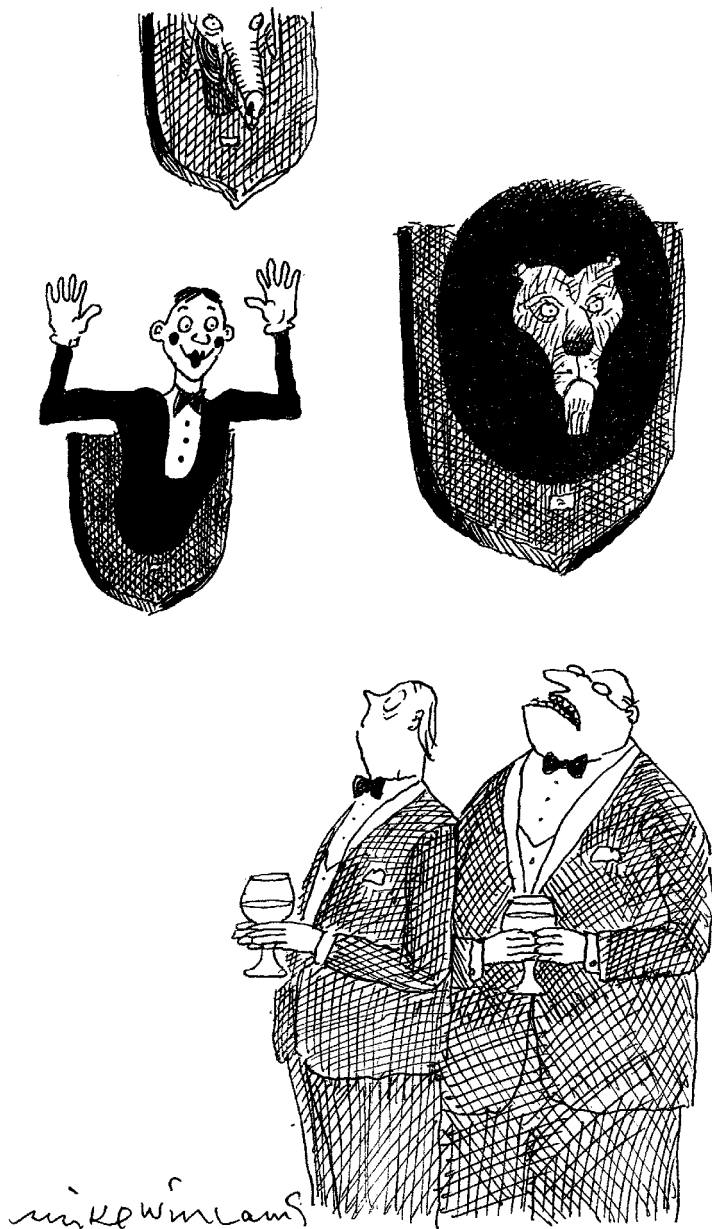


# *the* Pavement

The *FREE* monthly for London's homeless

October 2011





*"I used a silencer on that one"*

**Published by**

*The Pavement*

Registered Charity Number 1110656

**PO Box 60385**

**London**

**WC1A 9BH**

Telephone: **020 7833 0050**

E-mail: **office@thepavement.org.uk**

**Editor-in-Chief**

Richard Burdett

**News Editor**

Amy Hopkins

**Web Editor**

Val Stevenson

**Reporters**

John Ashmore, Lizzie Cernik  
Rebecca Evans, Catherine Neilan  
Nicholas Olczak, Jim O'Reilly  
Garnet Roach, Carinya Sharples  
Rebecca Wearn

**Photographers**

Rufus Exton, Katie Hyams

**Contributors**

*Susie Rathie, Toe Slayer, Evelyn Weir*

**Cartoonists**

Nick Baker, Neil Bennett, Cluff, Pete  
Dredge, Kathryn Lamb, Ed McLachlan,  
Ken Pyne, Steve Way, Mike Williams

**Comic Artist**

Mike Donaldson

**Printed by**

Evon Print Ltd, West Sussex  
www.evonprint.co.uk

*The Pavement* is written for your entertainment and information. Whilst every effort is made to ensure the accuracy of the publication, *The Pavement* cannot be held responsible for the use of the information it publishes. The contents should not be relied upon as a substitute for medical, legal or professional advice. *The Pavement* is a forum for discussion, and opinions expressed in the paper are not necessarily those of *The Pavement*.  
*The Pavement* (print) **ISSN 1757-0476**  
*The Pavement* (Online) **ISSN 1757-0484**

# The Editor

## Get in touch!

Most of our stories in this issue were sent to us or suggested by our readers – some on the street and some in hostels – but we're always looking for more stories. If you have something you'd like us to cover get in touch at the address opposite.

On another note, we had correspondence two years ago with Tony Dodson and have since lost touch. Two people have recently contacted us, who used to work with Tony and who just want to know if he is okay. We are asking Tony to get in touch with us so we can reassure these people that he is okay. Please note, we will not pass on any details to these third parties.

## Richard Burdett

Editor

**editor@thepavement.org.uk**

**twitter.com/ThePavementMag**

## Contents

### Cover

'John' - one of the photographs of *Big Issue* vendors by Paul Wenham-Clarke. These formed the 'Hard Times' exhibition, which moved from St-Martin's-in-the-Fields, London, to Birmingham's St Martin's in the Bullring in September.

*Photography by Paul Wenham-Clarke © 2011*

[www.wenhamclarke.com](http://www.wenhamclarke.com)

### News

<i>Mapping DZs</i>	4-7
<i>Carrying a torch</i>	8
<i>Missing People</i>	10
<i>Drug and hostels</i>	11
<i>News-in-brief</i>	12-20
<i>Homeless city guide</i>	13

### Street Life

<i>Street Shield – the homeless hero</i>	22-23
<i>Foot care – care for your pair</i>	24
<i>See the nurse – the health column</i>	25
<i>The List (incorporating soup runs)</i>	36-27

# Mapping DZs

*We've tried to get a scale on the use of Dispersal Zones across London - map over the page*

Across the capital, local authorities have been employing different tactics to deal with 'anti-social behaviour' – a broad-brush term so all-encompassing it can cover anything from graffiti-doodling teens to all-out violence.

One of these methods is the use of Dispersal Zones: before our summer break *The Pavement* began a special investigation into their use. Since then, of course, London and indeed Britain has seen street riots on a scale not seen for decades as people from across society chose violent crime and hungry smash-and-grabs as a means to express their dissatisfaction with their lot in life. It therefore seems more pertinent than ever to examine the methods used by the authorities to keep us in check.

Since it was founded, *The Pavement* has been reporting and monitoring the growing use of Dispersal Zones (introduced in 2003) – geographical areas in boroughs where antisocial behaviour is considered a specifically challenging problem. Within these zones and at specified times the Metropolitan Police have additional powers to engage with members of the public, make arrests or move people on.

In a survey of all 33 boroughs in London, *The Pavement* has been able to paint the most accurate picture so far of the use of these zones – a picture that can be seen over the page. However we are keen to add to this information, and would be keen to hear any thoughts on the use of these zones in the borough you live in.

Of the 33 London Boroughs, 24 confirmed that they use or have used Dispersal Zones in the last three years to tackle anti-social behaviour. However the motiva-

tions and methods employed across these boroughs varied dramatically.

The majority of the Dispersal Zones were in place to deal with youth crime in specific areas, namely town centres, around retail districts or near to troubled estates. The zones in this case tended to give the police additional powers to enforce curfews or move on young people or under-16s off the streets.

Dispersal Zones are typically applied for a period of up to six months – after which councils and the police must apply to have them extended, particularly if they feel the zones are proving effective in solving a problem. We asked the London Boroughs to tell us where the zones had been used in 2009, 2010 and in 2011 and of those 24 boroughs using the zones, over half are reemploying or expanding Dispersal Zones in the same regions year after year.

In some boroughs the zones are used for very specific local issues. For example, both Wandsworth and Merton use zones around the time of the Wimbledon All England Lawn Tennis tournament in order to prevent ticket touts hassling visitors to the event or hanging around near stations. In Hackney, a spate of attacks at a cash point near Manor House station led to a zone being used to move on people from this area – with good success.

Only three London Boroughs do not use Dispersal Zones – Barnet, Lewisham and Sutton. Six boroughs failed to reply to our requests for information: they are Hammersmith & Fulham, Greenwich, Southwark, Newham, Bromley and Hillingdon.

The key question for *The Pavement* was 'how many of these zones affect our readers?' We have received anecdotal

evidence of rough sleepers being moved on in parks in Westminster and near Waterloo Station for what the recipients of the orders felt were no good reason.

In truth, none of the Dispersal Zones we saw details for in London specifically targeted rough sleepers. However, the term 'anti-social behaviour' is so vague that it can be used to cover anything: it is a subjective term. One person having a can of lager in a park could be 'anti-social' – six men grossly drunk and shouting at women could be 'anti-social' – ten men sitting on the roadside near a station could be 'anti-social'. Dispersal Zones simply tackling 'antisocial behaviour' invite the police to use discretion as to which individuals they engage with.

The following boroughs did confirm that they use Dispersal Zones, but did not give us any details of the locations, dates nor motivations: Camden, Ealing, Haringey, Harrow, Kingston-upon-Thames, Tower Hamlets and Waltham Forest.

