

# *the* Pavement

The *FREE* monthly for London's homeless

June 2011





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# The Editor

## *Light and dark*

A striking cover, but this isn't a live-action version of *Street Shield*: this is the *Crimson Fist* and he's in the news! It's not the weightiest of news, especially alongside the update on the Westminster ban and some of the grim stories in the news, but perhaps that's the point. Although they are serious, these modern, real-life heroes offer a lighter look at life on the streets, so we should welcome their actions and story.

We welcome back Abe Oudshoorn as our guest columnist. We ran a column by him in May about what to do if you experienced or came across an overdose, as our readers are likely to see an overdose or its after-effects. Similarly, in this issue we look at first aid training for those who are most likely to need or see the need for it. A new project by the British Red Cross addresses this, so we look at their work in London, training people in the basics of medical treatment.

*Street Shield*'s back this month with a new adventure, and we'll announce the results of the 'Design a Superheroine' contest in an upcoming episode.

## *Richard Burdett*

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The *Crimson Fist*, one of a growing number of superheroes springing up in the US – See story page 6.

*Imagery by Peter Tangen / The Real Life Superhero Project © 2011*

**www.reallifesuperheroes.com**

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# The modified ban

*Westminster drops rough sleeping ban, but soup run byelaw still likely*

Westminster City Council has dropped its proposal to criminalise rough sleeping around Westminster Cathedral Piazza. The council said the decision was made following lack of support for the rough sleeping ban in a recent public consultation.

Councillor Daniel Astaire, cabinet member for society, families and adult services, added: "Such a ban would be very difficult to enforce and would be a less effective means of achieving our aims".

However, in what will be a blow to many soup run organisers and users, Cllr Astaire told a recent Soup Run Roundtable that a byelaw banning soup runs is likely to go ahead.

The results of the public consultation, published in a document titled *Transforming Lives*, reveal that 161 respondents were in favour of the byelaw compared to 272 against. However, the report also says that the ban on soup runs was backed by "the majority of local people [...] Thames Reach, the Novas Scarman Group and Look Ahead Housing and Care." It also summarises the reaction of Building Based Services (St Mungo's, The Passage, Connection at St Martin's) to the soup run byelaw as "non-committal".

Following the consultation, the council has announced an eight-week 'Discussion and Resolution period' in which they will "hold further discussions with soup run providers to see if they could work in alternative ways to help rough sleepers". However, they warn that "if no solution can be found, the council will look to progress the byelaw."

The latest phase of discussions began on Saturday 21 May with the

Soup Run Roundtable. The meeting – attended by many interested parties – was chaired by Cllr Astaire and Thames Reach chief executive Jeremy Swain. While Cllr Astaire told those present it was likely the ban would go ahead, Mr Swain (an opponent of soup runs) tweeted afterwards: "Soup run roundtable v. encouraging. All thoughtful and eager to build consensus. Concerns of local ppl heard sympathetically".

A second, smaller meeting of just eight parties is set to take place during the week beginning 30 May. According to the consultation document, it will be used to "finalise any agreement or discuss enforcement of the byelaw".

Following this meeting, "the cabinet member" – presumably Cllr Astaire – will present the proposed approach to a meeting of the Full Council in July.

The news of Westminster City Council's U-turn on the rough sleeping ban came less than two weeks after FEANTSA, the European Federation of National Organisations Working with the Homeless, condemned the "worrying" increase in the criminalisation of rough sleeping in Europe.

In a statement dated 29 April, it said: "It is an alarming development that major European cities, including Madrid, London and Prague, are proposing and adopting repressive and coercive measures, threatening to expel homeless people from public spaces.

"These measures are cruel, since they punish the poorest and most vulnerable. They are also ineffective, since they only make homeless people invisible by hiding them from the wider society but do not offer any real solutions to tackle homelessness."

FEANTSA, which represents more than 150 homeless organisations across Europe, spoke out following the decision by Budapest City Council to make rough sleeping an offence punishable by fines of up to 200 Euros and possibly police detention.

FEANTSA communications officer Suzannah Young told *The Pavement*: "There has been some opposition from homeless organisations, but it's not certain the city will listen to them because it's just cancelled its contract with homeless organisations in Budapest – it's also quite contradictory that they've severed their ties with the homeless sector and then have imposed this ban."

FEANTSA is also keeping an eye on developments in other cities. In April, the mayor of Madrid, Alberto Ruiz-Gallardón, called for legislation to sweep homeless people off the streets – by force if necessary. While in October of last year, Prague City Council approved plans for an out-of-town homeless camp or "integrated assistance centre". Prague City Councillor Jirí Janeczek's justification was, according to a FEANTSA statement: "they [homeless people] are a sanitary and safety risk, and they are not nice to see".

FEANTSA is also hoping to draw on the expertise of its housing group, Housing Rights Watch, which launched in 2008. "One of the ideas for future development [at its creation] was towards strategic litigation," said Ms Young, "We don't know yet whether that will happen but I think there's a willingness to work on issues regarding criminalisation of homeless people."

*Carinya Sharples*

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Peter Tangen / The Real Life Supahero Project © 2011

# The spread of heroes

*The Crimson Fist is one of a growing number of superheroes in the US*

A very different kind of movement to help the homeless people is gaining ground in the US. The Real Life Superheroes are advocates who dress up in comic-book style costumes to bring attention to the plight of rough sleepers in the world's biggest economy.

One such example is the Crimson Fist (pictured on cover and opposite), a young man from the southern city of Atlanta, Georgia.

Crimson Fist describes himself as a homelessness relief and public safety advocate from Atlanta. His mission since the beginning of 2009 has been to "to ensure the safety of my people and restore the prosperity of my city."

His creation took shape from a comic book that he wrote himself, and he does all his work in his dark red and white costume. Although not necessarily an intimidating physical presence (he stands at just 5 ft 6ins), Crimson Fist's costume alone seems to be able to frighten off the baddies.

On his first patrol, he came across two men attacking another down an alley. Without a thought to his own safety, he faced up to the two men, who were so startled to see a man in full costume that they turned and ran. The potential victim did not hang around to thank Crimson Fist either. He too was so taken aback by the whole strange scene that he ran away as quickly as possible.

At first the Crimson Fist says he wanted to be a vigilante like Batman, wandering the streets of Atlanta looking for criminals to beat up, a phase he quickly grew out of having realized it was an "unrealistic" way to spend his time. He instead turned to trying to help the increasing homeless

population on Atlanta's streets. He visits rough sleepers, offering water, food and fresh clothing when and where it is needed.

Crimson Fist is not alone in his heroism: a quick internet search finds hundreds of real-life heroes on the so-called Superhero Registry, a number of whom are dedicated to helping rough sleepers. These include the likes of Geist, who describes his task as "to make my city of Rochester, Minnesota, a better, kinder and fairer place" and to look out for what he calls "the Forgotten – those overlooked by mainstream society".

A lot of the Real Life Superheroes write that they are inspired by the need to protect their communities from high levels of crime and the indifference of other citizens, very much taking their cue from the comic book creations which inspired them.

The movement has also recently gained some welcome publicity. Superheroes, a film featuring Crimson Fist and fellow Atlanta hero Metadata, was recently shown at the Slamdance Film Festival and described by IndieWire magazine as "unquestionably the highlight" of the festival.

As we wrote in last month's issue of *The Pavement*, the US has a very large homeless population, with some estimates saying that 700,000 people sleep rough every night. The problem has been made significantly worse in the last few years by the economic crisis, which has forced a large number of Americans out of their homes.

In the city of Atlanta there are estimated to be around 20,000 homeless people. The difficult situation in the city could be made worse as one of its largest homeless

shelters is under threat of closure.

The city government and local businesses have been trying to close down the Metro Atlanta Task Force shelter in the centre of the city, claiming it has a negative effect on business and tourism in the area. Their hostility to the centre became clear when they cut off its water because it had not paid its bill, even though nine other organisations which had not paid their bills either did not have their water cut off.

