

# *the* Pavement

The *FREE* monthly for London's homeless

July 2011





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*The Pavement*

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# The Editor

## Summer time

Summer is here, and we've just a few announcements this month:

1. Use suntan lotion.

2. Even if don't have a job, it's still worth planning time off/away – go to a museum, plan a trip and try to do something different and relaxing during the holidays.

3. Use suntan lotion.

4. See the results of our 'design a superhero contest' in the latest episode of *Street Shield*.

5. We take a break in August, to catch up with admin and give writers a break, but we'll be back in the first week of September.

6. Use suntan lotion.

## Richard Burdett

Editor

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## Contents

### Cover

Pavement Pete has his feet up, anticipating the August break.

*Artwork by Neil Bennett*

### News

### Pages

*Letters*

4

*Missing People*

4

*Working on a solution*

7

*Big changes*

10–11

*News-in-brief*

12–20

*Homeless city guide*

13

### Street Life

*Street Shield – the homeless hero*

22–23

*See the nurse – the health column*

24

*Foot care – care for your pair*

25

*The List (incorporating soup runs)*

36–27

# Letters

Reader's letters and comments - addresses on page 3

## Getting seen

Dear Editor,  
I am writing to request a more detailed approach to listings in *The Pavement*.

When I tried to access an advertised service in your publication, I found that it was not available to me in my circumstance. Although I am homeless, I still have things to do, and time is precious to me.

I am aware that you can't publish everything about every service and you may not have been correctly informed of some information.

The medical service in question is [name removed], which said that I must have a local connection, meaning that I must be homeless in [name removed] for a period of time to allow access to the service. *The Pavement* doesn't state this. I think you should state eligibility, and the services in your publication should responsibly put these details forward. This location suits me as an access to regular assistance in healthcare, as one of the closest to my day-to-day activity.

This problem has occurred many times with services, with some demanding identification. These criteria are important to know.

I would like to finish on the note that *The Pavement* has been a very useful to me over the last couple of years and continues to be. This letter is not a complaint, more of a request, with the need to make people in need a little more informed to prevent frustrating time wasting.

Peter

Full name and an address provided

Dear Peter,  
Thank you for writing, and sorry you had trouble accessing a service listed in our directory. I'm afraid we haven't the space to include the criteria for entry to all services, and the best we can do is provide contact numbers or websites for readers to check themselves before travelling there.

However, though most services are relatively open, medical services have to restrict who they see to those within the borough, in order to comply with their Primary Care Trust. We spoke to a few notable London homeless surgeries, asking for their criteria for being seen there, and received the following responses.

Robert Bolus, of **Great Chapel Street**, Soho, said: "We are contracted to see people sleeping out in Westminster borough or in hostels in Westminster borough."

Paul Daly, of **Camden Health Improvement Practice**, told us: "Our criteria state that the patient must be resident in Camden. That includes NFA, hostels, squats, B&Bs etc. When a patient is moving in and out of borough, we take that as meaning they are in Camden. We do not ask for any proof of address."

"Our service is aimed at homeless patients and those with a mental health, drug or alcohol problem. Were to become apparent that a patient did not fit these criteria, we would encourage them to register with a mainstream general practice and aid them in doing so if wished."

Note, however, you will probably be asked to go to your GP, if you are registered with one.

Richard Burdett  
Editor



**Michael Anderson**  
Age at disappearance: 54

Michael has been missing from Upper Holloway in north London since 11 February 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 6ft tall, of medium build with a short grey beard. When last seen he was wearing a black jacket, beige trousers and carrying an orange plastic bag.

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

**missing people**

Registered Charity No. 1029418



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[www.standard.co.uk](http://www.standard.co.uk)



# **IMPORTANT NEWS**

## **ABOUT SOUP RUNS IN WESTMINSTER CATHEDRAL AREA!**

All Soup Runs and people who use soup runs around Westminster Cathedral Piazza and the surrounding area, including **Ashley Place** and **Howick Place**, should know that local residents, the voluntary sector working with the homeless and Westminster Council are asking you to stop your activity in this area because of the negative impact on the local community.

**All Soup Runs are therefore being asked to move away from the Cathedral. The transition period will be from Monday 27<sup>th</sup> June - Monday 25<sup>th</sup> July 2011**

**The soup runs will be moving to alternative venues both inside and outside.**

To find out where please check *The Pavement's* website or contact Ellie Schling at Housing Justice: [e.schling@HousingJustice.org.uk](mailto:e.schling@HousingJustice.org.uk) or 020 7920 6600

There are two independent Soup Run Workers in London and if you would like to discuss anything mentioned on this leaflet please get in touch.

**Miranda Keast at The Passage:**

[Miranda.Keast@passage.org.uk](mailto:Miranda.Keast@passage.org.uk)

**020 7592 1853**

**Ellie Schling at Housing Justice / London Soup Run Forum:**

[e.schling@HousingJustice.org.uk](mailto:e.schling@HousingJustice.org.uk)

**020 7920 6600**



**CHURCHES TOGETHER  
IN WESTMINSTER**  
Churches Working Together in Central London

# Working on a solution

*Key soup runs are set to go indoors*

Soup run representatives have agreed to stop operating outdoors around Westminster Cathedral in a bid to avoid the proposed byelaw banning soup runs in the area.

A Cathedral Soup Month, beginning 27 June, will publicise this (see announcement opposite) and encourage groups and individuals operating soup runs in the vicinity to stop offering free food to homeless people outdoors (see opposite page).

The compromise is the latest in a series of anxious negotiations between members of Housing Justice's Soup Run Forum, Westminster City Council, local residents and businesses, churches and the police. According to all parties involved, the overall message of Cathedral Soup Month will be: "giving out soup on the street in the cathedral area is no longer the right thing to do".

In the last issue of *The Pavement* we reported that a dedicated group of eight people were due to meet on 30 May to "finalise any agreement or discuss enforcement of the byelaw". Since then, the group has met twice. Following the first meeting, on 14 June, it issued a joint statement in which all members – including the council and local residents – agree "soup runs play an important role in helping destitute people and should be part of the co-ordinated activity which seeks to help everyone sleeping rough in London to come in off the street."

At the meeting, the statement goes on to report, the group agreed an action plan to reduce the number of soup runs operating on the street in the Westminster Cathedral area to zero over a short space of time. The soup runs will, instead, be encouraged

to operate their services indoors, something which some have apparently already started to do.

The problem is the lack of suitable indoor spaces in the area. In the minutes of the last Soup Run Forum, attendees defined what they judged to be suitable: "unacceptable conditions would be if they were not open-access services. Another problem could be if indoor soup runs were expected to pay rent, as the groups would not be able to afford this". Possibilities mooted at that meeting include the West London Day Centre and Rochester Row, though the latter has since been rejected as not possible.

The second meeting took place on 22 June. As on previous occasions, the group's chair, the chief executive of Thames Reach, Jeremy Swain, took to Twitter, reporting: "3rd v. productive meeting of group tasked with finding voluntary solution to soup run issues at cathedral piazza. Peace has broken out." Housing Justice's Alastair Murray said the aim now was to find "dispersed" provision for soup runs in Westminster and in the rest of London.

In the meantime, opponents of the byelaw can sign Liberty's petition against the ban. The leading civil liberties organisation has created page on its website dedicated to the campaign, on which it states its position: "Liberty, along with many other third sector organisations working in this area, believe the proposed byelaw is fundamentally flawed. No one sleeps rough for a free sandwich".

While Westminster City Council's proposed byelaw has hit the headlines, it's not the only council cracking down on the handing out of free food. Islington Town

Hall's executive member for planning, regeneration and transport recently branded local Hare Krishna charity Food For All a "nuisance". Labour councillor Paul Convery said: "However well-intentioned they are, we'd rather the food vans stayed away. They are not needed here and can be a nuisance to local residents and businesses."

*Carinya Sharples*





*"There's a message from Hillary and Tom... oh, yes, and another death threat from Al-Qaeda"*



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**Call our freephone on 0800 174047**



# Big changes

*There are big changes happening at the Big Issue*

The *Big Issue* has revealed a raft of changes at the magazine including outsourcing services to Dennis Publishing and creating a new, nationwide edition.

The new partnership deal will see Dennis – publishers of magazines including *MacUser*, *Viz*, *Auto Express* and *Bizarre* – take over a number of services for the magazine such as subbing, design and production. This marks a big change for the magazine, which has always functioned as a not-for-profit organisation, though it stressed that plans would “only serve to benefit vendors”.

Lara McCullagh, spokeswoman for the magazine, said: “Our ability to support our vendors will only be enhanced via this partnership.”

