

thePavement

The *FREE* monthly for London's homeless

December 2010





Published by

The Pavement

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Printed by

Evon Print Ltd, West Sussex

www.evonprint.co.uk

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The Pavement (print) **ISSN 1757-0476**

The Pavement (Online) **ISSN 1757-0484**

The Editor

Seasonal cheer at the coldest time

This is the final edition of *The Pavement* for 2010, and we shan't be back until February 2011 as we take a publishing break every January. Of course there's a festive theme to this issue, but it still has to last you into the new year. However, our website, with its news, announcements and directory of services, is continually updated even when we're not in print.

And you can still write to us, by post or email, at the address on the left. You'll see some of our latest post over the page.

It's predicted to be a cold, cold winter, and we've already had snow, so even if you're not after seasonal cheer and companionship, we hope you'll look at winter shelters in these coldest of months.

Merry Christmas and a Happy New Year!

Richard Burdett

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Relieve a snowman of his woollens, or better yet take advantage of seasonal shelters, listed on page 30. Also be aware of the Severe Weather Emergency Protocol (SWEP) – if it's going to be freezing or below for three consecutive nights emergency shelters will open.

Artwork by Neil Bennett

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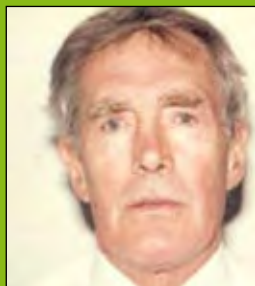
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Daniel Birch

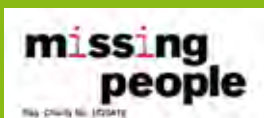
Age at disappearance: 70

Daniel, who is known as Danny, has been missing from his home in Dover, Kent, since 21 August 2000. There has been no news since and his whereabouts remain unknown.

Danny's family and friends are desperately worried about his sudden disappearance. They say, "We love you lots, please come home". He is urged to call our confidential service **Message Home** on **Freefone 0800 700 740** for advice and support.

Danny is retired, 5ft 11in tall, of a medium build with short silver grey hair. He wears bi-focal glasses. The last time Danny was seen, it was thought he was wearing a checked shirt, a vest, and blue or grey trousers.

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



Letters

Your letters, by post and email – addresses on page 3

Bite the hand?

Dear Editor

I read that Boris might as well "give money straight to his local drug dealer and cut out the middle woman/man" ('Boris slammed by homelessness charity', *The Pavement*, November) The words came from Mr Swain, chief executive of Thames Reach. Now if these words were from somebody not involved in the homeless sector, I would have treated the comment as completely ignorant, but coming from a man who has been in the homeless sector since 1980 and was a street outreach worker for four years?

The only conclusion I can to come is that since 2001, when since Mr Swain became chief executive of Thames Reach, he has lost touch with the day-to-day lives of homeless people and sits in his ivory tower writing reports on how wonderful he and Thames Reach are so he can tell the government that their funding is richly deserved.

But then, on the very next page, lo and behold! Mr Swain is off again, objecting this time to sleep-outs. If the effort Mr Swain puts into objecting went into campaigning about far more serious issues – for instance, the Vagrancy Act, which is covered by *The Pavement* – and started calling the government to account about homelessness issues, then I believe he would be fulfilling his role as chief executive.

But what is the old saying: "don't bite the hand that feeds you"?
Yours sincerely,

Andy O'Brien
Kentish Town

We put Mr O'Brien's letter to Jeremy Swain, and he sent this response:

I'm sorry that your reader feels that my comments represent the views of someone who sits in his ivory tower and that I should be campaigning about more serious issues. Thames Reach's views on begging are well known. Through our 'Killing with Kindness' campaign we have been drawing attention to the fact that most of the money given by the public to people who beg is spent on crack cocaine or heroin. This is not only the experience of our outreach teams working on the streets but is also confirmed by the police, who report that when they test people arrested for begging, around 70 per cent test positive for drugs. Many other homelessness charities support our position on this issue, and our campaign has been adopted in towns and cities including Newcastle, Liverpool and Tunbridge Wells. My views about sponsored sleep-outs are personal ones rather than being part of a Thames Reach campaign. Put simply, I feel that the issue of rough sleeping is too serious to risk trivialising it through sleep-outs, and that charities should find more imaginative ways of raising funds.

Your reader may also be interested to hear about two other campaigns that I hope he might approve of. First, we have been campaigning relentlessly against super-strength lagers and ciders, urging the Chancellor to increase the tax on these drinks to make them more expensive so that people with drink problems buy cheaper, weaker drinks instead. We believe that this will lead to improvements in health and make it easier for

people with drink problems to take the step to abstinence. Secondly, we have been prominent in campaigning against elements of the welfare reforms being introduced by the Coalition government, particularly the highly punitive 10 per cent reduction in housing benefit that will be imposed on anyone who has been on Job Seekers Allowance for a year. We can't claim, and don't aim, to keep everyone happy, but I hope that at least some of this meets with your reader's approval. Best wishes,

Jeremy Swain
Chief Executive
Thames Reach

Vocal critic

Dear Editor,
From my experience of having read *The Pavement* since its appearance, I do not think I have noticed a feature concerning the 'hidden homeless'.

You probably already know what I am referring to, individuals not included in official figures or seen by meandering project workers due to the isolated or unlikely places they sleep. Why don't you try to run a news item on this subject?

It seems to me the magazine is just another tabloid rag uninformed about the subject matter you attempt to convey; mocking the underclass in the process. Arsehole.

Also, some of the listings in the second part of the magazine naming what churches, and soup runs provide food etcetera to the destitute either no-longer exist or have ceased catering for street people. Some of the information you are printing within these pages is out of date, and misleading at best. There are plenty of churches you have not mentioned helping the lost and vulnerable survive; neglected from *The Pavement* through typical, lazy journalism. I

know all of this through personal experience and word of mouth from colleagues, associates, and friends upon the street; a world I earnestly doubt you know little.

Thanks for fuck all.

Full name supplied

To misquote Renee Zellweger in *Jerry Maguire*, "you lost me at 'arsehole'". Up to that point, I was taking your letter seriously.

However, I will try to answer some of your criticisms, so that they cast light on how we operate.

We're aware that some of the data in *The List* may be out of date, but until people point out errors, we can't correct these. Your letter was not accompanied by any suggestions of specific incorrect information, nor have we received any suggestion from you prior to this letter, so how do you expect it to be updated? *The List* is a good resource, updated at least every month – this month there are eight

updates and two added services – and improving all the time, but it needs people to point out any shortcomings so that they can be corrected. As often as not, corrections and suggestions come from readers rather than agencies.

We received six versions of your letter after this one, but no suggestions on improving *The List*.

Now to our "lazy journalism". We rely on professional volunteers for most of our work. We have three editions distributed in seven cities, but only one part-time paid member of staff. The journalists are not lazy.

Richard Burdett
Editor

PS: I'm the one part-time paid member of staff.

PPS: We have run a number of articles on hidden homeless people as we have reported on the inadequacy of official counts in the past.



**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 ★

The definitive article

We look at the new 'official' definition of what it means to be homeless

A homeless person, to most people, is someone without a roof over their head. However, the tricky language used to define homelessness in law may get an overhaul as the government seeks to narrow the scope of the definition ahead of housing benefit cuts.

Currently, you are classed as homeless if there is no accommodation that you are entitled to occupy or you have accommodation but it is not reasonable for you to continue to occupy it (for example, if you are living in accommodation that is crowded or dangerous). The law also defines "threatened homelessness" as the likelihood of being made homeless in the next 28 days.

Now, ministers want to scrap the part of the law that includes the "unreasonable to continue to occupy" element, together with the threatened homelessness definition. People living in crowded or dangerous housing and those who are likely to be made homeless very soon by housing benefit slashes would no longer fall under the definition of homeless, and councils would not have the same obligation to support this category as they currently do.

Lord Freud, the Welfare Minister, has said homeless figures fluctuate depending on whom you speak to because of its current definition. For example, he estimated that roughly 410,000 people live in overcrowded accommodation which – under current legislation – means they are homeless and entitled to help. Thus, the homeless figure is a lot more than it might have been if this group were not included.

He said: "We have found it very difficult to define homelessness in this country. The estimates [of homelessness] go

from a few thousand to hundreds of thousands depending on who you are talking to."