*John Ashmore*

- Find out more at Peter Tangen's site [www.reallifesuperheroes.com](http://www.reallifesuperheroes.com)

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# Red Cross training

*A new project teaches first aid to those who're likely to need the skills*

More than 150 homeless people have been trained in first aid as part of a Red Cross scheme to have "a first aider on every street corner".

"Homeless people have seen and experienced first-hand most of the subjects we cover," explains Jimmy Connolly, a community-based first aid trainer working with the Red Cross. One of his clients, trained at a session at Crisis in December, used his new CPR skills when a man collapsed in a pub only 10 days later, keeping him alive until an ambulance crew arrived.

But training the homeless in first aid isn't just about treating wounds or giving mouth-to-mouth, says project co-ordinator Anna Willmington.

"We have three main aims for this project," she explains. "We want to improve community resilience through first aid training, build people's confidence and help bridge the health gaps experienced by homeless people."

The courses also try to dispel some of the common myths about first aid, such as the 'fact' that chest compressions make sufficient CPR, without the need for mouth-to-mouth, or that using a tourniquet can lead to amputations later on.

And as well as reaching a community that doesn't always turn to doctors in time, First Aid for the Homeless is also about building people's confidence – in themselves, as well as in their new skills.

"First aid is also a highly regarded skill," says Willmington, and one that she hopes will push people to consider returning to education, employment or training – or some of the 35,000 volunteer positions offered by the Red Cross around the UK.

Rodney, 31, from London, attended one of the sessions at Broadway 65 in Hammersmith. "I wouldn't have felt comfortable stopping to help someone who was in trouble before," he says, "but now I feel a lot more confident – and I'd definitely like to learn more."

"Anyone who wants to be able to help someone in need should do one of these courses," adds Rodney.

His is a common viewpoint – many people do not want to get involved when they see someone in trouble – but First Aid for the Homeless hopes that its courses will give people the confidence and the willingness to step in when someone needs help.

"We want a first aider on every street corner, in every family and within every community," says Willmington, "so they know how to deal with emergencies."

First Aid for the Homeless launched on 1 March and will be running for 12 months, though Willmington hopes that volunteers will keep the scheme going after its initial first year.

Along with around 20 organisations that are currently involved, the Red Cross aims to train at least 500 homeless people in London over 12 months, bringing basic first aid to the streets through night shelters, walk-in centres and hostels across the capital.

Each session lasts between one and three hours, with each course being tailored to the needs of those attending on the day. "As well as first aid skills, we can also discuss needlestick and other sharps injuries, blood-borne viruses, and drug and alcohol awareness," explains Willmington.

The training is carried out at service centres to make it more

accessible to users, and although each session is led by a trainer, they are 'designed' by those who attend.

The scheme is aimed at everyone from rough sleepers to those in shelters or insecure and supported housing, so the needs of different groups can be really diverse.

"We can offer first aid knowledge about how to prevent, recognise and treat certain conditions such as dehydration, hypothermia and trenchfoot that will more specifically but not exclusively affect groups like the street homeless," says Willmington, "but we do not assume people need or want to know specific skills."

## Garnet Roach

- Anyone interested in learning more about First Aid for the Homeless should contact Anna Willmington by email: [awillmington@redcross.org.uk](mailto:awillmington@redcross.org.uk)

For more information about the volunteer opportunities offered by the Red Cross visit: [www.redcross.org.uk](http://www.redcross.org.uk)

- Pictured opposite and overpage, a session held at Crisis (London) in May, Katie Pavoni instructing.

“Homeless people  
have both seen  
and experienced  
most of the  
subjects we cover  
first hand”



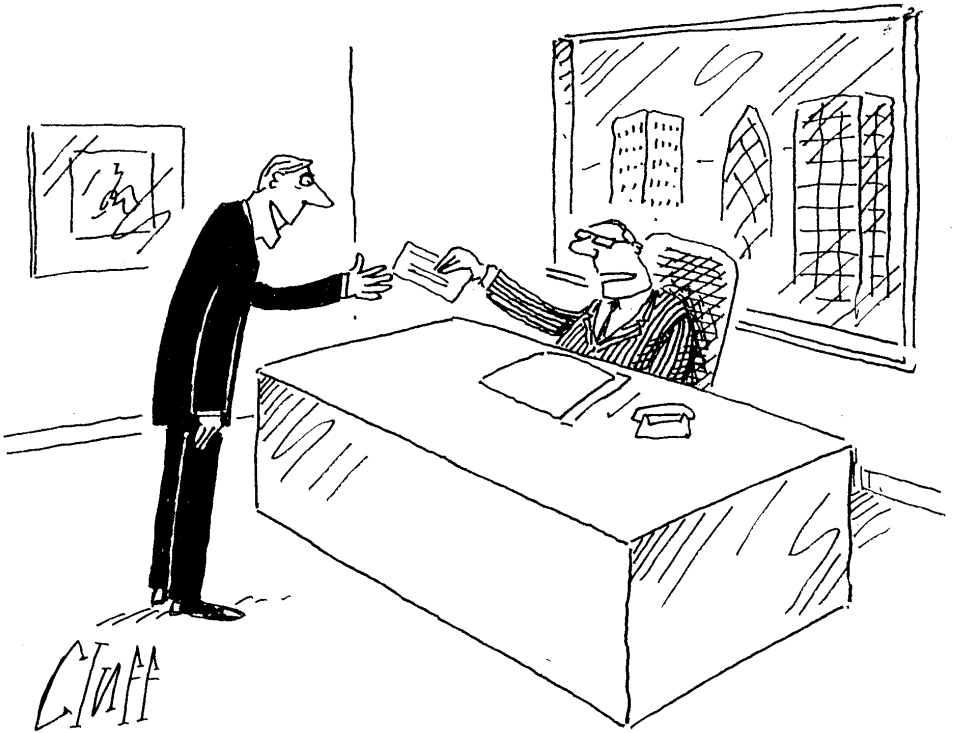


First aid education by



**BritishRedCross**





*"I think you'll find your bonus this year elevates you  
to pariah status, Simon"*

# News in brief

*The homeless news from around the bazaars*

## St Patrick's reopening

The Archbishop of Westminster officially opened St Patrick's Church, in London's Soho, at the end of May, after the completion of a £3 million restoration project. Part of the refurbishment has seen an extensive improvement of the church's homeless services, including a new kitchen to cook meals for rough sleepers, a new café area doubling up as a place to feed the homeless, and a brand-new area for drug and alcohol counselling, and outreach work. Now the church has reopened, it will resume its former outreach services to the homeless that had been taken over by St Anne's Anglican Church on Dean Street.

St Patrick's was also the location for the first ever Open Cinema, which started at the church back in 2005, allowing homeless people to watch the latest movies and have a chance to make some of their own. The scheme has since spread across the UK.

The building itself has also had something of a colourful past. Before becoming a church in the 1890s, St Patrick's was home to some of London's high society. One of its previous owners, a Mrs Cornley, was a famous opera singer, socialite and bankrupt who had a child by the legendary Italian lothario Casanova.

*James O'Reilly*

## Changes at *Big Issue*

*Big Issue* vendors have expressed concern that the decision to allow the unemployed to sell the magazine may make it

harder for existing vendors.

*Big Issue* co-founder John Bird announced on 17 May that he would allow the magazine, currently sold by the homeless and vulnerably housed, also to be sold by the unemployed. He said he wanted them to have a chance to earn an income rather than get stuck on benefits.

A *Big Issue* vendor who calls himself vendazero wrote on Twitter that the move could cause problems for people currently selling the magazine.

"There are already too many of us," he wrote. "There are fights over pitches. What's going to happen when 1000s of unemployed start selling it? It's already hard enough to sell as it is."

The magazine is currently sold by between 2,000 and 3,000 people around the UK. Since the magazine was formed 20 years ago in September 1991, these have all had to be either homeless or in temporary accommodation. By allowing them to sell the magazine at a profit, the *Big Issue* hoped to give "a hand up, not a hand out". Bird said he now wants to offer the same opportunity for those who have lost their jobs or are long-term unemployed to earn an income rather than rely on benefits.

