

# *the* Pavement

The *FREE* monthly for London's homeless

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**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, Emma Batrick  
Lizzie Cernik, Dearbhla Crosse  
Rebecca Evans, Katharine Hibbert  
Jim O'Reilly, Jo O'Reilly  
Carinya Sharples

**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

**Artists/Designers**

Mike Donaldson, Lo Parkin

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# The Editor

## *The Christmas issue, but...*

This issue has to last you until 6 February 2012, as we take one of our two annual publishing breaks in January. So, although it has a few festive themes, we hope it will keep fresh well past 25 December. While we're not in print, we'll post updates and breaking stories online at [www.thepavement.org.uk](http://www.thepavement.org.uk).

We don't know what the weather holds, but don't be shy of the winter shelters (see *The List*), and if SWEP (see page 11) is initiated, get inside fast.

Merry Christmas, and all the best for the New Year.

## *Richard Burdett*

Editor

[editor@thepavement.org.uk](mailto:editor@thepavement.org.uk)

[twitter.com/ThePavementMag](https://twitter.com/ThePavementMag)

- Updated as changes come in, you can find a pdf list of London's winter shelters online at:  
[www.thepavement.org.uk/pdfs/Winter2011-12.pdf](http://www.thepavement.org.uk/pdfs/Winter2011-12.pdf)

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# A rubbish way to die

*It's time to wake-up to the dangers of bin deaths*

Last month *The Pavement* ran its first advert warning of the dangers of sleeping in bins (opposite page). But how widespread is this issue and what is being done to discourage it? We asked Biffa, one of the UK's leading waste management companies, if this is something they're aware of and, if so, do they have any records to indicate the scale of the problem?

"It is on our radar," confirmed Shaun Davis, Biffa's Group Director of Health & Safety and the Environment. "In terms of statistics we're quite fortunate because in the last three years we've had one accident involving a person in a bin, which resulted in a guy injuring his leg."

Sadly, over the years, *The Pavement* has learned of and reported on much more severe, and sometimes fatal, cases. Just last month, two homeless men who were sleeping in a bin in San Antonio, Texas, were accidentally dumped into a waste truck compacter. According to *KSAT news*, one of the pair, Richard Salinas, managed to escape and raise the alarm but it was too late for the other man trapped inside, who was crushed from the waist down and later died.

In a bid to avoid tragedies such as this, Biffa has implemented a series of "pre-lift" procedures, designed to make sure no one is sleeping inside a bin before it is lifted and tipped into the waste truck. As well as visually checking that no one is in the bin, the bin is rattled once the lifting forks are in position to give anyone inside another opportunity to make themselves known. The trucks are also fitted with cameras, which film the rubbish material as it is tipped into the truck and relay the images back to the cab, giving staff

another opportunity to spot a body.

Similar procedures were recommended in *People in Commercial Waste Containers*, a guidance document issued by the Health and Safety Executive in June 2010. Although not a legal document, it is made clear that "if you adopt the practice and principles described, you should be taking sufficient action to discharge your legal duties, and secure compliance with the law." Required actions include carrying out a risk assessment of "all of the significant risks relating to the storage and subsequent collection of commercial waste, including the possibility of people gaining entry into bins."

As well as implemented on-the-ground procedures, Biffa is keen to make sure its employees are aware of the risks. "We've created a DVD called *People in Bins*, which we rolled across the entire organisation to educate people," says Mr Davis. "Secondly, as we know we're coming into that season now which is particularly wet and cold, we run refresher programmes – what we call *Toolbox Talks* – which are short briefing sessions on the risk of people in bins and the dangers associated... Obviously it's a risk all year round and particularly a risk in winter when it's cold and wet, so we're particularly active at discouraging it then."

Another step Biffa is currently taking is to introduce a "near miss" reporting programme. "We are looking at actually identifying how many people we think might have been in a bin prior to us lifting it," explains Mr Davis. "And also when we actually do move it, if anybody is found to be in that bin, making sure that our people report that internally as a near miss because

that's a potential accident – it might have been stopped at that time but we still need to know why." Under the new scheme, staff will be able to call the Biffa call centre to notify the safety team immediately.

Biffa, like other waste management companies, has also introduced lockable tops and warning stickers on bins, although how effective such stickers are is unclear. The bin slept in by the two men in San Antonio had warning stickers on, and warning stickers were introduced in Brighton long before the death of teacher Scott Williams, who was crushed in a rubbish lorry after falling asleep in an industrial bin. Following that accident, in July 2009, City Clean "upgraded" its warning stickers on large bins and worked with the council's homeless team to put up posters in hostels and other buildings visited by rough sleepers to warn them of the danger of sleeping in bins.

While Mr Davis sounds a note of caution about raising the issue of sleeping in bins – "people may not have thought of bins being nice and warm and dry and cosy" – he believes educating people is vital, and shouldn't stop with Biffa. "If you were to lobby the ESA [Environmental Services Authority] then they in turn might get behind a campaign like this and get a number of the other waste organisations behind this. It's something that I'm particularly keen on promoting and if it came from both sides – from the industry and pressure groups or public groups such as yourself – it could be really worthwhile."

*Carinya Sharples*

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

**STAY OUT!**  
**STAY SAFE!**





# Supporting London Life

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

# Simon's new service

*We look at the Simon Community's new women's service*

Homeless charity The Simon Community has launched a new group for women rough sleepers.

The project aims to provide a safe, female-only place for women to come and relax – with the long term aim of helping women “explore their wants, needs and options, without pressure.”

Simon Community Director Bob Baker said: “The opportunity to have some safe space and respite from what is a permanent state of stress is invaluable in engaging women and working towards providing opportunities for self-determination rather than imposing solutions.”

The scheme, set up by female volunteers in Westminster, is supported by the Queen Mary's Hostel for women.

It was created in response to “the widely acknowledged needs of women sleeping rough in central London,” said Mr Baker.

He added: “While it is not difficult to make a case for the need for such services – women are often literally and metaphorically elbowed out of the way in many services for homeless people. It is therefore more of a challenge actually to develop appropriate specialist provision.”

Women volunteers from the Simon Community form the core of the group and homeless women are invited to join on an equal basis.

Duncan Shrubsole, Director of Policy and External Affairs at Crisis, said: “Our research has proven that homeless women are particularly vulnerable and face different challenges to homeless men.

“One of the key recommendations that came out of this research was that there should be more specialist provision for homeless

women. We therefore welcome a new service opening in Westminster to help them off the streets and hopefully on to a better life.”

The Simon Community has a founding principle of not accepting government funding, which Mr Baker said makes them free to offer a “different approach to other more outcome-orientated services.”

He added: “In the initial stage we are hoping to attract a group of women for whom we can simply provide a place of safety where they can relax.

“As they get to know the volunteers they will be able to explore their wants, needs and options without pressure. We hope to be able to provide an alternative to the target and process driven approach which has not always proved to be successful with this group.”

Janet Haddington, the Head of Rough Sleeping Commissioning Strategy at Westminster City Council, added: “Women who live on the streets are under-represented in the general rough sleeping population in Westminster.

“However, they are over-represented in the group of rough sleepers who have been living on the streets the longest. This is a real cause for concern because their health, both physical and mental, deteriorates rapidly with age and we are desperate to find new and creative ways of assisting them off the streets and into accommodation that would be tailored to their needs.

“The Project introduced by the Simon Community is innovative and welcomed. We will assist and support the Project in whatever ways are considered helpful to securing the desired outcomes which is to end the need

for any women to feel their only option is to live on the streets.”

The group held its first meeting at the end of July, which saw the project get off to a “really good start,” said Mr Baker.

One woman attendee said it was the first time in eight months that she had been able to spend time in a women only space.

Miranda Keast, Soup Run Outreach Worker at The Passage, said: “I think the Simon Community's new women's group is a fantastic development. It's an excellent example of how partnership working and sharing of resources can produce a new initiative that meets a genuine need and I am confident that many vulnerable people will benefit from it.”

Jeremy Swain, Chief Executive of Thames Reach, added: “This is an exciting new initiative that the Simon Community has embarked on to meet the needs of homeless women.

“It is especially impressive that the Simon Community is able to engage with particularly vulnerable and complex women who have often had difficulty engaging with other services.

“The safe, supportive environment offered is a far cry from the harshness of life on the street and I wish the Simon Community every success in helping women rough sleepers escape the tribulations of homelessness for good.”

If you have any questions or would like further information about the group, please contact: **women@simoncommunity.org.uk** or phone Rosie on **0207 485 6639**.

*Rebecca Evans*



## Kevin Holehan

Age at disappearance: 48

Kevin has been missing from South East London, since 10 March 2010.

There is great concern for Kevin as his disappearance is out of character & he is urged to call our confidential service **Message Home** on **Freefone 0800 700 740** or **text 80234** for advice and support.

Kevin is 5ft 7in, of medium build and has blue eyes and light brown hair or possibly shaven head.

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

**missing  
people**

Registered Charity No. 1029418

# The names

## *Annual service remembers homeless*

The church of St Martin-in-the-Fields was the venue for London's annual service to commemorate those homeless who had died in the capital during the last year.

The moving service (pictured opposite) on 10 November was lead by Reverend Richard Carter of St Martin-in-the-Fields with readings from representatives from several organizations. Music was provided by The Choir with No Name and Streetwise Opera.

