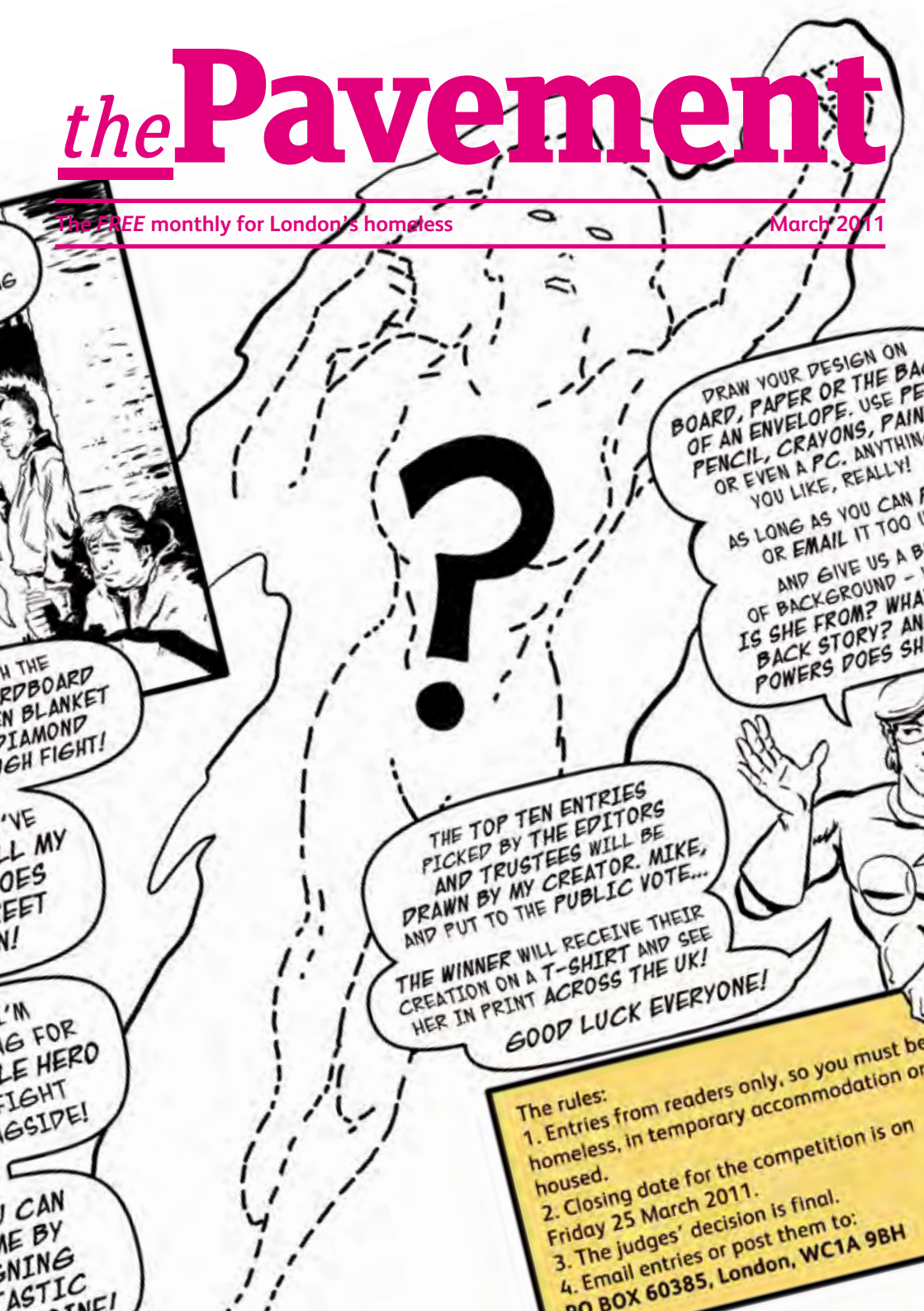


the Pavement

The FREE monthly for London's homeless

March 2011



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BOARD, PAPER OR THE BACK
OF AN ENVELOPE. USE PEN
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YOU LIKE, REALLY!

AS LONG AS YOU CAN
OR EMAIL IT TOO!
AND GIVE US A BIT
OF BACKGROUND -
IS SHE FROM? WHAT
BACK STORY? AN
POWERS DOES SH

THE TOP TEN ENTRIES
PICKED BY THE EDITORS
AND TRUSTEES WILL BE
DRAWN BY MY CREATOR. MIKE,
AND PUT TO THE PUBLIC VOTE...

THE WINNER WILL RECEIVE THEIR
CREATION ON A T-SHIRT AND SEE
HER IN PRINT ACROSS THE UK!

GOOD LUCK EVERYONE!

The rules:
1. Entries from readers only, so you must be
homeless, in temporary accommodation or
housed.
2. Closing date for the competition is on
Friday 25 March 2011.
3. The judges' decision is final.
4. Email entries or post them to:
PO BOX 60385, London, WC1A 9BH



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The Editor

Short, and to the point

Some great stories this month, but only two you must read.

The first is a hundred words on what Westminster plan to do to make rough sleeping and soup runs illegal - see page 4. The second giving details on the Hub, which will affect rough sleepers across nine boroughs - see page 7. Read and then have your say, not just to us, but make your views clear to the relevant authorities.

Richard Burdett

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The contest is still open to design our super heroine for the Street Shield comic strip - full details on our website:

www.thepavement.org.uk/cartoons.php

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Michael Gannon

Age at disappearance: 53

Michael has been missing from Manchester since 12 December 2010.

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

Michael is 5ft 5ins tall, of slight build and white, thinning hair. Although missing from Manchester, he is thought to be in London.

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

missing people

Registered Charity No. 1069119

London news

The homeless news from across the Capital

Westminster plan ban

On 24 February, Westminster City Council announced a consultation period for a new byelaw, which will ban rough sleeping and the operation of soup runs within its borough.

The consultation, by director of housing Rosemary Westbrook, runs until 25 March, and covers a draft byelaw for "good rule and government" which will make "lying down and sleeping etc" and the "distribution of free refreshment" an offence. The penalty will be a fine. The rationale behind this byelaw is Westminster City Council's conviction that readers should "make use of building-based services" rather than sleeping out.

As we go to press, Housing Justice is holding a meeting to discuss responses to this proposal. We will be present, and have the relevant documents on our website, so that readers can consider their own response to the consultation.

Staff

- We have the consultation document and proposed byelaw posted on our website.

Update on Poncho

Operation Poncho, the City of London's programme to deal with rough sleepers, remains in force.

The Pavement asked City of London Police to give us an update of the progress of the scheme, but they were unable to do so without the consent of the City of London Corporation, explaining that because Poncho is a 'multi-agency' operation, any informa-

tion about it has to be released with the Corporation's consent. All media releases about Poncho have to go through the Corporation's press office, and with the person responsible for Poncho on leave, this left us without anyone authorised to give us any information.

Poncho is run jointly with the homeless charity Broadway, which works to place rough sleepers in hostels and, ultimately, get them off the streets.

The programme has been controversial, however, because in some instances rough sleepers have been woken up in very early hours of the morning by patrol teams and made to move on. The team has also been known to 'hot wash' certain areas (ie, spray them down with water), a practice which makes it impossible for any more rough sleepers to bed down.

A 'Rough sleeper co-ordinator report' released in 2009 mentions a 'Poncho list' of locations targeted by the patrols, another area *The Pavement* has made inquiries about. It appears that the list comprises local businesses who have complained about rough sleepers bedding down on their premises. The report details various outcomes for rough sleepers found by the patrols: some are booked into hostels; those with health problems are sent to hospital; some are sent "back to country of origin"; and others are placed in either council or private rented accommodation. It is not clear from the report how the team determines who should be sent to a hostel and who gets put in a flat. This is another issue *The Pavement* will be raising with the City of London Corporation.