But as well as a number of editorial duties, Dennis Publishing will also be taking over responsibility for generating advertising for the magazine, previously a source of finance for the *Big Issue*. The magazine wouldn’t reveal details of the deal, or of how any advertising revenue might be divided up between the companies. With a falling readership and a recession in full swing, it would be interesting to see how the magazine could improve profits by taking up with Dennis – owned by Felix Dennis, worth £500million and ranked 134th in the *Sunday Times* Rich List.

“The specifics of the contractual arrangement are not available,” said Ms McCullagh, “however, we would assure all interested parties that the *Big Issue* aims to increase its profitability, thereby protecting its ability to support vendors.” She added that the move would result in only “minimal” job cuts – but any affected staff will be

transferred to Dennis, which will then carry out a “review of its requirements”. “It is expected that the vast majority of staff will find a role and all possible measures are being taken to minimise job losses,” said Ms McCullagh.

The *Big Issue* will also start publishing a new-look national edition, rather than five separate regional magazines, with a combined push to take the magazine online. The new UK edition will be run from Glasgow with Paul McNamee, the existing Scotland editor, in charge.

The regional issues had lacked consistency in the past, McNamee told the *Press Gazette*. “It’s unhelpful for our readers and it doesn’t help our vendors.

“We always shared some copy, but with the bigger features there’s been a huge variation in the tone and content,” he said. “It makes sense to have a coherent, unified, single magazine.”

The *Big Issue* launched 20 years ago in a bid to offer homeless people “a hand up not a hand out”, with today’s 3,000 vendors buying the magazine for £1, and selling it for £2 to make a profit.

But circulation and readership numbers have dropped in recent years, falling from just under 250,000 a decade ago to a weekly circulation of 136,018 in 2009.

It also lost more than £400,000 in the year ending March 2010 and over £386,000 the previous year. However, Ms McCullagh said: “Even when the company has run at a loss, it has still succeeded in its primary aim of putting millions of pounds annually into the pockets of homeless people.”

According to the magazine, it helped homeless people earn £8 million last year.

This comes at a time of change for the company, including a digital drive and a plan to equip vendors with iPhones in order to help them become “local reporters” and learn new skills (see story in news-in-brief).

But with vendors making their money by selling the magazine on the streets, how would the digitalisation of the *Big Issue* affect their profits – and their ability to earn cash? “As a social enterprise, the *Big Issue*’s primary focus is to provide homeless people with the means to earn an income,” concluded Ms McCullagh.

“We won’t go online and cut vendors out. We would not contemplate any development which sidelines vendors or threatens streets sales.”

Co-founder John Bird said in a statement: “The decision to amalgamate the regional editions of the magazine and to create one unified UK edition was taken to enable greater efficiency and the best use of our skill set.

“The move will also free up resources, allowing us to focus of new ventures, including development of a digital platform.”

*Garnet Roach*

# News in brief

*The homeless news from around the UK and the World*

## 24 years for Ilford murderer

A homeless man has been jailed for 24 years for the murder of another homeless man and the attempted murder of two others in Ilford, Greater London.

The brutal incident, reported in *The Pavement* (October 2010) saw Jaswinder Singh, 60, attacking 31-year-old Harbarjan Singh, Harteerth Singh and Jit Singh with a metal bar on 8 September as they slept rough.

According to a report on London 24, Mr Singh carried out the attack in revenge for being beaten up a week earlier. Prosecutor Zoë Johnson said: "It seems the deceased got the better of him on that occasion. He had been beaten, publicly humiliated and was swearing revenge."

The 60-year-old first contacted the police to try and get the three men arrested. When that failed, he waited for the friends to go to sleep behind commercial premises next to St Mary's Cemetery before launching his attack.

Jit Singh, who was left with a fractured jaw and a brain haemorrhage, told police that he was in a deep sleep when he was hit hard on his head. "He woke up screaming and saw the defendant hitting his head with a three to four foot long piece of wood," said Ms Johnson.

On 8 June, Mr Singh – an unemployed builder from India, who was wanted by the German authorities for hitting his partner in 2000 – was sentenced at the Old Bailey to 24 years' imprisonment.

Judge Richard Hone, QC, said that Mr Singh had a "tendency to explosive and disruptive

violence" and told him: "You are a bulky man and have a propensity for violence. Yourself against three vulnerable persons gave you a major advantage."

Mr Singh pleaded not guilty.

*Carinya Sharples*

## Food arrests in US

Seven people could face imprisonment in the US for feeding the homeless.

The activists were arrested after handing out free food in a park in Orlando, Florida, which is in breach of a city ordinance. If convicted, they could be jailed for 60 days and face a \$500 fine. Those arrested were Steve Willis, Dylan Howeller, Noelle Bivens, Brock Monroe, Jonathan 'Keith' McHenry (co-founder of Food Not Bombs), Ben Markeson and Jessica Cross.

Police caught them serving free vegan food for breakfast in a park as part of their anti-poverty group Orlando Food Not Bombs. They have been released on bail and given a trespass warning. But Mr Markeson said Food Not Bombs would continue to feed those in need, adding: "I don't know why they're so threatened by people ladling out food".

A spokesperson for the Orlando police said they were free to feed homeless people in other parts of the city, but not in the park because of permit restrictions. Lieutenant Barb Jones said: "This is just a group that has decided that they want to be able to feed no matter what the city has done.

"These are misdemeanours, as drinking alcohol in the park is a violation. There are a lot of

things you can't do in city parks".

In July 2006, the Orlando City Council passed an ordinance limiting any group that holds a food sharing-event that attracts 25 or more people (including those serving the food) to two permitted events in each of the city's 18 parks a year.

The seemingly draconian policy is not dissimilar to Westminster Council's first draft plans to ban charities from carrying out soup runs. The Conservative-run London council was considering criminalising free food hand-outs for the homeless, claiming it causes litter problems and creates a disturbance in one of London's most affluent areas. They say the soup runs each night feed around 150 people, which make it a 'no-go area' for residents and businesses.

Food Not Bombs is well known for passing out free vegetarian and vegan food to people at events, regardless of whether they are homeless. The group is also known for anti-war demonstrations and running seminars on poverty issues.

*Rebecca Evans*

## Well done, Hugh

Homeless ex-servicemen and women in England will be pleased to have seen Hugh Milroy included in the Queen's Birthday Honours. Dr Milroy, CEO of Veterans Aid, based in London's Victoria, which offers a complete service to homeless people who have done military service, was awarded an OBE for his work.

*Staff*

# 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

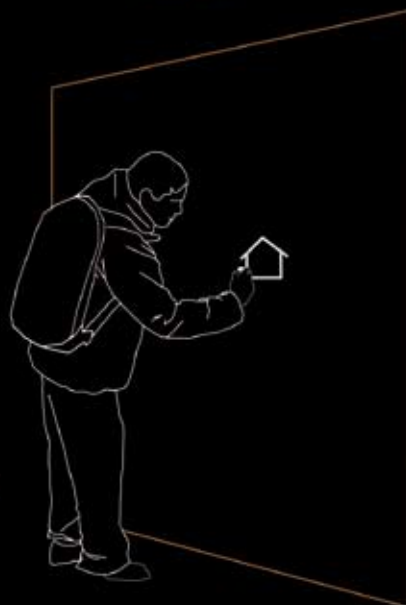


you'll get moved on here

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.



*“We’re part of the Big Bonus Society”*



## Star in the making

For many readers, it might be hard at times to believe life will ever improve. But James McCabe (pictured above) is an example of how things can turn around, having not only got off the streets but gone on to become a successful film star.

McCabe became homeless when he was 16 years old, a week before he was due to take his GCSE exams. He spent several nights sleeping rough on the streets of London, during which time he was in danger of spiralling downwards.

"I felt like the world hated me and didn't care," he told *The Pavement*. "I felt I had been left behind by the world. People I knew of my age were all lucky enough to be clothed, fed, accommodated and cared for by their families and were starting colleges or universities... whilst I was struggling to eat

from day to day."

On the streets, he said, it was increasingly difficult to keep away from people who were trying to draw him into activities he wanted no part in. He knew it was only a matter of time before something bad happened to him and that he had to seek help.

He went to a homeless persons unit in Woolwich and was connected to social services, who then found him temporary housing.

After that, he moved

back to Peterborough, where he reconnected with members of his family.

More recently, he took up acting. He played the lead role in 'Love Is...', a film which last year won the Northant's Film Festival. He has been taken on by the London agency Jackie Nicholson Associates, one of just two 'untrained' actors to be picked up by the agency in the last 18 years.

He made a film called 'The Black Sight', with the well-established actress Anna Walton, which is due to be released in November. Now, he is filming 'The Curious Appearance Of Mr Fiddlewitz', which is likely to be shown on the BBC.

McCabe believes his story could offer inspiration to homeless people not to give up even though things can seem really hard.