Speaking on *BBC Radio 5 Live*, he said that allowing unemployed to sell the magazine did not constitute a shift in direction for the magazine.

"We're changing absolutely nothing," he said. "We've been banging on over the years that we are there for people who are slipping into the crisis of homelessness."

"All we've done is wave a hand in the air and say, look, there's going to be more and more people... Prepare yourself for the fact there are people going

to be slipping into homelessness or long-term unemployment."

"We haven't changed anything. All we're saying is that Britain's changing."

*Nicholas Olczak*

- We'll try to look more at changes in the *Big Issue* in the next issue, and if any readers, particularly vendors, want to get in touch we'd welcome your thoughts and comments.

## Body found on roundabout

A former manager of a halfway house for reforming criminals who was sleeping rough after losing his job died from a suspected drug overdose.

The body of Damon Hughes, 42, was found by a roundabout near medieval ruins in Exeter, Devon, by another homeless man.

Mr Hughes, a former drug addict, had worked as an assistant manager at Prospects House, in Exeter, providing support for offenders released from prison and people with drug addictions. But he was made redundant a couple of years ago due to funding cuts and started to take drugs again and offend.

After being made redundant, he had been given accommodation with drug addicts but did not want to be with them, having beaten his own habit.

A month ago, he was released from Exeter Prison, where he had been serving a short sentence for breach a non-molestation order and had been living rough since then. Exeter Drugs Project chief

executive Lucie Hartley said: "We are terribly sorry to hear about Damon's death and our thoughts are with his family and friends."

"Damon was not employed by EDP, although he did work for a period at Prospects House, supporting people with substance misuse problems who had been released from Exeter Prison."

Police said they were not treating Mr Hughes's death as suspicious.

*Rebecca Evans*

## Concerns about hub

The No Second Night Out (NSNO) scheme and its "homeless hub" have been accused of creating a "two-tier" homeless hierarchy. The London scheme is part of the Mayor's plans to end rough sleeping by 2012, and aims to get new rough sleepers off the streets as soon as possible.

An anonymous source told *The Pavement* that some of London's most entrenched rough sleepers were losing out because of the scheme, which is designed to help those new to the streets.

"There has been no additional provision of beds, there's no new housing, no new schemes – so where are all these people going?" he asked.

Our source, who wished to remain unnamed, added: "What's going to happen to the unwanted homeless, those people with the biggest problems and the biggest need? At the moment, they are being pushed to the back of the line."

But Petra Salva, director of NSNO, dismissed the claims, saying that "very few people had been sent to shelters from the hub – most people have been reconnected".

Our source also questioned how effective a scheme with a turnaround of just three days could

be. "Much of the NSNO is focused on 'reconnection', or sending people back to where they came from. But people leave for a number of reasons – violence, abuse etc."

"Outreach teams put in a lot of time to reconnect someone. How much can be done in three days?"

More than 130 people have passed through the hub since it opened on 1 April, said Salva, with around 60 per cent of these being "successfully reconnected", something she defines as "no longer sleeping rough".

The remaining 40 per cent left the hub "unsuccessful", and the NSNO doesn't know what has happened to them since.

Demand for the hub has been high, said Salva, though the NSNO had underestimated users' needs. For example, around 70 per cent of those seen by the hub have medium- to high-support needs because of drug use or mental health issues.

"We are coping," she said.

"But do we need a different approach or more resources? So far, the jury's out."

*Garnet Roach*

## Dead man identified as rough sleeper

A decapitated corpse found in the River Wandle close to Wimbledon last June has been identified. According to the London *Evening Standard*, the body, which was discovered in Plough Lane, belonged to rough sleeper, Waldemir Drobig, a 32-year-old Polish immigrant and former baker.

By the time Drobig was found and pronounced dead by a police medical examiner, the corpse was badly decomposing and in an extremely poor state. As a result, Coroner Shirley Radcliffe was unable to establish the precise time

and cause of death. She recorded an open verdict, admitting that while foul play was unlikely, it could not be completely ruled out. Police told *The Pavement* that there was no evidence to suggest anything other than a natural death, and further investigations were not being carried out.

This unfortunate case made headlines when Detective Inspector Chuk Gwams explained to the coroners' court why he had felt it necessary to call the police medical examiner to pronounce the decapitated man dead. When asked his reasons, the officer had said: "They are the experts; we are not."

*Lizzie Cernik*

## Tickets home questioned

FEANTSA, the European Federation of National Organisations Working with the Homeless, has questioned the policy of deporting A10 nationals who are found homeless in the EU, saying the rules are unclear on action that can be taken.

The statement from FEANTSA, under the title '*FEANTSA asks for Clearer Rules on Free Movement*', covers all member countries. Stating that it "opposes arbitrary expulsions and calls for the respecting of procedural safeguards as set by the directive 2004/38", it cites several examples of expulsion of destitute individuals by, for example, the Irish government, who flew back 548 EU citizens to their home countries in 2010. Within the England this will affect, if heeded by the EU, a UK Border Agency (UKBA) pilot scheme, reported several times in *The Pavement*, which began in Westminster, Oxford, Peterborough and Reading in 2010. This scheme seeks to deport A10 nationals found on the streets.

*Staff*

*The Pavement*, which operates without any funding from the state, has decided to try something new – asking readers to help support our operation. Not salaries or new kit, but our basic print operation.



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




\*all this money will go to *The Pavement* (registered charity no. 1110656), the charges being met by Vodafone. Find out more at [www.justgiving.com/the pavement](http://www.justgiving.com/the pavement)



"Excuse me, do you mind if I exist?"



# 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.

## Street heat – our occasional slice of celebrity life

Russell Brand was spotted on the streets of Los Angeles giving food and drink out to homeless people. The actor, who was presumably taking a break from reading awful reviews of his new movie *Arthur*, was seen in LA handing out armfuls of ice cream and snacks to rough sleepers. The *Daily Star* reported that the rough sleepers chatted to Brand for about an hour, with one of them saying afterwards that the Essex-born funnyman was “wild”.

Meanwhile, on the other side of Sin City, troubled actress Lindsay Lohan has been assigned 500 hours community service at a homeless shelter after being convicted of shoplifting a \$2,500 necklace. Lohan has been assigned to work at LA’s Downtown Women’s Centre, where the gossip website *TMZ* reports she is going to run a theatre workshop called DIVAS – an acronym for ‘Dames Investing in Very Authentic Storytelling’. Apparently Lohan loves the idea of working with the DIVAS programme, thinking that it’s “a perfect fit for her community service.” What the women at the shelter think to working with the repeatedly-convicted criminal and star of the remake of *Herbie* is, sadly, unreported.

*James O’Reilly*

## Canadian cuts

Three emergency shelters have closed in the Canadian city of Vancouver after a wave of Government cuts. Housing activists had threatened to erect tent cities in protest to the closures in defiance of a recent bylaw prohibiting people

from erecting tents on city property. Despite this threat, a series of high-profile protests and petitions, the shelters – which accommodated around 75 people – closed in April.

It is thought that the majority of their residents were re-housed. Campaigners argued that the shelters – Cardero, Howe Street and Fraser – were lifelines for homeless people in a city that regularly experiences sub-zero winters.

On closure, a group of residents staged a sit-in protest at the Fraser shelter and refused to leave, but were eventually evicted. Fraser resident Tera Peters said the shelter was a relief from trying to find somewhere to hide and sleep on the streets. She said: “I’m tired of hiding in cubby holes during the day.

“At least I’ve got somewhere to eat, somewhere to sleep, somewhere to make sure I’m OK – and the staff do.”

The Housing Ministry defended the closures by saying the shelters were only ever opened as temporary winter housing and that all residents were offered housing. They also said the cost of temporary shelters was more than double that of a permanent ones.

Sam Rainbooth, spokesman for the agency managing the closures, BC Housing said: ‘The province is offering housing assistance to the approximately 75 people remaining at the three shelters.’