He added: "It is immensely unhelpful when people and commentators stir up fears using somewhat arbitrary figures because it frightens people."

Some commentators have criticised the proposed definition change and accused Lord Freud of moving the goalposts to suit official figures at a very critical time.

Campbell Robb, chief executive of Shelter, said: "This broad definition was passed after much consultation to ensure that it reflected the full spectrum of homelessness and housing need, and to ultimately help prevent people from ending up on the streets."

"Any proposal to narrow the definition may well hide the true scale of the housing crisis from

the public, but certainly won't do anything to help tackle it."

Shadow Housing Minister Alison Seabeck has written to Housing Minister Grant Shapps seeking urgent clarification on the government's plans. She said: "Lord Freud has let the cat out of the bag. The coalition's policies are already going to see an increase in homelessness to make it harder for people who lose their homes to get any help at all because the coalition thinks it would be 'valuable'."

Lord Freud's comments come ahead of the proposed housing benefit cap, which many charities predict will make thousands of people homeless and put a strain on already struggling public services.

Liza Edwards



*"When you said we'd cut costs this Christmas,
I didn't think it would come to this"*



"Can I borrow a cup of cheer?"



***Caring for homeless
veterans...Now!***



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News in brief

The homeless news from across the UK and the World

Councils call for fairer funding

London councils have called on the government to end the "unfair" allocation of homeless funding in the capital.

Enfield, Haringey and Newham said that the current system was "unfair and leads to major disparities between boroughs", adding that they were "dismayed" at plans to extend the system for another four years.

The three boroughs have some of the highest levels of homelessness in London, yet receive the lowest levels of government funding, they argued.

London has 37,900 households living in temporary accommodation, and despite housing 24 per cent of them, these councils receive just three per cent of the capital's Homelessness Grant.

Haringey's allocation of £200,000 is the equivalent of just £57 for each household living in temporary accommodation, according to the borough. This compares to more than £16,000 per household in the City of London, the councils said.

Just six London boroughs (including Westminster, Camden, and Kensington & Chelsea) receive 65 per cent of London's Homelessness Grant, despite accommodating just 18 per cent of the city's households in temporary accommodation.

Speaking on behalf of the three councils, councillor Claire Kober, leader of Haringey Council, said: "We are dismayed by the government's decision to continue with a homelessness grant funding regime that is neither fair nor based on any evidence of relative need.

"We cannot understand why the government is unwilling or unable to take into account the scale of each borough's homelessness problem when determining the amount of grant each London borough should receive," she said.

Garnet Roach

Canadian horror

A flesh-eating disease has claimed four homeless victims in Canada, prompting health authorities to issue warnings to shelters.

The four have appeared in casualty wards in Calgary over the last two weeks, but no one shelter has been identified as the source of the disease, so authorities have had to post bulletins to all local shelters in a bid to warn their customers of the symptoms. The alerts stress that anyone suffering from fever, muscle aches, vomiting or severe pain in any one area should seek immediate medical attention.

The disease, medically termed Group A streptococcus in its initial stages and then necrotising fasciitis as it turns into the flesh-eating disease, is easily transmitted from person to person and can be fatal.

Homeless people in the Canadian city have been advised on preventative measures such as hand washing and not sharing items that have been in other people's mouths.

Previous victims of the disease in the UK who have not managed to diagnose the disease in its early stages have had arms and legs amputated, and have had long stays in hospital.

Liza Edwards

Cut for revenge?

A London council has been accused of forcing the closure of a housing advice service because it had referred them to the Local Government Ombudsman.

Threshold Housing Advice (THA), based in Shepherd's Bush, closed in November after losing funding from Hammersmith & Fulham Council in July. However, rather than being the result of cuts in public spending, the Labour opposition claims that the reason was probably revenge.

In 2009, THA referred Hammersmith & Fulham Council to the ombudsman after it failed to house a pregnant victim of domestic violence in emergency accommodation. She was forced to sleep out in a park for four nights. As a result, in January 2010, the council was found guilty of "maladministration causing injustice." The ombudsman's report stated: "the standard of record keeping by housing officers in this case was so poor that it hindered the ombudsman's investigation of the complaint and fell so far below acceptable standards that it amounts to maladministration."

After the cuts made to THA, Cllr Stephen Cowan, leader of the Labour opposition, told the *Hammersmith & Kensington Times*: "It is hard not to reach the conclusion that the removal of all Council funding to that organisation is anything other than cold-hearted revenge." This charge was countered by Cllr Joe Carlebach, cabinet member for community care, who stated that the decision had been made after looking at all applications for funding and at the limited funds available.

Staff

Pressure against squatters increases

Housing Minister Grant Shapps has stepped up pressure against squatters, issuing guidelines to property owners about actions they can take and criticising organisations giving squatters advice.

The guidelines explain what a person can legally do upon finding somebody occupying their property and the limits of squatters' rights. They highlight that landlords can apply for an interim possession order that requires occupiers to move out within 24 hours.

"Squatting is anti-social, undesirable and unfair on homeowners who find they have their homes taken over," Mr Shapps told the *BBC*. "This government is not prepared to stand that situation continuing, and in particular we're keen to provide better advice for people who find that they are victims of squatters as well."

The Advisory Service for Squatters (ASS), an organisation providing legal guidance to squatters and homeless people, said Mr Shapps was scaremongering. Myk Zeitlin, a member of the organisation, said Mr Shapps's description of squatters was inaccurate.

"I have met some squatters who are anti-social, as I have tenants and homeowners," he said. "Squatting itself is not anti-social or undesirable, nor unfair. What is anti-social and unfair is the ownership of property that allows it to be left empty or used for anti-social activity when there is homelessness and other social need."

Mr Zeitlin said some people made a personal or political decision to become squatters because they felt the rents asked of them by landlords were too high.

Mr Shapps said the guidelines for landlords sought to counterbalance extensive advice offered to squatters. He criticised organisa-

tions such as ASS, saying these acted like estate agents and helped people take over others' homes. Mr Zeitlin said this was incorrect.

"We are not an estate agent, as we cannot find properties for people," he said. "We provide a service so that people know that it is legal in this country [and] can make the best decisions for themselves about whether to squat or not."

Nicholas Olczak

Cuts bite

Funding for homeless, drug and domestic violence services in London is under threat because of a change in the way money is allocated.

At present, councils across London pool £26.4 million to spend on these services across the capital. But the Government is considering "repatriating" the funds to individual councils. Consultation meetings have been taking place across the city, but a final decision is expected by December.

If funds are repatriated, projects – many of which were awarded contracts until at least 2012 – will be guaranteed backing only until April next year.

The move could threaten a key funding source for a number of services including the Nia project and Eaves Housing for Women, which support domestic violence victims, and the New Horizon Youth Centre, which supports 16–21-year-olds with multiple needs from almost every London Borough.

A key problem with the proposed change is that homeless people are often transient, moving from borough to borough, so a council-specific funding scheme would fail to reach them.

Also, victims of domestic violence often need to move away from an area at short notice, making it essential that services are accessible by all Londoners.

The Roma Support Group, a London Councils-funded project working with East European Roma refugees, has notified London Councils that it intends to apply for a judicial review. This would, effectively, see them challenge a decision to repatriate the London Councils funding as unlawful, and a judge would have to consider whether the process was fair or unfair.

According to the Women's Resource Centre, which offers advice and support to women's organisations, London Councils has already decided that it cannot guarantee funding for voluntary organisations beyond March of next year, partly because of the big cuts in central government spending announced in October's Comprehensive Spending Review.

Organisations such as the Scarlet Centre, a pan-London organisation that offers support for women, risk losing their funding and having to close, meaning a potentially vital service for at-risk women could disappear.