"It's so easy to fall into self-destruction mode when you feel the world does not care," he said. "Anyone in that situation needs to realise that in time

it will change. It will not last forever, and as long as you retain hope deep inside yourself, you can do it and it will happen."

*Nicholas Olczak*

## Big Issue vendors to be given iPhones

Homeless people selling the *Big Issue* are to be given iPhones in a radical move to turn them into "local reporters".

The magazine's founder, John Bird, said he wanted to help vendors develop new skills while they were on the streets to help them in later life. They will be encouraged to use social networking sites like Twitter, Facebook and blogs to upload news stories, audio, and video of life on the streets.

"*Big Issue* vendors stand on streets up and down the country come rain or shine, hence they are uniquely connected to their local area," said Bird. "We want them to become the eyes and ears of their neighbourhoods, offering a unique perspective and simultaneously developing the skills which will get them off the streets."

In the future, the *Big Issue* is aiming to be published online, with digital content created by the vendors posted on the internet alongside the rest of the magazine. A *Big Issue* spokesman said that they were aiming for all of the magazine's 3,000 vendors to be equipped with the phones, but could not be drawn on the cost of the new devices – costs will be high, even based on low retail prices for the phones.

In a statement, the *Big Issue* said, "Vendors have already taken the first step away from homelessness by deciding to sell the magazine, which they buy for £1 and sell to the public for £2, keeping the difference.



"Producing digital content will enable them to engage with a new and wider customer base, as well as equipping them with a number of key skills."

Mr Bird said the smartphones would be basic models and would be given out as tools for work only, rather than personal use.

"I'm sure some of them will get nicked," he said. "But if it can get them to move away from street life by giving them an alternative, well, we've got to make the jump some time."

The *Big Issue* recently announced that the unemployed would be allowed to become vendors in the future, with founder Bird saying that "the most unlikely people" would be given jobs – from farmers to out-of-work solicitors.

*James O'Reilly*

## A silver lining

A man in the American state of Utah was tracked by a private investigator in June, so he could receive a "significant" amount of money.

Max Melitzer, in his sixties, was sleeping rough in Salt Lake City, and was found by the private eye who had been hired by a law firm in New York. Although he knew of his brother's death, it was only on 18 June that he found out he was a beneficiary in his brother's will. When found, he had little more than the shopping trolley he was pushing that held his few belongings.

*Staff*

## Oxford failing on targets

An increasing number of people, as seen across the UK (see 'Rise in homelessness recorded'), are sleeping rough in Oxford, city council chiefs have warned.

With a 23 per cent rise in the number of homeless households, Oxford City Council has failed to meet two key targets.

The city now has an average of 16 people sleeping rough every night, far more than the Labour council's target of six. At the same time, 123 households were registered as homeless – 23 more than its published target of 100 and an increase from the previous year's figure of 104.

Joe McManners, executive member of housing, said: "The street count is only a tip of the iceberg when it comes to housing needs.

"I would not want to predict a crisis, but I would say it looks pretty likely that we will see higher pressure on housing and the impacts on the 'hidden homeless' are likely to more pronounced."

He added that although the council was trying to protect budgets for housing advice and the homeless, it was struggling against government cuts.

"The long-standing problem of housing needs in Oxford look like getting worse rather than better," warned McManners.

Oxford Homeless Pathways, a charity operating in the city, also said it expected to see an increase in numbers over the next eight or nine months.

*Garnet Roach*

## Begging ban in London, Ontario

An anti-poverty activist has warned that attempts to ban panhandling in the Canadian city of London would meet with significant legal obstacles.

The mayor of London, Joe Fontana, was reported earlier this month to be considering introducing a byelaw that makes it illegal

to panhandle, defined as sitting or standing on the street asking for change. Such a law was one of the pledges in Fontana's election campaign last autumn.

But Rob Rainer, head of the organisation Canada Without Poverty, said that a ban on panhandling would be unlikely to survive legal challenges. He said that the Supreme Court had previously sided against this kind of ban. "It has ruled that the act of panhandling can be considered to be a form of expression," he said. "It's essentially a gesture of asking for help."

Canada Without Poverty is currently part of a legal challenge on a byelaw being made against panhandlers in the Canadian city of Winnipeg. Rainer said London should expect a ban to be met with a similar challenge from anti-poverty groups.

The debate about panhandling was reignited after London's police reported that the number of tickets given for panhandling-related offences in the first part of this year had increased by 20 per cent over the same period a year ago. While panhandling itself is not illegal in London, it is a ticketable offence to approach cars or people who using phones and cash machines.

Fontana cited these police statistics as one of the reasons he was now considering introducing the byelaw to ban panhandling.

"It is something that has been problematic," he told the *London Metro*. "You've seen the number of charges that have been laid. It's unsafe for them, it's unsafe for the general public and it's just not the kind of city I want to build where people, or tourists, are being subjected to this kind of thing – not only on intersections, but on our streets."

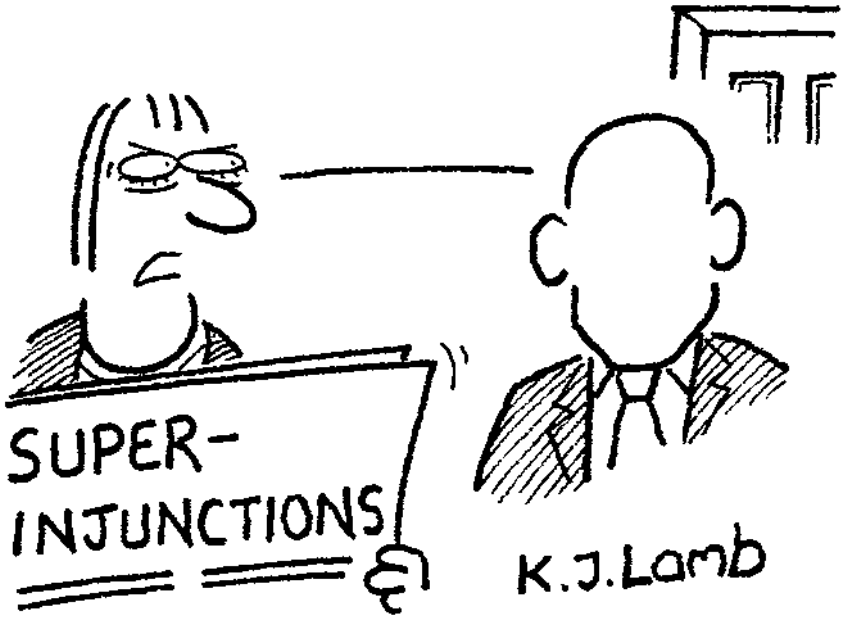
Rainer said that a ban was a "negative way of addressing the problem" and that it would be better to look at what led people to start panhandling in the first place.

*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.



If you have a mobile, and can spare a few pounds, please text **PAVE11** followed by **the amount in pounds\*** (max £10) to **70070**

\*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)



*"For God's sake, Roger, I know who you are!"*

"If you're sincerely interested in addressing panhandling as an issue, take a look at what's really driving people to the street," he said. "Look at those root causes. Don't stigmatise people because they're panhandling. Don't set this up as [a] getting-tough-on-crime kind of attitude."

*Nicholas Olczak*

## Rise in homelessness recorded

Homelessness in the UK has risen by 23 per cent in the past year, according to government figures. In the first quarter of 2011, 26,400 people appealed to local authorities as homeless compared to 21,410 during the same period the previous year.

However, despite this increase, the number of people being accepted as homeless fell by two per cent. There are currently a range of ways to define homelessness, which may explain the confusion in the figures. To be legally defined as homeless, a person must either lack a secure place to live or be unable to stay in current accommodation. However, local authorities will prioritise cases and only allocate housing to those most in need, for example families with children.

In terms of rough sleepers, figures from Broadway, a London-based homelessness charity, show there has been an eight per cent increase in the past year. To resolve the issue, outreach teams are working harder than ever to help people into assisted housing. In the past 12 months, dedicated staff have moved 1,372 people into accommodation and helped a further 326 gain access to vital services.

"We know exactly the size of the task facing us if we want to reduce rough sleeping to as near to zero as possible by the end of 2012," said chief executive of Broadway, Howard Sinclair. "We believe that as long as resources are used in the right way and we continue to work together towards this common aim then we can continue to make a positive and long-lasting difference in the lives of people who end up

having to sleep rough in London."

Meanwhile, homelessness charity Crisis has warned that government proposals to reform housing benefits are likely to exacerbate the problem. Garry Lemon, a spokesperson for the organisation, told *The Pavement* that the introduction of short-term tenancies would be particularly detrimental to those in social housing. "There will be an interaction between changes to the homelessness duty and the changes to tenure," he explained. "At present, a vulnerable homeless single 30-year-old is entitled to a social home. Soon they could be discharged to a one-year tenancy in a shared house. We have been actively lobbying on the Localism Bill to challenge these changes."