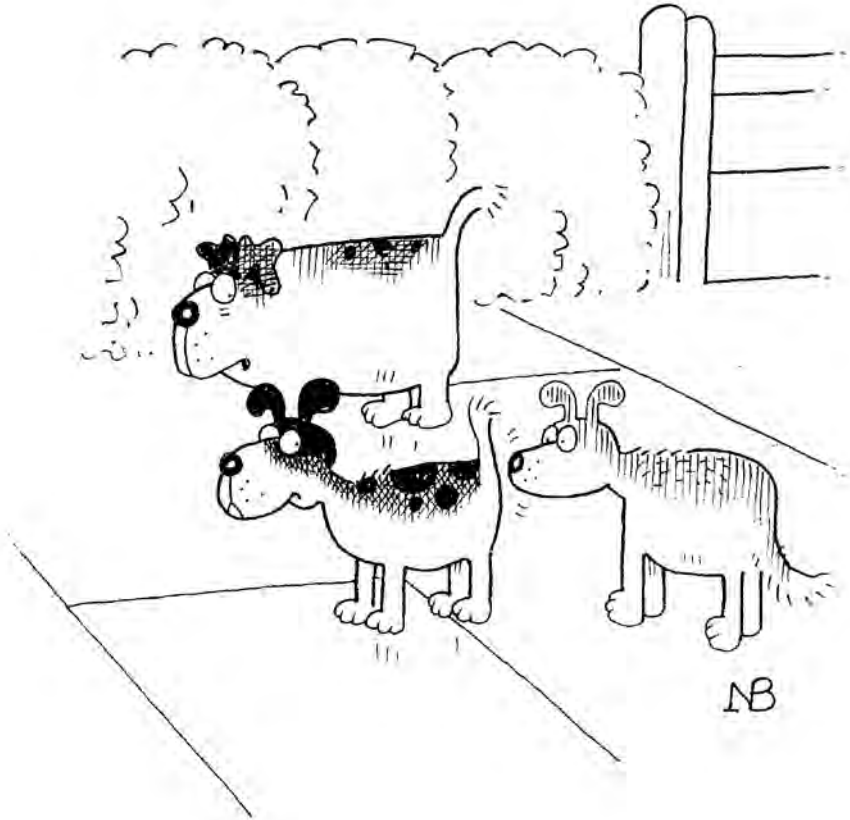
But Kat Norris, from the indigenous action movement, said that closing the shelters gave out the wrong message. She said: “Closing the shelters says that the government doesn’t care about their condition, but Vancouver has a chance here to do the right thing.”

There are plans to build more than 1,500 new support-

ive housing units for those who are homeless or at risk of being so, with 570 of these set to be open by the end of the year.

According to the 2010 homeless count, the number of homeless people in Vancouver has increased by nine per cent since 2008, from 1,576 to 1,715. The count shows that the homeless continue to be disproportionately Aboriginal, older and in poor health, and that the proportion of homeless staying in shelters is growing.

*Rebecca Evans*



*“Look out – a snooper from Environmental Health!”*

# STREET SHIELD

EPISODE 21

THE LINE UP.

UNDER A BRIDGE, BY THE RIVER...

ALRIGHT, GENTLEMEN!  
WE'VE BEEN HERE BEFORE -  
RISE AND SHINE IF  
YOU PLEASE!

OKAY, LET'S TRY AND  
AVOID TAKING YOU IN.

WHAT DO YOU KNOW  
ABOUT A DRUG DEALER  
ATTACKED LAST NIGHT?

HMM...?

ALL ENQU  
St. Dun  
COMMUNE  
TELEPHONE  
3142 532

IT HAPPENED A  
ABOUT 2AM. JUST  
AROUND THE CORN

NOTHING.

YEAH...MAC WAS  
SLEEPING ROUGH OR  
IN A SQUAT NEAR  
HERE.  
AND HE'S FINE.  
IN A MANNER  
OF SPEAKING.

'IN A MANNER  
OF SPEAKING'...?

3



NEXT MONTH

FOLLOWING  
A LEAD.



# Health and wellbeing

*The Pavement's health team aim to help keep you in the pink, but not sunburn pink!*

## Protect yourself from the sun

We all know that sunburns are bad for us and are a risk for cancer.

Although some types of skin cancer aren't very harmful, another type – malignant melanoma – is dangerous and can lead to death. You should contact a doctor if you find a shiny, red patch of skin that looks like a scar you never had before, or a growing lump on your skin that isn't a mole, or if you get a spot where the skin just seems to start disappearing and it gets oozy and crusty. Bad

sunburns can also form blisters that are very painful, and when they pop they can become infected.

However, just getting a tan can be bad as well. Although having tanned skin makes it less likely that you will get a burn, this can lead to you getting too much sun, which can lead to skin cancer. It's always best to simply avoid being in the sun too much; but if you can't, protect yourself.

The two best ways to protect yourself from the sun

1. The best way is to cover up with clothes. This can be uncomfortable when it is hot, so knowing where you can get a shower and clean, dry clothes in the

middle of a hot day is helpful.

Covering with long sleeves and a hat is better than sunscreen because the sunscreen will become less helpful as the day goes on.

2. If you will be out in the sun and have exposed skin, then you need to be thinking about sunscreen. The higher the SPF value (which stands for Sun Protective Factor), the better. This number doesn't mean how long you can stay out in the sun – it's just a measure of how good it is. Instead, you should plan on putting more sunscreen on 30 minutes after you put the first stuff on. If you're sweating a lot, you'll want to keep putting more on every 30 minutes.

How to treat a sunburn:

So sometimes you will still get burnt. Here are some tips for keeping yourself comfortable:

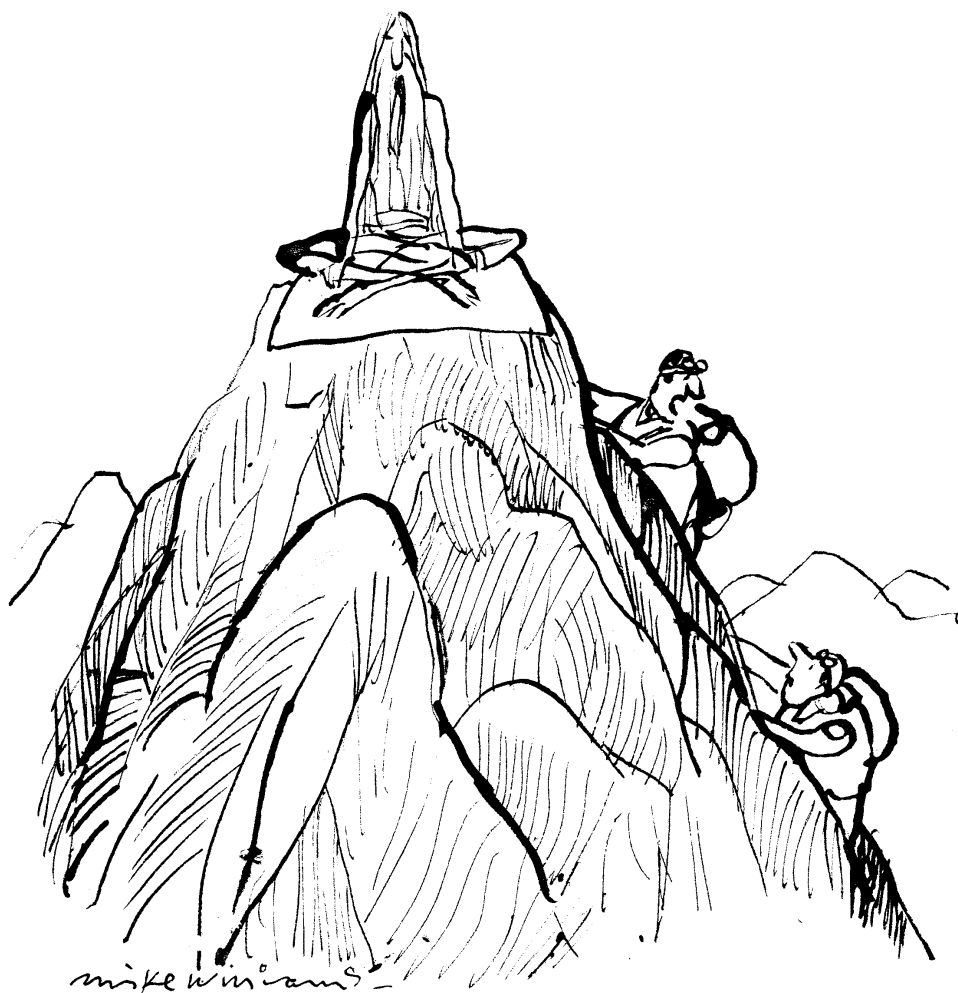
1. Drink lots and lots of water. Your body needs it to help itself get better.
2. Taking a painkiller like Ibuprofen or Panadol will help a lot, particularly to sleep.
3. A cool bath or shower can help, but try to avoid too much soap, as this dries the skin out.
4. If you have blisters, try to get a cream or aloe gel to soothe them.
5. If blisters pop, you will want to see someone to get an antibiotic cream to prevent infection.
6. Stay out of the sun until it heals!