John Ashmore



What a waste

We don't keep our fresh, natural food overnight to sell the following day. We never have and we never will.

For years we've worked with registered charities helping the homeless by offering our unsold sandwiches to them at the end of each day. Unfortunately, some still get chucked away. (And that really upsets us.)

If you know of a charity in need of good food, please tell them to call Edward Metcalfe on 020 7932 3339.

★ PRET A MANGER ★

**You can read the news,
keep informed & search our
directory of services online @**

www.thepavement.org.uk

BORDERLINE HAS A NEW HOME



SUPPORTING HOMELESS
SCOTS IN LONDON



Some of the services we offer are:

- Assessment and referrals to hostels and supported housing in London and Scotland
- Assessment and referrals to specialist drugs and alcohol agencies
- Supportive resettlement in Scotland
- Subsidised birth certificates for proof of identity
- Free telephone advice line

22 City Rd,
London
EC1Y 2AJ

Telephone: 0845 456 2190

UK Helpline: 0800 174 047

Fax: 0207 256 6527

www.borderline-uk.org

Bus services to City Rd:

21, 43, 76, 141, 205, 214, 271

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Appointments: Mon to Fri between 09.30 and 12.30.

Walk in: Mon, Tue, Thu & Fri between 14.00 and 16.00

Call our freephone on 0800 174047

Detail on the Hub

In February *The Pavement* received the briefing documents for No Second Night Out (NSNO), the project due to start in April as part of the Mayor of London's drive to end rough sleeping in the capital by the end of 2012.

We spoke to Petra Salva, director of NSNO, about how it will run and concerns about who will be waiting at its Hub for those brought in.

She told us that the Hub will run 24 hours a day, from the same building as the Margery Street rolling shelter, and have eight assessment staff and a team of four working on reconnections. Contrary to some fears, "there will not be police or UK Border Agency (UKBA) officials based at the assessment Hub."

The Hub will not be a walk-in service, but, Salva said, "referrals will come through outreach teams." This will sometimes include the help of London Street Rescue van, and it may include referrals from the police, although "protocols for this are yet to be established."

When asked whether illegal immigrants referred to the hub would be passed to UKBA, Salva said, "I anticipate that we will see people who have a range of needs and issues and this may include people who have immigration issues. We will have to assess each situation individually and will need to determine the best course of action with that person and seek advice. We cannot force people to take up the service."

She added: "For the situation you described, voluntary reconnection is always the best option and that is why we will have a dedicated team who will be working on this."

Salva was clear that it wasn't about enforcement and that "NSNO cannot force people to take up its services."

With worries expressed by some readers and agencies about the

Hub, and despite it running alongside more "assertive approaches" by individual boroughs, it plans to offer a welcoming service to those that want their help.

How it works in practice remains to be seen.

Staff

- If you want to know more, go to www.nosecondnightout.org.uk

Second phone count

Last year, *The Pavement* conducted its own snapshot 'street count' (London edition) using a phone and a notebook. This year we're repeating the exercise; calling every cold weather shelter in London to find out how many rough sleepers stayed with them on 13 January.

The idea is to discover how many people would have been on the streets had it not been for cold weather or winter shelters, which councils are obliged to open in sub-freezing temperatures under the Severe Weather Emergency Protocol (SWEP).

While choosing the same date means we can easily compare this year's figures with last year's, the temperature on 13 January 2011 was above freezing, so many shelters were closed. Last year the figures added up to 348 – 80 more than this year's total (268) – a considerable 114 of which constituted St Mungo's SWEP provision, which was no longer in place by 13 January this year. Nevertheless, the figures still demonstrate the continued high demand for winter shelters.

In view of this, it is significant to note that many councils are increasingly reluctant to fulfil their SWEP obligations. In December, Jenny Edwards, Chief Executive of Homeless Link, said: "we are concerned to hear of some reluctance to implement arrangements that could

save lives because of cuts. While we understand the current pressures on local budgets, we do not accept this is an area that can be cut."

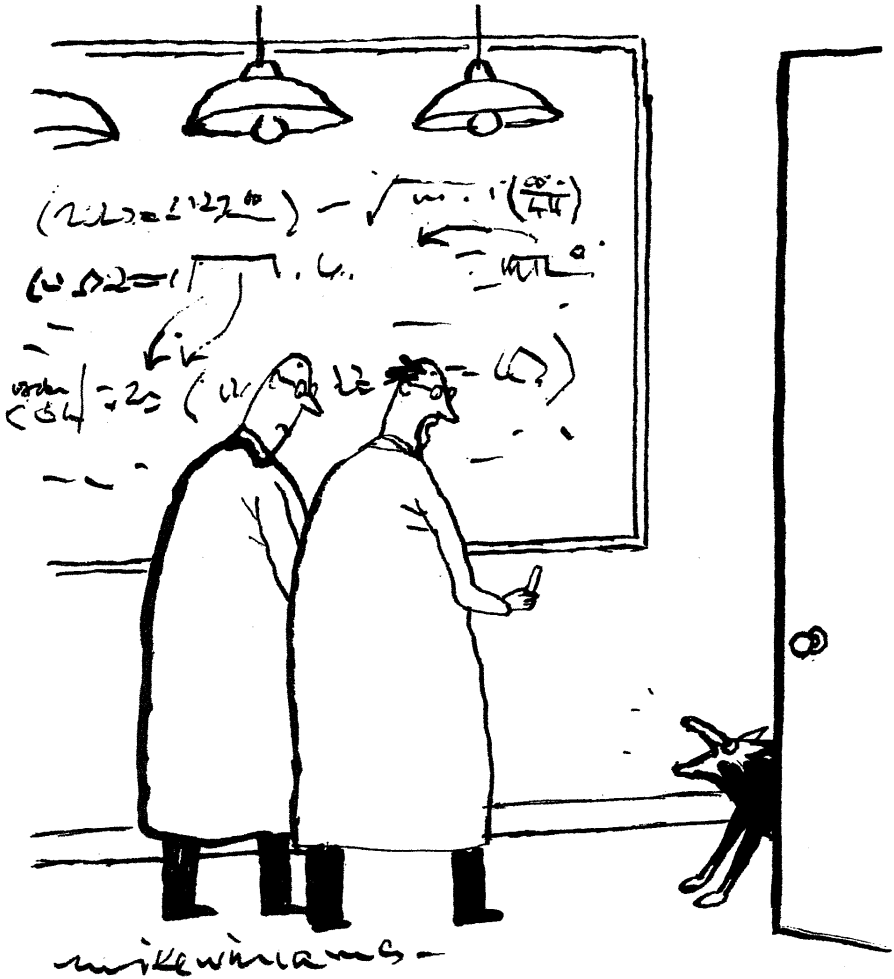
One positive development, however, is the improvement in official street counts. Last year our figures dwarfed official figures for the number of rough sleepers in London by 85 (348 compared to 263). On 17 February this year, the Department for Communities and Local Government issued 'experimental statistics' for the amount of rough sleepers in London in Autumn 2010, which total 415 – 147 more than our rough figures. Presumably this is down to the new street count guidelines, as covered in the October 2010 issue of *The Pavement*.

However, these statistics are still a long way off the figures published by some homeless charities. St Mungo's, for instance, reported 1,549 people sleeping rough in London between July and September last year, with a further 919 contacted on the streets (*Predicted rise for 2011*, February 2011, all editions).