Lemon blames the recent surge in homelessness on the recession and rising unemployment. "Without jobs, people can't pay rent and mortgages, and end up homeless," he explained. "Unemployment also puts pressure on relationships and relationship breakdown is the leading cause of homelessness."

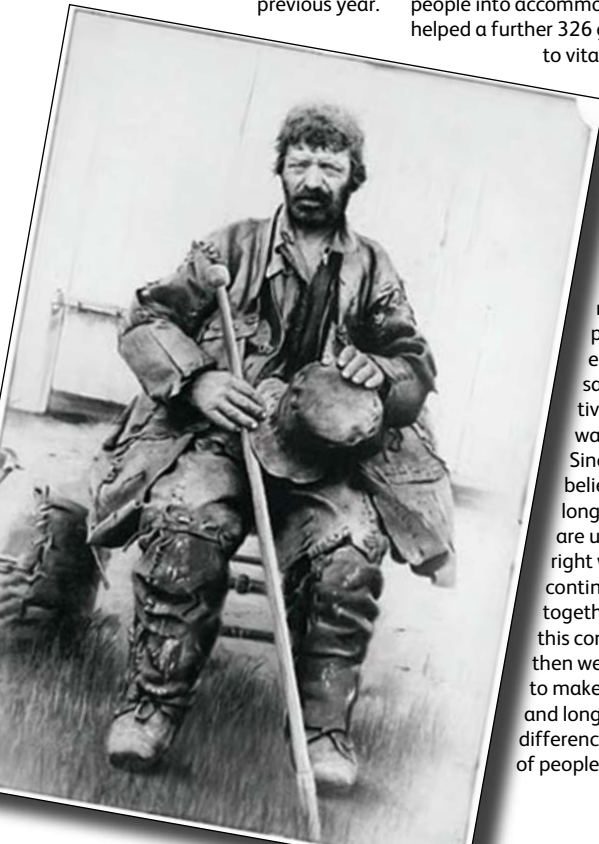
At present the Mayor of London is maintaining his commitment to ending rough sleeping by the end of 2012, and we'll wait to see whether the rise effects this and other government and local authority pledges across the UK.

*Lizzie Cernik*

## US 'Leatherman' re-buried

Many readers may have come across people on the streets wearing their own stitched-together clothes. However, it seems these self-tailored individuals have a precedent that goes back over 100 years on the east coast of the United States.

Known only as 'The Leatherman' (pictured left), he became well known in the late 19th century



for travelling around wearing his own leather clothes. He reputedly slept outside in summer and winter, sleeping under his 60-pound leather outfit.

For around 30 years, he travelled around the small towns of New York and Connecticut, sleeping rough and relying on food handouts to survive. He would complete a loop of 365 miles every 34 days or so, and local families grew familiar with the strange sight. David Phelps, a local academic and author of Connecticut Legends, described the Leatherman as a well-meaning, undemanding character.

"He was totally benevolent. He didn't want money, he didn't stay overnight. He needed almost nothing except some food and some tobacco for his pipe. They were glad to contribute that."

He passed away in 1889 and was buried in a roadside grave, rather than a cemetery. However, at the end of May, officials in the town of Ossining in New York state finally conducted a proper ceremony for his burial. The Ossining Historical Society had put in a special petition to have the Leatherman's remains dug up and reburied in a cemetery in the town.

Despite being well known for his unusual clothing, he was famously tight-lipped and revealed little to local residents about his identity or personal history – hence his new grave being marked simply 'The Leatherman'.

The burial was not without controversy, however, with one history teacher campaigning for the remains to be left as they were in the roadside grave. Don Johnson who had taught his students about the Leatherman's story, launched a website called 'Leave the Leatherman Alone'.

John Ashmore

## Li'l Addict

A former drug addict has found a novel way of telling others about his life at the same time younger people about the dangers of slipping into drug use.

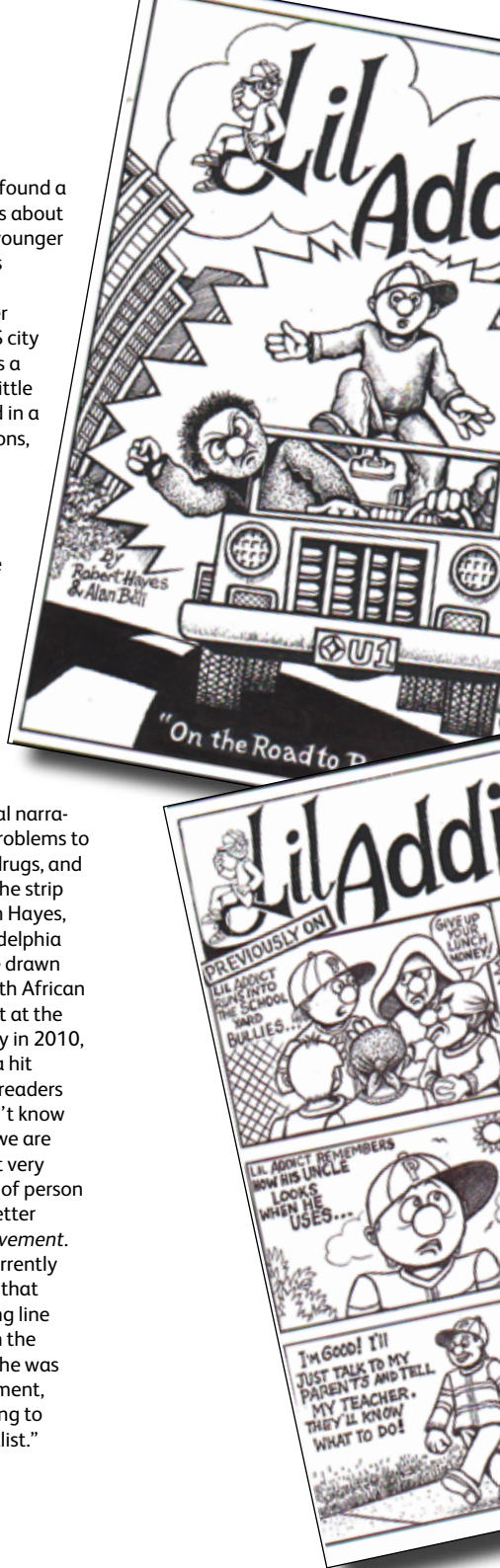
Robert Hayes, a former homeless addict in the US city of Philadelphia, now writes a comic strip 'Li'l Addict' [Little Addict] which is published in a number of local publications, including *One Step Away*, a homeless paper sold on the streets of that city.

Last year, Hayes was living in a shelter when he met Alan Bell, who was the 'art facilitator' there. Bell encouraged Hayes to write about his decade-long cycle of drug use and homelessness, and this led to them co-creating the comic strip 'Li'l Addict.' Hayes provides the autobiographical narrative, from his childhood problems to the years of alcohol and drugs, and it's down to Bell to draw the strip.

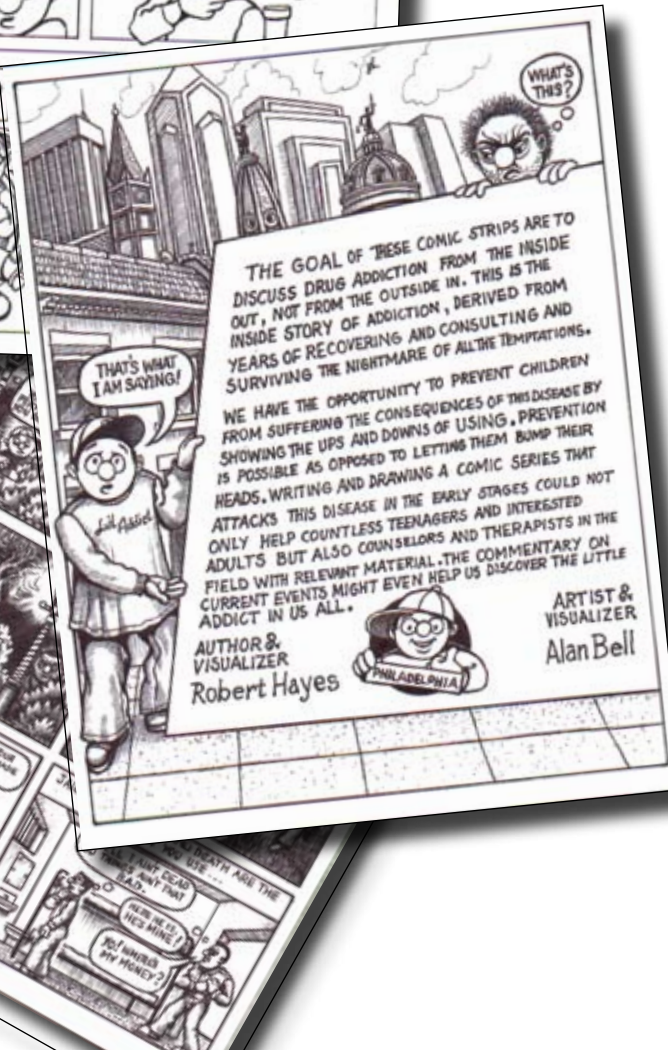
It's an odd pairing, with Hayes, the black resident of Philadelphia writing his life down to be drawn by 66-year-old, white South African Bell, but since the two met at the Ridge Avenue shelter early in 2010, the comic strip has been a hit with the 12,000 monthly readers of *One Step Away*. "I didn't know how to take Alan at first, we are as different as can be, but very much alike. He's the type of person that makes the world a better place," Hayes told *The Pavement*.