Keep safe and keep cool this summer.

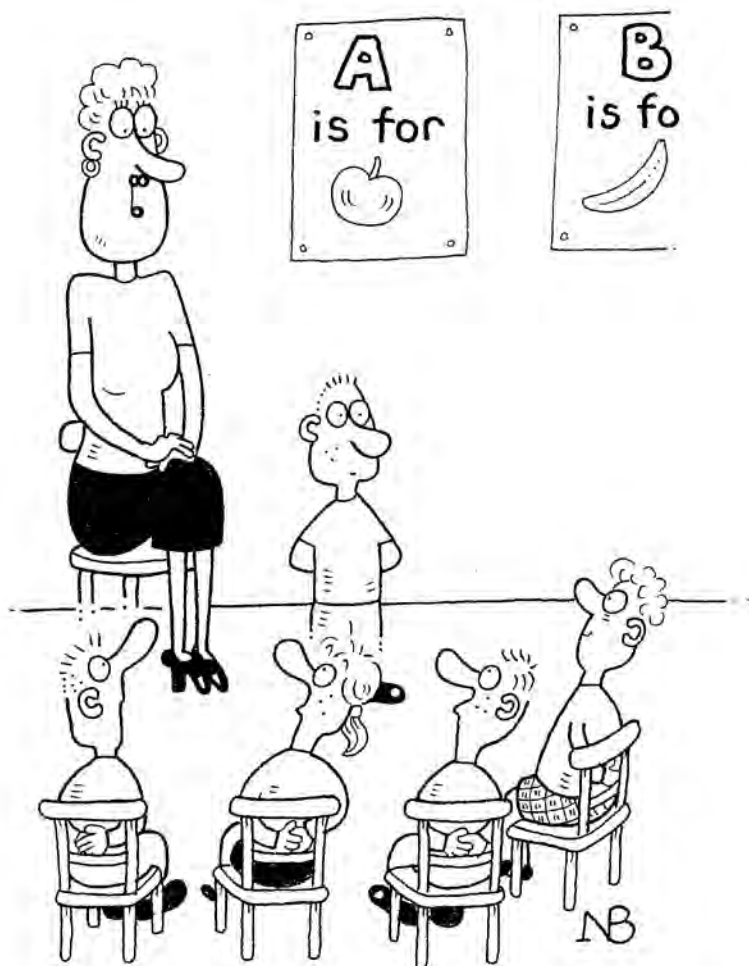
*Abe Oudshoorn*

Abe Oudshoorn teaches Nursing at The University of Western Ontario, and is a former street nurse at the London InterCommunity Health Centre in London, Canada.





"He says 'it's all gone to hell in a handcart as far as he can see'"



*"Let's sit still as mice, while James tells us  
about his battle with alcohol"*

## Blue Cross Veterinary Services

Offered to pet owners on a low income. This is usually a means tested benefit or state pension with no other means of income: Blue Cross Mobile Veterinary Clinic All run 10am – 12pm & 1.30pm – 3.30pm, at these locations – Mon: Bethnal Green Road E2; Wed: Hackney Town Hall (car park) E8; Thur: Islington Town Hall, Upper Street, N1; Fri: Walthamstow Town Square, High Street, E17 On a first-come-first-served basis. Some cases may need to be referred to the Victoria hospital.

## Hospitals

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

## 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

## Central London Samaritans

46 Marshall Street, W1F 9BF 020 7734 2800

Daily (face-to-face at office): 9am-9pm; Helpline 24 hours

Confidential, non-judgemental emotional support for those experiencing distress or despair, including those which could lead to suicide

[www.samaritans.org/cis\\_C\\_MH](http://www.samaritans.org/cis_C_MH)

## Quaker Mobile Library

Every second Mon, 11.30am at Manna Centre, Brompton (every fortnight); Every other Tue: 7pm, Lincoln's Inn Fields; Sat: 9.45am, The Passage; 2-4pm St Giles Church, WC2 8LG

## Stonewall Housing

Housing advice for LGBT people of all ages 020 7359 5767 (advice line) [www.stonewallhousing.org](http://www.stonewallhousing.org)

## TELEPHONE SERVICES

### Community Legal Advice

0845 345 4345 Nationwide [www.communitylegaladvice.org.uk](http://www.communitylegaladvice.org.uk) Mon-Fri: 9am-8pm; Sat: 9am-12.30pm Free, confidential service, offering specialist advice on housing, benefits, tax credits, debt etc. AD, BA, DA, H

### Domestic Violence Helpline

0808 2000 247 Eaves

### Get Connected

0808 808 4994 For young people (1pm-7pm daily) 0845 60 60 265

### Jobcentre Plus

To make a claim 0800 055 6688 For queries about existing claims for Income Support, Jobseekers Allowance or Incapacity Benefit 0845 377 6001 For Social Fund enquiries 0845 608 8661 For the Pensions Service 0845 60 60 265

### London Street Rescue

0870 383 3333 Rough sleeper's hot-line

### Message Home Helpline

0800 700 740, 24 hrs daily

### National Debtline

0808 808 4000

### Poppy

020 7840 7141

Helps women who have been trafficked for sexual exploitation

### Runaway Helpline

0808 800 7070 For under-18s who have left home

## WEBSITES

### UK Human Trafficking Centre

0114 252 3891

### Homeless London Directory (RLS)

Updated at least annually [www.homelesslondon.org](http://www.homelesslondon.org)

### The Pavement online

Regularly updated online version of The List. [www.thepavement.org.uk/services.htm](http://www.thepavement.org.uk/services.htm)

### Sock Book

[sockbook.refdata.com](http://sockbook.refdata.com)

### Soup Run Forum

For those using or running soup runs, or just concerned with their work. [www.souprunforum.org.uk](http://www.souprunforum.org.uk)

### Stonewall Housing

Housing advice for LGBT people of all ages [www.stonewallhousing.org](http://www.stonewallhousing.org)

### Survivors UK

Mon, Tue & Thur: 7-10pm 020 7404 6234

Helping for men who have been sexually assaulted at any time in their lives

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**Sai Baba**  
Third Sunday of the Month:  
93 Guildford Street, WC1  
(Coram's Fields); 11am-1pm.  
Vegetarian meal and tea.

**Sahnu Vaswani!**  
Lincoln's Inn Fields  
Wed: 8-8.30pm  
A great curry!

**The Sacred Heart**  
This run from Wimbledon has  
several teams coming up once  
a month to the Piazza of West-  
minster Cathedral. Sandwiches  
and hot beverages around 9pm  
every Tuesday and Friday.