*Rebecca Wearn*

## Key stats:

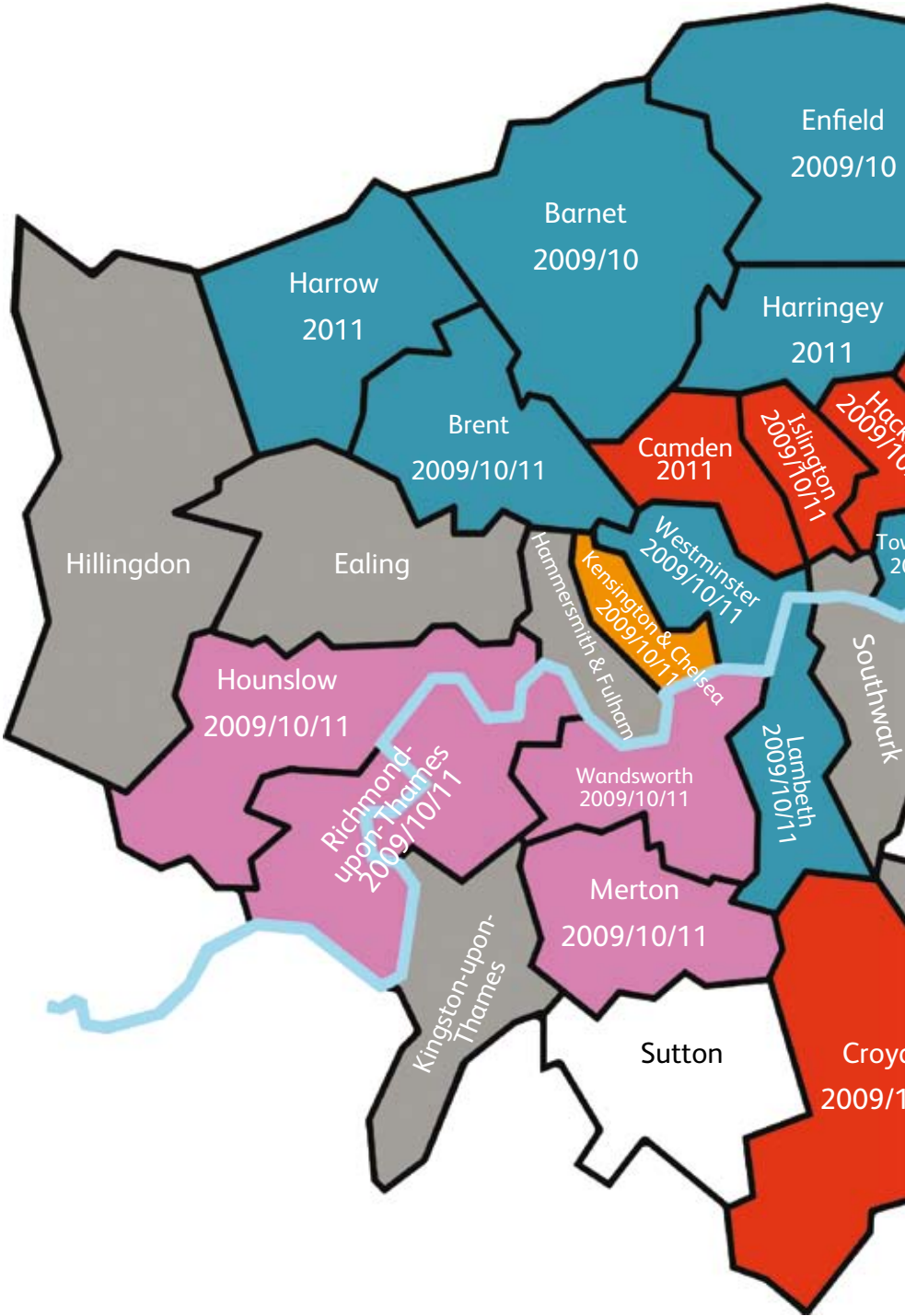
- 24/33 London Boroughs use or have used Dispersal Zones.
- 3/33 London Boroughs do not use Dispersal Zones & 6/33 Boroughs did not reply.
- Over half of 24 zones used to tackle youth crime.
- No zones for which we saw information specifically targets rough sleepers.
- 7/24 boroughs using DZs failed to provide us with all information requested.



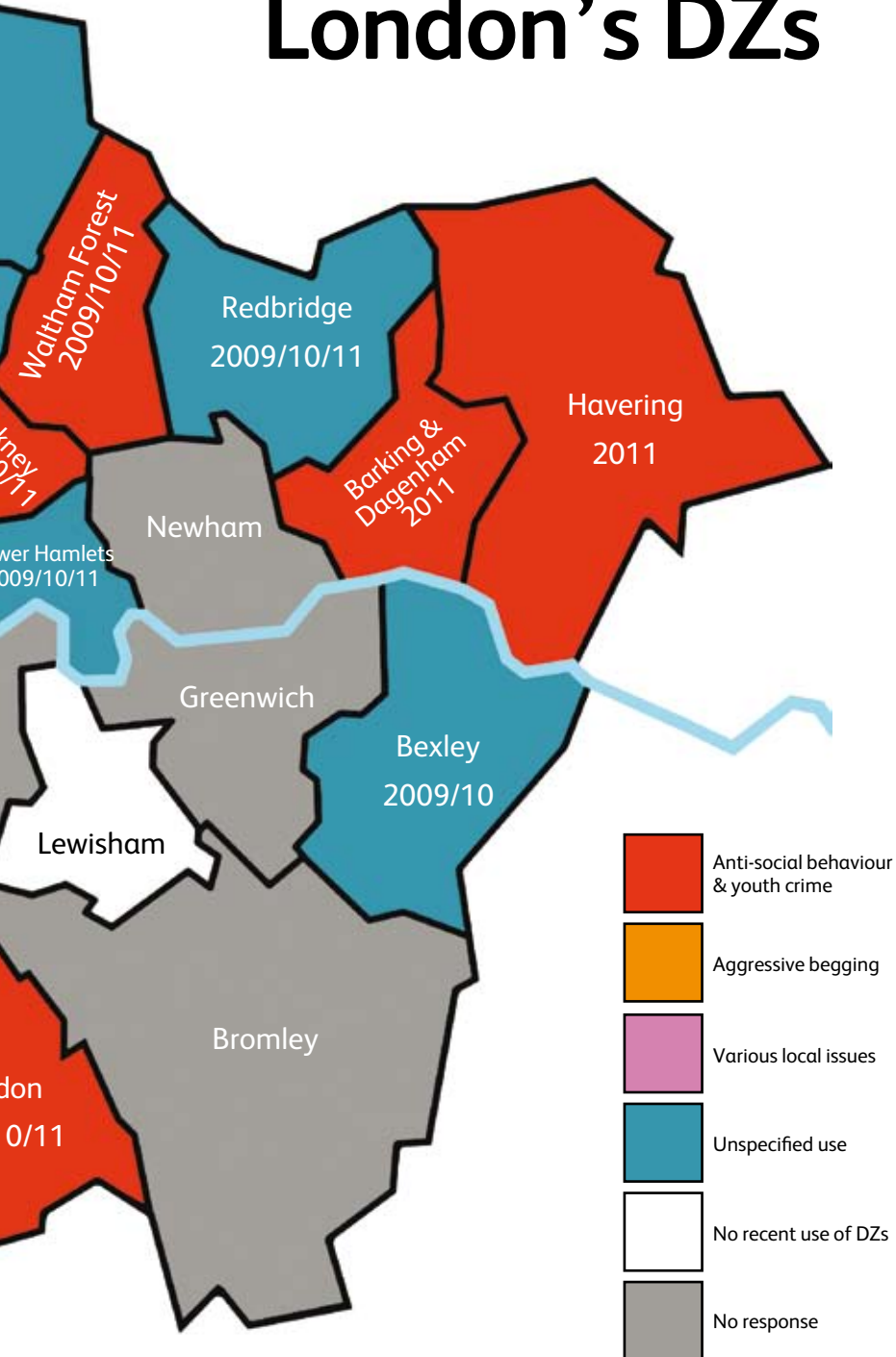
# Supporting London Life

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





# London's DZs



# Carrying a torch

*Homeless people are among the nominees to carry Olympic torch*

If you're a little tired of all things 2012, of budgets, of timetables, of lack-of tickets, of Boris Johnson's infallible enthusiasm for what is a glorified sports day, do pause and take note of one hugely positive factor to come out of Britain's preparation for The Games: an outpouring of appreciation for rough sleeping champions.

When The London Olympic Games Committee put out the call for "8,000 inspirational Torchbearers during the Olympic Torch Relay" – a team intended to represent "peace, unity and friendship" – a clutch of nominations for *Big Issue* vendors across Britain caught the eye of local and national media.

Community football trainers, lollipop ladies and oh-so-worthy-volunteers aside: a number of Brits voted for the person who greeted them with a smile, some cheer and the kind of endless enthusiasm for their daily challenge that truly inspired us.

In London, a vendor known only as Easton, who pitches up outside White City in West London every morning, and often Euston train station in the afternoons, received a number of praising letters from those who see him every day direct to the *Big Issue* magazine. Manners, a huge smile, and an unwavering enthusiasm even on wet or cold days pushed Easton into the hearts of workers who passed him by on the tube. The 57-year-old, who was born in Jamaica but came to Britain in the late 1960s, slept rough in a churchyard before finding shelter in Hackney.

White City – named because it once hosted the Games at the turn of the Century – seems an appropriate home for a nominee and Easton told the *Big Issue*: "I'd

love to be part of history when the Olympics come to London again."

He's not alone. In Bourne-mouth, 82-year-old Gordon Roberts – a familiar and punctual face for many in the Southern seaside town – has over 18,000 'fans' on his Facebook site nominating him for Olympic Torch glory. Having slept rough in the region for over 20 years, Gordon has clocked up notoriety for his ability to know the time, without watch or clock, just by his sense of the day. As a result, t-shirts are now on sale asking: "What time is it? Olympic Torch Time!" – with proceeds going to local homelessness charities.

Still in the South West, a Bristol-based *Big Issue* vendor, 41-year-old Jeff Knight, found himself backed by a 13,000-strong Facebook campaign to get him to carry the torch. His campaign was launched by local student, Michael Walsh, who told the local newspaper: "He is a valuable member of the Bristolian community, a local legend within the student population, and a great ambassador for the *Big Issue* magazine." Jeff is renowned for his cheeriness, and even complimenting people on their appearance as they rush to work. When one mean-spirited Bristol man penned a critical letter of the nomination, suggesting the vendor was cheating the benefits system, it was so vehemently opposed that it had to be taken down from the *Bristol Evening Post* website.

Members of the rough sleeping community too often find themselves the recipients of negative social stereotypes: for being a nuisance or addicted, not worthy of help. It would not be surprising to learn that life on the streets often leads to feelings of isolation, loneli-

ness and depression. These three stories should not only inspire, but remind everyone that those without a home are not problems but an important part of our community. And for every person disapproving of 'begging,' there are many who feel supportive and sympathetic – even if it takes a catalyst like The Games to make them show it.