The telephone count 2011:

999 Club:	15
Barnet Churches:	10
Branches (Waltham Forest):	32
Bromley 5000 Project:	15
Caris Islington Churches:	18
C4WS:	14
Croydon Churches:	14
Ealing Churches:	12
GrowTH Night Shelter:	11
Hackney:	25
Haringey Churches:	No response
Harrow Firm Foundation:	9
Hillingdon:	Shelter closed
Kingston Churches:	12
Quaker Christmas:	Shelter closed
Route 18:	33
St Mungo's:	Shelter closed
The Robes Project:	11
West London Churches:	37
Whitechapel Mission:	Shelter closed
Total:	268

Carinya Sharples



“What? You mean by giving up its lone outer electron, a sodium atom achieves a desirable quantum mechanical configuration and is left with a positive charge? By accepting an extra electron, chlorine fills its outer shell with eight electrons and gains a negative charge. The charged ions are then held together to make molecules and crystals of common salt (NaCl) by electrostatic forces... Lassie, are you absolutely sure of this?”



FREE
METRO

The logo consists of the word 'METRO' in white, bold, sans-serif capital letters inside a blue rectangle. A small red tag with the word 'FREE' in white is attached to the top-left corner of the rectangle.

Supporting London Life

www.thisislondon.co.uk • www.metro.co.uk
www.standard.co.uk

EVERY YEAR THERE ARE INJURIES AND EVEN DEATHS RESULTING FROM PEOPLE BEDDING DOWN IN RUBBISH BINS, SKIPS & CLOTHING BANKS. IT ISN'T SAFE! MANY BINS ARE EMPTIED IN THE QUIET HOURS, SOMETIMES BY A VEHICLE WITH A SINGLE DRIVER, DUMPING THEIR LOAD, WITH A LONG DROP, INTO A COMPACTOR - WHO WILL HEAR YOU OVER THE MACHINERY NOISE?

**STAY OUT!
STAY SAFE!**

the Pavement

News in brief

The homeless news from around the country and the World

Winter shelters follow the pack Funding nothing new

At least five new cold weather shelters opened up across the country this winter, following a drive by charity Housing Justice.

New church shelters were piloted in Chesterfield, Leicester, Birmingham, Ealing and Westminster, after the Christian charity launched its Shelter in a Pack guide in December last year.

Sally Leigh, London and shelters co-ordinator at the organisation, said that most church shelters in London had been full this winter. "We are anticipating an increasing demand for more shelters throughout the country as communities start experiencing the impact of cuts to benefits and increasing hardship among the most vulnerable in our society," she told *The Pavement*.

The pack, which can be downloaded from the Housing Justice website, offers advice on everything from the cost of setting up a winter shelter to dispelling fears about anti-social behaviour - and has been a real success, said the charity.

"Discussions are also taking place on how to establish new shelter projects next winter in Ipswich, Chiswick, Wimbledon, Halifax, Keighley and Enfield," added Leigh.

Garnet Roach

- Details on the shelters and the Shelter in a Pack guide can be found at the Housing Justice website www.housingjustice.org.uk

On 17 February Communities Minister Andrew Stunnell announced £18.5 million will be allocated to tackling rough sleeping in England.

The announcement, made at the Broadway Day Centre, near London's Shepherd's Bush, highlighted funding given directly to charities - usually those carrying out contracts - rather than to local authorities. Stunnell said "I'm delighted to be able to announce £18.5 million of funding this year alone directly for the voluntary sector; on top of the £81.5 million we give to councils."

However, although widely reported as new funding, the announcement seems intended to demonstrate that not all funding for homeless projects is being eroded. When asked if this was funding that already existed, David Carnell, a spokesman at the Department of Communities and Local Government, told *The Pavement*, "The funding is existing funding, but has been protected."

Staff

Ex-rough sleeper up for literary prize

The writer Tom Gamble has been placed on the shortlist for a major literary prize for a novel which was partly influenced by his experiences sleeping on the streets.

Gamble's novel, *Amazir*, is one of six books on the shortlist for the Romantic Novelist Association's 2011 Pure Passion Award. He maintains that the novel is about the hope and love which

can help carry people through periods of great difficulty.

"When you're down, even lower than you thought you'd sink to, your hope is rewarded in a small ways," Gamble explains. "A pleasant word from a stranger in the street, the sunshine warming you up, the sound of birds in a park where you slept overnight... this spurs you on to rise above your trials and get back on the road to self-confidence."

Gamble has previously spent several short periods sleeping rough: as a teenager unable to fully get over his parents break up, after moving to London, and then again at 38, following his own divorce.

"I wouldn't categorize myself as having been a homeless person," he says. "I just experienced a brief, tough time of being without fixed abode and think I saw and felt how it must be: the hunger, the loneliness, the worry, the pride that often prevents you asking for help, and also the of love for people who do actually look you in the eye. Some of that experience has come out in *Amazir*."

Gamble is keen for homeless people to read *Amazir* as he feels that they would be able to relate personally to the novel's message.

"I think it's a message for them that life can sometimes be a rollercoaster - one moment up and the next freefalling," he said. "But that if you have the determination to rise up above it all, keep faith, keep your belief in luck and have an objective in sight, you can get through the storm."

Nicholas Olczak

Reading police seek help in murder

Police in Reading, Berkshire, are seeking help from homeless people in the area in trying to solve the murder of a rough sleeper.

33 year old Damian Whyte's body was discovered by a dog walker in Caversham on the morning of 23 February. The post mortem revealed that Whyte, also known as Tottenham Paul or James Bond, had died of multiple stab wounds.

At a police press conference, the *Reading Chronicle* reported that Detective Chief Inspector Stan Gilmour said: "We need people who knew Damian to come forward and fill in some of the gaps about his movements over the last few days leading up to his death."

Staff

- Anyone with information should call police on **0845 8 505 505** or Crimestoppers anonymously on **0800 555 111**.

Tent city recognised in Seattle

As the US still reels from its worst financial crisis since the Great Depression, tent cities continue to spring up across the country - serving as a sobering reminder of the fragility of the 'American dream'. Regarded by many lawmakers as dangerous, disease-spreading ghettos, hundreds of camps have been shut down, including those in Sacramento and Fort Worth. Following closure, the million-plus inhabitants of these makeshift cities are simply moved on, while only the very lucky one are rehoused.

But the Washington city of Seattle is taking a different and more forward-thinking approach by

planning to run its own homeless camp on state-owned property.

Homelessness has risen sharply in America in recent years as a result of rising unemployment and home foreclosures. Almost half of the country's 3.5m homeless are unsheltered, with a large number congregating in tent cities for safety. In Seattle alone, there are around 8,000 homeless people and around 1,000 of these live in encampments.

One of these sites is dubbed Nickelsville, after former Seattle mayor Greg Nickels, who came under fire for his harsh policies towards homelessness. It has around 100 residents and was set up at a former fire station around three years ago but has since then been forced to move 17 times. The city is now taking steps to establish a permanent home for Nickelsville in a vacant car park, and awaits the result of an environmental impact report due in February.

Seattle's Deputy Mayor, Darryl Smith, admits that a permanent tent city is not the ideal response to homelessness. But he thinks it's worth a try.

Mr Smith says: "No one seems to have come up with a perfect situation or a perfect location to do something like this. But we don't want excellent — what we're grasping for is something basic that can really help people." What's more, he says if the camp is effective, the city could make it a permanent fixture at an annual cost of less than \$1 million.

Nickelsville has a list of rules that are largely self-enforced. For instance, no drugs, alcohol or criminal activity is tolerated within the tent city and offenders risk immediate eviction.

Inside the camp, residents eat together and share in the running of the site, which camp organiser Peggy Hotes believes has helped people get back on their feet. She explains: "I've seen people come in

here with their heads down. Then they're elected to something. And they see that they can participate in making things better, to help solve the issue of homelessness."

The vision for Nickelsville is often compared to another homeless camp in Portland, Oregon, called Dignity Village, which has been around more than a decade.

Seattle has grappled with tent cities for decades. In 2002, a group was given permission to run a homeless encampment within city limits under certain conditions — including a maximum three months at any one site. Tent cities - reminiscent of the 'Hoovervilles' of the 1930s Great Depression - are basic, with no mains electricity, plumbing or drainage.