146 names were read out in this years service: Allan Ross, A. Czarnolecki, Andrew Duncan, Andrezej Moskal, Andrzej Czarnolecki, Andy Howarth, Anthony Barnett, Anthony Bates, Anthony Quine, Aziz Badr, Barry Townsend, Bernard Jordan, Bertie Lazere, Brian Sears, Brian Wells, Carmen Hudson, Caroline Miller, Charles Mbanugo, Charlie Begley, Charlie Garrad, Christopher Collie, Colin Bowles, Colin Jones, Constance Gilbert, Damien Whyte, Daniel Foster, Darren Durbridge, David Hannington, Dominick McGinley, Dusan Soltes, Edward Feely, Edward O'Donnell, Eileen Cole, Emile Marciny, Franco Tudisco, Frank Wilmot, Fuaad Kulle, Garry Burton, Garry Rawlings, George Fairburn, George Noskov, George Robertson, Gerald Raymond Mimant, Gerald Robinson, Gerry Gault, Gordon Cooper, Graham Mills, Harry Hogben, Hassan Khan, Henry Bondarenko, Ian St James, Irene Littler, Jackie Jones, James Jones, James Wagner, Jane Dixey, Jane Howard, Jason Hicks, Jeremy York, John Buist, John Collins, John Hickey, John Wotton, Joseph Matthews, Josephine Morrissey, Jozef Valo, Justin Burton, Karen Siviter, Karim Amekran, Keith Doran, Kelson Agar, Kenneth Suominen, Kevin Castle, Kevin Conway, Kevin Peart, Kevin

West, Kryzysstof Krol, Kumar Patel, Lee Tidy, Liton Miah, Louise Coffee, Luis Lopes, Lyndsey Brown, Madge Caro, Maria Maio, Marice Sydney Taylor, Mark Kerwin, Marquesse Andreaux- Xavier, Matthew Pycroft, Maurice Stovell, Mehmet Kondje, Michael Farrell, Michael Mansfield, Michael McShane, Michael Murphey, Michael Wilkinson, Mieczyslaw Dymny, Mitta Beard (volunteer), Mohammed Tariq, Narindar Singh, Noel Abeyratne, Noel Long, Norman Walker, Omar Abdilahi, Orhan Kartar, Oscar Lazurka, Ozell Buntin, Pandi Parirenyatwa, Patricia Anderson, Patricia Boylan, Patrick Kiely, Paul Richardson, Peter Ambrose, Peter Belasse, Peter Jackson, Raimonds Pavlovs, Rami Morakinyo, Ricardas Sireika, Richard Merritt, Richard Sutcliffe, Robert Williamson O'Brien, Roxanne Johnso, Saafel-Bel Hadj-Meftah, Sadik Miah, Sandy Braun, Sashana Roberts, Simon McAndrew, Stanislaw Diller, Stephen Merchant, Stephen Sargeant, Stephen Smith, Steve (George) Crooks, Taffy Owen, Terry Chappell, Terry Foster, Terry Nabdoo, Thomas Corley, Thomas Fallon, Thomas McArthur, Thomas Neitze, Thomas Newbold, Thomas Norvilas, Tim Leach, Tony Quine, William Duncan, Wladek Krupa

## *Staff*







# 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 ★



*"Thank you, I won't let it change me"*

# News in brief

*The homeless news from across the planet*

## Homeless men convicted of murdering fellow rough sleeper

Two men have been found guilty of murdering a homeless man in Swansea in January.

Brothers Darren Rigdon, 34, and Christopher Hart, 38, were sentenced to a minimum of 16 years and 75 days by Swansea Crown Court.

David Williams, 26, died from injuries caused to his face and head, and also alcohol toxicity. Blood was found on the trainers of the two brothers, who were said to have punched, kicked and stamped on Williams.

They were sentenced by Judge Nicholas Cooke, QC, who stated: "You have been found guilty of the offence of murder. Entirely correctly the law draws no distinction between a millionaire in his mansion and a rough sleeper on the street."

Although the attack was not found to be pre-meditated, a possible motive put by the prosecution was that the deceased called one of the brothers a "nonce" whilst they were in the same hostel in January.

Part of the conditions of their sentence is that they not be released until the parole board are satisfied that they will not return to their previous lifestyles, both already having convictions.

Judge Cooke ended by stressing the importance of organisations that are there for homeless people, specifically those in the case, including the YMCA, Dinas Fechan, Sisters of Mercy, Zac's Place and Cyrenians.

## Gearing up for winter weather warnings

No severe weather warnings have been issued by the Met Office at time of going to press, but if we do see worsen weather, readers can expect the Severe Weather Emergency Protocol (SWEP) to be enforced by local authorities.

Homeless Link, who produce the guidance to local authorities on SWEP, state "every local authority should have a severe weather emergency protocol (SWEP) that kicks in when the temperature is forecast to drop to zero degrees (or below) for three consecutive nights." This requires councils and organizations to provide shelter on the first night of the forecast.

Despite the requirement for SWEP to be implemented if three freezing nights are forecast, in their guidance, Homeless Link stress this "is the absolute minimum requirement." For example, in their local guidance on SWEP Solihull Council state "cold or severe weather are defined as any time during which the night time temperature is predicted to reach zero degrees Celsius or below for one night."

Similarly, the guidance from Homeless Link makes it clear that the aim is to preserve lives, and so temperature is not the only consideration. Factors such as heaving snow and wind chill factor should be monitored.

Let's hope it's not needed, but if it is, take full advantage of the shelter.

*Staff*

## Not enough shelters for rising numbers of rough sleepers

Outreach workers across Britain are seeing a rise in the number of rough sleepers, according to a new report by homeless charity St Mungo's. Three out of five outreach workers surveyed by the charity reported increased numbers of rough sleepers in their area, while over 70 per cent said they did not believe that there was enough emergency accommodation for homeless people.

The report, *Battered, Broken, Bereft – Why People Still End up Rough Sleeping*, is the first ever survey of outreach workers across England. St Mungo's also spoke to 1,500 of its clients, to try and identify the causes of homelessness. The biggest contributing factor was found to be relationship breakdown, with nearly half of the men surveyed saying it triggered their homelessness. Domestic violence was the main cause for women finding themselves on the streets, with over a third of women saying they had become homeless after escaping an abusive relationship.

St Mungo's Chief Executive, Charles Fraser, blamed government cuts for both the rise in rough sleepers and the decline in services to help the homeless. "As services close, or thresholds for accessing support are raised, some vulnerable people are being left with nowhere to turn with devastating effect," he said. "These cuts are proving too costly, both in human terms and in the very real costs of supporting people's recovery from the trauma of rough sleeping."

*Emma Batrick*

# 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

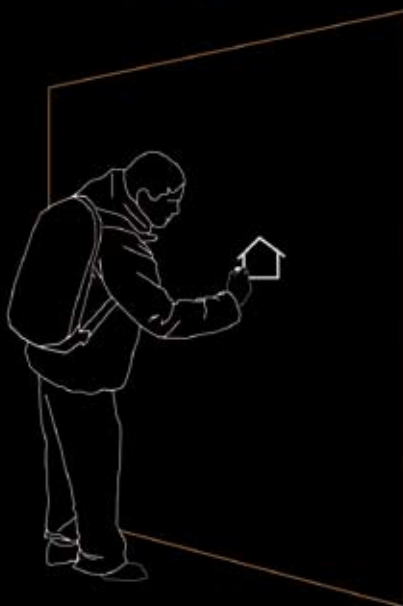


you'll get moved on here

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.

Jeremy Paxman, *BBC's Newsnight* presenter, wrote in the report's foreword that: "All these problems are aggravated by the current economic crisis. But what shines through from these accounts is the resilience and sheer determination of people to survive. It takes courage of an order that most of us will never have to display."

*Jim O'Reilly*

## Crisis day centre opens in Oxford

This month saw the UK's sixth Crisis Skylight centre open its doors to the homeless.

The impressive building - formerly a fire station - on George Street Oxford, has undergone a £3.5m transformation into a Crisis Skylight education and training centre for the homeless.

The Crisis centre, known locally as The Old Firestation, provides services for homeless people seeking employment and also offers one-to-one counselling.

There is also on-site cafe open to the public, which is staffed by homeless people, providing them with a meaningful way to use their time as well as valuable work experience.

One rough sleeper in the city said: "This will make such a difference to people in Oxford. It will get people off the streets and give them something to think about other than how awful their lives are."

"It's hard. It's hard to find a job if you've not got a fixed address or have committed a crime because no one wants someone who's unstable."

The building is also home to Arts at the Old Fire Station, an independent charity which will provide dance, art, theatre and music workshops. It houses an art shop, gallery, theatre and dance studio, and the two charities hope

to collaborate on some projects.

The opening of the Skylight centre is welcomed by Oxford's homeless, especially because cuts have forced other services in the city to close.

Crisis UK chief executive Leslie Morphy told *The Pavement*: "As the economic downturn continues to bite and austerity measures mean cuts to homelessness services, the work of Crisis is ever more important - particularly as homelessness is now on the rise again."

"Our supporters continue to be incredibly generous even in these difficult times, and so our plans to expand have been able to continue. We're lucky that we don't have to depend on statutory funding sources to do so."

*Staff*

## Homeless hotel

An American entrepreneur is planning to open a luxury hotel in central London staffed by the homeless. Kurt Bredenbeck, a former city banker who founded the fashionable Hoxton Hotel, wants his new venture in Shoreditch to be run by 50 homeless people, recruited through the homeless charity Crisis.

The scheme aims to train applicants over six to nine months, after which they will either be offered full-time work at the hotel, or use their new skills to find a job elsewhere in the industry. Trainees will be paid while learning key skills like good timekeeping, customer service and presentation, as well as specific hospitality jobs like laundry and cleaning.