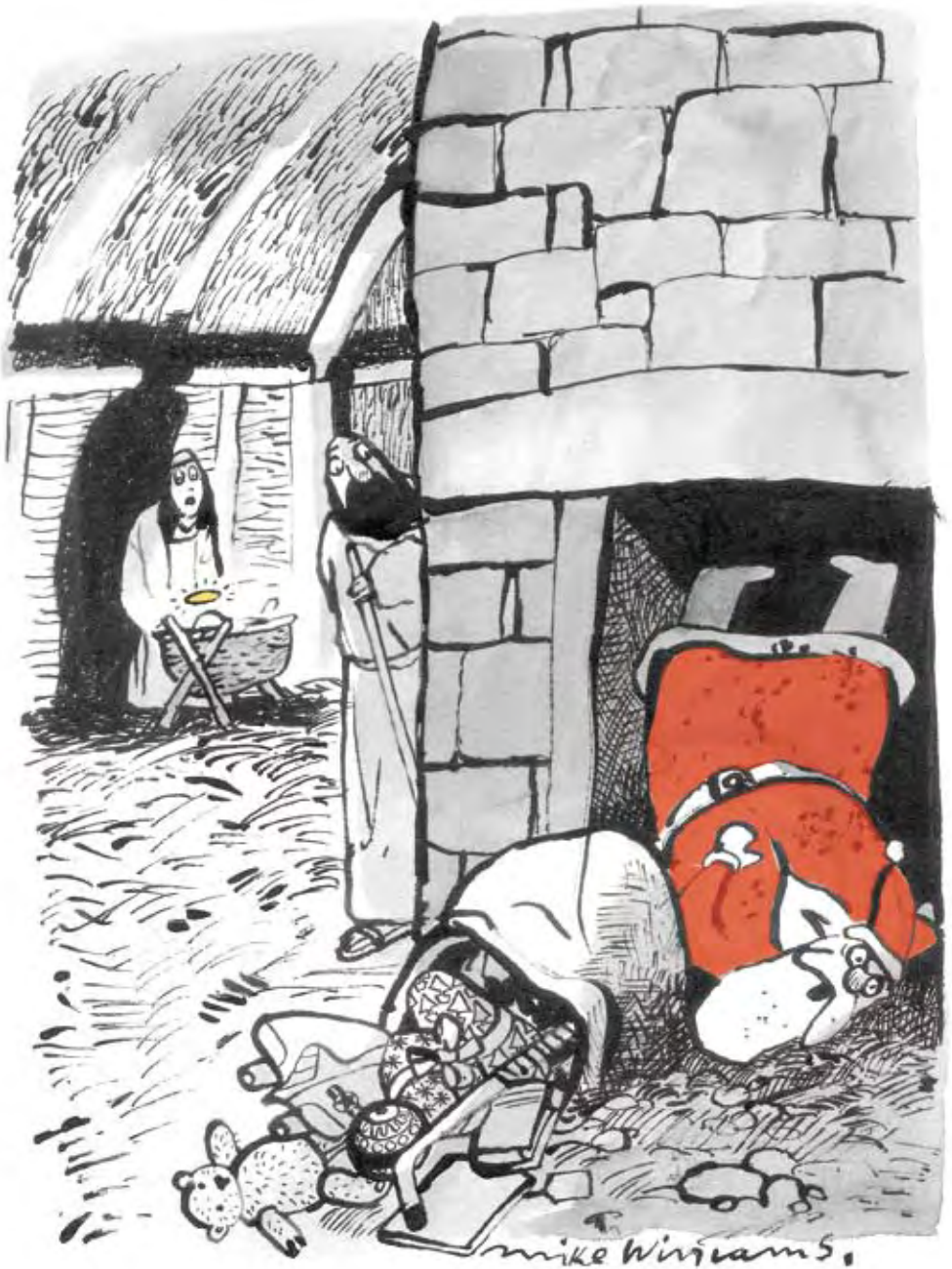
Joanna Goodbody, of the Scarlet Centre, said a change in funding arrangements would be a "devastating blow" to the centre, as councils tend not to prioritise women's support.

She is calling for individuals and partner agencies to support the centre's work by sending her an email of support, asking London Councils to commit to fund the valuable services that the centre provides for women. Her email address is: joanna.goodbody@eaveshousing.co.uk.

Rebecca Evans and John Ashmore

Folding housing

The urgent need for emergency housing has inspired some creative ideas in recent years from St



"Jesus!"



"I've been elf-harming again"



Patrick's Church Trust's 'pods' to the Dome Village in Los Angeles (see *The Pavement* passim).

Now North Carolina-based building designer Peter Anthony has designed a collapsible, lightweight emergency accommodation unit that can be air-dropped and assembled by two people in less than 30 minutes, using a single spanner.

Designed in response to the increasing number of natural disasters around the world, The Anthony Emergency Housing System (pictured above) could be deployed as temporary accommodation for people left homeless following disasters such as the earthquake in Haiti and floods in Pakistan.

However, it's not only countries struck by natural disasters that are in dire need of emergency accommodation. According to Homeless Link, who last year published a report entitled *Emergency Accommodation: A survey of provision in areas with no direct access hostel*, one in four areas in England has no emergency accommodation for single homeless people.

Cuts in public spending are likely to exacerbate the problem. Jo Ansell, chief executive of London homeless charity Providence Row, told the *East London Advertiser*: "The cuts will also mean more costly emergency accommodation. It costs over £400 per week to house one person in a hostel, and that bill looks set to rise."

With a mounting bill for emergency housing, politicians will soon be on the lookout for cheap alternatives that can rapidly implemented – perhaps something like The Anthony Emergency Housing System.

Carinya Sharples

Homeless checkout

Supermarket giant Morrisons plans to create 1,000 new jobs for homeless and vulnerable people over the next three years.

The first five employees joined the Harehills store in Leeds last month, after training through a pilot scheme with the company.

The initiative will now be rolled out across the country with the help of charities Create and the Salvation Army.

Gary Stott, deputy chairman at Create, said: "This is a real example of collaboration between social enterprise and corporate employers. We hope that Morrisons will be the first of a 'coalition of the willing' to see talent grow and lives change in every sector of society."

Morrisons said that it wanted to offer up to 10 per cent of jobs at new stores to vulnerable people, adding that former rough sleepers would receive three months of training before moving onto the shop floor.

Norman Pickavance, group HR director for Morrisons, added: "This initiative will help give disadvantaged people to get their lives back on track. We would encourage other British businesses to join us on this initiative."

Anyone interested in joining the scheme should either do so through the organisation which has supported them

into secure housing, said Create, or contact the charity at info@createleeds.org

Garnet Roach

£6m employment academy

Charity Thames Reach is to open a £6 million employment academy to help homeless and long-term unemployed people find work.

The academy will provide training and employment support to people in the boroughs of Lambeth and Southwark. There are also plans for a community café and a space for local groups to hold evening meetings.

In August, Thames reach bought the grade II-listed building at 29 Peckham Road, Camberwell, which will house the academy. It is currently being refurbished, with the help of £4 million from the Homes and Communities Agency.

Thames Reach's Jeremy Swain said: "This initiative is a remarkable collaboration involving the boroughs of Southwark and Lambeth, the HCA, the Mayor's Office and ourselves at Thames Reach. It represents [...] a beacon of hope for the many people wanting to develop the skills to get back to work."

If you're interested in making use of the new facility, you'll have to wait – the academy is due to open in December 2011.

Carinya Sharples

Poncho continues

The practice of 'hot-washing' by the City of London Corporation under Operation Poncho appears to have picked up steam once more – despite the recent fall in temperature.

Ignoring criticism from homeless charities and advocacy group, the police are still moving on rough sleepers in the night and washing down the areas where they have been sleeping. This policy runs in conjunction with the Corporation's outreach work (the contract fulfilled by Broadway).

According to the City of London's website, Operation Poncho is designed "to reduce begging and vagrancy within the City of London by ensuring that those involved received support from drug and welfare agencies."

There is concern the teams may simply be forcing people elsewhere by washing down the areas they have been sleeping. Depending on police availability, they go out in the evenings between 9pm and 1am roughly once a week.

Alison Gelder, the director of Housing Justice, paid tribute to the work done by the City of London with housing homeless people, but said she worried about the potential to disrupt vulnerable rough sleepers.

"They've done some amazing work helping people who've been out for a long time. Helping people to find somewhere indoors to sleep is really good, but disrupting them when there's no service available doesn't seem to be an ethical practice."

She said she would be "dismayed" if the police and outreach teams were actively disrupting people's sleep.

Asked whether the washing down was simply to clean the area or to discourage people from sleeping there, Ms Gelder said: "I think it's got a dual purpose".

Another council which had been involved with hot-washing in the past is Westminster; however, they said this was no longer the case.

John Ashmore

Santa on the street

A former rough sleeper is spreading seasonal cheer to homeless people in Croydon.