Asked what they're currently working on, Hayes added that they're planning a clothing line featuring characters from the strip, and that personally he was busy with "my new apartment, furnishing it, working, going to school to be a peer specialist."

Staff







# STREET SHIELD

EPISODE 22

FOLLOWING A  
LEAD.

STREET SHIELD  
IS ON THE TRAIL...







# Health and wellbeing

*The Pavement's health team aim to help keep you well, from tip to toe*

## Prescription medication

Doctors prescribe medication for specific health complaints. Taking drugs that have been prescribed for someone else is generally a bad idea. Taking a couple of laxatives meant for your granny probably won't have life-threatening consequences; but if you share prescriptions or buy medicine from the street, read on. There are some things you should think about...

'Prescribed' means that a doctor, nurse or pharmacist gave the medication to someone for a properly diagnosed health problem. Self-medicating with other people's drugs is a no-brainer. Even if you have the same symptoms, this does not mean the drug is right for you – you could end up doing more harm than good or not getting an underlying health problem diagnosed.

You may be allergic or intolerant to other people's medication. Most drugs' side-effects vary from person to person, so other people's prescriptions could affect you in ways they don't experience.

Taking other people's antibiotics may seem like a good way to clear up an infection, but you need the whole course to get rid of an infection. If two people are sharing, that can't happen. (And even if you have no symptoms, you should still finish the prescription.)

There is a real risk of overdose from prescription medications, particularly from strong painkillers such as morphine, MST tablets, OxyNorm and Fentanyl. People who suffer long-term pain can take huge amounts of painkilling medicine. As long as it controls their pain, their bodies can tolerate it. Over time, they build up a tolerance,

so the amount they take to stay pain-free would cause an overdose in other people. Many of the commonly abused painkillers are designed to treat long-term pain, so taking them for recreational use carries a real risk of overdose.

If you get prescription medication without its original packaging, you can't be sure what it is or what strength you are getting. Even nurses cannot definitely identify different strengths of pills without the packet. Strong painkillers will make you constipated and come with a list of side-effects as long as my arm – and without the original packet and leaflet, you have no idea of what is normal and what is not. Sleeping pills meant for other people carry similar risks; many an overdose has been caused by the insomniac taking just one more pill to get to sleep, and it's even easier if the pills weren't prescribed for you and you don't know how strong they are.

Never mix prescription medication with street drugs or alcohol, especially if it isn't your prescription.

Never crush, dissolve and inject a tablet or open a capsule and inject the contents. Oral medication is designed to pass through the stomach, which is acidic. Your veins are not and are much more fragile. Injecting stuff not intended for them is a quick way to break them down and cause a nasty wound. Some long-acting painkillers are coated in waxy stuff that dissolves slowly in the stomach, and injecting this is highly dangerous. Snorting crushed-up tablets will damage the inside of your nose.

Remember to look after your prescriptions, and keep them out of reach of children. Pharmacies will always take any unused medication

back and safely dispose of it for you.

Taking prescriptions meant for other people may seem like a good way to save yourself a trip to the doctor or be good fun, but there are real risks. As a nurse I've seen people react in the strangest ways to even routine medication. Without proper medical advice, you are always taking a risk with your life.

*Susie Rathie*

The Pavement's nurse

## Hot summer, hot feet

When Frank Zappa recorded 'Stink-foot', his inspiration was sweaty feet. We all have them, but good hygiene helps prevent unwanted smells and unhealthy fungus.

Perspiration is the natural way to control the internal temperature of the body. Normal sweat does not smell and contains salt (sodium chloride), potassium; urea and lactate, which helps shield the skin from invasion by unwanted bugs (flora). The approximately 125,000 sweat glands on the sole of the foot excrete about 220ml of moisture each day. (These and the glands on the palms are eccrine sweat glands; those under the arms and around the crotch are called apocrine sweat glands.) About 25 per cent of the population suffer from hyperhidrosis ('hyper' means extra and 'hidrosis' is water). The reason the body overproduces sweat is unclear, but wearing closed-in shoes increases the risk of sweaty feet in warm weather. Other causes include high caffeine intake, eating spicy foods, overeating and stressful situations. It can also be related to general illness.

Sweaty skins are moist, cold

and clammy to the touch, with white soggy skin between the toes. Excess sweating affects men and women, and often starts around puberty. Symptoms include burning pain, itching and blisters. In very severe cases, excess perspiration soaks socks and destroys shoes.

Wet skins are prone to fungal and viral skin infections, and some people suffer from foul-smelling sweat (bromidrosis), which is probably caused by bacteria breaking down on the skin surface. Around the apocrine sweat glands, this makes underarms smell and other private areas pong! Eccrine bromidrosis affects all ages and gets worse in warmer weather. Eccrine glands react quickly to mental or emotional stimulations. No one bacterial species seems responsible, and many of the resident floras can generate volatile acids: isobutyric acid smells like sweaty socks; isovaleric acid smells like sweaty feet; and *brevibacterium* produces methanethiol gas, which smells like cheddar cheese.

Treatment for both hyperidrosis and bromidrosis involves reducing the flow of sweat. You can use topical antiperspirants such as aluminium chloride solution, which is often available on prescription, but don't use cosmetic deodorants. Check with the chemist: deodorants only neutralise smells and you need an antiperspirant.

Walking barefoot in sunlight encourages natural evaporation, but take care not to overexpose your skin to UVA/UVB rays. If you can, use high-factor sunscreen cream and moisturiser. If you can't paddle in the sea, a saline foot bath, no warmer than 46° centigrade, is an acceptable alternative. Don't submerge your skin for longer than 10 minutes, and dry it carefully.

A regular daily wash in warm water with mild soap for hyperidrosis, and with medicated soap for bromidrosis, is recommended. In mild cases, you can apply bland

talcum powder (baby powder) sparingly to clean feet; medicated powders may be recommended for severe hyperidrosis and bromidrosis. The powder helps absorb excessive sweat and gives a friction-free surface for toes to pass over each other.

Cotton socks also help, and are available with special antifungal and antibacterial properties in the fibres. Change your socks every day and wash them daily in non-biological detergents. In very hot weather, leaving them to dry overnight makes sense, and occasionally washing trainers in the washing machine is also sensible. A good tip is to keep smelly trainers in the fridge overnight or you freeze them in the freezer (but remember to defrost before wear!).

Living with immunocompromised systems increases the risk of infection, and fungus may affect skin and nails. Fungi are tough micro-organisms that like warm, dark, sweaty areas of the skin such as the space between the toes. Infection passes from infected scales of skin dropped on the floors of changing areas. They survive showers, swimming pools and spa areas. Both moist and dry skins are prone to fungal infections. Tinea pedis (the medical name for foot fungus) appears in three different physical forms and is caused by a wide range of types.

Toenail infections present as yellowish-brown, discoloured, thickened nails that are often crumbling and separated from the nail bed. They may be accompanied by an unpleasant smell. Infections between the toes usually appear as soft, whitish skin with cracks (fissures) and redness. Sole of the foot infections (often in the non weight bearing arch area) can present as small, fluid-filled blisters. Itching, burning and stinging pain often add to the general discomfort, and the skin conditions are highly infectious. Avoid walking bare-

foot in public showers, and where antimicrobial baths are available, it makes sense to use of them.

Many over-the-counter preparations (such as wide anti-microbial agents) kill or inhibit fungi and bacteria, but sometimes specific types such as yeasts require particular drugs. If you are in doubt what to use, or if the condition does not show improvement after treatment following the manufacturer's instructions, consult your chemist, doctor or podiatrist. Most skin infections clear quickly and provided general foot hygiene is good; the risk of re-infection is reduced. Treatments for infected nails are less successful and can take longer.

Take care of the pair and stay safe.

### *Toe Slayer*

Registered Podiatrist  
and Shoe Historian



*"I do solemnly swear to tell the truth, th e whole truth, and  
nothing but the truth, in no more than 140 characters"*



020 8444 7027

Sun–Thurs: 7.45–8.45pm

### New Life Assembly

A run in Hendon, that comes into the West End once a month.