Bredenbeck was inspired to set up the scheme after volunteering in a homeless shelter in Islington. "We will aim for everyone who goes through our scheme to go on to get a job in the hotel industry," he said. "Our aim is to give not only vocational skills and work

experience, but also the confidence necessary to enable people to achieve long-term employment."

The new recruits are not just being employed as free labour - as well as receiving formal qualifications, all trainees will be paid a full-time wage.

The hotel has not yet been built, but after getting the green light from Hackney council, and is expected to open in 2013. Although the venture is set to be expensive, Bredenbeck is in a good position to launch the project, who is currently in the process of selling his stake in the Hoxton Hotel for around £70m.

The plan has drawn comparisons with TV chef Jamie Oliver's restaurant and social enterprise, Fifteen, which trains young unemployed people for a career in the food business. Crisis' Chief Executive, Lesley Morphy, believes that the scheme could play a key role in helping fight homelessness in the capital. "Partnerships such as this are vital to eradicating the scandal of homelessness," he said.

*Jim O'Reilly*

## Channel 4 tackles UK's empty homes

Two rough sleepers are being given the chance to renovate and move into a house which had been sitting empty for years as part of a television programme which will be shown on *Channel 4* this December.

The programme - part of a *Channel 4* season looking at the problem of empty homes in the UK - will show TV presenter Phil Spencer meeting two men who have found it difficult to get off the streets due to a shortage of one-bedroom accommodation. Spencer will contact owners of long-term empty houses, and try to persuade them to allow their properties to be done up

and rented to the homeless.

Further programmes in the series will highlight the fact that a million houses are lying empty across the UK at a time of severe housing shortage, and will call on the public to get involved in a campaign to persuade government and local councils to make it easier to bring houses back into use.

Spencer said: "I've seen just how hard life becomes if you're living on the streets or don't have a permanent home. It seems scandalous that we are letting thousands of empty properties go to waste when they could be used to help people back on their feet and give them somewhere secure to live."

*Katharine Hibbert*

## Protest camp is food source for rough sleepers

Traditionally, political protests might see placard-waving marchers on a street raising awareness of issues that were close to their hearts. These days, protestors are more likely to set up permanent camps in a local park to get their point across. Rough sleepers in the City of London are now sharing the streets with permanent protestors who are camped at St Pauls Cathedral and Finsbury Square (pictured opposite), and some homeless folk have joined the Occupy movement, finding in it a place of shelter.

Ace, 45, had been sleeping rough for 25 years after leaving the armed forces in his twenties. Ace moved up and down the country, staying on the streets or in shelters and occasionally getting casual work. He recently moved into the Finsbury Square protest camp where he has set up a free bike repair shop.

"Moving here to Finsbury Square and taking part in this protest is the first step for me, for a better life. I had been sent to a hostel

before, down in Waterloo. It was infested with fleas, it stank and it was full of pretty strange people, I couldn't stay there," he said.

"I turned up down at St Paul's, they gave me a tent and a blanket and then I came up here to Finsbury Square," said Ace, who is taking part in the protest for his son, Danny, who is five.

"I want my son to get a good education and not to get messed up by the same system that I had to deal with. The guys in the information tent even got in touch with Danny's mum on the email and she sent me a video of him. I cried for hours," he said.

Ace used to work in a bike shop in Brixton before he joined the army. Using the skills he learned years ago, he has been fixing bikes for the public and also sprucing up donated broken bikes to sell. He runs solely on donations and gives half of what he earns to the Occupy movement.

"I used to drink nine litres of cider a day, but these days I only drink four cans of beer. You need a steady hand to fix bikes," he added.

Despite being a little more protected by the community within the camp, the dangers of sleeping rough are still evident. Ace said he has had three bikes stolen so far, and drunken passers-by have urinated on his tent.

And not every new arrival makes him or herself useful to the protest community. Rough sleepers, some with serious drink and drug problems, have arrived at the camp. Protestors decided that a "homeless representative" might better engage with the new arrivals and help to enforce the no drink/drugs policy that runs on both sites. Ace happily accepted the role.

"Everyone is welcome at the camp, as long as you don't bring drink or drugs here. I have cycled around Old Street looking for rough sleepers to tell them to come along and have a cup of

coffee or some soup. I remember what it was like," he said.

At St Paul's, the huge camp kitchen provides breakfast, lunch and dinner, as well as hot and cold drinks throughout the day. Everyone is fed. Bear, a protestor who has been here since the start, set up the camp kitchen, which has grown from a small stove and a tent, to a marquee that feeds hundreds every day.

"If people want to come here and help and get involved, we welcome them with open arms. There is a strict no drink or drugs policy though and we demand that everyone respects each other and themselves," he said.

"We had to start closing the kitchens after midnight because it started to get a bit rowdy," he added.

Justin, 40, a saxophone-playing protestor who, at the time of writing, has been at St Paul's for two weeks, says that homeless people support the protest more than anyone else.

"I met a guy from Liverpool who had just come back from Afghanistan. His wife had left him and his house was repossessed. He couldn't find work in this recession. He came down here and found a purpose, a place to give a voice to the anger he feels at the system that's let him down. I've also met guys as young as 18 with no place to go but who just want to help," he said.

The Occupy movement has called out to charities and welfare organisations to help them support the influx of vulnerable people arriving at tent city. A welfare tent has been set up at the St Pauls site where reflexology, counselling and massages are offered. There is talk of alcohol and drug workshops running soon.

Charities appear to be against the idea of providing support services at St Paul's. Petra Silva, director of No Second Night Out,





*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/thepavement](http://www.justgiving.com/thepavement)

a charity working on picking up rough sleepers new to the streets of London, spoke of the protestor's plans to *Inside Housing*: "While they have a well-intentioned, political point of view, they are probably not even thinking about how that will affect, or get in the way of, the City of London getting people off the streets."

Ronan, a protestor who helped set up the welfare tent, argues that it's a crucial part of the camp: "People need support. For a lot of people, the camp here represents hope. There is a lot of "activist burnout" and a welfare tent helps to remedy that. It's not a duplicating service, we're not trying to compete with charities and professionals, but on the campsite it is needed. It's a listening service above anything," he said.

The debate here in the UK appears more flexible than that in the States. In New York, kitchen workers at the Occupy Wall Street movement revolted and refused to provide food for three hours in protest against feeding the city's homeless. In another Occupy camp in Burlington, Vermont, rumours circulated that homeless people were being referred on to the camp by service organisations, although the services denied the accusations. Authorities have now moved in and forcibly removed the Occupy camps, sparking nationwide revolts and mass arrests.

Perhaps buoyed by the apparent success of their American counterparts to remove the camps, London authorities served notice on the Occupy movement at St Pauls to leave the site by 17 November. The deadline passed and protestors have vowed to fight the eviction through the courts.

The fate of the Occupy movement in the UK is unclear. It is also unclear where the homeless will go if the camps are cleared. When the lines of distinction between street sleeper and political protestor are

becoming ever more blurred, and while protest movements can set up camp in public places without being moved on and provide food, shelter, community spirit and a sympathetic ear, the alliance between homeless people and demonstrators looks set to continue.

The legal battle to evict the protest camp outside St Paul's Cathedral will begin on 19 December.

*Liza Edwards*

## Strike called off

Staff at youth homelessness charity Centrepoint called off a series of strikes planned for November after agreeing to a new offer on pay and working conditions.

The charity is restructuring its services after losing funding from local authorities. Planned pay cuts and longer hours for staff had resulted in an increasingly bitter seven-month dispute.

Unite, the union which represents 88 of the charity's 212 staff, had scheduled three days of strikes against Centrepoint's original offer to staff, which included 34 redundancies, an increase in the working week to 40 hours, and salary cuts of up to 36 per cent for some staff.

However, under a new agreement brokered by conciliation body ACAS, the charity has committed to no compulsory redundancies, a cap on salary cuts of five per cent for the next 15 months, rising to no more than 10 per cent after that, and leaving the working week at 37.5 hours. This offer was accepted by the union, which cancelled the strikes.

Centrepoint Chief Executive, Seyi Obakin, said: "We regret the need to restructure but are pleased to have reached an agreement with Unite and its members. We can now ensure the long-term existence of Centrepoint and continue to

help homeless young people."

Matt Smith, Unite regional officer, said: "We are pleased that Centrepoint's management listened to Unite and stepped back from the brink.

"At our members' union meeting, we received overwhelming support for the recommended offer. We believe this was the best deal possible we could have achieved for our members working for this iconic charity," he said.