The Olympic torch relay will be a 70-day long event starting at Land's End on 19 May 2012, which will see the torch carried thousands of miles around Britain before coming to the London 2012 Games site. It is hoped that the 8000 bearers will come from a cross section of British society and represent all walks of life.

It is not known how Gordon, Jeff and Easton's applications are faring. 28,000 successfully short-listed nominees will have been contacted by email on 16 September asking them if they wish to pursue the application for the final torchbearers. At the time of going to press all three were waiting for more information. The final places will be confirmed in February 2012.

*The Pavement* is keen to learn if any other members of the rough sleeping or hostel community have been nominated, or if there are more unsung heroes out there, so please get in touch.

*Rebecca Wearn*



*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)



## David Walters

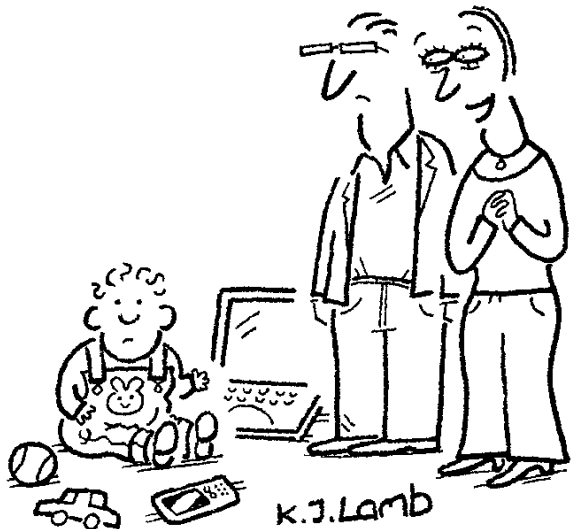
Age at disappearance: 37

David has been missing from Berkshire, since 29 July 2011.

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

David is 5ft 8in tall, of medium build with green eyes and shoulder length dark brown hair. When last seen David was wearing a navy, hooded jumper. He may be wearing glasses and have a full beard.

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



*"He's applied for his first loan"*

**missing  
people**

Registered Charity No. 1225416

# Drugs and hostels

*New guidelines have been released for tackling drug use in hostels*

Small, inexpensive changes to the way hostels and shelters are run could make a real difference to residents trying to get clean, according to a new report.

The study looked at the effect of hostel living on homeless drug users and found that shelters mostly have a detrimental effect on users' efforts to avoid substance misuse. However, researchers claim that "the impact of hostel living on drug consumption is not, however, always negative or straightforward."

Despite a focus on improving hostels in recent years, the report from Oxford Brookes University found that wide-ranging issues – from the availability of drugs to a lack of privacy – often added to the risk of drug use.

"The amount of drug-related support that participants received from hostels varied greatly," said the report. While some hostels performed well, others provided little or no support and it was down to individuals to seek their own assistance outside the hostel.

Of the 40 homeless drug users who had recently stayed in hostels or emergency night shelters across London and the South East, some said that despite the problems, they still felt safer in a hostel than on the streets. However, according to the report, "some participants said that they preferred to sleep on the streets rather than in hostels as they felt safer, could sleep better, and were able to be with partners and pets."

The 14-page report placed a strong emphasis on personal relationships between those working in hostels and residents.

"Individuals liked having key workers to whom they could talk openly and honestly about their

drug use and other problems, and they especially liked key workers who were themselves ex-users and so understood their lives and problems," said researchers. "When drug-related support was not offered, residents usually felt that it meant that staff did not care about them."

"Some also expressed concern that they had to hide or deny their drug use within the hostel because staff would watch and monitor them rather than try to help them."

These relationships are one of the key areas where researchers said hostels could improve their performance without straining budgets.

"By investing time and effort in developing positive hostel relationships and a warm and welcoming atmosphere, hostel staff might find that they can bring about some fundamental, yet relatively inexpensive, improvements to hostel living," said researchers.

Caral Stevenson, co-author of the report, said the recommended changes would be positive for anyone staying in a hostel, not just drug users.

"Several cheap changes that hostels could make to improve the environment for all residents would be to encourage staff to have a warm and friendly attitude to residents and help them feel welcome and safe," she told *The Pavement*.

"They could improve the cleanliness of the hostels and control the noise by perhaps adding fittings to fire doors so they don't slam shut and/or offering ear plugs."

Pairing compatible people together if rooms must be shared would help to make people feel safer, added Stevenson, while "staff should respect privacy and knock on doors before entering rooms."

Researchers concluded that "staying in an emergency hostel or night shelter mostly had a very negative impact on levels of drug use" – reinforcing the negative images many readers have of hostels.

However, the study also found that the quality of the service offered by each hostel – and crucially, the attitudes of staff and the use of agency staffed who are deemed less committed – could make a real difference to someone's chance of getting clean.

Mike McCall, executive director of operations at St Mungo's, a charity housing over 1,700 people in a mix of emergency shelters, hostels and semi-independent homes, welcomed the report, which he said echoed the charity's own views.

"We've learned from experience that treatment options at the hostel, including needle exchanges, on-site prescribing, and one-to-one counselling can make all the difference, and the worry is that these services will continue to disappear with cuts in funding," said McCall.

Although McCall admitted that St Mungo's uses agency staff "if needed," he stressed the quality of its fulltime employees. "We pay decent rates, and seek people with good levels of commitment and experience."

*Garnet Roach*

# News in brief

*The homeless news from across the globe*

## Homeless people victims of slave trade

Following the rescue of 24 “slaves” from a traveller’s site in Bedfordshire, it has emerged homeless people are being abused as slave labour.

The dramatic police raid at the site has received huge national and international coverage, as details of the conditions in which the men were held emerge. Detective Chief Inspector Sean O’Neil, from the Bedfordshire and Hertfordshire Major Crime Unit, said: “The men we found at the site were in a poor state of physical health and the conditions they were living in were shockingly filthy and cramped. We believe that some of them had been living and working there in a state of virtual slavery, some for just a few weeks and other for up to 15 years.”

Although Bedfordshire Police were unable to confirm this to *The Pavement*, the *Guardian* has reported that those found were “all vulnerable men who had been recruited from homeless shelters and dole queues”. They ranged from 17 to 30 and include ten British men, three Polish men, two Romanian men, a Latvian man and a Lithuanian man. Of the 24, nine chose not to assist the police and left the medical reception centre where they were initially taken.

The police have been working with the UK Human Trafficking Centre on the operation, which is according to a report in the *Times* is suspected to be part of a wider slavery chain holding up to 100 captives. Although in a statement from Bedfordshire Police, Detective Chief Inspector O’Neil said: “I am confi-

dent that while the investigation is in its early stages this is a family run ‘business’ and is an organised crime group that has been broken up by the Netwing operation.”

Following the raid at Greenacre caravan site in Leighton Buzzard, four men and one woman were arrested using new legislation under the Slavery and Servitude Act 2010. The men – James Connor, 23, Tommy Connor, 26, Patrick Connor, 19 and James Connor, 33 – appeared at Luton Magistrates Court and have been remanded in custody to appear at Luton Crown Court on the provisional date of 5 December 2011. The fifth defendant, Josie Connors, 30, was charged with two counts of conspiracy to commit offences of holding people in servitude, plus two counts of requiring people to perform forced labour, appeared in court on 22 September.

For many homeless charities, although the accusations are appalling they are not a surprise. Thames Reach spokesman Mike Nicholas said, “We’ve been concerned for a number of months now that unscrupulous gangs are targeting homeless people. We’ve been made aware of cases where people from these gangs have approached people where homeless people gather, like soup runs or day centres.”

In total Thames Reach has been approached by 22 people who’ve run away from the gangs, and received reports from London, Birmingham, Manchester, Southampton, Dover and Luton. “Many were trafficked across from Central and Eastern Europe with offers of jobs and accommodation,” explains Mr Nicholas, “and then when they got here these jobs failed to

materialise and often people were subject to physical assault, maybe had to take credit cards or bank accounts out in their names, or were forced to work in factories. We were aware of people being shipped every day from a property in the Midlands to a bakery in Luton.”

In response, Thames Reach put out a warning to other homeless organisations and projects last March. In terms of helping the victims themselves, Mr Nicholas outlined a few possible avenues: “We could help put them in touch with the police if they had been victims of these gangs... Some of them are very fearful and don’t want to talk about their experiences and they’re worried about repercussions and so we’ve been helping some of those people go home. Other people are currently here in safe houses and there are police investigations taking place.”

For Jad Adams, Chair of Croydon Nightwatch, the practise goes back much further: “Around three years ago we were getting a number of people who were coming to our soup run in Central Croydon and trying to recruit people. We challenged them and asked what they were doing and they were evasive. One of our team also followed them and took the numbers of their vehicles.”

Croydon Council also stepped in to help, collating the information to pass to the police, while the soup run’s volunteers began issuing leaflets in English and Polish. “Even if the clients themselves aren’t particularly concerned,” said Mr Adams, “the gang leaders are savvy and they know that we’re on to them.” Since then the Croydon Nightwatch hasn’t seen any more such recruiters.

# 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

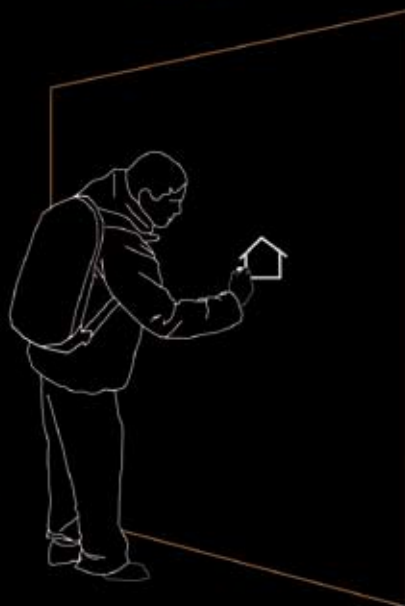


you'll get moved on here

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.