### Nightwatch

At the fountain in the Queens Gardens, central Croydon

Every night from 9.30pm

*Sandwiches and hot drinks*

### Open Door Meal

St James the Less parish centre, Vauxhall Bridge Road, behind the Lord High Admiral public house.

An established service, providing a two-course hot meal served at table.

term-time: 7.30 pm, B, CL, FF

### Our Lady of Hal

165 Arlington Rd, NW1

020 7485 2727

Tues, Weds, Fri & Sat:

12.45pm–2pm

**Peter's Community Café**

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

020 7249 0041

Mon–Wed: 12noon–6.30pm

**Plaistow Woman's Group**

House of Fraiser, Thurs: 9pm

Hot meals, teas and coffees

**Rhythms of Life International**

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, 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

Coram's Fields (3rd Sun of month); 11am–1pm

Vegetarian meal and tea

### Silver Lady Fund (The Pie Man)

Van behind the Festival Hall or on Southwark Bridge Road – from 5am

### Simon Community

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

ampston 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; Matravellers Street 9.15pm; Waterloo

9.45pm; Army and Navy 10.15pm

*Street Café*: St Giles-in-the-Fields, St Giles High Street, WC2 (next

to Denmark Street) – Sat (2

–4pm) & Sun (1.15–3.15pm) P

**St Andrew's Church**

10 St Andrew's Road, W14 9SX

Sat: 11.30am–1.30pm

Hot food and sandwiches

**St Ignatius Church**

Lincoln's Inn Fields

Sat: 8.30–9.15pm

**St John's Ealing**

Mattock Lane, W13 9LA

020 8566 3507

Sat & Sun: 3.30–5pm

Also: Advice service Thurs

& Fri 10am–4pm – Ealing

Churches workers

### St John the Evangelist

39 Duncan Terrace, N1 8AL

020 7226 3277

Tues–Sat: 12.30pm–1.30pm

### St Monica's Church

Temple Station

First, third and fourth Tue

of the month: 8.30pm

**St Thomas of Canterbury**

Lincoln's Inn Fields

Every second Wed: 9pm

Sandwiches, drinks, cake and clothes

**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

### Streetlies

Mon: From 6.30pm, a sit down meal

at Chelsea Methodist Church, 155a

King George's Road, SW3 5TX; Tue: 6–9pm,

Every other Saturday; day/evening

drop in, King George Hostel – Hot

tea/coffee, hot meal, sandwiches,

fruit, clothing, hygiene kits and

referred to a rent deposit scheme

### 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, 2nd Sun of month: 7pm

**Wycombe & Marlow Group**

Lincoln's Inn Fields

Tue: 8.15pm

Food, drink and some sundries

**SPECIALIST SERVICES**

The Albert Kennedy Trust  
Unit 203 Hutton Square Busi-  
ness Centre, 16/16a Bald-  
wins Gardens, EC1N 7RJ  
020 72831 6562  
Mon–Fri: 10am–4.30pm  
Works with LGBT people  
16–25, facing mistreat-  
ment or homelessness  
AS, A, BA, C, H, TS  
www.akt.org.uk

<p><b>American Church</b> (Entrance in Whitfield St) 79a Tottenham Court Rd, W1T 020 7580 2791 Mon–Sat (except Wed): 10am–12noon AC, CL, FF</p> <p><b>Apprentices and More</b> 29–31 Euston Road, NW1 2SD www.appricotsandmore.co.uk Tue: 9–10.30pm AS, AD, BA, CL, FF, H, TS</p> <p><b>ASIAN</b> Hot food and sandwiches for early risers. Sat 5.30am–8.30am – Covent Garden, Milford Lane, Surrey Street, Strand and Waterloo.</p> <p><b>Bloomsbury Baptist Church</b> 235 Shaftesbury Ave, WC2 8EP 020 7240 0544 Sunday: Roast lunch 1pm 10.30am for ticket (very limited)</p> <p><b>The Cabin</b> St Gabriel's Community Centre 21 Hatchard's Road, N19 4NG 020 7272 8195 Daily: 1030–1130am; Thu: 12noon (lunch)</p> <p><b>Camden Road Baptist Church</b> Hilldrop Road, Holloway, N7 0JE 020 7607 7355 Thu: 10.30am–12noon</p> <p><b>The Carpenters</b> TMO Community Hall, 17 Doran Walk, Stratford, E15 2JL 020 8221 3860 Every Tuesday: 10am–12pm</p> <p><b>The Coptic Church</b> Victoria area, Tue: 9–10pm</p> <p><b>Ealing Soup Kitchen</b> St Johns Church Hall, Mattock Lane Friday: 11am–4pm; Sat and Sun: 3.30–5pm They also give practical help/ housing advice</p> <p><b>Emmanuel Church</b> Forest Gate, E7 8BD (corner of Romford Rd &amp; Upton Lane) Thurs: 7.30am (cooked breakfast)</p> <p><b>Imperial College</b> Serving sandwiches and hot beverages on Sunday evenings (8–9.30pm) at Lincoln's Inn Fields.</p> <p><b>Jesus Army</b> 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</p> <p><b>Lincoln's Inn Fields</b> Mon–Fri: 7.15pm; Many vans with food and occasionally cloth- ing. Sat–Sun: 6.15pm onwards</p> <p><b>The Lion's Club of Fairlop</b> Charing Cross, Strand Second &amp; fourth Sun: 6pm Hot Indian food</p> <p><b>Liss Homeless Run</b> Strand, Palace Hotel Last Tue of the month: 8pm Also have clothes and toiletries</p> <p><b>London City Aid</b> 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.</p> <p><b>The London Run</b> Mondays (including bank holidays). Van with tea/coffee, sandwiches, eggs, biscuits, soft drinks, clothes, and toiletries. The Strand, opposite Charing Cross police station: 8.45pm; Cotton Street (Nr. Holborn) &amp; Lincoln's Inn Fields: 9pm; Temple: 9.30pm; Waterloo (St John's Church): 10.15pm</p> <p><b>Love to the Nations Ministries</b> Charing Cross, Strand Every second Sun: 4pm</p> <p><b>Memorial Baptist Church Plaistow</b> 389–395 Barking Road, E13 8AL 020 7476 4133, Sat: 8am–12pm Full English breakfast</p> <p><b>Missionaries of Charity</b> Mon: Spitalfields (9.30pm) &amp; Victoria (10pm)</p> <p><b>Muswell Hill Churches</b> 2 Dukes Ave, N10 2PT</p>	<p><b>Faith House (Salvation Army)</b> 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); Wed: 1–3pm (women's drop-in), 7.30–9pm (open drop-in); Fri: 11am–1pm (women's brunch &amp; discussion group) FF, CL</p> <p><b>Farm Street Church</b> 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; Shepherds Market; Curzon Street</p> <p><b>Food Not Bombs</b> The Narrows, Hackney Central Every second Sat: 5–6pm</p> <p><b>Good Samaria Network</b> Sun &amp; Mon: 6.30–8pm; King George's hostel, 72 Great Peter Street, SW1P 2BN</p> <p><b>Hare Krishna Food for Life</b> 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 (Isip Road); 1pm: Camden (Arlington Road); 2pm: King's Cross (York Way)</p> <p><b>House of Bread – The Vision</b> 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).</p> <p><b>Imperial College</b> Serving sandwiches and hot beverages on Sunday evenings (8–9.30pm) at Lincoln's Inn Fields.</p> <p><b>Imperial College</b> Serving sandwiches and hot beverages on Sunday evenings (8–9.30pm) at Lincoln's Inn Fields.</p> <p><b>Memorial Baptist Church Plaistow</b> 389–395 Barking Road, E13 8AL 020 7476 4133, Sat: 8am–12pm Full English breakfast</p> <p><b>Missionaries of Charity</b> Mon: Spitalfields (9.30pm) &amp; Victoria (10pm)</p> <p><b>Muswell Hill Churches</b> 2 Dukes Ave, N10 2PT</p>	<p><b>ASIAN</b> Hot food and sandwiches for early risers. 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# 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 ★



## SOUP KITCHENS & SOUP RUNS

**Crisis Skilight**  
66 Commercial St, E1  
020 7426 5650  
Mon-Fri: 2pm-8pm; Sat  
4pm-5pm  
AC, ET, IT, MC, P, PA  
Workshop programme from  
[www.crisis.org.uk](http://www.crisis.org.uk)

**Smart**  
Art workshops and lectures at various venues  
020 7209 0029  
Email: [smartnetwork@lineone.net](mailto:smartnetwork@lineone.net)