In Reno, Nevada, the state with the nation's highest repossession rate, a tent city recently sprung up on the city's outskirts and quickly filled up with about 150 people. Most tent cities are in California, where more than 200 people can be found living in Sacramento's Tent City, which became infamous after appearing on the Oprah Winfrey Show. Although this site is currently under threat of closure, the rise in homelessness in the US means that others will no doubt spring up elsewhere.

Rebecca Evans

HRH at Arlington hostel

HRH The Prince of Wales visited a historic London hostel on 16 February (pictured over the page). However, the royal guest did not turn up only to visit the residents of Arlington's 95 housing units, but also to meet business leaders.

Formerly the troubled Arlington House run by Novas (see *The Pavement* passim), Arlington hostel was the backdrop to celebrations which marked 10 years of the Ready for Work programme. Prince Charles is





"Have you any idea what that was doing to the environment?"



Photography by Alastair Fyfe © 2011

the president of Business in the Community (BITC) which runs the back-to-work initiative.

Ready for Work focuses on securing job placements and training for homeless people, with 23 programmes currently running across the UK and Ireland.

Although celebrating past success, this visit was in part a call to arms to businesses to do more in future. In his speech, HRH said, "In the last six months the number of homeless people has begun to rise and I fear this trend will continue... It is estimated that there are some 20,000 people in this country who are either homeless, or who have experienced homelessness, who could be back at work but are not."

Staff

Zulu council in London

Designed to bring together all parts of the homelessness sector, a meeting of agencies took place at London's Bloomsbury Baptist Church on Saturday 12 February. The meeting, named Indaba after the zulu word meaning council, was organised by the Simon Community and Housing Justice and involved both professionals and volunteers, as well as people with direct experience of rough sleeping.

The Indaba was called to discuss the issue of street homelessness, in the wake of the Mayor of London's ambitious pledge to 'end rough sleeping' in London by the end of 2012. In the face of looming cuts and with the numbers of rough sleepers on the rise, the Simon Community feels that serious questions must be asked about whether the Mayor's target is

achievable, or even desirable.

Facilitated by Andy Benson, participants at the meeting were organised into groups and invited to discuss the question: "Ending street homelessness: What's the problem?" The topic generated much debate but those present agreed that the key causes of street homelessness include the shortage of emergency accommodation and the lack of uniform mental health assessment and provision.

During the second half of the meeting, groups discussed possible solutions to the problem of rough sleeping. The agencies agreed that, if the Mayor's 'zero target' is to be met, there needs to be better coordination between professional and voluntary organisations. What's more, as some rough sleepers find dealing with authority figures difficult and stressful, barriers need to be broken down between professionals and clients.

Those present also noted that, if the 2012 target is to be reached, it is essential to involve service users in decisions about how services are run. The Simon Community felt the Indaba was a success, but it was agreed that another meeting should be held to explore in more detail the differences in approaches towards the problem of rough sleeping.

Amy Hopkins

Squats for rent?

There have been reports of an individual loitering outside some London homeless shelters offering places in squats for money. A witness, who wished to remain anonymous, told *The Pavement* that they had seen a man waiting for people to be turned away from shelters before offering them places in houses in the Highgate area.

Posting on the online microblogging site Twitter, the witness said: "Man outside night shelter was recruiting those turned away for his squats. He opens squats as a business in Highgate. He has over 300 beds operating in houses at any one time (360 I think he said). Interesting little business. You see it all on the streets."

Myk Zeitlin, from the Advisory Service for Squatters, which offers legal help for squatters in London, said that, although it is legal for people to open squats for themselves in certain circumstances, it is illegal to charge money for rooms in squats, and the squatters' Advisory Service "certainly discourages" the practice.

He told *The Pavement*: "We do not know this person and we do not support charging money for squats."

"We also hear of people renting out properties under the pretence that they have a right to do so when they don't and this is illegal and we certainly discourage it."

"We give advice to people on

how to open squats for themselves. There are also weekly practical squatters' evenings, rotating between East and South London where people can get help opening places."

John Ashmore

Debut album with Royal backing

A former rough sleeper has released his debut album with a little help from HRH Prince William. Tresor Kiambu, 21, performed a song for HRH during a royal visit to the Centrepont hostel in Soho back in December 2009. Prince William had been serving breakfast at the hostel after spending the night sleeping under Blackfriars Bridge to highlight the difficulties of sleeping rough in London.

Talking about performing for HRH, the young musician said: "He definitely inspired me. When I went back to my room I had some new ideas."

Kiambu, who performs under the name Tres B, came to the UK as a child, having been orphaned during the civil war in the Congo. He moved from hostel to hostel but struggled with alcohol problems, before being put in touch with Centrepont. He describes the homeless charity as his "family."

Tres B, whose sound fuses African folk, hip-hop and soul, has performed at music festivals such as the Big Chill in Herefordshire and played alongside American blues band the Black Keys. The track Kiambu performed for Prince William is called Best Friend and can be downloaded from iTunes and Amazon.

John Ashmore

Heroin drought

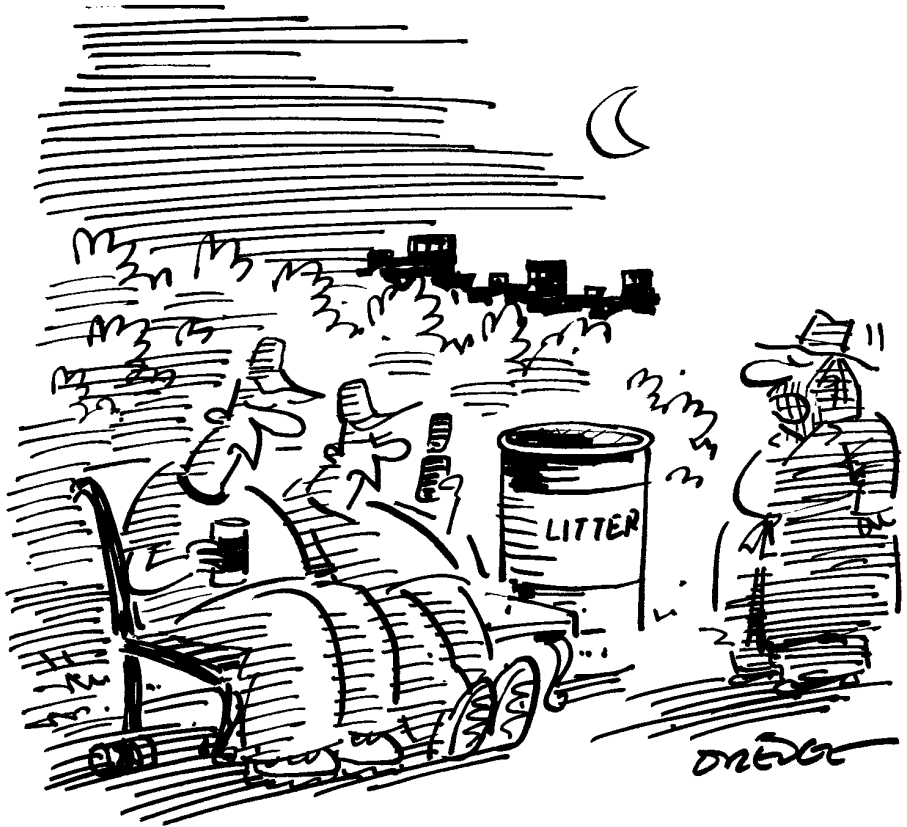
For several months now there has been an acute shortage of heroin in some parts of the UK, which has led to an increased risk of poisoning and overdose. Readers should be alert if they use or know someone who uses.