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

**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

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

**Peter's Community Café**  
The Crypt, St. Peter's Church,  
De Beauvoir Road, N1  
020 7249 0041  
Mon-Wed: 12noon-6.30pm

**Our Lady of Hal**  
165 Arlington Rd, NW1  
020 7485 2727  
Tues, Weds, Fri & Sat:  
12.45pm-2pm

**Open Door Meal**  
St James the Less parish centre,  
Vauxhall Bridge Road, behind the  
Lord High Admiral public house.  
An established service, providing a  
two-course hot meal served at table.  
Alternate Thursdays during  
term-time; 7-9.30 pm, B, CL, FF

**Nightwatch**  
At the fountain in the Queens  
Gardens, central Croydon  
Every night from 9.30pm  
Sandwiches and hot drinks

**Steps of Faith**  
Victoria area, Thurs: 8-10pm  
Walking around with soup, drinks,  
snacks and some clothing

**St Vincent De Paul**  
Lincoln's Inn Fields  
Tue & Thu: 7.30pm

**St Thomas of Canterbury**  
Lincoln's Inn Fields  
Every second Wed: 9pm  
Sandwiches, drinks, cake and clothes

**St Monica's Church**  
Temple Station  
First, third and fourth Tue  
of the month: 8.30pm

Tues-Sat: 12.30pm-1.30pm  
020 7226 3277

**St John the Evangelist**  
39 Duncan Terrace, N1 8AL  
Churches workers  
& Fri 10am-4pm - Ealing

**St John's Ealing**  
Mattock Lane, W1 9LA  
020 8566 3507  
Sat & Sun: 3.30-5pm  
Also: Advice service Thurs

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

**St Andrew's Church**  
10 St Andrew's Road, W14 9SX  
Sat: 11.30am-1.30pm  
Hot food and sandwiches

**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  
10.30pm; Wed & Thurs (8pm-  
10.30pm): St Pancras Church  
8.15pm; Hinde Street 8.45pm;  
Maitland 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

**Silver Lady Fund (The Pie Man)**  
Van behind the Festival Hall or on  
Southwark Bridge Road - from 5am  
Mon: From 6.30pm, a sit down meal  
at Chelsea Methodist Church, 155a  
King's Road, SW3 5TX; Tue: 6-9pm,  
King George's hostel, Victoria;

**ASHA Project**  
13 Shrubbery Road, SW16 2AS  
020 8696 0023  
Mon-Fri: 9am-5pm  
For asian women fleeing  
domestic violence, AD

**AS, A, BA, C, H, TS**  
www.akt.org.uk

**The Albert Kennedy Trust**  
Unit 203 Hutton Square Busi-  
ness Centre, 16/16a Bald-  
wins Gardens, EC1N 7RJ  
020 7831 6562  
Mon-Fri: 10am-4.30pm  
Works with LGBT people  
16-25, facing mistreat-  
ment or homelessness

**SPECIALIST SERVICES**

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

**Quaker Run**  
Victoria area  
Second Sun of month: 7pm

**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

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

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

**www.streetlytes.org**

**Streetlytes**  
Mon: From 6.30pm, a sit down meal  
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

Mon-Sat (except Wed):

10am-12noon

AC, CL, FF

**Apricots and More**  
29-31 Euston Road, NW1 2SD  
www.apricotsandmore.co.uk

Tue: 9-10.30pm

AS, AD, BA, CL, FF, H, TS

## ASIAN

Hot food and sandwiches for

early risers. Sat 5.30am-8.30am

- Covent Garden, Milford Lane,

Surrey Street, Strand and Waterloo.

**Bloomsbury Baptist Church**  
235 Shaftesbury Ave, WC2 8EP  
020 7240 0544

Sunday: Roast lunch 1pm

10.30am for ticket (very limited)

## The Cabin

St Gabriel's Community Centre

21 Hatfield's Road, N19 4NG

020 7222 8195

Daily: 1030-1130am;

Thu: 12noon (lunch)

**Camden Road Baptist Church**  
Hildrop Road, Holloway, N7 0JE  
020 7607 7355

Thu: 10.30am-12noon

## The Carpenters

TMO Community Hall, 17 Doran

Walk, Stratford, E15 2JL

020 8222 3860

Every Tuesday: 10am-12pm

## The Coptic Church

Victoria area, Tue: 9-10pm

## Ealing Soup Kitchen

St Johns Church Hall, Mattock Lane

Friday: 11am-4pm; Sat and Sun:

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 Argyll 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);

Weds: 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

Street; Park Lane underpasses;

Shepherds Market; Curzon Street

## Food Not Bombs

The Narrowway, 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: Kentish Town (Islington 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 Square, W1

020 7837 7182

Mon: 11am-2pm; Tue: 11.15am-

1pm, *Open for breakfasts*

## Lincoln's Inn Fields

Mon-Fri: 7.15pm; Many vans

with food and occasionally cloth-

ing. Sat - Sun: 6.15pm onwards

## The Lion's Club of Fairlop

Charing Cross, Strand

Second & fourth Sun: 6pm

Hot Indian food

## Liss Homeless Run

Strand, Palace Hotel

Last Tue of the month: 8pm

Also have clothes and toiletries

## London City Aid

This run is from Harlow, and

serves hot chocolate! Coming

out on the second Tuesday of

the month. Behind the Army and

Navy in Victoria: 8.30-10.30pm.

## The London Run

Monday (including bank

holidays). Van with tea/coffee,

sandwiches, eggs, biscuits, soft

drinks, clothes, and toiletries:

The Strand, opposite Charing

Cross police station: 8.45pm;

& Lincoln's Inn Fields: 9pm;

Temple: 9.30pm; Waterloo (St

John's Church): 10.15pm

## 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 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.



# 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 ★



Workshop programme from  
www.crisis.org.uk

**SMART**  
Art workshops and lectures at various venues  
020 7209 0029  
Email: smartnetwork@lincione.net

**Streetwise Opera**  
020 7495 3133  
M/C, PA www.streetwiseopera.org

**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

**Vision Care Opticians**  
07792 960416  
Mon & Thurs: 2–7.30pm  
– 5pm at The Passage  
Free sight tests and spectacles

**PERFORMING ARTS**

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

**The Choir With No Name**  
Every Monday, 7pm,  
at various venues  
A choir for homeless and ex-homeless, with or without singing experience.  
www.choirwithnoname.org

**Crisis Skylight**  
66 Commercial St, E1  
020 7426 5650  
Mon–Fri: 2pm–8pm; Sat  
& Sun: 11am–5pm  
AC, ET, IT, MC, P, PA

**Wed 08 Jun:** 11am–2pm; St Pauls – Homeless Drop In, Onslow Square, SW7 3NX  
**Thu 09 Jun:** 9am–1pm; One Support – Arlington House, 220 Arlington Road, NW1 7HT; 1.30–3.30pm; SHP, 88  
**Wed 15 Jun:** 9am–3pm; Parker House Hostel, 25 Parker Street, WC2B 5PJ  
**Thu 16 Jun:** 1–3pm; Equinox – Whitaker Centre, 91 Tolington Way, N7 6RE  
**Fri 17 Jun:** 9am–12noon; St Mungos – The Lodge Hotel, 16 Brook Street, EC1N 7RB  
**Sat 25 Jun:** 12noon–5pm; Crisis Skylight Health Day, 66 Commercial Street, E1  
**Tue 28 Jun:** 9–11am; St Mungos – Rushworth Street Rolling Shelter, 48 Rushworth Street, SE1 1.30pm–1pm; Equinox, 124 Brook Drive, SE1 4TQ  
**Thu 30 Jun:** 9.30–11.30am; St Mungos, 65 Margery Street, WC1X 0JH; 12noon–1pm; City Roads Centre, 352–358 City Road, EC1V 12PY

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

**Veterans Aid**  
40 Buckingham Palace Rd, Victoria  
020 7828 2468  
A, AS, BA, D, DCLSS

**Veterans UK**  
0800 169 2277  
Free help and advice for veterans and access to dedicated one-to-one welfare service.  
www.veterans-uk.info