*Katharine Hibbert*

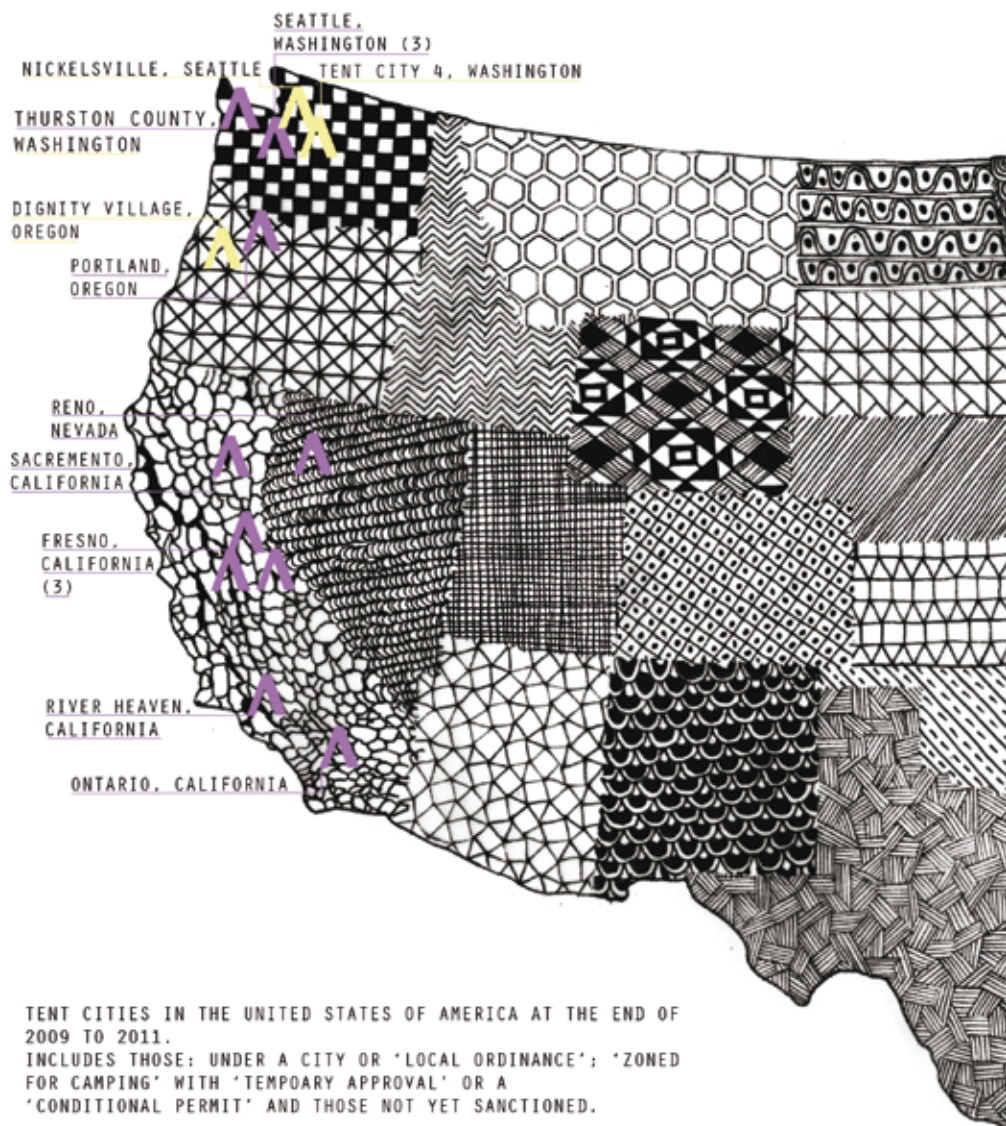
## Tent Cities Update

While the world's media is busy focusing on the so-called Tent Cities of the Occupy movement, the Tent Cities of America's homeless communities continue to come and go mostly unnoticed. Often forced into frequent location changes to comply with planning and housing laws, with the economical situation worsening, these tent cities remain a lifeline to many.

At the time of writing, the only three "sanctioned" tent cities, other than Oregon's Dignity Village, are Pinellas Hope in Clearwater Florida, Nickelsville in Seattle, and Tent City 4 in Issaquah Washington. These Tent Cities (see over the page) in Florida and Washington have continued, against the odds, to provide housing to hundreds of people with nowhere else to go.

Celebrating its fifth birthday at the beginning of this month, Florida's Pinellas Hope has shown impressive staying power. The 20 acre site provides a safe place to sleep as well as ongoing support for over 250 men and women. The community suffered a setback earlier this year when 100 of the tents were severely damaged by storms, but thanks to fundraising by the Catholic Charities who help run the site, most of this damage has since been repaired.

# TENT CITIES IN THE UNITED STATES

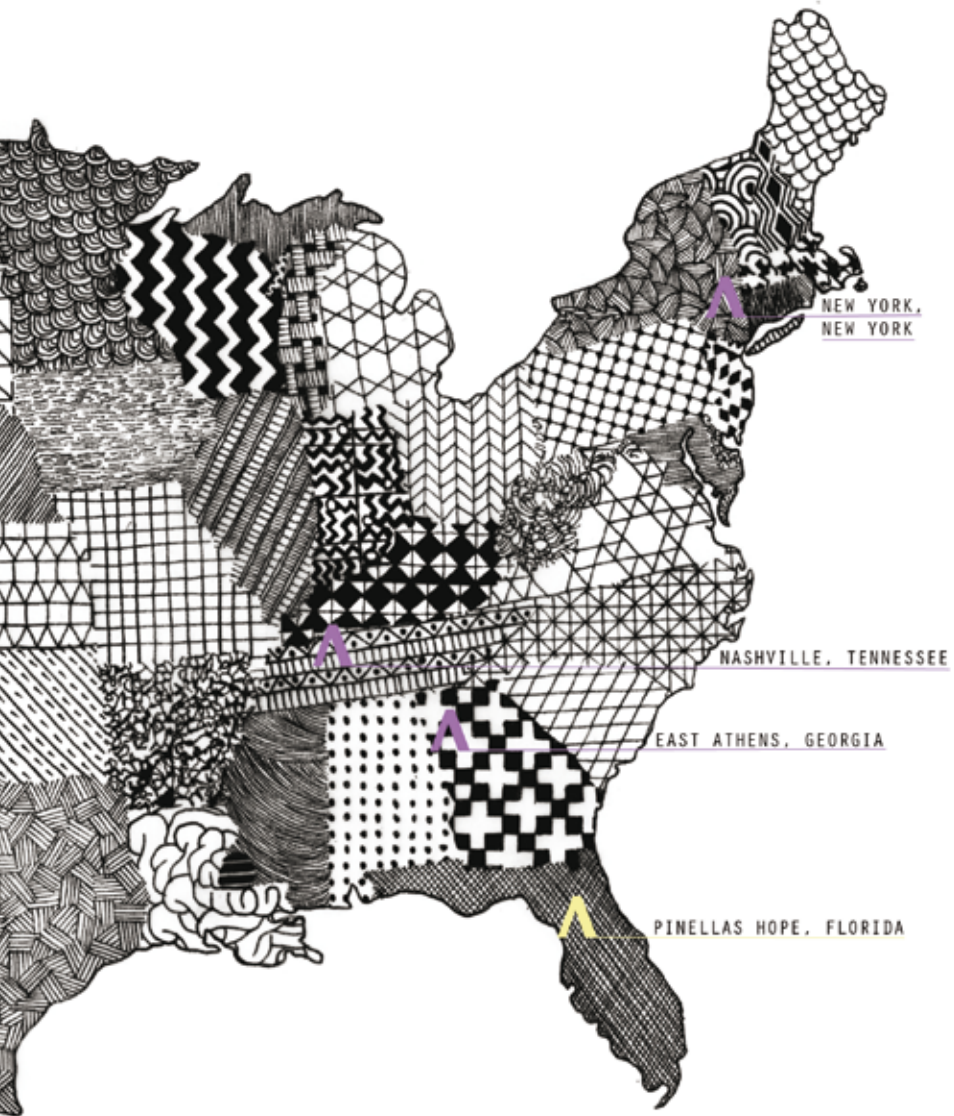


KEY:

-  EXISTING TENT CITIES
-  CLOSED TENT CITIES



# UNITED STATES OF AMERICA



There was better news for Pinellas Hope residents in October, when employees from 11 local Home Depot department stores spent a day at the site. The volunteers helped to build platforms under the tents and a communal gazebo. The company also donated much needed items to the camp, including portable heaters that are vital to residents in the winter months, despite the mild Florida climate.

In Seattle, there was even better news for the residents of the Nickelsville tent city, when new legislation came into effect allowing a permanent site for the community.

September's legislation means that the camp will no longer have to move around the city to comply with housing laws stating tent encampments must be temporary. The new legislation will allow tent cities to remain in location, if hosted by churches or faith groups, as long as basic health and safety requirements are met, indefinitely.

The law states: "The proposed legislation

offers a reasonable and effective means to temporarily address homelessness in the city".

Elsewhere in the state of Washington, the Tent City 4 community is currently in place at Issaquah's community church, where it is able to remain until January 2012. The camp remains a roving camp at present as it must still comply with the states laws on tent encampments and move every 90 days.

*Jo O'Reilly*

## Rough sleeper banned from churchyard

A London church whose churchyard has been used by rough sleepers for years has put up signs banning "loitering" on its property, and warning that the police will be called to deal with anyone who refuses to move on.

The church's vicar, Reverend Paul Turp - the inspiration for the character Reverend Adam

Smallbone in the hit BBC comedy series 'Rev', which is filmed in the church - said that the decision was made after a number of violent incidents in the churchyard, including one in which a homeless man was attacked with bricks.

Two signs, one in English (pictured below) and another in Polish, proclaim: 'Following several complaints Shoreditch Church gives notice that anybody found loitering in this area may be asked to move on. Failure to do so could result in a call to the police.'

"Any belongings left in this area will be disposed of as rubbish. Climbing into this area when the gates are locked is trespass." It is signed by the Church wardens.

Rev Turp said: 'It got to the point where people wouldn't come to the Church because it was too scary. We felt like we had lost control of the Church.'

"There were a lot of drug dealers in the gardens and in the summer we found needles all over the grass."