Chris Collins is collecting toiletries, radios, old phones and warm clothes from residents of the South London borough, which he'll then hand out to those on the street every Thursday up until 25 December. Thirty-nine-year-old Mr Collins, who is looking for volunteers to help him in the evenings, decided to do this having been homeless himself in 2007. If you can help with time or donations email christophercollins_810@hotmail.com.

Staff

Canadian police found guilty of misconduct on homeless

Two Canadian police officers who rounded up local homeless people and drove them around in a hot van for over an hour have been found guilty of misconduct, according to local paper *The Edmonton Journal*.

The two officers, of Edmonton in Canada, were charged with one count of discreditable conduct and two of insubordination in a police disciplinary hearing.

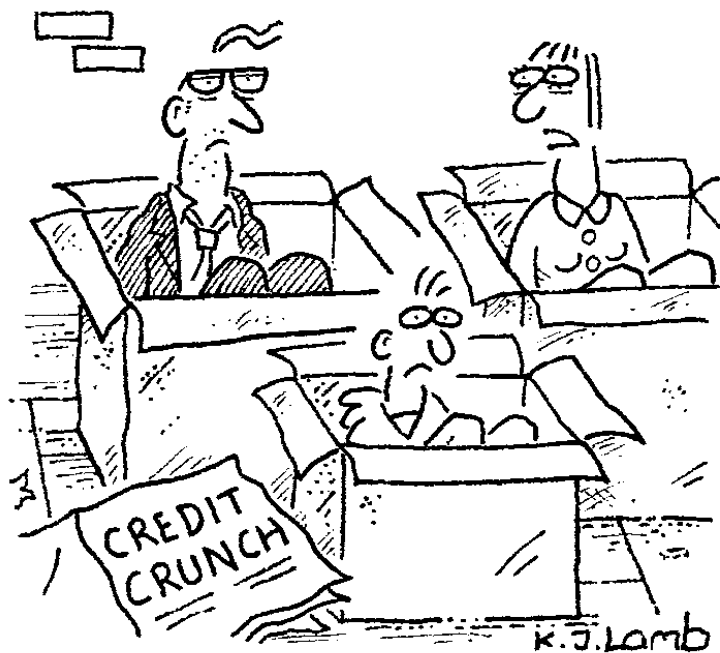
They were found to have broken with police policy by transporting a higher than acceptable number of homeless people, failing to take notes, and not leaving the passengers at a residence or with a responsible person.

"There was no justification for these actions, either in law or in police policy," said Calgary Police Inspector Paul Manuel, who presided over the hearing.

The *Edmonton Journal* reported that during the disciplinary hearing, the two officers testified that they had picked up a group



McLACHLAN



*“When you said we were getting
a ‘box set’ for Christmas...”*

of around six people with opened and unopened bottles of alcohol.

Manuel said that moving homeless people into downtown shelters on busy weekend nights was routine police practice. But he said the officers collected more people than their van could properly hold.

"Nine people were placed in the patrol wagon that has a reasonable capacity for six," he told the *Edmonton Journal*. "[This] would create uncomfortable conditions in the van."

Erika Norheim, a lawyer representing several of those involved in a civil lawsuit, said the decision demonstrated that all citizens had rights that protected them from this kind of mistreatment.

"These are highly vulnerable people that can be easily taken advantage of in a way that many other members of society could not be," she told the *Journal*.

"It was clearly wrong... These individuals were not properly dealt with, so there is a victory in the sense that that was recognised by the decision."

Nicholas Olczak

Bumfighter turns life around

A homeless man who starred in one of the first ever Bumfight videos has turned his life around and got off the streets.

Rufus Hannah (pictured below and overleaf), 55, became infamous in 2001 when a video of him riding in a shopping trolley down concrete steps, running head-first into walls and punching his best friend went global.

The father-of-five – who at the time was an alcoholic – was paid \$5 to perform the degrading stunts, which including him getting a tattoo with the words 'bum fight' on his knuckles.

But since then he has transformed his life, having been sober for eight years, re-married and got a job working full-time as a property manager. He is also a campaigner for homeless rights. Speaking to the *San Diego Union-Tribune*, he said: "I always thought dying on the street would be my fate."

Bumfights was a US film series that showed homeless men fighting and attempting amateur stunts in exchange for money, alcohol and other incentives. Homeless groups across America condemned the videos, and said they "disseminate hate against the homeless and dehumanise them."

Stunts Rufus performed for the videos included riding a shopping cart down a flight of stairs, ramming his head into steel doors so hard that he now suffers from epilepsy, and beating up his homeless best friend, army veteran Donnie Brennan, so badly that his leg was broken in two places.

Mr Brennan was paid to have the word 'bumfight' tattooed across his forehead.

The videos' makers were eventually convicted of several charges, including the soliciting of felonies, and they were sentenced to six months in prison. The producers also paid an "unspecified" amount in damages to the pair.





Photography by K CALfreds, San Diego Union-Tribune © 2010

Mr Hannah, of Swainsboro, Georgia, became homeless and an alcoholic after being discharged from the army because of an injury.

He is worried that Bumfights contributed to the sick trend of homeless bashing, where people attack rough sleepers and film it. Last year, 43 homeless people were killed in America, up from 27 the year before.

Mr Hannah now works with state and federal legislators to pass hate-crime legislation that would increase the penalties for those convicted of attacking the homeless – and hopes to one day to get his tattoo removed from his knuckles (pictured above).

Rebecca Evans

• Thanks to the *San Diego Union-Tribune* for the photographs

Faith in humanity

A good story appeared in November, which reaffirms our faith in humanity: a homeless man in the US state of Arizona found a backpack containing thousands of dollars in cash, and returned it to its owner.

Dave Talley, of Tempe, Arizona, found \$3,300 in a bag behind a railway station. Homeless after losing his home through drug addiction several years ago, Mr Talley had been tempted to keep the cash, but told local broadcaster *KNXV-TV* that “not everyone on the streets is a criminal. Most of us have honour and integrity.” Having used a local day centre to help him track down the owner of the backpack, student Bryan Belanger, it was returned. Mr

Belanger, who had the cash to buy a car, told the local news: “It really is a lesson to keep your faith in people.”

Staff

Heroin ‘drought’ alert

Drugs addiction teams across the UK are on alert with a spate of heroin overdoses in November, caused by a shortage of the drug.

A fungus blighting the Afghan poppy crop has resulted in a massively reduced supply of heroin, leading to dealers ‘cutting’ the drug with other, often dangerous, substances.

Staff



STREET SHIELD

CHAPTER 19

ANSWERS!

AT THE BUS STATION.

THERE'S YOUR MAN!
WAITING FOR THE FIRST
BUS IN THE MORNING!

HE SAYS HE'S HEADING
OUT OF TOWN FOR THE
WINTER!

THANKS FOR
LETTING US KNOW.
WE CAN PUT HIS MATE'S
MIND AT REST.

JIM SAID YOU'D GONE MISSING.
HE WAS WORRIED.

ARE YOU HEADING
OUT OF TOWN...?

YUP. I'M
AFRAID SO...

...AND HERE
COMES MY
LIFT!



HELLO, NICK.
IT'S BEEN
A WHILE

THIS IS MY MATE -
STREET SHIELD!

HI!



AH... I'VE HEARD OF YOU!

KEEP UP THE GOOD
WORK, SON. WE STILL
NEED YOU.

THANKS. I'M GLAD
TO HELP IN ANY WAY
I CAN.



PLEASE GIVE MY COAT
TO JIM AND TELL HIM
I'LL BE AWAY FOR
A FEW WEEKS!

MERRY
CHRISTMAS
TO YOU ALL!

STREET SHIELD
WILL BE BACK
WITH A NEW
ADVENTURE
IN FEBRUARY!

Health and wellbeing

The Pavement's health team – a podiatrist and a nurse – aim to help keep you well

Cold feet in 2011

"January brings the snow, Makes our feet and fingers glow" starts the poem about the months and seasons. January certainly brings the snow if November and December haven't already brought some, and February and March often help out with a snow delivery too. Glowing feet are not such a good thing, though...

The 'glow' is often our circulation responding to the external temperature. Foot circulation is tricky at the best of times. Smoking, drinking, certain prescription and street drugs, and problems with diet can lead to bad circulation, as can conditions such as diabetes. Mix this with the drop in external temperature we get in the UK every winter, and your feet can be at serious risk. It isn't always easy to achieve, but the best thing you can do for your feet during the winter months is to aim for a constant temperature. But how?