Since October 2010 the shortage of heroin has been caused by poppy blight in Afghanistan, floods in Pakistan as well as the efforts of international law enforcement agencies. The result of this 'drought' has caused concern amongst drug treatment, with the National Treatment Agency for Substance Misuse (NTA) issuing warnings about the shortage: "The heroin may be difficult to get hold of, or it may be heavily 'cut,' making it weaker than normal; In some cases, the added cutting agents have been reported to be heavily sedative, and to cause memory blackouts."

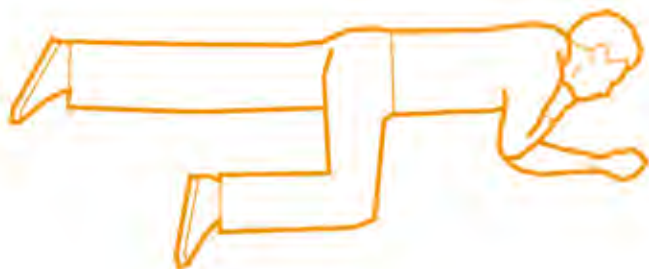
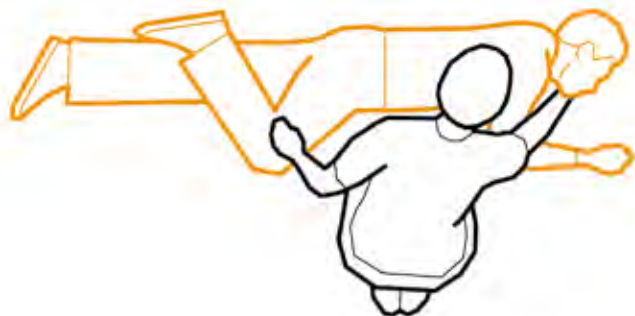
"Some people have ended up in intensive care; Your tolerance can fall within days of using weaker batches of heroin; If your next batch is stronger, you will be at real risk of 'going over' from a heroin overdose. This could kill you; Get into drug treatment. Drug treatment is the best way to avoid overdose death and help is available in your area."

Further to this the NTA also recommend users follow these guidelines to keep safe:

1. Stop using heroin if you can. If you do go back to using though, you will have lost your tolerance – so be very careful.
2. Look into drug treatment – this could be the right time for you to take this step. Heroin substitution treatment (methadone or buprenorphine) is available, as well as other forms of treatment and support
3. Test your heroin before using your usual amount. This is not a guarantee it will be safe, but it could warn you the heroin has become stronger again



"Squatters!"



4. Avoid injecting if you can. Smoking heroin is less likely to lead to a fatal overdose. But remember, there is no totally safe way to use heroin
5. Avoid using other drugs (or alcohol) with heroin. This increases your risk of dying from an overdose. Remember you might have lost tolerance as well, which further increases overdose risk
6. Don't use alone. Agree with each other that you'll phone an ambulance if one of you does 'go over.'
7. Get overdose training to help yourself and your mates. Learning the recovery position (pictured opposite) is a good start.

Staff



Homeless to Harvard

Liz Murray's book, *Breaking Night*, tells the remarkable story of how she went from sleeping rough to graduating from one of America's top universities. Murray became homeless at 15 but went on to win a scholarship to Harvard University. She now works as a motivational speaker who has talked at events alongside Tony Blair and the Dalai Lama.

She grew up in New York with both parents addicted to cocaine and heroin and did not start high school until she was 17 - at a time when most other teenagers were graduating.

Murray became aware that her parents were taking drugs at just three years old, but when her mother was diagnosed as HIV positive in 1990, she also discovered they had been sharing needles. When her father couldn't pay the rent and moved into a homeless shelter, Murray ended up sleeping on park benches or New York's 24-hour subway trains.

But after her mother died in 1996, Murray took steps to change her life. She decided to go to high

school - despite still living rough - and was determined to get straight A's. She completed her high school education in just two years and her teachers encouraged her to apply to Harvard.

But with no money and still living rough, Murray knew she would need a scholarship.

She had kept her homelessness a secret from friends and teachers, but after Murray applied for a New York Times scholarship detailing the struggles she had overcome to achieve academic success, people rallied around. She says never slept rough again.

By the time Murray had graduated from Harvard, her father had also died from Aids. She cared for him until he passed away and says that she took comfort knowing he died clean.

"When someone gets sober it's like meeting them for the first time," she said.

And despite growing up around addiction, Murray says that she was grateful for her family life. "I remember a certain peace knowing we all went to bed under the same

roof at night," she told the BBC World Service programme *Outlook*.

After university Murray set up Manifest Living, offering workshops for people wanting to change their circumstances, and now works as a motivational speaker.

Murray's book *Breaking Night: A Memoir*, which tells the story of her life, became an American bestseller when it was published last year.

Garnet Roach

Benches ruined by vandals with a motive?

Two benches used by rough sleepers at Bognor Regis seafront shelter have been destroyed by vandals. As the homeless people have now been deterred from using the immediate area, the vengeful act has not been met with the cry of outrage usually associated with vandalism. The damage, which was discovered on 20 January, is unlikely to be repaired by Arun District Council in the near future.

Local residents have reported a decrease in anti-social behaviour since the shelter's benches were sawn up, which has been attributed to a reduction in the number of rough sleepers in the area. One resident told the *Chichester Observer* that the vandal has "done us a bit of a favour."

However, spokesperson for Arun District Council, Jo Furber, told *The Pavement* that the destruction of the benches fails to address the underlying problem of homelessness. "Although we have no immediate plans to replace the benches, we are in discussion with local residents as well as community development workers and other agencies about finding a solution that addresses all concerns," she explained. "The ruined benches haven't solved the issue, it's just moved it further down the road."

At present, the council is working with a range of voluntary agencies to ensure the number of rough sleepers is kept as low as possible. According to Furber, the majority of people sleeping rough in the area are Eastern European migrants or those who struggle with drug and alcohol problems. "It means a lot of people are unable to access services as they cannot speak English and have no identification documents," she added. Meanwhile, the Council provides housing options advice from its offices in Littlehampton and is establishing a regular weekly surgery in Bognor Regis, specifically to advise rough sleepers.

In terms of the attack, the police have identified no suspects and will not be pursuing the case.

Lizzie Cernik

Old word on rise

Language that negatively represents of trivialises homeless people is widespread in America, according to Sociological Images, a website

discussing sociology connected to the University of Minnesota.

An article on the website points to examples of young people repeatedly using negative labels to refer to homeless people. It also identifies television programs which contain insensitive representations of the homeless or encourage people to imitate them for fun.

The article describes how young people commenting on an online video of a man panhandling at an intersection make repeated use of the word "hobo" to refer to him.

"A lot of people would argue that references to 'hobos' today aren't really about homelessness now," writes Gwen Sharpe, author of the article. "But the video of the kids' reactions certainly shows that they don't just see it as a term for people in the past; they clearly connect it to homeless people today."

One of girls attributes her use of the label to *iCarly*, an American sitcom popular among young people in America. The article also reveals how the website for this show features photographs of cast members dressed up like homeless people.

Sharpe's article goes on to report that an internet search for the topic brings up a number of entries where people are proposing dressing up like "hobos," including suggestions for "hobo parties."

Also criticized is a show where the host searches the streets for talented homeless people. The article points out that this TV program suggests that it is surprising to find a homeless person with skills or talents.

"Such a news story could humanize homeless individuals," writes Sharpe. "Instead, the news segment treats the two women as sources of entertainment whose value comes only from the possibility that they might surprise us."

Nicholas Olczak

Street heat – Our occasional look at homeless celebrity encounters

Two members of London's homeless population were thrust into the limelight at the beginning of February after being photographed with different A-List celebrities in the space of a week.

In the first encounter, celebrity gossip website *Holy Moly!* featured pictures of Mickey Rourke with a red-haired man outside the exclusive C Restaurant in Mayfair. Rourke was in town as part of research for a new film on openly gay Welsh rugby star Gareth Edwards, when he was snapped with a man the site described as 'Abraham McGingerhat'.