**Streetwise Opera**  
020 7495 3133  
MC, PA [www.streetwiseopera.org](http://www.streetwiseopera.org)

**Agape**  
Watoo Bridge, North Side  
Wed: 8pm  
Sandwiches, teas and coffees

**All Saints Church**  
Carnegie St, N1  
020 7837 0720  
Tues & Thurs: 10am-12noon  
Cooked breakfast

## PERFORMING ARTS

**Vision Care Opticians**  
E1, 9 - 11 Brick Lane, E1 6PU  
Street, E1 7SA: 2 - 4pm; Health  
Dellow Centre, 82 Wentworth

**Cardboard Citizens**  
020 7247 7747  
Variety of performing arts workshops held at Crisis Skilight as well as hostels around London.  
[www.cardboardcitizens.org.uk](http://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](http://www.choirwithnoname.org)

Kilip Close, E16 1LX: 2 - 6pm;  
Salvation Army - Booth House, 153  
- 175 Whitechapel Road, E1 1DN  
Fri 22 Jul: 10am - 1pm; Salya-  
tion Army - Hoptown Hostel,  
60 Old Montague Street, E1  
5NG: 2 - 4pm; PRHA - Provi-  
dence House/ 'Horseshoe Park',  
Three Colt Street, E1 4GP  
nb. MXU to park by DLR  
Bridge on Three Colt Street  
Mon 25 Jul: 8.30 - 11.30am;  
Whitechapel Mission, 212  
Whitechapel Road, E1 1BJ: 12.30  
- 2.30pm; PRHA - Heather Lodge,  
64 - 68 Violet Road, E3 3QH  
Tue 26 Jul: 9 - 11am; St Mun-  
gos - Rushworth Street Rolling Shelter,  
48 Rushworth Street, SE1: 11.30  
- 1pm; Equinox - Brook Drive,  
124 Brook Drive, SE11 4TQ  
nb. MXU to park on Longville Road  
Wed 27 Jul: 9.30 - 11.30am;  
St Mun-  
gos - Margery Street  
Rolling Shelter, 65 Margery  
Street, WC1X 0JH: 12noon  
- 1pm; City Roads Centre, 352  
- 358 City Road, EC1V 12PY  
Thu 28 Jul: 11am - 5pm;  
Look Ahead - Aldgate Hostel,  
7 Dock Street, E1 8JN  
Fri 29 Jul: 10am - 12.30pm;

Concern, NW2: 10.30am - 3.30pm;  
St Giles day centre, SE5: 10am  
- 3pm; The Passage, SW1: 9am  
- 1.30pm (10am onwards in their  
Job Club); Salvation Army day  
centre, Princes Street, W1: 2.30  
- 4.30pm; St Mungo's Margery  
Street hostel, WC1: 9am onwards  
**Thursday** - Crisis Skycliff, E1:  
appointments 11am - 2pm;  
Whitechapel Mission day centre,  
E1: 9am onwards; Focus day centre,  
E15: all day; Cricklewood Home-  
less Concern day centre, NW2:  
10am onwards; Manna day centre,  
SE1: 9am onwards; Albany Road  
bail hostel, SE5; Deptford Reach  
day centre, SE8: 9am onwards;  
Ace of Clubs day centre, SW4:  
9.30am - 3pm; Stockwell Proba-  
tion Service, SW9: 2 - 4pm; Great  
Chapel Street medical service, W1:  
10am onwards; Broadway day  
centre, W12: 10.30am onwards;  
St Martin's (CSTM), WC2: 9.30am  
- 12.30pm & 4.30 - 7pm  
**Friday** - YMCA, hostel in  
Croydon (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, RM12: 11am  
onwards; The Passage, SW1: 10am  
onwards; Ace of Clubs day centre,  
SW4: 9.30am - 3pm; St Mungo's  
Cedars Road hostel, SW4: 9am  
onwards; Thames Reach day centre,  
SW9: 2 - 4.30pm; St Martin's  
(CSTM), WC2: 9.30am - 1pm  
Street hostel, WC2: 9am onwards  
**Prison Advisers** - HMP  
Brixton, SW2: (Thu & Fri) 8am  
- 4pm; HMP Wandsworth,  
SW18: (Mon - Fri) 8am - 5pm  
See **Telephone Services**  
for helplines

## MEDICAL SERVICES

**Camden Health Improvement Practice - Spectrum**  
Spectrum Centre, 6 Green-  
land Street, NW1  
0207 267 2100  
For those sleeping out or in  
hostels within the borough  
Mon, Tue & Fri: 9.30am - 12  
noon; Wed: 2 - 4.30pm  
BA, BS, CL, D, FC, H, MS, NE, P, SH  
**Great Chapel Street Medical Centre**  
13 Great Chapel St, W1  
020 7437 9360  
Mon, Tues & Thurs: 1am -  
12.30pm; Mon-Fri: 2pm-4pm  
Mon, Tues, Thurs & Fri:  
10am-12.30pm & 2pm-4pm  
Wed: 10am-12.30pm  
A, BA, C, C, D, DT, 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, C, D, DT, 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  
For those sleeping out or in  
hostels within the borough  
**Islington Primary Care Service (IPCS)**  
IS15 North, 99 Seven  
Sisters Road, N7 7QP  
020 7561 5410  
Mon - Wed, Fri: 10am  
- 1pm; Thu: 2 - 5pm  
For those sleeping out or in  
hostels within the borough  
FC, MH, MS, SH  
**King's Cross Primary Care Centre (Camden Health Improvement Practice)**  
264 Pentonville Rd, N1  
020 3317 2645  
Tue & Fri: 2 - 4.30pm  
For those sleeping out or in  
hostels within the borough  
BA, BS, CL, DT, FC, H,  
MH, MS, NE, P, SH

**Project London**  
Pott St, Bethnal Green, E2 0EF  
Mon, Wed & Fri: 1pm-5pm  
07974 6716 852 & 020 8123 6614  
MS, SH  
Operating at 999 Club, Deptford,  
Victoria, Fri: 9.30 - 11.30am  
Wed: 2 - 4pm; & Providence Row,  
MS, SH  
**TB screening van - MXU**  
Information given as date,  
time, location and post code.  
Turn up at these locations:  
Mon 04 Jul: 9.30am - 1pm;  
Homeless Action in Barret, 36B  
Woodhouse Road, N12 0RG  
Tue 05 Jul: 1 - 4.30pm;  
Compas - Enfield [Enfield  
Substance Misuse Service],  
2nd Floor Forest Primary  
Care Centre, 308A Hert-  
ford Road, N9 7HD  
Wed 06 Jul: 12noon - 4pm;  
Haringey DTP/ Bubic / Eban,  
9 Bruce Grove, N17 6RA  
Thu 07 Jul: 10am - 12noon;  
Branches, 740 Forest Road, E17  
3HR: 1 - 3pm; Greenleaf Drop-  
In, Emmanuel Centre, 67-69  
Greenleaf Road, E17 6QP  
Fri 08 Jul (TBC): 12.30pm;  
2.30; SHP - Wardley Lodge,  
63 Preston Road, E11 1RB  
Mon 11 Jul: 11am - 1pm; Fountain  
Day Centre, 3 Staffa Road, E10 7PY;  
1.30 - 4.30pm; Lea Bridge House,  
497 - 501 Lea Bridge Road, E10 7EB  
Wed 13 Jul: 11am - 3pm;  
Welcome Project, Methodist  
Church Hall, Ilford Lane, IG1 2JZ  
Thu 14 Jul: 9 - 10.30am; Emmanuel  
Church, Forest Gate, E7 8BD  
[corner Romford Rd & Upton  
Lane]; 1.30am - 1pm; Veterans  
Aid, New Belvedere House, 87  
90 White Horse Road, E1 0ND  
Fri 15 Jul: 12noon - 4pm;  
Gateway Service, 39 - 43 Axe  
Street, Barking, IG11 7LX  
Mon 18 Jul: 8.30am - 1pm;  
Connection at St Martin's, 12  
Adelaide Street, WC2N 4HW  
Tue 19 Jul: 1am - 3pm;  
New Directions, 4 Pettis  
Lane, Romford, RM1 4HL  
Wed 20 Jul: 10am - 1pm; Salvation  
Army - Riverside House & Harbours  
Project, 20 Garford Street, E14 8JG;  
2 - 4pm; PRHA - Edward Gibbons  
House, 1 Portmar Street, E2 9NQ  
Thu 21 Jul: 11am - 1pm; Friar  
Benets Kitchen, St Fidelis Friary,



**Turnaround (Newham)**  
Choral Hall  
020 7511 8377  
7.30pm-7.30am  
Tue & Thurs 12.30am-3pm  
Wed & Fri: 10.30am-3pm  
AS, BA, BS, CL, FF, H, L