However, Rev Turp expressed sadness that recent press reports had assumed that the trouble

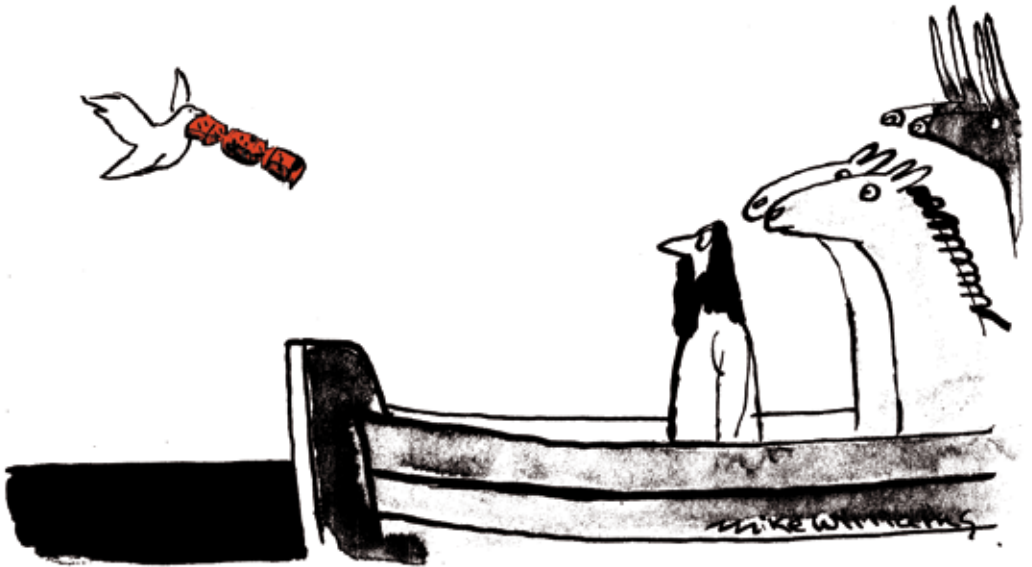
had been caused by homeless people, saying: "Of the 17 regular people on our steps, only two were homeless and we offered accommodation to them. The rest had homes; the problem is drink and drugs."

He added: "We provide for hot meal every Monday of the year as well as running residential units and a drop in. The work for homeless and deprived people has been greatly damaged by the uncontrolled violence and drug abuse."

*Katharine Hibbert*







# STREET SHIELD

EPISODE 26

HAVE A  
SUPER  
CHRISTMAS!

KERBSIDE CHURCH'S  
WINTER NIGHT SHELTER

...IT'S JUST THAT HE  
USUALLY LETS US KNOW  
WHERE HE'S GONE.

DO YOU THINK HE'S  
IN TROUBLE?

WELL, IT IS A  
BUSY TIME, ESPECIALLY  
FOR THE CHURCH...

...AND TO TAKE  
YOU FROM YOUR  
TROUBLES,  
MIGHT I ASK FOR  
YOUR HELP?

IT'S TIME FOR  
A DELIVERY TO RESTOCK  
THE KITCHEN.

WE'VE MORE  
STAYING THIS YEAR,  
SO WE'VE HAD TO  
GET IN MORE  
SUPPLIES.

OUTSIDE...

AH, HERE  
HE COMES  
NOW!



# Health and wellbeing

*The Pavement's health team aim to help keep you healthier, if not happier*



## Sox in the City this Christmas

Treat your feet this winter: don't hang up your Christmas stockings – wear them!

Cold weather is hard on hands and feet. Dry, clean socks are the simplest way to help prevent blisters and other skin irritations.

Always keep your feet warm and dry. If they're cold, the most natural thing is to warm them next to a fire or heater, but this overloads the circulation and causes severe pain and damage if you do this too quickly. Two pairs of dry socks

help insulate the skin. Many people wear thin cotton socks next to the skin, with thicker woollen socks on top, to trap air. The air heats to body temperature and insulates the skin, keeping the feet cosy. Air your socks regularly to let the sweat dry. Carry a spare pair.

New technology means socks not only keep feet warm, but they can also have antibacterial and antifungal properties. Despite these advances, socks can still irritate some people's skin, usually because chemicals used in making the socks cause a form of contact dermatitis, generally on the tops of the foot and toes but also on the sole of the foot, the legs, and the sides of the feet and heels. (The area between the toes is rarely affected.) Long-term exposure can make the skin thick, red and scaly. You often get inflammation, with swelling, burning and itchiness; and blisters and cracks (fissuring) often lead to secondary infection. You can treat itching and infection with medicated creams.

Routine foot hygiene should consist of daily washing and inspection. Use hand-hot water with soap, but do not steep the feet in very hot water, as this causes them to collapse. Use a mirror to check your heels, the sole of your feet and between the toes for cracks and sores. Hand creams moisturise the skin, and gentle rubbing stimulates the circulation and makes you feeling you're walking on air. If you discover any cuts, treat them with antiseptics and cover them with a clean dressing. Report unhealed wounds to the doctor or nurse. Untreated infections (especially in people with poor circulations or compromised immune systems) can quickly develop into life-threat-

ening and debilitating illnesses, often with serious consequences.

Regular washing removes the bacteria that cause smelly feet, and a light powder of baby talc will help absorb normal sweat. If you suffer from sweaty feet, ask chemist for medicated powder to sprinkle on your socks and into your shoes overnight.

Have a safe, happy and warm Christmas.

*Footnote:* This winter keep warm and hydrated by drinking plenty liquids (e.g. weak tea, coffee or water). Keep the body warm by wearing layers of clothing, but try not to get overheated – it makes you sweat more (which can lead to dehydration) and make the skin feel colder (which can trigger hypothermia and frostbite). The signs of hypothermia include slurred speech, changes in vision, loss of concentration, and numbness in the hands and feet. Uncontrollable shaking and loss of colour in hands or face are also common. These symptoms come on suddenly – don't ignore them. If you think you or others are suffering early hypothermia, go somewhere warm immediately.

*Toe Slayer*  
Registered podiatrist  
and Shoe Historian



## Fighting the cold

Winter weather can be pretty but it can also bring extra health problems for all of us. If you're sleeping outdoors, there are a few things you should think about to help take care of your health. The past two winters have been really harsh and when it gets extremely cold outside, it's time to make plans to get indoors if at all possible.

Most surgeries begin flu vaccination in the autumn. Have you had your jab yet? If not, get down to your GP or clinic. Vaccination is free to people who are at extra risk, and it helps protect you from the season's most common strains. Flu can be serious; its symptoms include a sore throat, coughing, sneezing, aches and pains, nausea and feeling generally unwell. Healthy people don't generally need to see a doctor – drinking plenty of fluids and taking paracetamol or ibuprofen is all you need. However, if you are sleep-

ing outdoors or have another medical condition, you should seek medical advice from NHS Direct online or your local surgery. If your symptoms don't clear up within a few days, or if you feel extremely unwell, see your GP.

SAD (Seasonal Affective Disorder) usually begins as the nights get longer. Experts think it has something to do with getting less daylight. Its symptoms and include putting on weight, sleeping more and feeling generally down. If you find yourself becoming depressed or extra sad for no obvious reason, go to your GP. Depression is a real illness and can be treated. If you are diagnosed with depression (seasonal or other), the most common treatments are anti-depressant medication or "talking treatments" such as Cognitive Behavioural Therapy.

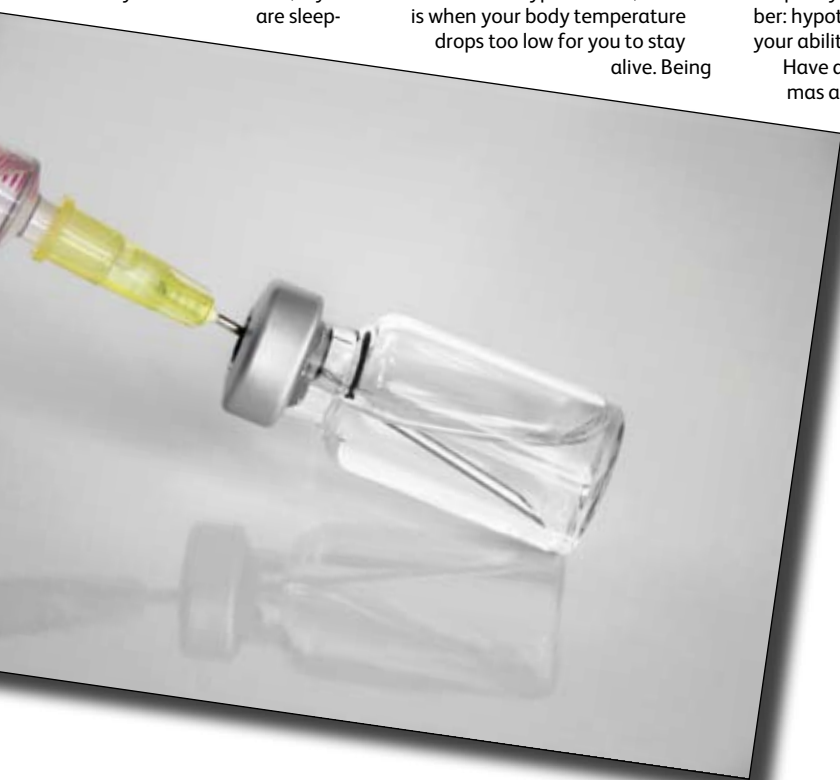
Try not to be alone over the winter. Extreme cold brings with it the risk of hypothermia, which is when your body temperature drops too low for you to stay alive. Being