Two days later, *The Office* star Ricky Gervais was photographed outside the trendy Automat Club in Mayfair with an unknown man that *The Sun* newspaper described as a "grey-haired beggar." Gervais apparently gave the man a fifty-pound note after the photos were taken – pictures showed the pair grinning and swearing for the cameras.

Neither story reported the identities of the men in the photos, with *Holy Moly!* offering "a trip to the moon on Richard Branson's lap" if readers could identify the homeless man pictured with Rourke.

James O'Reilly

- Do you know, or were you one of the men in the pictured? If any readers have had a celebrity encounter, or been 'papped' alongside any big stars, let us know – we'd be keen to hear your stories. Contact on page 3.



"I flunked sandpit"

STREET SHIELD

HOME AGAIN.

STREET SHIELD
AND HIS FRIENDS
STEP OFF THE
COACH FROM
BIRMINGHAM...



SUDDENLY...

SOMEONE
'ROUND
HERE STINKS
OF PISS!
PROBABLY A
TRAMP!



WELL, IT'S NOT
ME I WASHED THIS
MORNING AT THE
BUS STATION...



AND IT'S NOT ME. I HAD
A PHOBI AND PUT ON CLEAN
CLOTHES BEFORE BREAKFAST.



YOU AT
UP RUN
ER!

Y. CATCH
SOON, SS!



NOW - LET'S HAVE
A CHAT ABOUT MANNERS
AND THE DANGERS
OF STEREOTYPING!



NEXT MONTH

THE LINE UP!

Health and wellbeing

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

Athlete's foot – avoidance and treatment

You don't have to be an athlete to get athlete's foot – you just need to be exposed to the fungus that causes it. Athlete's foot is the common name for a fungal infection, usually from the *Trichophyton* family.

Feet provide a warm, dark, steamy environment where fungal infections can live happily, often between the toes (where they make the skin go white, cracked and soggy) and on the sole of the foot, usually around the arch (where they can appear like dry skin, but whiter and scaler on top, with redness underneath). Sometimes tiny blisters may appear around the infected area.

You'll know you've got athlete's foot when you start to feel the itching – fungal infections are notoriously itchy, and the more you scratch, the more you spread them. They can also feel hot, stinging or burning; sometimes this feeling gets worse when you have been in a warm environment such as bed or a bath, and you can often experience intense itching.

Avoidance is better than cure. Try to evade fungal infections by keeping to your own socks and shoes, and wear flip-flops or some other sort of footwear in shower, locker and changing rooms. The 'athlete' bit of its name comes from the idea that the fungus can spread well in communal and shared areas – as well as via wet towels, bedding and floors, and by direct contact. If you are reasonably sure that the itching between your toes or on the sole of your foot is a fungal

infection (it could be eczema, psoriasis, dermatitis or a drug reaction, so rule these out first), then start treatment – it will most likely spread and get worse if you don't.

Hygiene is, of course, important, but having a fungal infection doesn't mean you are dirty: you have been in contact with the fungus, it has invaded your skin and you have to kill it. Simple washing and hygiene won't do that on its own, especially if it has been there for a while. Fungal infection is notoriously difficult to treat, and the only way to get rid of it is to use an anti-fungal agent (usually a gel, cream or a spray), which you can get on prescription from a GP or buy over-the counter. Check the ingredients if you decide to buy over-the-counter: a store's own brand cream may have the same ingredients as named brands but be a lot cheaper.

Unfortunately, 'curing' athlete's foot is a long, slow process: it usually takes a good few weeks to get it under control. Even if the fungus looks as if it has disappeared, keep applying the cream for a couple of weeks – it has a habit of pretending to disappear but hanging around, only to return with a vengeance.

Left untreated, fungal infections can spread over your feet and can also get into your nails, making them thick, crumbly and yellow. Fungal infections and the intense itching and scaling they create also make the skin on your feet vulnerable to other problems, such as open sores, cracks and the risk of secondary bacterial infection.

A final word of warning: untreated athlete's foot can sometimes spread to the groin... not pleasant and not pretty. So, think about getting a tube of something if you suspect you have it on your

feet and get it treated quickly.

Better still, avoid the fungal infection in the first place, and keep your feet sweet.

Evelyn Weir

Lecturer in podiatry
Queen Margaret University
Edinburgh.

A basic guide to needlestick injuries Part 1

Q: What is a needlestick injury?

A: A needlestick injury is when your skin is punctured by a needle that someone else has already used.

Never, ever re-use or share a needle. One that another person has used may carry a multitude of diseases, and putting a used needle into your body provides them with a super-fast way in. Your skin is a barrier to infection; puncturing it with an unclean needle is breaking your best protection and injecting a package of bacterial and viral nasties directly into your bloodstream.

Now I've probably scared the living daylight out of you, here's the lowdown on how to stay safe if you use needles or if you're likely to come across them...

Needles are designed to be used once and only on one person. In the UK, most needles come capped with a plastic sheath and sealed in a paper and plastic package. You should assume that any needle that is not sealed in its original packaging has been used. A needle may be capped, but if it's not sealed inside the paper and plastic sleeve, then it has probably been used. Do not use it!



do not touch them. There is no safe way to handle used needles unless you are wearing protective clothing. Avoid them, and contact your local council to get them safely removed.

If you come across needles often, it may be worth investing in a set of pincers, tongs or strong gardening gloves so you can check the area without having to use your bare hands.

The only safe way to dispose of used needles is in a bright yellow “sharps” box. If you regularly use needles and sharps, you should have one. You can get one from your GP or needle exchange on prescription – find out if and how sharps boxes are distributed in your area. Once your box is about three-quarters full, seal it and hand it in so it can be disposed of safely. Never put your hand in a sharps box, never try to get anything out of a sharps box and keep it well away from children and pets.



Also remember, never try to recap a needle used by someone else – this is when you’re most likely to get stuck.

Look out for used needles. Check the area where you bed down at night for needles. Carefully check discarded clothing, or any building or squat you might use. Needles can be hidden in debris, so be careful. If you come across used needles >>

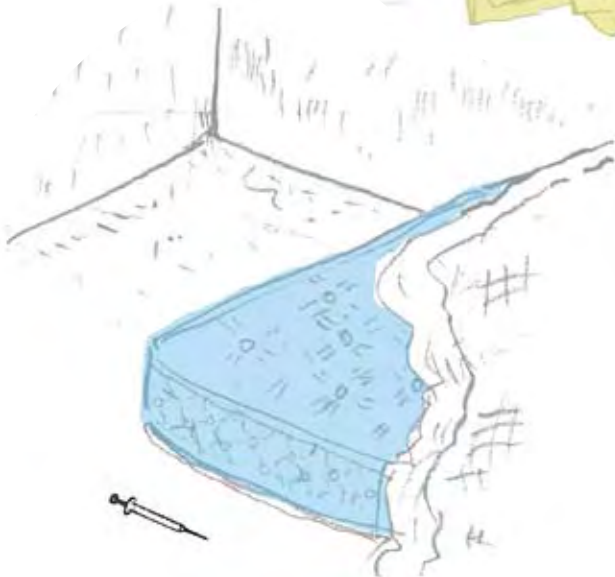
If you’ve got a used needle and don’t have a sharps box, then don’t leave it lying around.

As a nurse, I would never use a needle to inject someone unless

I had a sharps box with me, however this is not practical outside of healthcare. You need to think about the dangers the used needle may pose to others and find the best way of making sure no one else stumbles across it. Re-cap it and seal it inside a solid plastic or glass container, write what it is on the outside, keep it with you and take it to a pharmacy, hospital or health centre to be disposed of.