**JOBCENTRE PLUS**  
To get benefit advice use local Job Centres or visit a day centre that hosts JCP outreach staff:  
**Monday** – Salvation Army, The Well, Croydon; 11 am – 3pm; Salvation Army, Booth House hostel, E1: 10am onwards; YMCA, hostel in Walthamstow, E7: 11am onwards; Shelter From The Storm, N1: 6.30 – 8pm (telephone service); HA/GA, N15: 12.30pm onwards (every second week); B.HUG, NW10: 11am onwards (every second week); St Mungo's, Rushworth 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 hostel, Spring 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's day centre, SW16: 9am – 2pm; St Mungo's rolling shelter, Endleigh Gardens, (CSTM), WC2: 9.30am – 12.30pm; Providence Row, Dallow Centre hostel, E1: 9.30am onwards; Iford Foyer hostel, E61: 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 – 1pm (10am onwards in their Job Club); Salvation Army day centre, Princes Street, W1: 2.30 – 4.30pm; St Mungo's Margery Street hostel, WC1: 9am onwards  
**Thursday** – Crisis Skylight, E1: 10am onwards; Broadway day centre, W12: 10.30am onwards; W12: 10.30am onwards; St Martin's (CSTM), WC2: 9.30am – 12.30pm & 4.30 – 7pm  
**Friday** – YMCA, hostel in Croydon (Cornerstone), CR9: 9.30 – 1pm; YMCA, hostel in Croydon (Lansdowne), CR9: 2 – 4pm; The Manna 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, (CSTM), WC2: 9.30am – 1pm & 2pm; St Martin's (CSTM), WC2: 9.30am – 4.30pm; St Martin's (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 helpline

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

**Dr Hickey's – Cardinal Hume**  
Arneway St, SW1  
020 7222 8593  
Mon, Tues, Thurs & Fri: 10am–12.30pm & 2pm–4pm  
Wed: 10am–12.30pm  
A, BA, C, D, DT, FC, H, MH, MS, P, SH  
**Health E1**, 9–11 Brick Lane, E1  
020 7247 0090  
Mon–Thurs: 9.15am–11.30am  
Friday: 10.30am–12.30pm; Mon, Wed & Fri afternoons – appointments only  
**King's Cross Primary Care Centre**  
264 Pentonville Rd, N1  
020 7530 3444  
Mon: 6.30 – 9.30pm; Tue: 2 – 4pm; Fri: 1.30 – 3.30pm  
BA, BS, CL, 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, DT, FC, H, MH, MS, NE, P, SH  
**Project London**  
Pott St, Bethnal Green, E2 OFF  
Mon, Wed & Fri: 1pm–5pm  
02074 616 852 & 020 8123 6614  
MS, SH  
Operating at 999 Chapel, Deptford, W2: 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:  
**Thu 02 Jun**: 10am – 1pm; St Mungo's, 12 – 14 Endleigh Gardens, W1H 0EH: 3 – 6pm;  
Chilton Street, NW1 1JR  
Fri 03 Jun: 9am – 12noon; St Mungo's, 83 Endell Street, WC2H 9DN  
Mon 06 Jun: 9.30am – 12noon; American Church Soup Kitchen, 79a Tottenham Court Road, W1T 4TD  
Tue 07 Jun: 3 – 5pm; St Mungo's, 2–5 Birkenhead Street, W1G1H  
88A: 5.30 – 7pm; Holy Cross Church – Homeless Drop In, Cromer Street, W1H 8JG

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 7228 1770  
www.dressforsuccess.org/London  
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**  
Monterfore 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.opencinema.net  
FF, LA

**EX-FORCES**

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

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

**Westminster Drug Project (WDP)**  
470-474 Harrow road, W9 3RU  
020 7266 6200  
Mon-Fri: 10am – 12.30pm  
(appointments and needle-  
exchange); 1-5pm (open access)  
AD, C, D, H, NE, OB, SH

**184 Camden**  
184 Royal College Road, NW1 9NN  
020 7485 2722  
Mon: 10am-3pm; Tue & Thu: 10am-  
8.30pm; Wed & Fri: 10am-5.30pm  
AS, BA, C, D, ET, MS, NE

**EASTERN EUROPEANS & MIGRANTS**

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

**East European Advice Centre**  
Palingswick 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, N1 6 9ES  
info@hackneymigrantcentre.org.uk  
Wed: 12.30-3.30pm  
Free advice and support for  
refugees and migrants  
AD, BA, FF, H

**UR4JOBS**  
Upper Room, St Savoury Church,  
Cobbold Road, W12 9LN  
020 8740 5688  
07967 312207 (English)  
07772 565815 (Romanian)  
07772 473554 (Polish)  
Mon-Fri: 5.30-6.45pm (hot  
supper); Mon & Tue: 12noon-5pm  
(Migrants workers job club)

**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  
services); 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

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

**Wandsworth Drug Project**  
86 Garratt Lane, SW18 4DB  
020 8875 4400  
Mon-Fri: 1-5pm; Sat: 1-4pm  
AS, A, AD, AD, AC, CA, C, D, H, NE, OB, SH

**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

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

**Union Chapel (Margins)**  
Compton Terrace, Upper Street, N1  
020 7359 4019  
Sun: 3pm-5pm  
BS, CL, FF, HA, L, LA, LF

**Upper Holloway Baptist Church**  
11 Tollington Way, N7  
020 7222 2104  
Mon: 10am-1pm CL, FF, LF

**Upper Room, St Saviour's**  
Cobbold Rd, W12  
020 8740 5688  
Mon: 1-6pm (UR4jobs); Tue-Thur:  
5.30-6.45pm; Fri: 1-6pm (UR4jobs);  
Sat-Sun: 12.30-1.30pm  
A, AC, BA, C, CA, CL, D,  
ET, IT, FF, H, OL

**Webber Street (formerly Waterloo**

**Christian Centre)**  
6-8 Webber St, SE1 8QA  
020 7928 1677  
Mon-Sat: 9am-12noon  
AS, B, BA, BS, BE, CL, FF,  
LA, MH, MS, OL

**The Welcome Project**  
11 Green Lane, Essex, IG1 1XG  
020 8220 4111  
Tue & Thur: 12.30-3pm;  
Wed & Fri: 10.30am-3pm  
AS, BA, BS, CL, FF, H, L

**West London Day Centre**  
134-136 Seymour Place, W1H  
020 7569 5900  
Mon-Fri: 8.45-10am (rough sleep-  
er's drop-in); 10am-1.30am (drop-  
in, hostel residents join): 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 Deptford Broadway, SE8 4PA  
020 8694 5797  
Mon-Fri: 9.30am-5pm  
AS, AD, A, B, BE, CL, C, DA, D, FF,  
F, H, L, LA, MS, MH, OB, SH, TS

**www.999club.org**

**DIRECT ACCESS (YEAR ROUND)**  
**HOSTELS/ NIGHTSHELTERS**

**All - low-support needs**

**Branches**  
Stonelea, Langthorne Road, E11 2HJ  
020 8521 7773

**Livingstone House**  
105 Melville Rd, Brent NW10 8BU  
020 8963 0545

**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**  
See Branches

**Men**

**Issaniaries of Charity**  
112-116 St Georges Rd,  
Southwark, SE1  
020 7401 8378  
Ring first, 9am-11am except Thurs  
Age 30+ (low support)

**St. Mungo's (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)

**Young people (16-21)**

**Centrepoint**  
25 Berwick St, West-  
minster W1F 8RF  
020 7287 9134/5  
Ring first. Daily vacancies

**MASH**

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

**DRUG / ALCOHOL SERVICES**

**Addaction (Harm Reduction**

**Team)**  
228 Cambridge Heath Rd, E2  
020 8880 7780

**Drop-in: Mon, Fri 10am-4pm;  
Tues, Wed & Thurs 12noon-6pm;  
Closed each day 1.30pm-2.15pm  
D, OL, MS, NE, SH**

**Divine Rescue**  
Thurlow Lodge, 1 Thurlow Street,  
SE17 2US, 020 3489 1765  
Mon: 10am–6:30 pm;  
Tue–Fri: 10am–5pm  
AD, AS, AC, BA, C, CL, FF, H, MC, OB

**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  
Cromer St, WC1  
020 7278 8687  
Mon: 2pm–5pm; Tues: 6–9pm;  
(ticket required) Thurs: 5–8pm  
12 noon–3pm (refugees and  
asylum seekers session).  
AC, FF, H, IT, LA, LF, MH, P