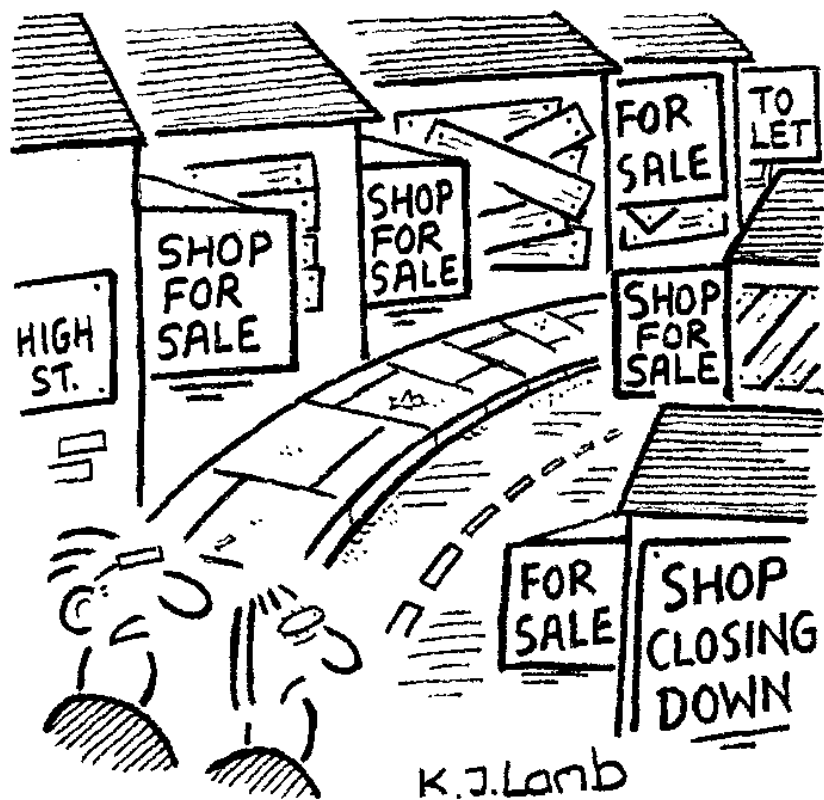
with someone else means you can look out for its early signs in each other – shivering is an obvious one. Look out for the "umbles": stumbles, fumbles, mumbles and grumbles. Hypothermia slows you down, and the first symptoms may be a lack of co-ordination, flatness, don't care attitude or drowsiness.

If the temperature drops below freezing, do everything you can to get indoors. Drinking outdoors is risky, as alcohol dilates blood vessels and makes you less aware of how cold it is. Being dehydrated increases your risk of hypothermia, so try to drink a litre of tap water every day. Keep your head covered, as most body heat is lost through the head. Layer your clothes and try to stay dry – wet clothes are a contributing factor to developing hypothermia. Most important of all, if you think you or someone you are with has hypothermia, get them indoors and get medical help as quickly as possible. Remember: hypothermia can impair your ability to make decisions.

Have a good Christmas and keep well.

*Susie Rathie*  
The Pavement's nurse





*"I see the sales are on"*



## WEBSITES

**Help for Depression**  
A comprehensive explanation of the various approaches and treatments for depression  
[www.helpfordepression.com](http://www.helpfordepression.com)  
MH  
Updated at least annually  
[www.homelessnesslondon.org](http://www.homelessnesslondon.org)

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

**Sock Book**  
[sockbook.referrata.com](http://sockbook.referrata.com)

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

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

**Central London Samaritans**  
46 Marshall Street, W1F 9BF  
020 7734 2800  
Daily (face-to-face at office): 9am-9pm; Helpline 24 hours  
Confidential, non-judgemental emotional support for those experiencing distress or despair, including those which could lead to suicide  
[www.samaritans.org/cis](http://www.samaritans.org/cis)  
C, MH

**Quaker Mobile Library**  
Every second Mon, 11.30am at Manana Centre, Berrondsey (every fortnight); Every other Tue: 7pm, Lincoln's Inn Fields; Sat: 9.45am, The Connection at St Martins; 11am, The Passage; 2-4pm St Giles Church, WC2 8LG

**Stonewall Housing**  
Housing advice for LGBT people of all ages  
020 7359 5767 (advice line)  
[www.stonewallhousing.org](http://www.stonewallhousing.org)  
**TELEPHONE SERVICES**  
Temporarily removed to make space for **Seasonal Shelters**

area for women); self-referral; On a first come first served basis, must phone first; dry

**Westminster Churches Winter Shelter (WCWS)**

Various Venues  
0207 569 5900  
01 Dec 11 - 31 Mar 12: 6.30pm - 8am: last admission 8pm  
Referral only from WLD, 134 Seymour Place, W1H 1NT  
18+ mixed; Beds for 15 (separate area for women); no smoking; no pets; dry  
[wcwshester@gmail.com](mailto:wcwshester@gmail.com)

## SPECIALIST SERVICES

**The Albert Kennedy Trust**  
Unit 203 Hatton Square Business Centre, 16/16a Baldwins Gardens, EC1N 7RJ  
020 7831 6562  
Mon-Fri: 10am-4.30pm  
Works with LGBT people 16-25, facing mistreatment or homelessness  
[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: 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.

**Hospital**  
Blue Cross Victoria, 1 - 5 Hugh Street, SW1V 1QQ, 020 7932 2370  
Blue Cross Hammersmith, Argyle Place, King Street, W6

**Bromley – 5000 Project**  
 Various Churches  
 contact Bromley United Reform Church, 20 Widmore Road, BR1 1RY  
 020 8466 0257 (10am - 3pm) or 07879 00823  
 05 Dec 11 - 28 Feb 12: 7pm - 8am (last booking in 6pm)  
 Agency or self-referral: Age 18+; mixed: Beds for 12;  
 Dry; no smoking inside  
 Priority to local connections, verified rough sleepers, and A10s willing to talk to Thames Reach about 'reconnection'  
[www.bromleyurc.org.uk/5000\\_project](http://www.bromleyurc.org.uk/5000_project)

**C4WS Homeless Project (Camden)**  
 Various Churches  
 07715 507970

02 Nov 11 - 01 Mar 12 (except closed 23 Dec - 30 Dec 10): 7.30pm-8.30am. Entry 7.30-8pm, Age 18+ mixed: Beds for 15 (separate area for women); Camden agency referral; phone ahead  
[www.c4wshomelessproject.org](http://www.c4wshomelessproject.org)

**Caris Islington Churches Cold Weather Shelters**

Various Churches  
 07913 020738  
 01 Jan - 31 Mar 12: 7.30pm - 8.30am. Arrive before 8.30pm  
 Age 18+ mixed: Beds for 15 (separate area for women); Agency or self-referral; phone ahead  
[www.carisisslington.org](http://www.carisisslington.org)

**Crisis Christmas**

Various colleges in Bermond-smith & Stratford. Other rough women residential centres. sleepers, quiet, dependency and (opens) 12noon on 23 and closes after breakfast 30 Dec)  
 Age 18+ mixed (except womens centre), Dry  
 Details of pick up points from our site or [www.crisis.org.uk](http://www.crisis.org.uk)

**Croydon Churches Floating Shelter**

Various Churches  
 07860 270 278  
 Mobile switched off if no vacancies  
 01 Nov 11 - 31 Mar 12:

**Faling Churches Winter**

**Night Shelter**  
 Various Churches  
 Running a service from 03 Jan  
 Dry; no smoking inside  
 Priority to local connections, verified rough sleepers, and A10s willing to talk to Thames Reach about 'reconnection'

**Growth - Tower Hamlets**

Various Churches  
 14 Nov 11 - 16 Mar 12 (except closed 23 - 30 Dec 11)  
 Referral only from Tower Hamlet based agencies - no self-referral  
[www.thisisgrowth.org](http://www.thisisgrowth.org)

**Hackney Winter Night Shelter**

Various Churches  
 Booking essential: 07549 043 728  
 01 Jan - 31 Mar 12: 8pm-8am (7pm on Sundays)  
 Age 18+ mixed: beds for 25 (screened area for women's beds)  
 Last admission 8.30pm  
 Agency or self-referral: dry  
 The shelter is part of Hackney Doorways, which exists to serve the homeless in Hackney.  
[www.hwns.org.uk](http://www.hwns.org.uk)

**Haringey Churches Winter Shelter**

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

**Harrow – Firm Foundation**

**Winter Night Shelter**  
 07979 836403 (Tue - Sun: 9am - 5pm)  
 04 Jan - 28 Mar 12: 7pm - 7.30am  
 Age 18+; Men only; Beds for 10; Agency referral only; Dry;  
 No smoking inside; No pets;  
 Maximum stay four weeks

**West London Churches Winter Shelter**

Various Venues  
 0207 351 4948  
 01 Nov 11 - 1 Apr 12 (Kensing-ton & Chelsea); Second circuit running alongside from January (Hamersmith and Fulham);  
 8pm-7am; last admission 8pm  
 18+ mixed: Beds for 35 (separate

**Quaker Christmas Shelter**  
 Union Chapel, Compton Avenue, N1 2XD  
 07833 123155 (referral line)  
 23-30 Dec (not 24 hours):  
 7am - 12noon (breakfast  
 for up to 75); opening  
 again at 3pm (supper for up to 75  
 closes at 10pm except for those  
 referred to one of the 24 beds  
 (self-referrals are possible); Dry  
[www.kcch.org.uk/winter-night-shelters](http://www.kcch.org.uk/winter-night-shelters)

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**Kingsdon Churches**

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

**Winter**

**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

**Winners Chapel**  
King George's hostel: alternative Saturdays to Streetlyes

**SEASONAL SHELTERS**

**999 Club (Lambeth & Lewisham)**  
Running a winter service from 01 Dec, but very likely to be full with guests already known to them.

**Barnet Churches Winter Shelter**  
Various Churches and Synagogues  
01 Oct 11 - 31 Mar 12:  
7.30pm - 8.30am  
Doors close 10pm  
Age 18+ mixed: Beds for 15; Dry  
Contact Homeless Action in Barnet,  
36b Woodhouse Road, N12 0RG  
020 8446 8400  
Referral through HAB  
- no self referral.