Outdoors

If possible, stay indoors when the temperature really drops. Limit the amount of walking you do on pavements or hard surfaces, which grab the cold, store it and transfer it back to you. Grass and bark are more insulating, so if you're walking through a park, choose the grass. And if you have to go out, walk, don't stand. Standing reduces your foot and core temperatures more; but if you have to stand, either stamp your feet and wiggle your toes from time to time or stand on cardboard. If your Granny told you to wear a hat "as most of your heat leaves through your head", she was

onto something: wear a hat, if you have one, to preserve heat and yes, keep your feet warm via your head!

Put layers between you and the ground. Try to get shoes with thick soles that will lift you off the cold ground and insulate the soles of your feet, and wear socks. Two thinner pairs can sometimes be warmer than one thick pair, but keep them dry.

The ever-popular UGG-style boots from the high street stores may at first seem like a good winter option. That soft fluffy-furriness will keep you cosy, but it doesn't offer much support, which some people need. Combine that with an easily worn sole and (in the 'copycat' UGGs) not much waterproofing, and they won't be a long-lasting solution to cold toes. Leather lace-up walking boots with thick gripping soles are a good option, if you can get hold of them. Deep snow may come in through the top, in which case wellies may be better. However, we don't get that much really deep snow (we hope!), so walking boots should provide enough protection for most of the year.

Indoors

Coming in from the cold is usually a nice feeling. When you move from the harsh frosts, cold winds and snow into a more pleasant environment with warmer floors, the temptation is to remove your shoes and socks, and put your feet near a fire or radiator to warm them. It's tempting, but don't do it! It confuses the circulation to your feet: the small vessels that deal with heat and cold can't cope with going from cold to warm in a few seconds. You may end

up with chilblains or itching in your feet, or a 'glow' that could cause you pain and discomfort.

Slippers are not the most fashionable type of footwear, and I cannot really ask you to wear them when I don't... (I'm not a fan – too many traumatic memories of getting them for Christmas when I wanted a Barbie.) Slippers don't have to be tartan, as many are here in Scotland (it's not a cliché – tartan slippers are a common Christmas present!) or even furry (as most are, one way or another), but a soft pair of indoor shoes can be useful. I use Croc-style shoes as substitute slippers. They cushion and insulate without making the feet too hot, and you can wear them into a communal shower area and then dry them. If you have only one pair of shoes, take them off to dry them when you get indoors, but wear thicker dry socks inside. If you have a range of shoes, keep your most waterproof ones for your 'outdoor' shoes and a softer, breathable pair for 'indoor'. The room should be warm, not your feet, so don't stick your feet next to the heat source.

And don't worry: it isn't long until spring.

Evelyn Weir

Lecturer in podiatry
Queen Margaret University
Edinburgh

Getting it off your chest

Coughs and colds are common over the winter and for most of us will be only a fairly minor and inconvenient illness. Chest infections are more serious and are more common over the winter months.

There are two main types of chest infection. Acute bronchitis, the most common and less serious, occurs when the lining of the air tubes in the lungs (the bronchi) become infected. The infection usually follows a virus and can come after a bout of the cold or flu, but smoking increases your chances of getting it. Coughing and wheezing are the most common symptoms. Acute bronchitis will often go away after seven to 10 days, and medical treatment is not always needed. Over-the-counter painkillers and cough medicine can relieve symptoms, but ask a pharmacist for advice. Drinking lots of non-alcoholic fluid also helps – your body uses more fluid if you have a cough and fever. Being properly hydrated will also keep the mucus in your tubes thin and easier to cough up. Try to sleep propped up rather than lying flat. However, if your symptoms are severe or don't go away after a few days, visit a doctor for advice.

With pneumonia, which is more serious (particularly if you are run-down or an older person), the infection is likely to be deeper in the lungs. If you sleep outdoors and you suspect you have pneumonia, get medical help as soon as you can. The symptoms include feeling unwell, chills, a temperature, chest pain and coughing up phlegm or blood. If you think you have pneumonia, you must visit a doctor as soon as possible. Pneumonia can usually be treated with a course of antibiotic medicine, though if you are very unwell, you may be admitted to hospital. Remember: if you are given antibiotics, you must finish all the tablets, even if you feel better.

You can pass acute bronchitis and pneumonia to other people by coughing and sneezing, so remember to cover your mouth, wash your hands and throw away any used tissues.

If you have longer-term breathing problems (you may often feel short of breath, have a cough or



wheeze that won't go away, or feel a tightness in your chest), you may have a condition such as asthma or COPD (Chronic Obstructive Pulmonary Disease). If you have any of these symptoms and they don't go away on their own, then you need medical treatment. The only way you can treat these conditions is by seeing a doctor and getting a proper diagnosis.

Before antibiotics were invented, tuberculosis (TB), an illness that affects your lungs, killed millions of people in the UK. It's a growing global health problem, but still a lot less common here than it once was. Most adults will have received the BCG vaccination as children – look for the scar on your upper arm. It's treatable, but it's a very serious disease. The symptoms are coughing, weight loss, night sweats, a fever that comes and goes, and coughing up blood. Close contact with someone who

has TB or comes from a country where TB is still common is risky. If you are worried about TB, seek medical advice immediately.

All of the above can happen to you whether you smoke or not, but, being a smoker makes you much more likely to get chest illnesses. Your symptoms will be worse and your recovery slower. If you feel ready to stop smoking, you can get support from a doctor, practice nurse or pharmacist. If you're not ready to quit, at least try and stop or cut down until your chest infection has been treated. If you don't smoke and have a chest infection, avoid breathing in other people's smoke. Good health,

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.

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

TELEPHONE SERVICES

Removed to make room for **Seasonal Shelters** – will return in February

WEBSITES

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.proudtoobemad.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.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

Wed, 9–11pm: Brixton (in square); & Thu, 9–11pm: Ealing Tube Hot meals from a bus

Quaker Run Victoria area Second Sun of month: 7pm

Wycombe & Marlow Group Lincoln's Inn Fields Tue: 8.15pm Food, drink and some sundries

SPECIALIST SERVICES

ASHA Project 13 Shrubbery Road, SW16 2AS 020 8696 0023 Mon–Fri: 9am–5pm For asian women fleeing domestic violence Every second Wed: 9pm Sandwiches, drinks, cake and clothes

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

Street Souls Third Fri of the month: 8pm onwards, Ashley Place, near Westminster Cathedral. Soup, drinks, sandwiches & cakes. Also have sleeping bags and some clothing.

SW London Vineyard/King's Table Sun 2.30pm–4.30pm beneath Waterloo Bridge (Embankment). Good hot stews and potatoes.

Teen Challenge Mon, 9–11.30pm; Whitechapel; Tue: 9–11pm; Hackney Central;

Every second Mon at either: 10.45am Webber Street or 10.45am

Quaker Mobile Library drop in service. MH Telephone first – not a drop in service. MH

Maytree Respite Centre 72 Moray Road, N4 3LG 020 7263 7070 One-off four night stay for those in suicidal crisis Telephone first – not a drop in service. MH

Hospitals Blue Cross Victoria, 1 – 5 Hugh Street, SW1V 1QQ 020 7932 2370 Blue Cross Hammersmith, Argyle Place, King Street, W6 0RQ 020 8748 1400 Blue Cross Merton, 88 – 92 Merton High Street, SW19 1BD 020 8254 1400

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

W1 3 9LA 020 8566 3507 Sat & Sun: 3.30–5pm Also: Advice service Thur & Fri 10am–4pm – Ealing Churches workers

St John's Ealing Mattock Lane, West Ealing

St John the Evangelist 39 Duncannon 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

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

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Love to the Nations Ministries

Charing Cross, Strand
Every second Sun: 4pm

Memorial Baptist Church Plaistow

389 – 395 Barking Road, E13 8AL
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

Simon Community

Tea Run: Sun & Mon (6 – 9.30am):
St Pancras Church 6.30am; Milford

Lane 6.45am; Strand 7am; South-
ampton Road 7.30am; Army and

Navy 8am; Grosvenor Gardens
8.30am; Marble Arch (Sunday) 9am

Soup Run: Wed & Thurs (8pm –
10.30pm): St Pancras Church

8.15pm; Hinde Street 8.45pm;
Maitlavers Street 9.15pm; Waterloo

9.45pm; Army and Navy 10.15pm
Street Café: St Giles-in-the-Fields,

St Giles High Street, WC2 (next
to Denmark Street) – Sat (2

– 4pm) & Sun (1.15 – 3.15pm), P

St Andrew's Church

10 St Andrew's Road
Fulham, W14 9SX

Sat: 1.30am – 1.30pm
Hot food and sandwiches

St Ignatius Church

Lincoln's Inn Fields
Sat: 8.30 – 9.15pm

The Vision

Second and fourth Sunday in the
month (6.45am onwards) – Hot

food; note that an excellent full
cooked breakfast is served on the

fourth Sunday. On the Strand
(Charing Cross end, outside Court's).