*"You need a better work death balance"*



So what was the advice in their leaflet? "It was to be aware," explained Mr Adams, "but also to know exactly what the work is, what the rates of pay are and where you are going to be working. And never give away your passport or identity documents."

This need for awareness has been echoed by many, including Mike McCall, St Mungo's Executive Director of Operations, who said: "These reports are very concerning. Rough sleepers are some of society's most vulnerable people. We need to be ever watchful that they aren't being exploited."

*Carinya Sharples*

## Men caught napping in coffins

Two homeless men were found sleeping in a funeral home in Bristol, in the US state of Tennessee, last week.

According to *WCYB.com*, surprised staff at the Weaver Funeral Home discovered the two men curled up inside caskets. The Bristol police department said the pair had broken the lock to the home's warehouse door and curled up for a snooze.

"I asked them a few questions about what they were doing, what had done the damage," an employee told *WCYB.com*. "They didn't have a whole lot of response, so I was going to go ahead and call the police."

Mike Carlson, a Bristol police officer said one of the men, Barrett Lance Hartsock, had been caught and would be charged for burglary and vandalism.

Meanwhile the local homeless shelter was confused by the men's choice of accommodation. "That's why we're here," said The Haven of Rest Shelter Director Wayne Sheridan. "Part of the reason is

to help them come to a place like this, rather than to sleep in places they shouldn't." He added that he didn't understand why the men wouldn't have chosen to come back to the free shelter, particularly as Hartsock was a frequent resident.

The funeral home reported that three coffins had been damaged beyond repair, which would cost the company nearly US\$9,000.

*Lizzie Cernik*

## Suspected meth factory discovered in hostel

Police have uncovered a suspected crystal meth factory at Sunrise Lodge in Bournemouth.

Officers were called to the homeless hostel, believed to be divided up into flats, just before 10.30am on Monday 19 September, after staff raised concerns about suspicious items found at the address.

Due to fears about the potentially lethal chemicals used to prepare crystal meth, Dorset Fire and Rescue were called to the property on Spencer Road, Boscombe. As a precaution, a number of residents were evicted and the building was cordoned off. Nearby residents were given advice in relation to the substances involved and inquiries are being carried out by drug experts.

At the time of writing, no arrests have been made.

Detective Inspector Steve Thorpe of Bournemouth CID told the *Bournemouth Echo*: "We are working closely with our partners in this incident and we are taking precautionary steps to keep the public safe."

Police have urged members of the public with information about drug use in the area to report it in confidence. DI Thorpe added: "We are determined to show those involved in criminality that it will not be tolerated."

Anyone with information is asked to call police on the new non-emergency number, 101, or the free and anonymous Crimestoppers line on **0800 555 111**. Mobile phone tariffs may apply.

*Staff*

## Guide in New York

*The Pavement's* homeless city guide (page 13) is being displayed at the Museum of Modern Art in New York (MoMa) as part of the Talk to Me exhibition.

The guide, which was designed by Emily Read and Chen Hsu, consists of a simple series of symbols to help the homeless community interact. The code, which is reproduced in *The Pavement* monthly, has been described as "a new, informal avenue of communication."

The 'Talk to Me: Design and the Communication between People and Objects' exhibition will be open at the famous museum until 7 November. The project can be viewed online – [google "moma homeless guide."](#)

*Lizzie Cernik*

## New design keeps street sleepers warm

An American design student is hoping that her new invention can help the homeless to get through even the coldest winters. Veronika Scott, 22, (pictured over the page, with her creation) who is a student at the College for Creative Studies in Detroit, Michigan, has created a coat for homeless people that turns into a sleeping bag – capable of withstanding sub-zero temperatures.

The inspiration for Scott's coat design came from the city







*"Whoever... whoever... whoever..."*

of Detroit itself, which has seen its homeless population shoot up to over 30,000 people since the economic downturn.

"What I found, working in shelters and getting to know homeless people, is that pride is one of their biggest needs," she told the *San Francisco Chronicle*. "Whether or not they can get into a shelter, they want to be able to take care of themselves."

The key in taking care of yourself – especially in Detroit, where temperatures can drop to -20° C in the winter – is keeping warm. Using an innovative design that combines synthetic quilting with industrial materials used in building insulation and envelopes, Scott claims that wearers can spend a night in the snow and not feel the cold.

"I didn't mean for this coat to make it seem like it's OK to sleep outside, but our shelters are just so full," Scott said. "And this is something that can help people in the meantime. It's a really basic survival thing."

A year after making the original prototype, Scott intends to start mass-producing the coat/bags for a nationwide market. She wants to sell the products to non-homeless people for profit, and use the money to be able to give them to rough sleepers for free.

The early models are already going down a storm amongst Detroit's homeless community, to whom Scott has been donating early models.

Rough sleeper Vincent Henry, 51, said: "Looks good. It gets really cold around here, so this would really help. It'd be OK as long as it doesn't get ripped off."

To read more about Veronika's design and her wider homeless campaign in Detroit, you can follow her blog at <http://detroitempowermentplan.blogspot.com/>

*Jim O'Reilly*

## Rough sleepers mugged

Two rough sleepers have been mugged while collecting their benefits at a post office in South London.

The two men, one known to his friends as Chisel, were at the Post Office in Tulse Hill on midnight of Monday 25 July when the incident took place. Having withdrawn their fortnightly benefits they went to a nearby shop to get some drinks.

When they stepped outside they were confronted by two men claiming to be police officers. Although the attackers were not wearing police uniform they were wearing stab vests and carrying fake police badges.

The two men, described as aged 25-35, one black, one mixed-race, shoved the two rough sleepers into an alley and rifled through their pockets, taking £90. They then jumped into a car nearby and sped off. Unfortunately, neither of the victims was able to identify the car number plates.

Both men were reluctant to go to the police. According to Ian Ross, a former rough sleeper who knows Chisel, he and his friend have had too many bad experiences with the police to want to get involved with them. Ian told *The Pavement*: "They feel like it's a waste of time. They've had bad experiences with the police. They used to live in Waterloo and the police would come and harass them."

Stealing from rough sleepers is nothing new either, as Ian told *The Pavement*: "I had a similar thing ten years ago, in the West End with four people trying to get stuff off me, so it's not a new thing. I think they target homeless people and drug users because they know they won't go to the police."

*John Ashmore*

## Brighton re-count reveals rising number of rough sleepers

A recent change in the way rough sleepers are counted in Brighton has found the total figure to be more than seven times higher than last year's figures.

Earlier this year, the Department for Communities and Local Government issued new guidelines on the way those sleeping rough should be counted.

Previously, only those physically lying on the pavement in public places were counted – meaning those asleep in car parks or on benches were ignored. Furthermore, any figure less than 10 was rounded down to zero.

As a result, the number of rough sleepers counted in Brighton and Hove – who trialled the new headcount system in June – is 106, compared to 14 from last year.

Under the new scheme, carried out between 13 and 16 June, the council also counted people sitting or standing near their bedding. Officers also consulted with local homeless charities on the numbers of people they helped.

Councils have now also been asked to replace Government count officials with representatives from Homeless Link, the national charity for homeless agencies.

Since the new headcount guidelines were introduced, the figure for the national total of rough sleepers now stands at 1,768 – considerably higher than the 440 under the previous system.

Housing Minister Grant Shapps said: "For too long a supposedly national figure of rough sleepers hasn't reflected the reality on our streets.

"By having these more accurate numbers and a better national picture of the problem - we can start to help the homeless much more effectively.

“So whilst on the surface the new figures show a large jump in those sleeping on the streets, they actually reflect a more accurate way of evaluating the extent of rough sleeping. We had a situation before where large numbers of those spending the night on the street were simply being ignored, with cities like Manchester not counting in 2010 and Coventry not counting on a number of occasions.”

The actual rough sleep figure could however be considerably higher as many councils have not yet conducted a head-count under the new system.

In May, Stockport council sparked outrage after saying that there was no-one sleeping rough on their streets, after carrying out a count under the old system.

This announcement came despite the fact that 137 people had reported themselves as sleeping rough to homeless charity The Wellspring.

At the time, Labour MP Ann Coffey said: “The council should be listening to and working with Wellspring to support homeless people in Stockport. This review suggests these people won’t get the help they need because according to the council they don’t exist.”

*Rebecca Evans*

## Dawn sweeps tackle street sleepers

City authorities in both Durham and Chester are searching for rough sleepers and trying to move them off the streets, again using accusations that they are adding to crime in the centre of these cities.

In Durham, police officers and staff of Durham Action On Single Housing (DASH) have begun conducting once-weekly sweeps of the city centre at dawn looking for homeless people,

according to the *Northern Echo*.

The police have said that these dawn sweeps are an attempt to locate the city’s homeless in order to offer them help and, if necessary, move them off the street. But the sweeps may also be in response to claims that homeless people are linked to city centre crime.

According to the *Northern Echo*, police chiefs have claimed that rough sleeping leads to shoplifting and aggressive begging.

Paul Anderson, Neighbourhood Inspector for Durham, told the *Northern Echo* that people rough sleeping did have a “knock on effect” on shops. However, he said the police did not want to persecute homeless people.

“It’s not about the symptoms but dealing with the cause of the problem,” he said. “And if we can point people in the right direction, it will benefit everyone.”

Sean McDonnell, senior manager of DASH, also said that the street sweeps were intended to help, rather than persecute, the homeless.

“We want to ensure help and support is available for these people,” he said. “This initiative [...] is intended to help and not to victimise them.”

Meanwhile, in Chester, it has been announced that anyone trying to sleep on the street in Castle Street, Shipgate Street or St Mary’s Centre will be moved on.

This measure is an attempt to tackle vandalism and anti-social behaviour occurring in these areas, activity which people are claiming is connected to rough sleeping.

“These areas were heavily frequented by homeless people and a substantial amount of damage had been caused,” the Community safety warden Neil Denby told a City Community Forum meeting.

*Nicholas Olczak*

## Poor service at Centrepont hostel

Homeless charity Centrepont’s Greek Street hostel, in the centre of London’s Soho, had interruptions to its hot water supply early this year, and hasn’t had a lift in the four-floor hostel since November last year.