**Brent - Route 18 Winter Shelter**  
Various Churches  
contact CHC Community Centre,  
60 Ashford Road, NW2 6TU  
020 8208 8590 (Mon - Thu: 9.30am - 4pm; Fri: 10.30am - 4pm)  
Dec 11 - Mar 12 (except closed 23 Dec 10): 7.30pm - 7.30am  
Agency or self-referral: Arrive before 8.30pm; Age 18+; mixed: Beds for 30; Dry; no smoking; Low support needs only; Priority to local connections, verified rough sleepers, and A10s willing to talk to Thames Reach about 'reconnection'

**www.route18.org.uk**

**Streetlyes**  
Tue: 6.30-9pm, King George's hostel, Victoria; Wed: 9pm; outreach on Bush Green, Shepherd's Bush; Thu: 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.streetlyes.org**

**Streetyes**  
Walking around with food  
Victoria area, Thurs - 8-10pm

**Steps of Faith**  
Tue & Thu: 7.30pm  
Lincoln's Inn Fields

**St Vincent De Paul**  
Sandwiches, drinks, cake and clothes the month: 9pm  
Second and last Wed of Lincoln's Inn Fields  
St Thomas of Canterbury  
of the month: 8.30pm  
First, third and fourth Tue  
Temple Station

**St Monica's Church**  
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 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  
Lincoln's Inn Fields  
Sun: 7pm

**Seventh Day Adventists**  
Lincoln's Inn Fields

**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 Lane 6.45am; Strand 7am; Southampton Road 7.30am; Grosvenor Gardens 8.30am; Soup Run: Wed & Thurs (8pm-10.30pm); St Pancras Church 8.15pm; Hinde Street

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

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

**Rhythms of Life International**  
Mon: 4.30-6pm; St Leonard's Church, Shoreditch High Street, E1 6JN; Tue-Sat: 2.30-4pm; Frampton Park Road, E9 7PQ  
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.

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

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

**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: 8-4.5pm; Catton Street (Nr. Holborn) & Lincoln's Inn Fields: 9pm; Temple: 9.30pm; Waterloo (St John's Church): 10.15pm

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

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

**Memorial Baptist Church Plaistow**  
 389-395 Barking Road, E13 8AL  
 020 7476 4133, Sat: 8am-12pm  
 Full English breakfast

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

**Muswell Hill Churches**  
 2 Dukas 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.

**First Steps**  
 King George's Hostel, 75 Great Peter Street  
 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).

**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  
 ing. Sat-Sun: 6.15pm onwards

**Lincoln's Inn Fields**  
 Mon-Fri: 7.15pm; Many vans with food and occasionally cloth-

**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)

**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

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

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

**Faith House (Salvation Army)**  
 11 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 bunch & 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 - Mount Street; Park Lane underpasses; Shepherds Market; Curzon Street

**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: 11am-

12.30pm; Mon-Fri: 2pm-4pm

For those sleeping out or in

hostels within the borough

A, BA, C, D, DT, FC, H, MH, MS, P, SH

**Dr Hickey's - Cardinal Hume**

Arneway St, SW1

020 7222 8593

Mon, Tues, Thurs & Fri:

10am-12.30pm & 2pm-4pm

Wed: 10am-12.30pm

A, BA, C, D, DT, H, MH, MS, P, SH

**Health E1, 9-11 Brick Lane, E1**

020 7247 0090

Mon-Thurs: 9.15am-1.30am

Friday: 10.30am-12.30pm;

Mon, Wed & Fri afternoons

- appointments only

For those sleeping out or in

hostels within the borough

**Islington Primary Care Service**

(IPCS)

ISIS North, 99 Seven

Sisters Road, N7 7QP

020 7561 5410

Mon - Wed, Fri: 10am

- 1pm; Thu: 2 - 5pm

For those who are home-

less 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

**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, Deptford,

Wed: 2 - 4pm; & Providence Row,

Victoria, Fri: 9.30 - 11.30am

MS, SH

**TB Find & Treat**

For advice and informa-

tion on tuberculosis

020 3447 9842

www.findandtreat.com

**TB screening van - MXU**

Information given as date,

time, location and post code.

Turn up at these locations:

Thu 01 Dec: 9-11.30am; The Lodge

Hotel, 16 Brooke Street, EC1N 7RB;

12.30-2.30pm; Equinox - Whitaker

Centre, 91 Tollington Way, N7 6RE

Fri 02 Dec: 12.30-2.30pm; St Igna-

tus Church, 27 High Road, N1 5ND

Sun 04 Dec: 1.15-4pm; Margins,

Upper Street, N1 2XD

Tue 06 Dec: 3-5.30pm; ICH

- Bethany House Hostel, 13

Lloyd Square, WC1X 9AR; 6.30-

7.45pm; The Manna Project

- St Stephens, River Place, 17

Canonbury Road, N1 2DF

Thu 08 Dec: 2-5pm; ISIS

Seven Sisters Road, N7 7QP

Fri 09 Dec: 1.30-4pm; IDASS North,

592 Holloway Road, N7 6LB

nb. MXU to park on Tollington Way

Mon 12 Dec: 10am-2pm; Home-

less Action In Barnet, 36B

Woodhouse Road, N12 0RG

Thu 15 Dec: 8.30-11.30am; Barry

House, 261 Barry Road, SE22 0JT

Vision Care Opticians

07792 960416

Mon & Thurs: 2 - 7.30pm

at Crisis Skylight; Wed: 9am

- 5pm at The Passage

Free sight tests and spectacles

**PERFORMING ARTS**

**Cardboard Citizens**

020 7247 7747

Variety of performing arts work-

shops held at Crisis Skylight

www.cardboardcitizens.org.uk

**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, Deptford,

Wed: 2 - 4pm; & Providence Row,

Victoria, Fri: 9.30 - 11.30am

MS, SH

**TB Find & Treat**

For advice and informa-

tion on tuberculosis

020 3447 9842

www.findandtreat.com

**TB screening van - MXU**

Information given as date,

time, location and post code.

Turn up at these locations:

Thu 01 Dec: 9-11.30am; The Lodge

Hotel, 16 Brooke Street, EC1N 7RB;

12.30-2.30pm; Equinox - Whitaker

Centre, 91 Tollington Way, N7 6RE

Fri 02 Dec: 12.30-2.30pm; St Igna-

tus Church, 27 High Road, N1 5ND

Sun 04 Dec: 1.15-4pm; Margins,

Upper Street, N1 2XD

Tue 06 Dec: 3-5.30pm; ICH

- Bethany House Hostel, 13

Lloyd Square, WC1X 9AR; 6.30-

7.45pm; The Manna Project

- St Stephens, River Place, 17

Canonbury Road, N1 2DF

Thu 08 Dec: 2-5pm; ISIS

Seven Sisters Road, N7 7QP

Fri 09 Dec: 1.30-4pm; IDASS North,

592 Holloway Road, N7 6LB

nb. MXU to park on Tollington Way

Mon 12 Dec: 10am-2pm; Home-

less Action In Barnet, 36B

Woodhouse Road, N12 0RG

Thu 15 Dec: 8.30-11.30am; Barry

House, 261 Barry Road, SE22 0JT

Vision Care Opticians

07792 960416

Mon & Thurs: 2 - 7.30pm

at Crisis Skylight; Wed: 9am

- 5pm at The Passage

Free sight tests and spectacles

**PERFORMING ARTS**

**Cardboard Citizens**

020 7247 7747

Variety of performing arts work-

shops held at Crisis Skylight

www.cardboardcitizens.org.uk

**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

**Crisis Skylight**

66 Commercial St, E1

020 7426 5650

Mon-Fri: 2pm-8pm; Sat

& Sun: 11am-5pm

AC, ET, IT, MC, P, PA

Workshop programme from

www.crisis.org.uk

**SMART**

Art workshops and lec-

tures at various venues

020 7209 0029

Email: smartnetwork@llineone.net

**Streetwise Opera**

020 7495 3133

MC, PA

www.streetwiseopera.org

**SOUP KITCHENS & SOUP RUNS**

**Agape**

Waterloo Bridge, North Side

Wed: 8pm

Sandwiches, teas and coffees

**All Saints Church**

Carnegie St, N1 020 7837 0720

Tues & Thu: 10am-12noon

Cooked breakfast

**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

**ASLAN**

Hot food and sandwiches for

early risers. Sat 5.30am-8.30am

- Covent Garden, Milford Lane,

Surrey Street, Strand and Waterloo.