Imperial College

Serving sandwiches and hot
beverages on Sunday evenings

(8 – 9.30pm) at Lincoln's Inn Fields.

Jesus Army

National Portrait Gallery,
near Trafalgar Square

Second full week of the
month, Mon – Wed: 9pm

Kings Cross Baptist Church

020 7837 7182
Vernon Sq, W1

Mon: 11am – 2pm; Tue:
1.15am – 1pm

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 Farnlip

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

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).

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

Plaistow Woman's Group

House of Fraiser; Thurs: 9pm
Hot meals, teas and coffees

Mon – Wed: 12noon – 6.30pm

Peter's Community Café

The Crypt, St. Peter's Church,
De Beauvoir Road, N1

020 7249 0041

Our Lady of Hal

165 Arlington Rd, NW1
020 7485 2727

Tues, Weds, Fri & Sat:
12.45pm – 2pm

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

Alternate Thursdays during
two-course hot meal served at table.

An established service, providing a

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

Hot meals, teas and coffees

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

Free tea and warm food
served 365 days a year

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

Emmanuel Church
Forest Gate, E7 8BD (corner of
Romford Rd & Upton Lane)
Thurs: 7.30am (cooked breakfast)
Faith House (Salvation Army)
11 Aygile 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: 11am-1pm (women's
brunch & discussion group)
FF, CL

Farm Street Church
Thurs: 8-10.30pm

Three routes: *Oxford Street route*
– Davies Street; Bourdon 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
Shepherd's Market; Curzon Street

Food Not Bombs
The Narrows, 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
Indian meals from Soho and King's
Cross Temples. The former can
be found at Lincoln's Inn Fields,
Mon-Fri: 7-11.5pm, finishing at
Temple if there's food left. The
latter from Mon-Sat, all year round:
12pm: Kentish Town (Isleip Road);
1pm: Camden (Arlington Road);
2pm: King's Cross (York Way)

SOUP KITCHENS & SOUP RUNS
09 Nov 10 - 17 Apr 11: 8pm - 7am:
last admission 8pm
18+ mixed; Beds for 35 (separate
area for women); self-referrals
on a first come first served
basis, must phone first; dry

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

ASLAN
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: 1030-130am;
Thurs: 12noon (lunch)

Camden Road Baptist Church
Hilldrop Road, Holloway, N7 0JE
020 7607 7355
Thurs: 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

05 Jan - 30 Mar 11: Tue
- Sun only: 7pm - 8am
Only accept referrals from Hackney
Winter Night Shelter, Caris, and
Harrow Housing Department
Age 18+: Men only; Beds
for 10; Agency referral;
Dry; No smoking inside

Hillingdon Winter Night Shelter
Various Churches
01895 556700 (9am - 5pm)
24 Jan - 20 Feb 11: 6pm-8am
Age 18+: Men only; Beds for
5; Local connection only;
Agency or self-referral; dry

Kingston Churches
Winter Night Shelter
Various Churches
contact Kingston Churches
Action on Homelessness
(KCAH), 36a Fife Road, King-
ston Upon Thames, KT1 1SU
020 8255 7400
01 Dec 10 - 28 Feb 11:
8.15pm - 8am
Age 18+ mixed; Beds for 12
(separate area for women at
some venues); Agency or self-
referral; Phone or go to KCAH
Mon - Fri: 10am - 1pm
www.kcah.org.uk/winter-night-shelters

Quaker Christmas Shelter
Union Chapel, Compton
Avenue, N1 2XD
23-30 Dec (not 24 hours):
7am - 12noon (breakfast
for up to 75), opening
again at 3pm (supper for up to 75
at 6pm). Closes at 10pm except for
those referred to one of the 24 beds
(self-referrals are possible); Dry

Robes Project (Southwark &

Lambeth)

Various Venues
Nov 10 - 31 Mar 11
Age 18+ mixed; Beds for 13
By referral only from Manna
Centre, 6 Mellor Street,
SE1 3QP
Further info 07806878851
or 020 7407 2014
www.rob.es.org.uk

West London Churches Winter

Shelter

Various Venues
0207 351 4948

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 5650
Mon-Fri: 2pm-8pm; Sat
& Sun: 11am-5pm
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@lilineone.net

Streetwise Opera
020 7495 3133
MC, PA

Vision Impossible
Sorry, no longer running
www.streetwiseopera.org

SEASONAL SHELTERS

999 Club (Lambeth & Lewisham)
21 Deptford Broadway, SE8 4PA
Running a winter service, but very likely to be full with guests already known to them.

Barnet Churches Winter Shelter

Various Churches
contact Homelss Action in Barnet,
36b Woodhouse Road, N12 0RG
020 8446 8400
01 Dec - 31 Mar 10 (except
closed 23 - 30 Dec 10); 8pm -
8.30am
Referral through HAB - no self
referral. Arrive before 10pm
Age 18+ mixed; Beds for 15; Dry

Brent - Route 18 Winter Shelter
Various Churches (and a mosque)
contact CHC Community Centre, 60
Ashford Road, NW2 6TU
020 8208 8590 (Mon - Thu: 9.30am
- 4pm; Fri: 10.30am - 4pm)
13 Dec 10 - 31 Mar 11
(except closed 23 - 30 Dec
10): 7.30pm - 7.30am
Agency or self-referral; Arrive before

8.30pm; Age 18+; mixed. Beds for
30; Dry; no smoking; Low support
needs only; Priority to local connections, verified rough sleepers,
and A10s willing to talk to Thames
Reach about 'reconnection'
www.route18.org.uk

Bromley - 5000 Project

Various Churches
contact Bromley United
Reform Church, 20 Widmore
Road, NW2 6TU
020 8466 0257 (10am
- 3pm) or 07867 806794
Mobile switched off if no vacancies
20 Dec 10 - 28 Feb 11: 8pm - 8am
Agency or self-referral; Arrive before
8.45pm; Age 18+; mixed; Beds
for 12; Dry; no smoking inside
www.bromleyrc.org.uk/5000_project

Caris Islington Churches Cold Weather Shelters

Various Churches
07960 49151
01 Jan - 31 Mar 11: 7.30pm -
8.30am. Arrive before 8.30pm
Age 18+ mixed; Beds for 15
(separate area for women); Agency
or self-referral; phone ahead
www.carisisington.org

Community of Camden Churches Cold Weather Shelter (C4WS)
Various Churches
07715507970
01 Nov 10 - 31 Mar 11 (except
closed 24 Dec - 30 Dec 10): 7.30pm-
8.30am.
Entry 7.30 - 8pm, Age 18+
mixed; Beds for 14 (separate
area for women); Camden
agency referral; phone ahead
www.coldweathershelter.org

Crisis Christmas
Various colleges in Bermondsey,
Finsbury Park, Hammersmith
& Stratford. Other rough
sleepers, quiet, dependency and
women residential centres.
23 - 30 Dec: 9.30am - 9pm
(opens 12 noon on 23 and closes
after breakfast 30 Dec)
Age 18+ mixed (except
womens centre); Dry
Details of pick up points from our
website or **www.crisis.org.uk**

Croydon Churches Floating Shelter
Various Churches
07860 270 278
Mobile switched off if no vacancies
01 Nov 10 - 31 Mar 11:
7.30pm - 8am.
Last admission 9pm
Age 18+ mixed; Beds for 14
Local referral only, dry
www.croydonchurch.org.uk