**West London Day Centre**  
134-136 Seymour Place, W1H

020 7569 5900  
Mon-Fri: 8.45-10am (rough sleep-  
er's drop-in): 10am-1.30am (drop-  
in, hostel residents join): 1.45am-  
12.45pm (advice, appointments  
only); Mon & Thurs: 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: 1am-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

www.999club.org  
F, H, LA, MS, MH, OB, SH, TS,  
AS, AD, A, B, BE, CL, C, DA, D, FF,

## 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  
Ring first. Local connection only

**Redbridge Night Shelter**  
16 York Rd, IG1 3AD  
020 8514 8958, Ring first

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

**St. Mungo's (Ennersdale House)**  
1a Arlington Close, Lewi-  
sham SE13 6JQ  
020 8318 5521 (ring first)  
Medium-support needs

**Women**  
Church Army  
1-5 Cosway St, West-  
minster NW1 5NR  
020 7262 3818  
Ring first. Daily vacancies

**Home of Peace**  
179 Bravington Rd, W9 3AR  
020 8969 2631  
Women only. Open access (dry)

**St Mungo's**  
2-5 Birkenhead St, WC1H  
020 7278 6466

**Young people (16-21)**  
Centrepoint  
25 Berwick St, West-  
minster W1F 8RF  
020 7287 9134/5  
Ring first. Daily vacancies

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

## DRUG/ALCOHOL SERVICES

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

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

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

**Central and NW London Substance Misuse Service**  
282 North End Rd, SW6 1NH  
020 7381 7700  
Mon-Fri: 9am-5pm, C, MS

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

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

**The Hungerford Drug Project**  
(Turning Point)  
32a Wardour St, W1D 6QR  
020 7437 3523  
Mon-Fri: 12noon-5pm, except Wed  
2-5pm (drop-in); Sat & Sun: 1-5pm;  
Antidote (lesbian, gay, bisexual and  
transgender drug/alcohol service)  
drop-in Thursday: 6-8.30pm  
C, D, FF, IT, LA, MH

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

**St Christopher's Centre**  
Lime Grove Resource Centre,  
47 Lime Grove, W12  
Please call for opening  
times: 020 8740 9182  
AC, BS, CA, ET, FC, IT, L, MS  
Mon-Fri: 11.45am-3.45pm  
020 7835 1389  
51 Philbeach Gdns, Earls Court  
The Philbeach Hall  
Mon-Sat: 2-3pm; Sun: 3-4pm  
BS, CL, FF, H  
Shoreditch High St, E1  
020 7613 3232  
Mon & Wed: 9.30am-  
12.30pm; Tues: 2-4pm  
FF, BA, OL, P  
**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  
**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  
**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  
sleepers only); Tues: 9-10.30am (rough  
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)  
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  
**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

**St Christopher's Centre**  
Lime Grove Resource Centre,  
47 Lime Grove, W12  
Please call for opening  
times: 020 8740 9182  
AC, BS, CA, ET, FC, IT, L, MS  
Mon-Fri: 11.45am-3.45pm  
020 7835 1389  
51 Philbeach Gdns, Earls Court  
The Philbeach Hall  
Mon-Sat: 2-3pm; Sun: 3-4pm  
BS, CL, FF, H  
Shoreditch High St, E1  
020 7613 3232  
Mon & Wed: 9.30am-  
12.30pm; Tues: 2-4pm  
FF, BA, OL, P  
**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  
**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  
**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  
sleepers only); Tues: 9-10.30am (rough  
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)  
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  
**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

**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, SE1 4  
020 7732 0209  
Mon-Fri: 10am-5pm  
AD, ET, FF, L, LA  
**New Horizon Youth Centre (16  
- 21 year olds)**  
68 Chalfont 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 4661  
Tue, Wed, Fri: 2.30-4pm  
(advice & enquiries)  
Mon: 3-5.30pm (advice & enquiry-  
ies, film group); Tue: 2.30-4pm  
(reading group); Wed: 5.30-8pm  
(drop-in - soup & sandwiches); Fri:  
12.30am-2pm (table tennis club)  
BA, CL, H, LA  
**North London Action for the  
Homeless (NLAH)**  
St Paul's Church Hall, Stoke  
Newington Rd, N16 7UE  
(Entrance on Evering Road)  
020 8802 1600  
Mon: 12noon-1.30pm;  
and Wed: 7-8.30pm  
BA, BS, CL, FF  
**The Passage (25+)**  
St Vincent's Centre, SW1P  
020 7592 1850  
Mon-Fri: 8am-12pm (for rough  
sleepers); 12-2pm (Lunch);  
2-6pm (appointments); 4.30-6pm  
(verified rough sleepers - by invita-  
tion); Sat-Sun: 9am-12noon.  
A, BA, CA, CL, D, ET, F, FC,  
H, IT, L, MH, MS, P, TS  
**Providence Row**  
82 Wentworth St,  
Aldgate, E1 7SA  
020 7375 0020  
Mon-Fri: 9.30am-12noon (8.30am

**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,

Thurs, Fri: 2-4pm (walk in)

0800 174 047 (freephone)

dutyworker@scotscare.com

A, BA, C, CL, D, H, MH, P

**St Giles Trust**

64 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

**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

Calcedonian Road, N1 9DN; Wed: 10

- 1.30am; Contemporary Urban

Centre, Great Chapel Street, W1D

35Y; 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](http://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

- 4pm (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

**Bromley 999 Club**

424 Downham Way,

Downham, BR1 5HR

020 8698 9403

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

**Chelsea Methodist Church**

155a Kings Road, SW3 5TX

020 7352 9305

Mon, Tues & Thu: 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 ses-

sions from 1pm (except Wed).

Weekends: (limited to rough

sleepers, by invitation)

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

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

**Croydon Resource Centre**

70a Wellesley Rd, Croydon, CR0 2AR

020 8686 1222

Mon-Fri: 10am-3pm

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

**Cricklewood Homeless Concern**

60 Ashford Road, NW2 6TU

020 8208 8590

info@chc-mail.org

**Homeless drop-in:** 28a Fortunegate

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

**Deptford Churches Centre**

Speedwell St, Deptford

020 8692 6548

Mon, Tues, Thu & 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

BS, CL, F, IT, L, SK

Mon - Fri: 10am - 12.30pm

0845 8333005

83 Margaret St, W1W 8TB

**London Jesus Centre**

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

- 12noon (women's group)

(rough sleepers only); Wed: 9am

Mon, Tues & Thurs: 9am - 12noon

Mon - Fri: 12noon - 3pm (drop in);

020 8446 8400

36B Woodhouse Road, N12 0RG

**Homeless Action in Barnet (HAB)**

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

asylum seekers session)

12 noon-3pm (refugees and

(Italian speakers session); Fri:

(ticket required) Thurs: 5-8pm;

Mon: 2pm-5pm; Tues: 6-9pm;

020 7278 8687

Cromer St, WC1

The Crypt, Holy Cross Church

**Holy Cross Centre**

users: no using on day or no entry

For self-treating drug & alcohol

Mon: 6pm-10pm

(See below).

At the Holy Cross Centre

**The Haven Club**

**Employment & Training**

under

the New Hanbury Project, and listed

confirmed, and they're now called

Details of the changes have been

**Hanbury Community Project (SCT)**

(breakfast club)

Mon-Thurs: 8am-9.30am

0208 985 6707

219 Mare St, E5

**Hackney Methodist Church**

**Advice (Thames Reach)**

**Hackney 180 First Contact &**

CL, FF

Tue & Wed: 2 - 4pm

020 7471 7030

Addison Road, W14 8LH

**St Barnabas Church, 23**

2012, but still open at:

Ungoing renovation until

Mon: 10am-6.30 pm;

Tue-Fri: 10am-5pm

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

**Earls Court Community Project**

SE17 2US, 020 3489 1765

Thurlow Lodge, 1 Thurlow Street,

**Divine Rescue**



# the List

The directory of London's homeless services

Updated 27 June 2011

Key to the list: Accom. assistance – A5 Alcohol workers – A4 Art classes – AC Barber – B Benefits advice – BA Bedroom/showers – B5 Bedding available – BE Careers advice – CA Clothing – CL Counselling – C	Debt advice – DA Drugs workers – D Education/training – ET Free food – FF Food – F Foot care – FC Housing/accom advice – H Internet access – IT Laundry – L Leisure activities – LA Leisure facilities – LF	Luggage storage – 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: 5  
Services added: 2

## 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 contact); 2–4pm (advice and appointments);  
For those aged 16 – 25 years.

who are homeless or at risk  
of becoming homeless  
A5, BA, CA, H, IT  
[www.als.org.uk](http://www.als.org.uk)  
**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](http://www.depauluk.org)

**HOPE worldwide / Two Step**  
360 City Road, EC1V 2PY  
020 7713 7655  
Mon–Fri 10am–4pm  
(appointments only)  
A5, H, TS, P  
**KCAF**  
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