The failings at this hostel came to light when readers contacted *The Pavement* to criticise the high profile charity, which has HRH Prince William as its patron.

Although making a complaint about the facilities at the hostel, the first reader to contact us did add that “the staff are amazing at their job and deserve much more praise than they get.” Readers’ grievances are with Centrepont’s facilities, rather than its personnel.

Responding to lack of hot water, a Centrepont spokesman told us: “Earlier in the year, it experienced difficulty with its boilers. The hot water was off for one week, then intermittent for three more weeks. Young people [the hostel is short stay for 16-25 year olds] were offered compensation for this period and encouraged to use showers in our Berwick Street service, which is a five minute walk away.”

Regarding the lack of a lift in this property, the spokesman added “the lift at Greek Street has been out of service since November last year. There have been issues in getting it fixed, but we are confident it will be done soon as the parts have now been sourced and delivered.

“...Centrepont Greek Street does not accept referrals for anyone with a disability or mobility problems as there is no disabled access to the building. If we have concerns about a referred young person’s ability to move about the building, we would signpost them to another hostel.”

*Staff*





*"Guys, abort mission... it's a planet without sport!"*

# STREET SHIELD

EPISODE 24

STREET SHIELD  
AND POPSTAR  
ARE AT A SOUP  
RUN.

A FIGHT BREAKS  
OUT. WELSH JOHN  
AND SCOUSE TRY  
TO HOLD BACK THE  
WORST OFFENDERS...







# Health and wellbeing

*The Pavement's health team aim to help keep you healthier*

## Toenails and old wives tales

Old wives' tales are part of an oral tradition originating long before the invention of the writing and contain shared information often considered to be for the common good.

They have survived because, in the main, they offer comforting advice about experiences we all share, have little control over, and usually worry about. In the absence of a tried and true medical cure, these myths prevailed, and our culture is rich with old wives' tales. Almost all have been proven false or irrelevant by advances in medicine and technology, yet they still prevail. Those with a basis in fact are usually harmless, but a few can be quite dangerous. Here

are some of the more common ones that relate to toenails.

*Cut your nails in Monday, cut them for news; (of success)  
Cut them on Tuesday for a new pair of shoes;  
Cut them on Wednesday, cut them for health;  
Cut them for Thursday, cut them for wealth;  
Cut them on Friday, a sweetheart to know;  
Cut them on Saturday, a journey to go;  
Cut them on Sunday, you cut them for evil, and for all the next week you'll be ruled by the Devil.*

Superstitions associated with skin and toenails include avoiding cutting them on Holy Inno-

cents' Day (28 December). The Moon was always considered an important influence in nail and skin growth. Many believed you cut nails when the moon was on the increase to strengthen them: corn-paring was best done when the moon was on the wane. A fairly common belief was never to throw away toenail clippings – they were thought to be powerful ingredients in magical spells, and a common good luck custom was to collect and burn them.

A common old wives' tale is to cut a V in the top of nail. This has no effect, as the final shape of the nail is determined by the growing area at the base of the toenail, not the end, but increases the risk of nail infection.

Nails are made of modified skin cells and grow like hair throughout your life. Finger and toe nails should be trimmed each week and filed to remove rough edges. Provided nails are in reasonable health, self-care is recommended; but if the toenails are thick and painful, a visit to the podiatrist will bring relief. People with failing eyesight or poor circulation and the lack of feeling in their legs caused by diabetes mellitus should avoid self-care. The skin and nails of people living with diabetes can also cause them to become dry, brittle and very



thin due to complications arising in the autonomic system.

A low-protein diet causes white bands across the nails. An absence of proteins slows down the rate of nail growth and the plates rarefies (thins). Vitamin deficiencies can also affect nails: a shortage of vitamin A in the diet may cause dryness and brittleness; and a lack of the B vitamins causes nails to become fragile, sometimes with horizontal or vertical ridges. The B complex is also a factor in fungal infestation found underneath the nails. Frequent hangnails usually indicate an inadequate intake of vitamins C, folic acid and protein. An iron deficiency can also disturb the growth of the nails, causing dryness, brittleness, thinning, flattening and – eventually – the appearance of moon-shaped nails. White spots may be caused by a zinc deficiency or trauma to the nail. If you are aware of any of these symptoms, tell your doctor.

By far the most important part of toenail care is to use clippers specifically designed for toenails, which are oblong and need to be cut straight across the growing edge. (Fingernails are a different shape.) Sometimes it is frustrating when there is discomfort in the side of the nail, but the rule of thumb is never cut into the corner. If you have any problems with your nails, see a podiatrist for painless care. Improperly cut nails are the primary cause of ingrown toenails, with poorly-fitting shoes a close second.

Take care of your pair and when in doubt see a health profession. Stay warm, stay safe and be foot wise.

### *Toe Slayer*

Registered podiatrist  
and shoe historian

## Cervical cancer

Cancer of the cervix claimed the life of Jade Goody and has been in the news a lot recently as the NHS has begun vaccinating young women and girls against the HPV (human papilloma virus) which causes it. If you're an adult and too old to get the vaccine, there are other ways you can protect yourself from cervical cancer.

The cervix is another name for the neck of your womb and can be found inside your vagina. Some people describe finding it as being like touching the tip of your nose.

Screening is very important. Like most cancers, if it is caught early, or if changes in your cervical cells are detected early, treatment is easy and usually successful. The NHS runs a cervical screening programme which invites women for a smear test every three years. If you haven't been invited for a smear test, go to your local surgery or clinic and ask about it. The NHS has a web page with some very useful information about cervical screening. It can be found at: <http://www.cancerscreening.nhs.uk/index.html>

Smear tests (a slightly old-fashioned term for cervical screening, but people still call it a "smear", so that's what I'll call it!) are a very simple and painless procedure, though most women don't find them pleasant. It's best to go for cervical screening when you are mid-cycle, about 14 days after your last period. Having a smear takes only a couple of minutes, and the health benefits make it worthwhile. The nurse will ask you to lie down and open your legs. A plastic tube called a speculum will be inserted into your vagina and opened up so the nurse can see your cervix. The nurse will then gently use a brush to take a sample of cells from its surface. That's all there is to it. The sample will be sent to the laboratory and the cells examined for abnormalities. You will get the results

by post within a few weeks. If you don't have a postal address, tell the nurse and you may be able to pick them up from the surgery or clinic.

Occasionally you may be recalled for another smear. This does not mean you have cancer; some samples are unclear or you may have minor cell changes that require further investigation. If this happens, the nurse or doctor should explain to you what the changes mean.

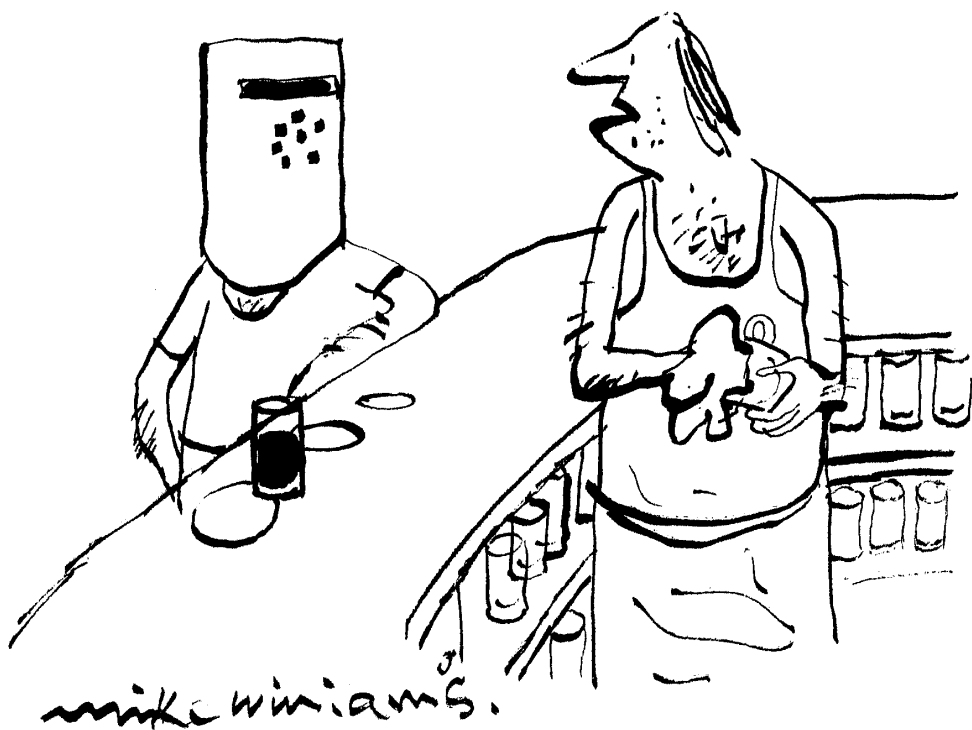
Although the HPV virus is a major risk factor for cervical cancer, most women who get it in their system will shake it off easily and never know it was there. The virus is passed on during sex but is so common that virtually all women who have had sex are exposed to it at some time in their lives. Some evidence suggests women who have sex at an early age or have had a lot of sexual partners are at higher risk. However, women who have had only one sexual partner also get cancer of the cervix, so don't think it is something caused by sexual behaviour.

Smoking is a risk factor for cervical cancer, so if you smoke, try to cut down or stop. People with a poor diet or with HIV are more at risk of cervical cancer, as these things compromise the immune system.

If you are worried you may have cancer of the cervix, the symptoms are irregular vaginal bleeding, pain during sex and vaginal discharge. Women who have gone through the menopause or change of life may have new bleeding. All these symptoms can be caused by other things, but you should go to the doctor and get them investigated. Cervical cancer often does not show symptoms until it is quite well advanced, which is why screening is so important.

### *Susie Rathie*

*The Pavement's* nurse



"Given up smoking again, Ned?"