**Homeless Action in Barnet (HAB)**  
368 Woodhouse Road, N12 0RG  
020 8446 8400  
Mon – Fri: 12noon – 3pm (drop in);  
Mon, Tues & Thurs: 9am – 12noon  
(rough sleepers only); Wed: 9am  
– 12noon (women's group)  
AD, BA, BS, CL, F, F, H, L, TS

**London Jesus Centre**  
83 Margaret St, W1W 8TB  
0845 8333005  
Mon – Fri: 10am – 12:30pm  
BS, CL, F, IT, L, SK

**Manna Day Centre**  
6 Melior 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 Princess Street, W1B 2LH  
020 7629 4061  
Tue, Wed, Fri: 2:30–4pm  
(advice & enquiries);  
Mon: 3–5:30pm (advice & enquiry-  
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;  
Wed: 7–8:30pm  
BA, BS, CL, FF

**Spectrum Centre**  
6 Greenland St, Camden  
Town, NW1  
020 7267 4937  
Mon–Fri: 9:30am–3pm  
A, BS, C, CL, D, FC, H, L,  
LS, MH, MS, P, TS

**Spire's Centre**  
8 Tooting Bec Gardens, SW16 1RB  
020 8696 0943  
Mon: 8am–12noon (women  
only); Tues: 9–10:30am (rough  
sleepers only); 10:30am–2pm  
(drop-in); Wed: 10am–12noon  
(rough sleepers only); Thurs:  
9am–1pm (rough sleepers only); Fri:  
9–10:30am (rough sleepers only);  
10:30am–1:30pm (women only)  
Mon-Fri adult learning courses  
- contact Spire's for more info.  
A, AD, AS, BA, BS, CL, C, D, ET, FC,  
FF, H, LA, LF, MC, MH, MS, P

**Providence Row**  
82 Wentworth St,  
Aldgate, E1 7SA  
020 7375 0020  
Mon–Fri: 9:30am–12noon (8:30am





## Alexander Prosper

Age at disappearance: 43

Alexander, from Walthamstow in east London, went missing on 24 April 2006. Although his car was later found in Berwick, Northumbria, Alexander has not been heard from since and his current whereabouts remain a mystery.

There is great concern for Alexander as he may be unwell and his family urge him to get in touch with someone to let them know that he is OK. He can call the confidential service Message Home on Freephone 0800 700 740 where he can leave a message that we can forward to his loved ones on his behalf.

Alexander, who is sometimes known as John Asreal, is 5ft 6in, of medium build with short, black hair and brown eyes. He wears glasses and plays the guitar and has been known to busk before.

If you've seen Alexander please call the 24-hour confidential charity Missing People on Freephone 0500 700 700 Email: [seensomeone@missingpeople.org.uk](mailto:seensomeone@missingpeople.org.uk)

missing  
people

**Bromley 999 Club**  
424 Downham Way,  
Downham, BR1 5HR  
020 8698 9403  
Mon-Fri: 10am-5pm, AD, L, FF  
**Chelsea Methodist Church**  
155a Kings Road, SW3 5TX  
020 7352 9905  
Mon, Tues & Thur: 9am-3.45pm  
F, L, P

**Church Army (women only)**  
1-5 Cosway St, NW1  
020 7262 3818  
Mon-Thurs: 9.30am-12pm  
(advice): 12pm-3.30pm (drop-in):  
12 noon-1pm (sandwiches).  
AC, BA, BS, CA, CL, C, ET, FF,  
H, IT, L, LA, LF, MC, P

**The Connection at St Martin's**  
12 Adelaide St, WC2  
020 7766 5544  
Mon-Fri: 9am-12.30pm (12pm  
Wed). Various afternoon sessions  
from 1pm (except Wed). Weekends:  
9am-1pm (no entry after 10.30am).  
There are also drop-in sessions on  
Tues & Thurs 4.30pm-7.30pm.  
A, AC, BA, BS, CA, CL, D, E, F, FC,  
H, IT, MC, MH, MS, OB, P, SK, SS

**Croydon Resource Centre**  
70a Welsley 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 Fortnagate  
Rd, Croven Park, NW10 9RE  
Tues & Fri: 10am-2.30pm;  
Wed & Thurs: 12.30-2.30pm  
**Mental health drop-in:** in flat  
above St Gabriel's Hall  
77 Chichele Rd, Crickle-  
wood, NW2 3AQ  
Tues-Fri: 10am-12 noon.  
AC, BA, BS, H, IT, L, MS, OL

**Deptford Churches Centre**  
Speedwell St, Deptford  
020 8692 6548  
Mon, Tues, Thur & 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

**ScotsCare & Borderline (for Scots in London)**  
22 City Road, EC1Y 2AJ  
Call the helpline on 0800 6522 989  
BA, CA, H, B, P, TS  
**Borderline (for Scots):**  
Mon-Fri: 09.30am-12.30pm  
(appointments); Mon, Tue,  
Thu, Fri: 2-4pm (walk in)  
0800 174 047 (freephone)  
dutyworker@scotscore.com  
A, BA, C, CL, D, H, MH, P

**St Giles Trust**  
64 Camberwell Church St, SE5 8JB  
020 7700 7000  
Mon-Fri: 9.30am-12.30pm  
A, BA, BS, D, E, F, H, L, MH, MS, P, TS

**Stonewall Housing**  
2a Leroy House, 436  
Essex Road, N1 3QP  
Free confidential housing advice  
for LGBT people of all ages. Three  
weekly sessions running Mon:  
2-3.30pm; London Friend, 86  
Caledonian Road, N1 9DN; Wed: 10  
-11.30am; Contemporary Urban  
Centre, Great Chapel Street, W1D  
3SY; Thu: (under 25s) Lighthouse  
South, 14-15 Lower Marsh, SE1 7RJ  
020 7359 5767 (advice line)  
[www.stonewallhousing.org](http://www.stonewallhousing.org)

**DAY CENTRES AND DROP-INS**  
**Age of Clubs (16+)**  
St Alphonsus Rd, Clapham, SW4 7AS  
020 7720 2811/0178  
Mon-Fri: 12noon-3pm  
AS, A, B, BS, BE, CL, DT, F, H,  
L, LA, MS, MH, OB, P, TS  
**www.aceofclubscapsham.org**  
**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

**Broadway Day Centre**  
Market Lane, Shepherds Bush, W12  
020 8735 5810  
Mon, Wed, Thu, Fri: 10  
-11am (drop-in); 2-4pm  
(groups & appointments)  
AD, A, BA, BS, CL, DA, D, ET, F, FC, H,  
IT, L, LA, MS, MH, ML, P, SK, SH, TS



# the List

The directory of London's homeless services Updated 31 May 2011

Key to the list: Accom. assistance – A5 Alcohol workers – A Art classes – AC Barber – B Benefits advice – BA Bathroom/showers – B5 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 – L5 Medical services – M5 Mental health – MH Music classes – MC Needle exchange – NE Outreach worker links – OL Outreach workers – OB Pavement stockist – P Safe keeping – SK Sexual health advice – SH SSAFA – SS Tenancy support – TS
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Email changes and suggestions to:  
[thelist@thepavement.org.uk](mailto:thelist@thepavement.org.uk)  
Or write to our address on page 3  
Updated entries: 8  
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](http://www.squatter.org.uk)  
**Alone in London (16–25 years)**  
Unit 6, 48 Provost Street, London, N1 7SU  
020 7278 4224  
Mon–Fri: 9am–1am (first contacts): 2–4pm (advice and appointments)  
For those aged 16 – 25 years.

**Bridge Resource Centre**  
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](http://www.depauluk.org)

**HOPE worldwide / Two Step**  
360 City Road, EC1V 2PY  
020 7713 7655  
Mon–Fri 10am–4pm  
(appointments only)  
AS, H, TS, P  
**KCAH**  
36a Fife Rd, KT1 1SU  
020 8255 2439  
BA, FF, H  
**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