Ealing Churches Winter Night Shelter

Various Churches
07796 988302
05 Jan - 30 Mar 11: 7.30pm
Only accept referrals from Action
Homeless Concern, St Mungo's and
Ealing Soup Kitchen
Age 18+ mixed; Beds for 12
(separate area for women); Priority
to local connection; Agency referral;
phone ahead; Dry; No smoking
www.stardustdesign.co.uk/ECWNS

Hackney Winter Night Shelter

Various Churches
Booking essential: 07549 043 728
01 Jan - 31 Mar 11: 8pm - 8am
(7pm on Sundays)
Age 18+ mixed; beds for 25
(screened area for five
women's beds)
Last admission 8.30pm
Agency or self-referral; dry
The shelter is part of Hackney
Doorways, which exists to serve
the homeless in Hackney.
www.hwns.org.uk

Haringey Churches Winter Shelter

Various Churches
07949 361721 (10.30am - 5pm;
no referral on this number)
08 Dec 10 - 07 Mar 11:
8pm - 8.15am
Only accept referrals from LB
Haringey Options & Prevention,
Whitechapel Mission, Haringey Irish
Centre, Hope Worldwide, Homeless
Resource Centre and Upper Room
Entry 8 - 8.30pm; Age 18+ mixed;
Beds for 12; Agency referral;
Dry; No smoking inside

Harrow - Firm Foundation Winter Night Shelter

07979 836403 (Tue
- Sun: 9am - 5pm)

N15: 12.30pm onwards (every second week). B.HUG, NW10: 11am onwards (every second week). St Mungo's, Russhworth Street rolling shelter, SE1: 9am onwards. The Passage, SW1: 9am onwards (10am onwards in their Job Club). Tulse Hill Bail Hostel, SW2: 2 – 5pm; Leigham Court Road Bail Hostel, SW16: 9am – 12.30pm; West London Day Centre, W1: 9.30am – 2pm; St Martin's (CSTM), WC2: 9.30am – 1pm; Tuesday – Look Ahead hostel, E1: 1pm onwards; Anchor House hostel, E16: 9.30am – 12.30pm; Turnaround Resources, E1: 12.30pm onwards; St Mungo's 3.30pm; Gardens, SE13: 9.30 – 3.30pm; Cardinal Hume Centre, SW1: 9am onwards; The Passage Job Club, SW1: 10am onwards; Stockwell Probation Service, SW9: all day; The Spire day centre, SW16: 9am – 2pm; St Mungo's rolling shelter, Endsleigh Gardens, WC1: 9am onwards; St Martin's (CSTM), WC2: 9.30am – 12.30pm & 4.30 – 7pm; Wednesday – Providence Row, Dellow Centre hostel, E1: 9.30am onwards; Ilford Foyer hostel, IG1: 1 – 4pm; Hab day centre, N12: 1pm onwards (fourth Wed of the month); Cricklewood Homeless Concern, NW2: 10.30am – 3.30pm; St Giles day centre, SE5: 10am – 3pm; The Passage, SW1: 9am – 1.30pm (10am onwards in their Job Club); Salvation Army day centre, Prince's Street, W1: 2.30 – 4.30pm; St Mungo's Margery Street hostel, WC1: 9am onwards; Thursday – Crisis Skyringh, E1: appointments 11am – 2pm; Whitechapel Mission day centre, E1: 9am onwards; Focus day centre, E15: all day; Cricklewood Homeless Concern day centre, NW2: 10am onwards; Manna day centre, SE1: 9am onwards; Albany Road bail hostel, SE5; Deptford Reach day centre, SE8: 9am onwards; Ace of Clubs day centre, SW4: 9.30am – 3pm; Stockwell Probation Service, SW9: 2 – 4pm; Great Chapel Street medical service, W1: 10am onwards; Broadway day centre, W12: 10.30am onwards; St Martin's (CSTM), WC2: 9.30am – 12.30pm & 4.30 – 7pm; Friday – YMCA, hostel in Croydon (Cormerstone), CR9: 9.30 – 1pm; YMCA, hostel in Croydon (Landsdowne), CR9: 2 – 4pm; The

Mana at St Stephen's drop in, N1: 10.30am onwards; Cricklewood Homeless Concern day centre, NW2: 10am onwards; YMCA, hostel in Romford, RM2: 11am onwards; The Passage, SW1: 10am onwards; Ace of Clubs day centre, SW4: 9.30am – 3pm; St Mungo's Cedars Road hostel, SW4: 9am onwards; Thames Reach day centre, SW9: 2 – 4.30pm; St Martin's (CSTM), WC2: 9.30am – 1pm; (Workspace); St Mungo's Endell Street hostel, WC2: 9am onwards; Prison Advisers – HMP Brixton, SW2: (Thu & Fri) 8am – 4pm; HMP Wandsworth, SW18: (Mon – Fri) 8am – 5pm; See Telephone Service for helplines

MEDICAL SERVICES

Great Chapel Street Medical Centre, 13 Great Chapel St, W1 020 7437 9360
Mon, Tues & Thurs: 1am – 12.30pm; Mon-Fri: 2pm – 4pm
A, BA, C, D, DT, FC, H, MH, MS, P, SH

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

Health E1, 9–11 Brick Lane, E1 020 7247 0090
Mon–Thurs: 9.15am–1.30am
Friday: 10.30am–12.30pm; Mon, Wed & Fri afternoons – appointments only

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

Primary Care for Homeless People
Spectrum Centre, 6 Green-lane 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
020 7974 616 852 & 020 8123 6614
MS, SH
Operating at 999 Club, Deptford, Wed: 2 – 4pm; & Providence Row, Victoria, Fri: 9.30 – 11.30am
MS, SH

TB screening van – MXU
Information given as date, time, location and post code. Turn up at these locations:
Wed 01 Dec: 9am – 12 noon; St Mungo's, 173 Cromwell Road, SW5 OSE
Thu 02 Dec: 8.30am – 12.30pm; ICH - Bethnal House Hostel, 13 Lloyd Square WC1X 9AR: 2 – 3pm; City Roads Centre, 352 – 358 City Road, EC1V 12PY
Fri 03 Dec: 10am – 12 noon; St Mungo's, 65 Margery Street, WC1X 0JH: 1.30 – 4pm; ISLS
Sun 05 Dec: 1.30 – 4.30pm; Sisters Drug Service, 99 Seven North Drug Service, N7 7QP
Tue 07 Dec: 2 – 6pm; IDASS North, 592 Holloway Road, N7 6LB: 7 – 8.30pm; The Manna Project, St Stephens, River Place, 17 Cannonbury Road, N1 2DF
Wed 08 Dec: 12 noon – 2pm; Milton Doveetail – Cranston, 28b King Henry's Walk N1 4PB
Thu 09 Dec: 1.30 – 4.30pm; Equinox - Whitaker Centre, 91 Tollington Way, N7 6RE
Mon 13 Dec: 1.30 – 4pm; St Ignatius Church (Homeless Drop-In), 27 High Road, Stamford Hill, N15 6ND
Vision Care Opticians
07792 960416
Mon & Thurs: 2 – 7.30pm
at Crisis Skyringh; Wed: 9am – 5pm at The Passage
Free sight tests and spectacles

PERFORMING ARTS

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

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 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

020 8963 0545
Ring first. Local connection only

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

12-116 St Georges Rd,
Southwark, SE1
020 7401 8378
Ring first, 9am-11am except Thurs
Age 30+ (low support)

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)

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-11.30am (drop-
in, hostel residents join); 11.45am-
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 Deftford 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

020 8521 7773
Stonelea, Langthorne Road, E11 2HJ
Livingstone House
105 Melville Rd, Brent NW10 8BU