TELEPHONE SERVICES

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 High  
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*

**Community Legal Advice**  
0845 345 4345  
Nationwide  
www.communitylegaladvice.org.uk  
Mon–Fri: 9am–8pm;  
Sat: 9am–1:30pm  
Free, confidential service, offer-  
ing specialist advice on housing,  
benefits, tax credits, debt etc.  
AD, BA, DA, H  
**Domestic Violence Helpline**  
0808 2000 247  
**Eaves**  
020 7735 2062  
Helps victims of traffick-  
ing for prostitution  
020 7404 6234  
**Frank**  
0800 776 600  
Free 24-hr drug helpline  
**UK Human Trafficking Centre**  
0114 252 3891

WEBSITES

**The Samaritans**  
08457 90 9090  
**SANeline** (6 – 11pm)  
0845 767 8000  
Out-of-hours helpline for those  
affected by mental health  
**Shelter**  
0808 800 4444  
Housing advice, 8am–8pm daily  
AD, BA, DA, H  
**Survivors UK**  
Mon, Tue & Thur: 7–10pm  
020 7404 6234  
Helpline for men who have  
been sexually assaulted at  
any time in their lives  
**UK Human Trafficking Centre**  
0114 252 3891

**Homeless London Directory (RLS)**  
Updated at least annually  
www.homelesslondon.org

**The Pavement online**  
Regularly updated online  
version of The List.  
www.thepavement.org.uk/  
services.htm

**Sock Book**  
sockbook.refdata.com  
**Soup Run Forum**  
For those using or running  
soup runs, or just con-  
cerned with their work.  
www.souprunforum.org.uk

**Stonewall Housing**  
Housing advice for LGBT  
people of all ages  
www.stonewallhousing.org

**National Debtline**  
0808 808 4000  
Helps women who have been  
trafficked for sexual exploitation  
020 7840 7141

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

**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

**Plastow Woman's Group**  
See First Steps

**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 Tothill Street, Sand-  
wiches and hot beverages around  
9pm every Tuesday and Friday.

**Sahnu Vasan!**  
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

**Seventh Day Adventists**  
Lincoln's Inn Fields  
Sun: 7pm  
Southwark Bridge Road – from 5am

**Simon Community**  
*Tea Run:* Sun & Mon (6–9.30am);  
St Pancras Church 6.30am;  
Milford Lane 6.45am; Strand  
7am; Southampton Road 7.30am;  
Grosvenor Gardens 8.30am;  
Marble Arch (Sunday) 9am  
*Soup Run:* Wed & Thurs  
(8pm–10.30pm); St Pancras  
Church 8.15pm; Hinde Street  
8.45pm; Maitravets Street

**St Andrew's Church**  
10 St Andrew's Road, W14 9SX  
Sat: 11.30am–1.30pm  
Hot food and sandwiches  
Mon–Wed: 12noon–6.30pm

**St Ignatius Church**  
Lincoln's Inn Fields  
Sat: 7.45pm

**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  
Second and last Wed of  
the month: 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 food

**Streetlytes**  
Tue: 6.30–9pm, King George's  
hostel, Victoria; Wed: 9pm; outreach  
on Bush Green, Shepherd's Bush;  
Thurs: 6–9pm; Salvation Army  
Centre, 205 Portobello Road, W11;  
Every other Saturday: 2–9pm, King  
George Hostel (hot meal, sand-  
wiches, fruit, clothing, hygiene  
kits and referral to a rent deposit  
scheme); Sun: 6pm; outreach on  
Bush Green, Shepherd's Bush  
[www.streetlytes.org](http://www.streetlytes.org)

**Street Souls**  
9.15pm; Waterloo 9.45pm  
*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

**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

**Winners Chapel**  
King George's hostel: alterna-  
tive Saturdays to Streetlytes

**SPECIALIST SERVICES**

**The Albert Kennedy Trust**  
Unit 203 Hatton 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  
AS, A, BA, C, H, TS  
[www.akt.org.uk](http://www.akt.org.uk)

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

**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:

**Food Not Bombs**  
The Narrowway, Hackney Central  
Every second Sat: 5–6pm  
Sun & Mon: 6.30–8pm; King George's hostel, 72 Great Peter Street, SW1P 2BN

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

**The London Run**  
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) & Lincoln's Inn Fields: 9pm; Temple: 9.30pm; Waterloo (St John's Church): 10.15pm

**London City Aid**  
Tothill Street  
Second Tuesday of the month: 8.30–11pm  
Food, bedding, clothes and toiletries

**Love to the Nations Ministries**  
Charing Cross, Strand  
Every second Sun: 4pm  
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

**Kings Cross Baptist Church**  
Vernon Square, W1  
020 7837 7182  
Mon: 11am–2pm; Tue: 11.15am–1pm, Open for breakfasts

**Lighthouse Chapel International**  
King George's Hostel, 75 Great Peter Street  
Fri: 8.30pm

**Lincoln's Inn Fields**  
Mon–Fri: 7.15pm; Many vans with food and occasionally clothing. Sat–Sun: 6.15pm onwards

**The Lion's Club of Farnip**  
Charing Cross, Strand  
Second & fourth Sun: 6pm  
Hot Indian food

**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

**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.

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

**Missionaries of Charity**  
Mon: Spitalfields (9.30pm) & TBC (10pm)

**Memorial Baptist Church Plaistow**  
020 7476 4133, Sat: 8am–12pm  
Full English breakfast

**Faith House (Salvation Army)**  
11 Argyle Street, King's Cross (near Burger King), WC1H 8EJ  
020 7837 5149  
Mon: 6–8pm (men's group); Tues: 5–6pm (women's drop-in); Weds: 1–3pm (women's drop-in); 7.30–9pm (open drop-in); Fri: 11am–1pm (women's brunch & discussion group) FF, CL

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

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

**The Coptic Church**  
TBC, Tue: 9–10pm

**The Carpenters**  
TMO Community Hall, 17 Doran Walk, Stratford, E15 2JL  
020 8221 3860  
Every Tuesday: 10am–12pm

**Food Not Bombs**  
The Narrowway, Hackney Central  
Every second Sat: 5–6pm  
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 vegetarian 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 (Islip Road); 1pm: Camden (Arlington Road); 2pm: King's Cross (York Way)

**House of Bread – The Vision**  
Second and fourth Sunday in the month (6.45am onwards) – Hot food; note that an excellent full cooked breakfast is served on the second Sunday. On the Strand (Charing Cross end, outside Court's).

**Memorial Baptist Church Plaistow**  
020 7476 4133, Sat: 8am–12pm  
Full English breakfast

**Missionaries of Charity**  
Mon: Spitalfields (9.30pm) & TBC (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.

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

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

**The Lion's Club of Farnip**  
Charing Cross, Strand  
Second & fourth Sun: 6pm  
Hot Indian food

**Camden Road Baptist Church**  
Hilldrop Road, Holloway, N7 0JE  
020 7607 7355  
Thu: 10.30am–12noon

**The Carpenters**  
TMO Community Hall, 17 Doran Walk, Stratford, E15 2JL  
020 8221 3860  
Every Tuesday: 10am–12pm

**The Coptic Church**  
TBC, Tue: 9–10pm

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

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

**Faith House (Salvation Army)**  
11 Argyle Street, King's Cross (near Burger King), WC1H 8EJ  
020 7837 5149  
Mon: 6–8pm (men's group); Tues: 5–6pm (women's drop-in); 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 – Berkeley Square; Berkeley Street; Green Park tube; Piccadilly  
Hyde Park Corner route – Mount Street; Park Lane underpasses; Shepherds Market; Curzon Street

**First Steps**  
(Previously Plaistow Woman's Group)  
King George's Hostel, 75 Great Peter Street  
Thurs: 8.30–10pm  
Hot meals, soup, fruit and cake

# 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 ★



**American Church**  
(Entrance in Whitefield St)  
79a Tottenham Court Rd, W1T  
020 7580 2791  
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 Hatchard's Road, N19 4NG  
020 7272 8195  
Daily: 1030-1130am;  
Thu: 12noon (lunch)

## SOUP KITCHENS & SOUP RUNS

**Smart**  
Art workshops and lec-  
tures at various venues  
020 7209 0029  
Email: smartnetwork@linccone.net

**Streetwise Opera**  
020 7495 3133  
MC, PA www.streetwiseopera.org

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

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

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

**Cardboard Citizens**  
020 7247 7747  
Variety of performing arts work-  
shops held at Crisis Skylight

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

Broadway, 14 Market Lane,  
W12 8EZ: 2 - 3.30pm; Broad-  
way, 160 Coningham Road, W6  
Fri 28 Oct: 9.30 - 11.30am;  
St Mungos shelter, William  
Martin Court, 65 Margery  
Street, W61X 0JH: 12noon  
- 1pm; City Roads Centre, 352  
- 358 City Road, EC1V 12PY

**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

appointments 11am - 2pm;  
Whitechapel Mission day centre, E1: 9am onwards; Focus day centre, E15: all day; Cricklewood Homeless Concern day centre, NW2: 10am onwards; Manna day centre, SE1: 9am onwards; Albany Road bail hostel, SE5; Deftford Reach day centre, SE8: 9am onwards; SW4: Ace of Clubs day centre, SW4: 9.30am - 3pm; Stockwell Probation Service, SW9: 2 - 4pm; Great Chapel Street medical service, W1: 10am onwards; Broadway day centre, W12: 10.30am onwards; St Martin's (CSTM), WC2: 9.30am - 12.30pm & 4.30 - 7pm  
**Friday** - YMCA, hostel in Croydon (Croydon Cornerstone), CR9: 9.30am - 1pm; YMCA, hostel in (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 (CSTM), WC2: 9.30am - 1pm; Cedars Road hostel, SW4: 9am onwards; Thames Reach day centre, SW9: 2 - 4.30pm; St Martin's (CSTM), WC2: 9.30am - 1pm; Sisters Road, N7 7QP  
020 7561 5410  
Mon - Wed, Fri: 10am - 1pm; Thu: 2 - 5pm  
For those who are homeless or have drug and alcohol problems within Islington FC, MH, MS, SH

**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 who are homeless or have drug and alcohol problems within Islington 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

**Camden Health Improvement Practice**  
108 Hampstead Road, NW1 2LS  
020 3317 6075  
For those sleeping out or in hostels within the borough  
Mon, Tue & Fri: 10am - 12.30pm; 2 - 4.30pm; Wed & Thu: 2 - 4.30pm  
MH, MS, SH