Next month, Part 2 - What to do if you get a needlestick injury? Good health,

Susie Rathie
The Pavement’s nurse



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.

at Chelsea Methodist Church, 155a King's Road, SW3 5TX: Tue: 6-9pm, King George's hostel, Victoria; Every other Saturday: day/evening drop in; King George Hostel – Hot tea/coffee, hot meal, sandwiches, fruit, clothing, hygiene kits and referral to a rent deposit scheme www.streetlyties.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; 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

Streetlyties
Mon: From 6.30pm, a sit down meal

Street, N1, Fri: Walthamstow
Thur: Islington Town Hall, Upper
Hackney Town Hall (car park) E8;
Bethnal Green Road E2; Wed:
-3.30pm, at these locations – Mon:

Simon Community
Tea Run: Sun & Mon (6-9.30am); St Pancras Church 6.30am; Milford 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; Mulgrave Street 9.15pm; Waterloo Hot food and sandwiches

St Andrew's Church
10 St Andrew's Road
Fulham, W14 9SX
Sat: 1.1.30am-1.30pm
Hot food and sandwiches

St Ignatius Church
Lincoln's Inn Fields
Sat: 8.30-9.15pm

St John's Ealing
Mattock Lane, W13 9LA
020 8566 3507
Sat & Sun: 3.30-5pm
Also: Advice service Thur & Fri 10am-4pm – Ealing Churches workers

St John the Evangelist
39 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

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: 1.2noon-6.30pm

Plaistow Woman's Group
House of Fraiser, Thurs: 9pm
Hot meals, teas and coffees

Rhythms of Life International
44 Marlborough Avenue, E8 4JR
020 7254 9534
Mon-Sat: 4.30-6pm; Sun: 3.30-5pm.
Free tea and warm food served 365 days a year

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

The Sacred Heart
This run from Wimbledon has several teams coming up once a month to the Piazza of Westminster Cathedral. Sandwiches and hot beverages around 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.

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).

Bloomsbury Baptist Church
235 Shaftesbury Ave, WC2 8EP
020 7240 0544
Sunday: Roast lunch 1 pm
10.30am for ticket (very limited)

The Cabin
St Gabriel's Community Centre
21 Hatfield'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, Mottack Lane
Friday: 11am-4pm; Sat and Sun:
3.30-5pm
They also give practical help/ housing advice

Emmanuel Church
Forest Gate, E7 8BD (corner of
Romford Rd & Upton Lane)
Thurs: 7.30am (cooked breakfast)

Faith House (Salvation Army)
11 Argyle Street, King's Cross
(near Burger King), WC1H 8EJ
020 7837 5149
Mon: 6-8pm (men's group);
Tues: 5-6pm (women's drop-in);
Wed: 1-3pm (women's drop-in);
Thurs: 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
Street; Park Lane underpasses;
Shepherd's Market; Curzon Street

Food Not Bombs
The Narroway, Hackney Central
Every second Sat: 5-6pm

Good Samaria Network
Sun & Mon: 6.30-8pm; King
George's Hostel, 72 Great
Peter Street, SW1P 2BN

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 (Isip 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
second 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
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

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.

Liss Homeless Run
Strand, Palace Hotel
Last Tue of the month: 8pm
Also have clothes and toiletries

The Lion's Club of Fairlop
Charing Cross, Strand
Second & fourth Sun: 6pm
Hot indian food

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

Variety of performing arts workshops held at Crisis Skyclight as well as hostels around London.

www.cardboardcitizens.org.uk
ET, LA, MC, PA

The Choir With No Name

Every Monday, 7pm,
A choir for homeless and ex-homeless, with or without singing experience.

www.choirwithnoname.org

Crisis Skyclight

66 Commercial St, E1

020 7426 5550

Mon–Fri: 2pm–8pm; Sat

& Sun: 11am–5pm

Workshop programme from

www.crisis.org.uk

Smart

Art workshops and lectures at various venues

020 7209 0029

Email: smartnetwork@lincineone.net

Streetwise Opera

020 7495 3133

MC, PA

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 Homeless 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

Asford 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

Caris Islington Churches Cold Weather Shelters

Various Churches

07960 491151

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.carisislington.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

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

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

Harrow - Firm Foundation

Winter Night Shelter

07979 836403 (Tue

- Sun: 9am - 5pm)

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

Robes Project (Southwark &

Lambeth) Various Venues

Age 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.robres.org.uk

West London Churches Winter Shelter

Various Venues

0207 351 4948

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

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.

Free advice and support for refugees and migrants

AD, BA, FF, H

UR4JOBS

Upper Room, St Saviour Church,

Cobbold Road, W12 9LN

020 8740 5688

07967 312207 (English)

07772 565815 (Romanian)

07772 473554 (Polish)

Mon-Fri: 5.30-6.45pm (hot

support); Mon & Tue: 12noon-5pm

(Migrants workers job club)

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 House

89-93 Shepperton Road, 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

AD, C, D, H, NE, OB, SH
(appointments and neede-
exchange); 1-5pm (open access)

Mon-Fri: 1.00am - 1.2.30pm

020 7266 6200

470-474 Harrow road, W9 3RU

Westminster Drug Project (WDP)

Road (if in North Westminster)

Westminster) or WDP, Harrow

ford Drug Project (if in South

Closed, instead go to Hunger-

Westminster Community Alcohol

AS, A, AD, AC, CA, C, D, H, NE, OB, SH

Mon-Fri: 1-5pm; Sat: 1-4pm

020 8875 4400

86 Garratt Lane, SW18 4DB

Wandsworth Drug Project

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

020 8769 0509

East European Advice Centre

Pallingswick House, 241

King Street, W6 9LP

020 8741 1288

Open weekdays 10am-12pm & 2-

3pm, for appointments; closed Wed

Ring for appointment

Eastern European Drug and

Alcohol Support

Emmanuel's Church,

Forest Gate, E7 8BD

020 8257 3068

Support for drug and alcohol

treatment, advice, contact with

other agencies; Thur: 5-7pm

Part of DASL in Drug &

Alcohol Services

Hackney Migrant Centre

St Mary's Church, Spentley

Walk, Stoke Newington

Church Street, N16 9ES

info@hackneymigrantcentre.org.uk

Wed: 12.30-3.30pm

Free advice and support for

AD, BA, FF, H

UR4JOBS

Upper Room, St Saviour Church,

Cobbold Road, W12 9LN

020 8740 5688

07967 312207 (English)

07772 565815 (Romanian)

07772 473554 (Polish)

Mon-Fri: 5.30-6.45pm (hot

support); Mon & Tue: 12noon-5pm

(Migrants workers job club)

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 House

89-93 Shepperton Road, 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

Turnaround Resource E1

Monkmore Centre, Hanbury

Street, London, E1 5HZ

020 7247 9005

www.turnaround1.org.uk

CA, ET, IT

ENTERTAINMENT & SOCIAL

EVENTS

ASLAN

All Souls Church - Clubhouse

Cleveland St

020 7580 3522

Sat eve: by invitation

Open Film Club

www.openclinema.net, FF, LA

EX-FORCES

AWOL? Call the 'reclaim your life'

scheme from SSAFA

01380 738137 (9am-10am)

can help ex-servicemen and women

Ring the Legionline to see how they

Royal British Legion

08457 725 725

service. Phone, call in or write.

men and women aged 18-55

who are homeless or potentially

homeless. Require proof of military

Accommodation for 21 ex-service

Monday-Friday: 9.30am-5.30pm

www.rbt.org.uk

020 8749 4885

London, W12 0TX

158 Du Cane Road,

Home Base

020 8749 4885

www.cht.org.uk

Monday-Friday: 9.30am-5.30pm

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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

7.30pm-7.30am

Waltham Forest Churches Night

Shelter

See Branches

Central and NW London

Substance Misuse Service

282 North End Rd, SW6 1NH

020 7381 7700

Mon-Fri: 9am-5pm, C, MS

Drunkink

103a Devonport Rd, Sheep-

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

The Hungerford Drug Project

(Turning Point)