Manna Day Centre 6 Mellor St, SE1 020 7403 1931 Every day: 8.30am–1.30pm AS, BA, BS, BE, CL, DT, FF, FC, H, MH, MS, OL, 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, W1B 2LH 020 7629 4061 Tue, Wed, Fri: 2.30–4pm (advice & enquiries); Mon: 3–5.30pm (advice & enquiry- ies, film group); Tue: 2.30–4pm (reading group); Wed: 5.30–8pm (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 Evering 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 82 Wentworth St, Aldgate, E1 7SA 020 7375 0020 Mon–Fri: 9.30am–12noon (8.30am	Rochester Row Day Centre (Salvation Army) <i>Sadly missed - closed in September</i> L, LA, LS, MH, NE, OL, SK, SH, P A, AC, BA, BS, C, D, ET, FF, H, IT, 3.30pm (appointments & activities) for verified rough sleepers) & 1.30–	St Christopher's Centre Lime Grove Resource Centre, 47 Lime Grove, W12 Please call for opening times: 020 8740 9182 AC, BS, CA, ET, FC, IT, L, MS	St Cuthbert's Centre The Philbeach Hall 51 Philbeach Gdns, Earls Court 020 7835 1389 Mon–Fri: 11.45am–3.45pm AC, BS, C, CL, F, H, IT, L, OL	St Stephen's Church 17 Canonbury Rd, N1 2DF 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	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 LS, MH, MS, P, TS	Spire's Centre 8 Tooting Bec Gardens, SW16 1RB 020 8696 0943 Mon: 8am–12noon (women sleepers only); 10.30am–2pm (drop-in); Wed: 10am–12noon (rough sleepers only); Thu: 9–11am (rough sleepers only); Fri: 9–10.30am (rough sleepers only); 10am–1pm (women only) Education sessions throughout the week by appointment A, BA, CL, D, ET, FF, FC, H, MC, MH, MS, P	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	Upper Holloway Baptist Church 11 Tollington Way, N7 020 7272 2104 Mon: 10am–1pm CL, FF, LF	Union Chapel (Margins) Compton Terrace, Upper Street, N1 020 7359 4019 Sun: 3pm–5pm BS, CL, FF, HA, L, LA, LF
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ScotsCare & Borderline (for Scots

in London)

37 King St, Covent Garden, WC2E 8J5

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, Fri: 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

DAY CENTRES AND DROP-INS

Ace 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

Ermaus 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)

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

020 8692 6548

Mon, Tues, Thurs & Fri:

9am–3.30pm

Mon, Tues, Thurs & Fri:

10am–5pm

AD, AS, AC, BA, C, CL, FF, H, MC, OB

Tue–Fri: 10am–5pm

Mon: 10am–6.30pm

SE17 2US, 020 3489 1765

Thurlow Lodge, 1 Thurlow Street,

Divine Rescue

AD, L, FF

Mon–Fri: 10am–5pm

020 8698 9403

Downham, BR1 5HR

424 Downham Way,

Bromley 999 Club

IT, L, LA, MS, MH, ML, P, SK, SH, TS

020 8692 6548

Mon, Tues, Thurs & Fri:

9am–3.30pm

AD, AS, AC, BA, BE, BS, C,

CA, CL, D, DA, DT, ET, FF, H, L,

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

Mon, Tues & Thurs: 9am – 12noon

(drop in);

Mon – Fri: 12noon – 3pm

83 Margaret St, W1W 8TB

0845 8333005

Mon – Fri: 10am – 12.30pm

BS, CL, F, IT, L, SK

London Jesus Centre

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

Mon – Fri: 12noon (women's group)

(rough sleepers only); Wed: 9am

020 8446 8400

36B Woodhouse Road, N12 0RG

Homeless Action in Barnet (HAB)

AC, FF, H, IT, LA, LF, MH, P

asylum seekers session);

12 noon–3pm (refugees and

(Italian speakers session); Fri:

5–8pm

Mon: 2pm–5pm; Tues: 6–9pm;

020 7278 8687

Cromer St, WC1

Holy Cross Centre

The Crypt, Holy Cross Church

Weds & Thurs: 12.30–2.30pm

Tues & Fri: 10am–2.30pm;

Rd, Craven Park, NW10 9RE

Homeless drop-in: 28a Fortuneagate

info@chc-mail.org

Mon: 6pm–10pm

(See below).

At the Holy Cross Centre

020 8208 8590

60 Ashford ROAD, NW2 6TU

Cricklewood Homeless Concern

AS, BA, CA, CL ET, F, IT, LA

Mon–Fri: 10am–3pm

020 8686 1222

70a Wellesley Rd, Croydon, CR0 2AR

Croydon Resource Centre

H, IT, MC, MH, MS, OB, P, SK, SS

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

Tues & Thurs 4.30pm–7.30pm.

There are also drop-in sessions on

9am–1pm (no entry after 10.30am).

from 1pm (except Wed). Weekends:

(Wed). Various afternoon sessions

Mon–Fri: 9am–12.30pm (12pm

020 7766 5544

12 Adelaide St, WC2

The Connection at St Martin's

Women only

H, IT, L, LA, LF, MC, P

AC, BA, BS, CA, CL, C, ET, FF,

12 noon–1pm (sandwiches);

(advice); 12pm–3.30pm (drop-in);

Mon–Thurs: 9.30am–12pm

020 7262 3818

1–5 Gosway St, NW1

Church Army (women)

St Saviour's Priory, Dunloe Street, E2

020 7739 9976/020 7613 3232

Tues: 10.30am–12.30pm, CL, FF

Earls Court Community Project

Ongoing 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

020 7278 8687

Mon: 2pm–5pm; Tues: 6–9pm;

(ticket required) Thurs: 5–8pm

(Italian speakers session); Fri:

12 noon–3pm (refugees and

asylum seekers session);

AC, FF, H, IT, LA, LF, MH, P

020 8446 8400

36B Woodhouse Road, N12 0RG

Homeless Action in Barnet (HAB)

AD, AS, AC, BA, C, CL, FF, H, MC, OB

Tue–Fri: 10am–5pm

Mon: 10am–6.30pm

SE17 2US, 020 3489 1765

Thurlow Lodge, 1 Thurlow Street,

Divine Rescue

AD, L, FF

Mon–Fri: 10am–5pm

020 8698 9403

Downham, BR1 5HR

424 Downham Way,

Bromley 999 Club

IT, L, LA, MS, MH, ML, P, SK, SH, TS

020 8692 6548

Mon, Tues, Thurs & Fri:

9am–3.30pm

AD, AS, AC, BA, BE, BS, C,

CA, CL, D, DA, DT, ET, FF, H, L,

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

Mon, Tues & Thurs: 9am – 12noon

(drop in);

Mon – Fri: 12noon – 3pm

83 Margaret St, W1W 8TB

0845 8333005

Mon – Fri: 10am – 12.30pm

BS, CL, F, IT, L, SK

London Jesus Centre

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

Mon – Fri: 12noon (women's group)

(rough sleepers only); Wed: 9am

020 8446 8400

36B Woodhouse Road, N12 0RG

Homeless Action in Barnet (HAB)

AC, FF, H, IT, LA, LF, MH, P

asylum seekers session);

12 noon–3pm (refugees and

(Italian speakers session); Fri:

5–8pm

Mon: 2pm–5pm; Tues: 6–9pm;

020 7278 8687

Cromer St, WC1

Holy Cross Centre

The Crypt, Holy Cross Church

Weds & Thurs: 12.30–2.30pm

Tues & Fri: 10am–2.30pm;

Rd, Craven Park, NW10 9RE

Homeless drop-in: 28a Fortuneagate

info@chc-mail.org

Mon: 6pm–10pm

(See below).

At the Holy Cross Centre

020 8208 8590

60 Ashford ROAD, NW2 6TU

Cricklewood Homeless Concern

AS, BA, CA, CL ET, F, IT, LA

Mon–Fri: 10am–3pm

020 8686 1222

70a Wellesley Rd, Croydon, CR0 2AR

Croydon Resource Centre

H, IT, MC, MH, MS, OB, P, SK, SS

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

Tues & Thurs 4.30pm–7.30pm.

There are also drop-in sessions on

9am–1pm (no entry after 10.30am).

from 1pm (except Wed). Weekends:

(Wed). Various afternoon sessions

Mon–Fri: 9am–12.30pm (12pm

020 7766 5544

12 Adelaide St, WC2

The Connection at St Martin's

Women only

H, IT, L, LA, LF, MC, P

AC, BA, BS, CA, CL, C, ET, FF,

12 noon–1pm (sandwiches);

(advice); 12pm–3.30pm (drop-in);

Mon–Thurs: 9.30am–12pm

020 7262 3818

1–5 Gosway St, NW1

Church Army (women)

St Saviour's Priory, Dunloe Street, E2

020 7739 9976/020 7613 3232

Tues: 10.30am–12.30pm, CL, FF

Earls Court Community Project

Ongoing 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

the List

The directory of London's homeless services Updated 1 December 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: 8
Services added: 8

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