## MEDICAL SERVICES

**See Telephone Services for helplines**  
SW18: (Mon - Fri) 8am - 5pm - 4pm; HMP Wandsworth, Brixton, SW2: (Thu & Fri) 8am - 4pm; HMP Wandsworth, Street hostel, WC2: 9am onwards (Workspace); St Mungo's Endell (CSTM), WC2: 9.30am - 1pm; SW9: 2 - 4.30pm; St Martin's onwads; Thames Reach day centre, Cedars Road hostel, SW4: 9am onwards; Ace of Clubs day centre, onwads; The Passage, SW1: 10am onwards; Romford, RM12: 11am onwards; YMCA, NW2: 10am onwards; Cricklewood Homeless Concern day centre, 10.30am onwards; Cricklewood Manna at St Stephen's drop in, N1: 10.30am onwards; Cricklewood (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, onwads; St Martin's (CSTM), WC2: 9.30am - 1pm; Cedars Road hostel, SW4: 9am onwards; Thames Reach day centre, SW9: 2 - 4.30pm; St Martin's (CSTM), WC2: 9.30am - 1pm; Sisters Road, N7 7QP  
020 7561 5410  
Mon - Wed, Fri: 10am - 1pm; Thu: 2 - 5pm  
For those who are homeless or have drug and alcohol problems within Islington FC, MH, MS, 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

**Great Chapel Street Medical Centre**  
13 Great Chapel St, W1  
020 7437 9360  
Mon, Tues & Thurs: 1am - 12.30pm; Mon-Fri: 2pm-4pm  
For those sleeping out or in hostels within the borough  
A, BA, C, C, D, DT, FC, H, MH, MS, P, SH

**Project London**  
Pott St, Bethnal Green, E2 0EF  
Mon, Wed & Fri: 1pm-5pm  
07974 616 852 & 020 8123 6614  
MS, SH

**Prison Advisers - HMP Wandsworth**  
Brixton, SW2: (Thu & Fri) 8am - 4pm; HMP Wandsworth, Street hostel, WC2: 9am onwards (Workspace); St Mungo's Endell (CSTM), WC2: 9.30am - 1pm; SW9: 2 - 4.30pm; St Martin's onwads; Thames Reach day centre, Cedars Road hostel, SW4: 9am onwards; Ace of Clubs day centre, onwads; The Passage, SW1: 10am onwards; Romford, RM12: 11am onwards; YMCA, NW2: 10am onwards; Cricklewood Homeless Concern day centre, 10.30am onwards; Cricklewood Manna at St Stephen's drop in, N1: 10.30am onwards; Cricklewood (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, onwads; St Martin's (CSTM), WC2: 9.30am - 1pm; Cedars Road hostel, SW4: 9am onwards; Thames Reach day centre, SW9: 2 - 4.30pm; St Martin's (CSTM), WC2: 9.30am - 1pm; Sisters Road, N7 7QP  
020 7561 5410  
Mon - Wed, Fri: 10am - 1pm; Thu: 2 - 5pm  
For those who are homeless or have drug and alcohol problems within Islington FC, MH, MS, 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  
A, BA, C, 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  
For those sleeping out or in hostels within the borough  
A, BA, C, C, D, DT, FC, H, MH, MS, P, SH

**Project London**  
Pott St, Bethnal Green, E2 0EF  
Mon, Wed & Fri: 1pm-5pm  
07974 616 852 & 020 8123 6614  
MS, SH  
Operating at 999 Club, Deftford, Victoria, Fri: 9.30 - 11.30am  
MS, SH  
**TB screening van - MXU**  
Information given as date, time, location and post code.  
Turn up at these locations:  
Wed 05 Oct: 11.30am-3.30pm; Gatehouse Drug Treatment Centre, St Bernard Hospital Site, Uxbridge Road, UB1 3EU  
Thu 06 Oct: 10am - 4pm; Pharmacia House, Prince Regents Road, TW3 1NE  
Fri 07 Oct: 10am - 2pm; Action Homeless Concern - Emmaus House & Damien House, 1 Ber-rymead Gardens, W3 8AA  
Sun 09 Oct: TBC 3 - 5pm; St Johns Church - Soup Kitchen, St Johns Church, Mattock Lane, W13 9LA  
Mon 10 Oct: 1 - 4pm; Tower Hamlets Mind, Open House, 13 Whitehorn Street, E3 4DA  
Wed 12 Oct: 10am - 12 noon; Broadway Sixty Five Project, 65 Uxbridge Road, W7 3PX; Lancaster House, Leedn Road, W13 9HH  
Thu 13 Oct: 1 - 4.30pm; DATS - Ealing, 3 - 4 Featherstone Terrace, UB2 5AL: 5 - 6.30pm; Havlock Road, UB2 4NP  
Tue 18 Oct: 9am - 12 noon; St Mungo's, 173 Cromwell Road, SW5 OSE: 12.30pm - 2pm; Look Ahead, 34 - 38 Warwick Road, SW5 9UB  
Thu 20 Oct: 1 - 4pm; Addiction - nb, MXU to park on Pennywn Road Brent; 97 Cobbold Road, NW10 9SU  
Mon 24 Oct: TBC 9.30am - 1pm; Hommersmith & Fulham CDS, 282 North End Road, SW6 1NH (nb, MXU to park on Coomer Place); 1.30 - 3pm; TBC Broadway - Edith Road, 10 - 12 Edith Road, W14 9BA  
Tue 25 Oct: 9 - 11am; St Mungos - Rushworth Street Shelter, 48 Rushworth Street, SE1 0RB: 11.30am - 1pm; Equinox - Brook Drive, 124 Brook Drive, SE1 4TQ  
nb, MXU to park on Longville Road  
Wed 26 Oct: 5 - 7pm; Upper Room, Cobbold Road, W12 9LN  
Thu 27 Oct: 10am - 1pm; Cobbold Road, W12 9LN





**Central and NW London**  
**Substance Misuse Service**  
282 North End Rd, SW6 1NH  
020 7381 7700  
Mon-Fri: 9am-5pm. C, M5  
**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 Services 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**  
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, AC, CA, C, D, H, NE, OB, SH  
**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

**Men**  
**Missionaries of Charity**  
112-116 St Georges Rd,  
Southwark, SE1  
020 7401 8378  
Ring first, 9am-11am except Thurs  
Age 30+ (low support)  
020 7569 5900  
Mon-Fri: 8.45-10am (rough sleep-  
er's drop-in); 10am-11.30am (drop-  
in, hostel residents join); 11.45am-  
12.45pm (advice, appointments  
only); Mon & 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**  
**See Drug & Alcohol Services**  
**Whitechapel Mission**  
212 Whitechapel Rd, E1  
020 7247 8280  
Daily: 6-11am (cooked break-  
fast 8am-10am); Sat: 12noon-  
3.30pm (women only)  
AS, AD, B, BA, BS, BE, CL, C,  
DA, D, F, H, IT, OL, SK, P, TS  
**The 999 Club**  
21 Deftord Broadway, SE8 4PA  
020 8694 5797  
Mon-Fri: 9.30am-5pm  
F, H, L, LA, MS, MH, OB, SH, TS  
[www.999club.org](http://www.999club.org)  
**DIRECT ACCESS (YEAR ROUND)**  
**HOSTELS/NIGHTSHELTERS**  
**All - low-support needs**  
**Branches**  
Stonea, 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  
**Turnaround (Newham)**  
Choral Hall  
020 7511 8377  
7.30pm-7.30am  
**Waltham Forest Churches**  
**See Branches**

**DRUG / ALCOHOL SERVICES**

**MASH**  
8 Wilton Rd, Merton, SW19 2HB  
020 8543 3677 - Ring first  
**Addiction (Harm Reduction**  
Team)  
228 Cambridge Heath Rd, E2  
020 8880 7780  
Drop-in: Mon, Fri 10am-4pm;  
Tues, Wed & Thurs 12noon-6pm;  
Closed each day 1.30pm-2.15pm  
D, OL, MS, NE, SH  
**Blackfriars Road CDAT Team**  
151 Blackfriars Rd, SE1 8EL  
020 7620 1888/6500  
Mon: 2pm-4pm (drop-in)  
MH, MS, NE  
**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

**Manna Day Centre**  
6 Mellor St, SE1  
020 7403 1931  
Every day: 8.30am–1.30pm  
AS, BA, BS, BE, CL, DT, FF,  
FC, H, MH, MS, OL, P, TS

**New Cross 999 Club**  
All Saints, Monson Rd, SE14  
020 7732 0209  
Mon–Fri: 10am–5pm  
AD, ET, FF, L, LA

**New Horizon Youth Centre (16**  
– 21 year olds)  
68 Chilton Street, NW1 1JR  
020 7388 5560  
Daily: 10.30am–4pm  
AS, AC, CA, C, ET, LA, MS, MC, OB

**No 10 – Drop in Centre (Salvation**  
Army)  
10 Princes Street, W1B 2LH  
020 7629 4061  
Tue, Wed, Fri: 2.30–4pm  
(advice & enquiries);  
Mon: 3–5.30pm (advice & enquir-

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: 1.2noon–1.30pm;  
and Wed: 7.830pm  
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

**Spices Centre**  
8 Tooting Bec Gardens, SW16 1RB  
020 8696 0943  
Mon: 8am–1.2noon (women  
only); Tues: 9–10.30am (rough  
sleepers only); 10.30am–2pm  
(drop-in); Wed: 10am–1.2noon  
(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 Spices for more info.  
A, AD, AS, BA, BS, CL, C, D, ET, FC,  
FF, H, LA, LF, MC, MH, MS, P

**St Christopher's Centre**  
Lime Grove Resource Centre,  
47 Lime Grove, W12  
020 8220 4111

**The Dellow Centre**  
82 Wentworth St, Aldgate, E1 7SA  
020 7375 0020  
Mon–Fri: 9.30am–1.2noon (8.30am  
for verified rough sleepers) & 1.30–

**SanKtUs**  
4 Lady Margaret Road, NW5 2XT  
Entrance in Falkland Road  
020 7485 9160  
Mon, Wed, Fri: 2 – 3pm;  
Sun: 3 – 4pm  
BS, CL, FF, H

