
AD, BA, FF, H

UR4JOBS

Upper Room, St Saviour Church,
Cobold 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:
12noon – 5pm (UR4JOBS);
Wed 10am – 5pm (Polish lan-
guage counselling service)
Help in finding work and education
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

New Hanbury Project (SCT)

3 Calvert Avenue, E2 7JP
020 7613 5636
Mon–Thur: 9.30am–4.15pm
Courses in: personal develop-
ment, life skills, woodwork, DIY,
art, IT, guitar, Spanish, cooking
C, ET, MC

OSW (London Bridge)

4th Floor, The Pavilion
1 Newnams Row, SE1 3UZ
020 7089 2722, CA, ET, IT

Turnaround Resource E1

Montefiore Centre, Hanbury
Street, London, E1 5HZ
020 7247 9005
www.turnarounde1.org.uk
CA, ET, IT

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
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
Sun: 10-11am (open drop-in)
AD, C, FF
Union Chapel (Margarins)
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 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
A, B, BA, BS, BE, CL, CF, 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

All - low-support needs

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

Octoberree Respite Centre
See Specialist Services

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

Missionaries of Charity
112-116 St Georges Rd,
Southwark, SE1
020 7401 8378
Ring first, 9am-11am except Thurs
Age 30+ (low support)
St. Mungo's (Fennersdale 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 Birkhead 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



HEALTH WARNING

BEING HEALTHY MAY RESULT IN LOSS OF BENEFITS

K.J. Lamb

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

Spectrum Centre
6 Greenland St, Camden
Town, NW1
020 7267 4937
Mon-Fri: 9.30am-3pm

A, BS, C, CL, D, FC, H, L,
LS, MH, MS, P, TS

Spire Centre
8 Tooting Bec Gardens, SW16 1RB
020 8696 0943
Mon: 8am-12noon (women
only); Tues: 9-10.30am (rough
sleepers only); Wed: 10am-12noon
(drop-in); Thurs: 10am-12noon
(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

Mon-Fri: 9.30am-12noon (8.30am
for verified rough sleepers) & 1.30-
3.30pm (appointments & activities)
A, AC, BA, BS, C, D, ET, FF, H, IT,
L, LA, LS, MH, NE, OL, SK, SH, P

Rochester Row Day Centre

(Salvation Army)
Sadly missed - closed in September

Salvation Army
See No. 10

Sanctus

4 Lady Margaret Road, NWS 2XT
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
Mon & Wed: 9.30am-
12.30pm; Tues: 2-4pm
FF, BA, OL, P

Simon Community

129 Malden Rd, Kentish
Town, NWS 4HS

020 7485 6639
Mon, Wed & Fri: 11am-3.30pm
B, BS, CL, FF, H, IT, L, OB, P

AS, AC, CA, C, ET, LA, MS, MC, OB
Daily: 10.30am-4pm
020 7388 5560
68 Chilton Street, NW1 1JR

New Horizon Youth Centre (16

- 21 year olds)

AD, ET, FF, L, LA
Mon-Fri: 10am-5pm

020 7732 0209
All Saints, Monson Rd, SE1 4

New Cross 999 Club

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, P, TS

**North London Action for the
Homeless (NLAH)**
St Paul's Church Hall, Stoke
Newington Rd, N16 7UE
(Entrance on Eversing Road)
020 8802 1600
Mon: 12noon-1.30pm;
and Wed: 7-8.30pm
BA, BS, CL, FF

The Passage (25+)

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

Providence Row

The Dellow Centre
82 Wentworth St,
Aldgate, E1 7SA
020 7375 0020

The Dunloe Centre
St Saviour's Priory, Dunloe Street, E2
020 7739 9976/020 7613 3232
Tues: 10.30am-12.30pm, CL, FF
Earls Court Community Project
Ungoing renovation until
2012, but still open at:
St Barnabas Church, 23
Addison Road, W14 8LH
020 7471 7030
Tue & Wed: 2 - 4pm
CL, FF

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

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

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

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
(12 noon-3pm (refugees and asylum seekers session)).
AC, FF, H, IT, LA, LF, MH, P

Homeless Action in Barnet (HAB)
36B Woodhouse Road, N12 0RG
020 8446 8400
Mon - Fri: 12noon - 3pm (drop in);
Mon, Tues & Thurs: 9am - 12noon
(rough sleepers only); Wed: 9am
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

AD, AS, AC, BA, C, CL, FF, H, MC, OB
Tue-Fri: 10am-5pm
Mon: 10am-6.30 pm;
SE17 2US, 020 3489 1765
Thurlow Lodge, 1 Thurlow Street,
Divine Rescue

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, 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 8686 1222
Mon-Fri: 10am-3pm
AS, BA, CA, CL ET, F, IT, LA

Cricklewood Homeless Concern
60 Ashford ROAD, NW2 6TU
020 8208 8590
info@chc-mail.org

Homeless drop-in: 28a Fortuneagate
Rd, Craven Park, NW10 9RE
Tues & Thurs: 12.30-2.30pm;
Wed & Thurs: 12.30-2.30pm
Mental health drop-in: in flat
above St Gabriel's Hall
77 Chichele Rd, Crickle-
wood, NW2 3AQ
Tues-Fri: 10am-12 noon.
AC, BA, BS, H, IT, LA, MS, OL

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

Divine Rescue
Thurlow Lodge, 1 Thurlow Street,
SE17 2US, 020 3489 1765
Mon: 10am-6.30 pm;
Tue-Fri: 10am-5pm
AD, AS, AC, BA, C, CL, FF, H, MC, OB

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,
Thurs: 2-4pm (walk in)
0800 174 047 (freephone)
dutyworker@scotscare.com
A, BA, C, CL, D, H, MH, P

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

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

Aldgate Advice Centre
See Providence Row (The Dellow Centre)

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

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

the List

The directory of London's homeless services Updated 27 September 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 Drugs workers – D Dentist – DT 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
Debt advice – DA 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

Email changes and suggestions to:
thelist@thepavement.org.uk
Or write to our address on page 3
Updated entries: 6
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
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
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
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
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-speaking refugees and asylum seekers
BA, C, CA, FF, H