32a Wardour St, W1D 6QR

020 7437 3523

Mon-Fri: 12noon-5pm, except Wed

2-5pm (drop-in); Sat & Sun: 1-5pm;

Antidote (lesbian, gay, bisexual and

transgender drug/alcohol service)

drop-in Thursday: 6-8.30pm

C, D, FF, IT, LA, MH

Needle Exchange Van

White van under Centrepoint

Tower, Tottenham Court Road

Mon-Fri: 4-7pm

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

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Needle Exchange Van

White van under Centrepoint

Tower, Tottenham Court Road

Mon-Fri: 4-7pm

DRUG / ALCOHOL SERVICES

Addiction (Harm Reduction

Team)

228 Cambridge Heath Rd, E2

020 8880 7780

Ring first. Local connection only

020 8963 0545

105 Melville Rd, Brent NW10 8BU

Livingstone House

Stonlea, Langthorne Road, E11 2HJ

020 8521 7773

Branches

All-low-support needs

Hostels/Nightshelters

Direct Access (Year Round)

The 999 Club

21 Deftord 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

2.30pm (women only)

AS, AD, B, BA, BS, BE, CL, C,

DA, D, F, H, IT, OL, SK, P, TS

Daily: 6-11am (cooked break-

fast 8am-10am); Sat: 12noon-

020 7247 8280

212 Whitechapel Rd, E1

Whitechapel Mission

91-93 Tollington Way, N7 6RE

020 7263 4140

Mon-Fri: 11am-5pm

Alcohol allowed, BS, FF, L

020 7262 3818

Ring first. Daily vacancies

Home of Peace

179 Bravington Rd, W9 3AR

020 8969 2631

Women only. Open access (dry)

St Mungo's

2-5 Birkenhead St, WC1H

020 7278 6466

Young people (16-21)

Centrepoint

25 Berwick St, West-

minster W11 8RF

020 7287 9134/5

Ring first. Daily vacancies

MASH

8 Wilton Rd, Merton, SW19 2HB

020 8543 3677 - Ring first

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: 7-830pm BA, BS, CL, FF	The Passage (25+) St Vincent's Centre, Carlisle Place, SW1P 020 7592 1850 Mon–Fri: 8am–2pm (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, DT, 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	Southark 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	Simon Community 129 Maiden Rd, Kentish Town, NW5 4HS 020 7485 6639 Mon, Wed & Fri: 11am–3.30pm B, BS, CL, FF, H, IT, L, OB, P	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	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	Union Chapel (Margins) Compton Terrace, Upper Street, N1 020 7359 4019 Sun: 3pm–5pm BS, CL, FF, HA, L, LA, LF	Upper Holloway Baptist Church 11 Tollington Way, N7 020 7272 2104 Mon: 10am–1pm CL, FF, LF	Upper Room, St Saviour's Cobbold Rd, W12 020 8740 5688 Mon: 1–6pm (UR4jobs); Tue–Thur: 5.30–6.45pm; Fri: 1–6pm (UR4jobs); Sat–Sun: 12.30–1.30pm A, AC, BA, C, CA, CL, D, ET, IT, FF, H, OL	Spikes 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: 9am–1pm (rough sleepers only); Fri: 9–10.30am (rough sleepers only); 10.30am–1.30pm (women only) LS, MH, MS, P, TS A, BS, C, CL, D, FC, H, L, Mon–Fri: 9.30am–3pm	Spectrum Centre 6 Greenland St, Camden Town, NW1 020 7267 4937 Mon–Fri: 9.30am–3pm A, BS, C, CL, D, FC, H, L, LS, MH, MS, P, TS	Spire Centre 8 Tooting Bec Gardens, SW16 1RB 020 8696 0943 Mon: 8am–12noon (women sleepers only); 10.30am–2pm (drop-in); Wed: 10am–12noon (rough sleepers only); Thu: 9am–1pm (rough sleepers only); Fri: 9–10.30am (rough sleepers only); 10.30am–1.30pm (women only) A, AD, AS, BA, BS, CL, C, D, ET, FC, FF, H, LA, LF, MC, MH, MS, P
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ScottsCare & Borderline (for Scots

in London)
22 City Road, EC1Y 2AJ
Call the helpline on 0800 6522 989

Borderline (for Scots):
BA, CA, H, B, P, TS
Mon – Fri: 09.30am – 12.30pm
(appointments); Mon, Tue,

Thu, Fri: 2–4pm (walk in)
0800 174 047 (freephone)
dutyworker@scotscare.com

A, BA, BS, D, ET, H, L, MH, MS, P, TS
Mon – Fri: 9.30am – 12.30pm

St Giles Trust
64 Camberwell Church St, SE5 8JB
020 7700 7000

Mon – Fri: 9.30am – 12.30pm
A, BA, BS, D, ET, H, L, MH, MS, P, TS

PAY 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, D, ET, F, FC, H,

IT, L, LA, MS, MH, ML, P, SK, SH, TS
020 8692 6548

Bromley 999 Club
424 Downham Way,
Downham, BR1 5HR
020 8698 9403

AD, L, FF
Mon – Fri: 10am – 5pm

Chelsea Methodist Church
155A Kings Road, SW5 5TX
020 7352 9305

Mon, Tues & Thu: 9am–3.45pm
F, L, P

Church Army (women)

1–5 Cosway St, NW1
020 7262 3818
Mon – Thurs: 9.30am – 12pm

(advice); 12pm–3.30pm (drop-in);
Mon – Thurs: 9.30am – 12pm

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

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.

H, IT, MC, MH, MS, OB, P, SK, SS
A, AC, BA, BS, CA, CL, D, ET, F, FC,

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

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 Fortnuegate
Rd, Craven Park, NW10 9RE

Tues & Fri: 10am–2.30pm;
Weds & Thurs: 12.30–2.30pm

Mental health drop-in: in flat
above St Gabriel's Hall
77 Chichele Rd, Crickle-

wood, NW2 3AQ
Tues – Fri: 10am–12 noon.

AC, BA, BS, H, IT, L, MS, OL
020 8692 6548

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
Tues – Fri: 10am–5pm

AD, AS, AC, BA, C, CL, FF, H, MC, OB
Tues – Fri: 10am–5pm

Mon: 10am–6.30 pm;
SE17 2US, 020 3489 1765

Thurlow Lodge, 1 Thurlow Street,
Thurlow Kings Road, SW5 5TX

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
Unngoing 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
(Italian speakers session); Fri:

12 noon–3pm (refugees and
asylum seekers session).

AC, FF, H, IT, LA, LF, MH, P
020 8446 8400

Homeless Action in Barnet (HAB)
36B Woodhouse Road, N12 0RG
020 8446 8400

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

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

AD, BA, BS, CL, F, H, L, TS
London Jesus Centre

83 Margaret St, W1W 8TB
0845 8333005

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

the List

The directory of London's homeless services

Updated 28 February 2011

Key to the list:
Accom. assistance – AS
Alcohol workers – A
Art classes – AC
Barber – B
Benefits advice – BA
Bathroom/showers – BS
Bedding available – BE
Careers advice – CA
Clothing – CL
Counselling – C

Debt advice – DA
Dentist – DT
Drugs workers – D
Education/training – ET
Free food – FF
Food – F
Foot care – FC
Housing/accom advice – H
Internet access – IT
Laundry – L
Leisure activities – LA
Leisure facilities – LF

Luggage storage – LS
Medical services – MS
Mental health – MH
Music classes – MC
Needle exchange – NE
Outreach worker links – OL
Outreach workers – OB
Pavement stockist – P
Safe keeping – SK
Sexual health advice – SH
SSAFA – SS
Tenancy support – TS

Email changes and suggestions to:
thelist@thepavement.org.uk
Or write to our address on page 3
Updated entries: 6
Services added: 0

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