**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 (The Manna)**  
17 Canonbury Rd, N1 2DF  
020 7226 5369  
Tues: 7–9pm (drop-in); Weds:  
1–3pm (drop-in – B and FC); Fri:  
10am–1.2noon (key work session)  
BS, CL, FF, L

**The Tab Centre**  
20 Hackney Rd, Shoreditch, E2  
020 7739 3076  
Friday: 9am–1.2noon, 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 7272 2104  
Mon: 10am–1pm CL, FF, LF

**Upper Room, St Saviour's**  
Cobbold Rd, W12  
020 8740 5688  
Mon: 1–6pm (UR4Jobs); Tue–Thur:  
5.30–6.45pm; Fri: 1–6pm (UR4Jobs);  
Sat–Sun: 12.30–1.30pm  
A, AC, BA, C, CA, CL, D,

ET, IT, FF, H, OL  
**Webber Street (formerly Waterloo**  
**Christian Centre)**  
6–8 Webber St, SE1 8QA  
020 7928 1677  
Mon–Sat: 9am–1.2noon  
AS, B, BA, BE, CL, FF,

**The Welcome Project**  
11 Green Lane, Essex, IG1 1XG  
020 8220 4111

**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@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  
Mon–Fri: 9.30am–12.30pm

**Stonewall Housing**  
2a Leroy House, 436

Essex Road, N1 3QP  
Free confidential housing advice

for LGBT people of all ages.  
Mon: 2–3.30pm; contemporary

Urban Centre, Great Chapel Street,  
W1D 3SY; Wed: 2–3.30pm; Origin

Housing, St Richard's House, 110  
Evershoft Street, NW1 1BS; Thu: 2

South, 14–15 Lower Marsh, SE1 7RJ  
020 7359 5767 (advice line)

**www.stonewallhousing.org**  
020 7359 5767 (advice line)

**DAY CENTRES AND DROP-INS**

**Acton Homeless Concern**  
Emmus House

01 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

–1am (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

**Cricklewood Homeless Concern**  
60 Ashford Road, NW2 6TU

020 7220 2817/0178  
Mon–Fri: 12noon–3pm

AS, A, B, BS, BE, CL, DT, F, H,  
L, LA, MS, MH, OB, P, TS

**www.aceofclubs16+**  
St Alphonsus Rd, Clapham, SW4 7AS

020 7272 2817/0178  
Mon–Fri: 12noon–3pm

AS, A, B, BS, BE, CL, DT, F, H,  
L, LA, MS, MH, OB, P, TS

**Homeless Action in Barnet (HAB)**  
36B Woodhouse Road, N12 0RG

020 8446 8400  
Mon–Fri: 12noon–3pm (drop in);

Mon, Tues & Thur: 9am–12noon  
(rough sleepers only); Wed: 9am

–12noon (women's group)  
AD, BA, BS, CL, F, H, L, TS

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

0845 8333005  
83 Margaret St, W1W 8TB

**London Jesus Centre**  
Speedwell St, Deptford

020 8692 6548  
Mon, Tues, Thu & Fri: 9am–3.30pm

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  
020 8698 9403

Downham, BR1 5HR  
424 Downham Way,

**Bromley 999 Club**  
Mon–Fri: 10am–5pm, AD, L, FF

020 7352 9305  
155a Kings Road, SW3 5TX

**Chelsea Methodist Church**  
Mon, Tues & Thu: 9am–3.45pm

F, L, P  
020 7352 9305

Ungoing renovation until  
2012, but still open at:

St Barnabas Church, 23  
Addison Road, W14 8LH

020 7471 7030  
Tue & Wed: 2–4pm

CL, FF  
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 8886 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 Fortnegate  
Rd, Craven 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, Thu & Fri: 9am–3.30pm

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 & Thur: 9am–12noon

Mon–Fri: 12noon–3pm (drop in);  
020 8446 8400

36B Woodhouse Road, N12 0RG  
**Homeless Action in Barnet (HAB)**

020 8446 8400  
Mon–Fri: 12noon–3pm (drop in);

Mon, Tues & Thur: 9am–12noon  
(rough sleepers only); Wed: 9am

–12noon (women's group)  
AD, BA, BS, CL, F, H, L, TS

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

0845 8333005  
83 Margaret St, W1W 8TB

**London Jesus Centre**  
Speedwell St, Deptford

020 8692 6548  
Mon, Tues, Thu & Fri: 9am–3.30pm

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 & Thur: 9am–12noon

Mon–Fri: 12noon–3pm (drop in);  
020 8446 8400

36B Woodhouse Road, N12 0RG  
**Homeless Action in Barnet (HAB)**

020 8446 8400  
Mon–Fri: 12noon–3pm (drop in);

Mon, Tues & Thur: 9am–12noon  
(rough sleepers only); Wed: 9am

–12noon (women's group)  
AD, BA, BS, CL, F, H, L, TS

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

0845 8333005  
83 Margaret St, W1W 8TB

**London Jesus Centre**  
Speedwell St, Deptford

020 8692 6548  
Mon, Tues, Thu & Fri: 9am–3.30pm

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 & Thur: 9am–12noon

Mon–Fri: 12noon–3pm (drop in);  
020 8446 8400

36B Woodhouse Road, N12 0RG  
**Homeless Action in Barnet (HAB)**

020 8446 8400  
Mon–Fri: 12noon–3pm (drop in);

Mon, Tues & Thur: 9am–12noon  
(rough sleepers only); Wed: 9am

–12noon (women's group)  
AD, BA, BS, CL, F, H, L, TS

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

0845 8333005  
83 Margaret St, W1W 8TB

**London Jesus Centre**  
Speedwell St, Deptford

020 8692 6548  
Mon, Tues, Thu & Fri: 9am–3.30pm

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 & Thur: 9am–12noon

Mon–Fri: 12noon–3pm (drop in);  
020 8446 8400

36B Woodhouse Road, N12 0RG  
**Homeless Action in Barnet (HAB)**

020 8446 8400  
Mon–Fri: 12noon–3pm (drop in);

Mon, Tues & Thur: 9am–12noon  
(rough sleepers only); Wed: 9am

–12noon (women's group)  
AD, BA, BS, CL, F, H, L, TS

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

0845 8333005  
83 Margaret St, W1W 8TB

**London Jesus Centre**  
Speedwell St, Deptford

020 8692 6548  
Mon, Tues, Thu & Fri: 9am–3.30pm

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 & Thur: 9am–12noon

Mon–Fri: 12noon–3pm (drop in);  
020 8446 8400

36B Woodhouse Road, N12 0RG  
**Homeless Action in Barnet (HAB)**

020 8446 8400  
Mon–Fri: 12noon–3pm (drop in);

Mon, Tues & Thur: 9am–12noon  
(rough sleepers only); Wed: 9am

–12noon (women's group)  
AD, BA, BS, CL, F, H, L, TS

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

0845 8333005  
83 Margaret St, W1W 8TB

**London Jesus Centre**  
Speedwell St, Deptford

020 8692 6548  
Mon, Tues, Thu & Fri: 9am–3.30pm

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 & Thur: 9am–12noon

Mon–Fri: 12noon–3pm (drop in);  
020 8446 8400

36B Woodhouse Road, N12 0RG  
**Homeless Action in Barnet (HAB)**

020 8446 8400  
Mon–Fri: 12noon–3pm (drop in);

Mon, Tues & Thur: 9am–12noon  
(rough sleepers only); Wed: 9am

–12noon (women's group)  
AD, BA, BS, CL, F, H, L, TS

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

0845 8333005  
83 Margaret St, W1W 8TB

**London Jesus Centre**  
Speedwell St, Deptford

020 8692 6548  
Mon, Tues, Thu & Fri: 9am–3.30pm

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 & Thur: 9am–12noon

Mon–Fri: 12noon–3pm (drop in);  
020 8446 8400

36B Woodhouse Road, N12 0RG  
**Homeless Action in Barnet (HAB)**

020 8446 8400  
Mon–Fri: 12noon–3pm (drop in);

Mon, Tues & Thur: 9am–12noon  
(rough sleepers only); Wed: 9am

–12noon (women's group)  
AD, BA, BS, CL, F, H, L, TS

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

0845 8333005  
83 Margaret St, W1W 8TB

**London Jesus Centre**  
Speedwell St, Deptford

020 8692 6548  
Mon, Tues, Thu & Fri: 9am–3.30pm

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 & Thur: 9am–12noon

Mon–Fri: 12noon–3pm (drop in);  
020 8446 8400

36B Woodhouse Road, N12 0RG  
**Homeless Action in Barnet (HAB)**

020 8446 8400  
Mon–Fri: 12noon–3pm (drop in);

Mon, Tues & Thur: 9am–12noon  
(rough sleepers only); Wed: 9am

–12noon (women's group)  
AD, BA, BS, CL, F, H, L, TS

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

0845 8333005  
83 Margaret St, W1W 8TB

**London Jesus Centre**  
Speedwell St, Deptford

020 8692 6548  
Mon, Tues, Thu & Fri: 9am–3.30pm

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 & Thur: 9am–12noon

Mon–Fri: 12noon–3pm (drop in);  
020 8446 8400

36B Woodhouse Road, N12 0RG  
**Homeless Action in Barnet (HAB)**

020 8446 8400  
Mon–Fri: 12noon–3pm (drop in);

Mon, Tues & Thur: 9am–12noon  
(rough sleepers only); Wed: 9am

–12noon (women's group)  
AD, BA, BS, CL, F, H, L, TS

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

0845 8333005  
83 Margaret St, W1W 8TB

# the List

The directory of London's homeless services Updated 26 September 2011

Key to the list: Accom. assistance – A5 Alcohol workers – A4 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 workers – OL Outreach workers – OB Pavement stockist – P Safe keeping – SK Sexual health advice – SH SSAFA – SS Tenancy support – TS
--	---	--

Email changes and suggestions to:  
[thelists@thepavement.org.uk](mailto:thelists@thepavement.org.uk)  
Or write to our address on page 3  
Updated entries: 5  
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 contact); 2–4pm (advice and appointments); For those aged 16 – 25 years.

**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)  
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, E, 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