Help in finding work and education  
Now available online @  
[www.urjobs.co.uk](http://www.urjobs.co.uk)  
C, ET, FF

## EMPLOYMENT AND TRAINING

**Dress for Success (Women)**  
Unit 2, Shepperton House  
89–93 Shepperton Road, N1 3DF  
020 7288 1770  
[www.dressforsuccess.org/London](http://www.dressforsuccess.org/London)  
Smart clothing for job interviews  
**New Hanbury Project (SCT)**  
3 Calvert Avenue, E2 7JP  
020 7613 5636  
Mon–Thurs: 9.30am–4.15pm  
Courses in: personal development, life skills, woodwork, DIY, art, IT, guitar, Spanish, cooking  
C, ET, MC

## Turnaround Resource E1

Monterfore Centre, Hanbury  
Street, London, E1 5HZ  
020 7247 9005  
[www.turnarounde1.org.uk](http://www.turnarounde1.org.uk)  
CA, ET, IT

## ENTERTAINMENT & SOCIAL

### EVENTS

## ASLAN

All Souls Church – Clubhouse  
Cleveland St  
020 7580 3522  
Sat eve: by invitation

## Open Film Club

[www.openfilmclub.net](http://www.openfilmclub.net)  
FF, LA

## EX-FORCES

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

## Home Base

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

## Royal British Legion

08457 725 725  
Ring the Legionline to see how they can help ex-service men and women

## Veterans Aid

40 Buckingham Palace Rd, Victoria  
020 7828 2468  
A, AS, BA, D, CL, SS

## Veterans UK

0800 169 2277  
Free help and advice for veterans and access to dedicated one-to-one welfare service.  
[www.veterans-uk.info](http://www.veterans-uk.info)

## JOB CENTRE PLUS

To get benefit advice use local Job Centres or visit a day centre that hosts JCP outreach staff.  
**Monday** – Salvation Army. The Well, Croydon: 11am – 3pm; Salva-tion Army, Booth House hostel, E1: 10am onwards; YMCA, hostel in Walthamstow, E17: 11am onwards; Shelter From The Storm, N1: 6.30–8pm (telephone service); HA GA, N15: 12.30pm onwards (every second week); B, HUG, NW10: 11am onwards (every second week); St Mungo's, Rushworth Street rolling shelter, SE1: 9am onwards. The Passage, SW1: 9am onwards (10am onwards in their Job Club); Tuise Hill Bail Hostel, SW2: 2 – 5pm; Leigham Court Road Bail Hostel, SW16: 9am – 12.30pm; West London Day Centre, W1: 9.30am – 2pm; St Martin's (CSTM), WC2: 9.30am – 1pm  
**Tuesday** – Look Ahead hostel, E1: 1pm onwards; Anchor House hostel, E16: 9.30am – 12.30pm; Turnaround Resources, E1: 12.30pm onwards; St Mungo's hostel, Spring Gardens, SE13: 9.30 – 3.30pm; Cardinal Hume Centre, SW1: 9am onwards; The Passage Job Club, SW1: 10am onwards; Stockwell Probation Service, SW9: all day; The Spire's day centre, SW16: 9am – 2pm; St Mungo's rolling shelter, Endleigh Gardens, WC1: 9am onwards; St Martin's (CSTM), WC2: 9.30am – 12.30pm & 4.30 – 7pm  
**Wednesday** – Providence Row, Dellow Centre hostel, E1: 9.30am onwards; Ilford Foyer hostel, IG1: 1 – 4pm; HAB day centre, N12: 1pm onwards (Fourth Wheel of the month); Cricklewood Homeless

## Concern, NW2: 10.30am – 3.30pm;

St Giles day centre, SE5: 10am – 3pm; The Passage, SW1: 9am – 1.30pm (10am onwards in their Job Club); Salvation Army day centre, Princes Street, W1: 2.30 – 4.30pm; St Mungo's, Margaret Street hostel, WC1: 9am onwards  
**Thursday** – Crisis Skyclight, E1: appointments 11am – 2pm; Whitechapel Mission day centre, E1: 9am onwards; Focus day centre, E15: all day; Cricklewood Homeless Concern day centre, NW2: 10am onwards; 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 (Landsdowne), CR9: 2 – 4pm; The Manna at St Stephen's, drop in, N1: 10.30am onwards; Cricklewood Homeless Concern day centre, NW2: 10am onwards; YMCA, hostel in Romford, RM2: 11am onwards; The Passage, SW1: 10am onwards; Ace of Clubs day centre, on wards: 9.30am – 3pm; St Mungo's Cedars Road hostel, SW4: 9am onwards; Thames Reach day centre, on wards: 2 – 4.30pm; St Martin's (CSTM), WC2: 9.30am – 1pm (Workspace); St Mungo's Endell Street hostel, WC2: 9am onwards  
**Prison Advisers** – HMFP  
Brixton, SW2: (Thu & Fri) 8am – 4pm; HMP Wandsworth, SW18: (Mon – Fri) 8am – 5pm  
See **Telephone Services** for helplines

## MEDICAL SERVICES

## Camden Health Improvement

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



## The Welcome Project

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

## West London Day Centre

134–136 Seymour Place, W1H  
020 7569 5900  
Mon–Fri: 8.45–10am (rough sleep-  
er's drop-in); 10am–1.30am (drop-  
in, hostel residents join); 1.45am–  
12.45pm (advice, appointments  
only); Mon & Thur: 1.30–3.30pm  
(drop-in for those with tenancies)  
AC, BA, BS, C, CL, F, FC, IT,  
L, LS, MS, OL, P, SK, TS

## 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  
F, H, L, LA, MS, MH, OB, SH, TS  
www.999club.org

## DIRECT ACCESS (YEAR ROUND HOSTELS/ NIGHTSHELTERS)

Temporarily removed to make  
space for Seasonal Shelters

## DRUG / ALCOHOL SERVICES

### Addaction (Harm Reduction Team)

228 Cambridge Heath Rd, E2  
020 8880 7780  
Drop-in: Mon, Fri 10am–4pm;  
Tues, Wed & Thur: 12noon–6pm;  
Closed each day 1.30pm–2.15pm  
D, OL, MS, NE, SH

### Blackfriars Road CDAT Team

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

## Central and NW London

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

### Druglink

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

## East London Drug and Alcohol Support Services

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

### 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

### 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

## The Whitaker Centre

91–93 Tollington Way, N7 6RE  
020 7263 4140  
Mon–Thu: 12noon–4pm  
A wet day-centre for alcohol users  
from Islington and Hackney  
BS, FF, L

### 184 Camden

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

## EASTERN EUROPEANS & MIGRANTS

### Ania's Recruitment Agency

31 Fallsbrook Rd, SW16 6DU  
020 8769 0509

### East European Advice Centre

Palingswick House, 241  
King Street, W6 9LP  
020 8741 1288  
Open weekdays 10am–12pm & 2–  
3pm, for appointments; closed Wed  
Ring for appointment

### Eastern European Drug and Alcohol Support

Emmanuel's Church,  
Forest Gate, E7 8BD  
020 8257 3068  
Support for drug and alcohol  
treatment, advice, contact with  
other agencies; Thur: 5–7pm  
Part of DASL in **Drug & Alcohol Services**

### Hackney Migrant Centre

St Mary's Church, Spentley  
Walk, Stoke Newington  
Church Street, N1 6 ES  
Wed: 12.30–3.30pm  
info@hacknymigrantcentre.org.uk  
Free advice and support for  
refugees and migrants  
AD, BA, FF, H

### UR4JOBS

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

**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 4661  
Tue, Wed, Fri: 2.30–4pm  
(advice & enquiries)  
Mon: 3–5.30pm (advice & enquiries, film group); Tue: 2.30–4pm  
(reading group); Wed: 5.30–8pm  
(drop-in - soup & sandwiches); Fri: 12.30am–2pm (table tennis club)  
BA, CL, H, LA

**North London Action for the Homeless (NLAH)**  
St Paul's Church Hall, Stoke Newington Rd, N16 7UE  
(Entrance on Evering Road)  
020 8802 1600  
Mon: 12noon–1.30pm;  
and Wed: 7.830pm  
BA, BS, CL, FF

**Spectrum Centre**  
6 Greenland St, Camden Town, NW1  
020 7267 4937  
Mon–Fri: 9.30am–3pm  
A, BS, C, CL, D, FC, H, L,  
LS, MH, MS, P, TS

**Spire's Centre**  
8 Tooting Bec Gardens, SW16 1RB  
020 8696 0943  
Mon: 8am–12noon (women only); Tues: 9–10.30am (rough sleepers only); 10.30am–2pm (drop-in); Wed: 10am–12noon (rough sleepers only); 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

**St Christopher's Centre**  
Lime Grove Resource Centre, 47 Lime Grove, W12  
Mon–Fri: 9.30am–12noon (8.30am for verified rough sleepers) & 1.30–2.30pm  
82 Wentworth St, Aldgate, E1 7SA  
020 7375 0020

**The Dellow Centre**  
Providence Row  
A, BA, CA, CL, D, ET, F, FC, H, IT, L, MH, MS, P, TS  
Mon–Fri: 8am–12pm (for rough sleepers); 12–2pm (Lunch); 2–6pm (appointments); 4.30–6pm (verified rough sleepers – by invitation); Sat–Sun: 9am–12noon.  
A, BA, CA, CL, D, ET, F, FC, H, IT, L, MH, MS, P, TS

**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 4661  
Tue, Wed, Fri: 2.30–4pm  
(advice & enquiries)  
Mon: 3–5.30pm (advice & enquiries, 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

**Spectrum Centre**  
6 Greenland St, Camden Town, NW1  
020 7267 4937  
Mon–Fri: 9.30am–3pm  
A, BS, C, CL, D, FC, H, L,  
LS, MH, MS, P, TS

**Spire's Centre**  
8 Tooting Bec Gardens, SW16 1RB  
020 8696 0943  
Mon: 8am–12noon (women only); Tues: 9–10.30am (rough sleepers only); 10.30am–2pm (drop-in); Wed: 10am–12noon (rough sleepers only); 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

**St Christopher's Centre**  
Lime Grove Resource Centre, 47 Lime Grove, W12  
Mon–Fri: 9.30am–12noon (8.30am for verified rough sleepers) & 1.30–2.30pm  
82 Wentworth St, Aldgate, E1 7SA  
020 7375 0020

**The Dellow Centre**  
Providence Row  
A, BA, CA, CL, D, ET, F, FC, H, IT, L, MH, MS, P, TS  
Mon–Fri: 8am–12pm (for rough sleepers); 12–2pm (Lunch); 2–6pm (appointments); 4.30–6pm (verified rough sleepers – by invitation); Sat–Sun: 9am–12noon.  
A, BA, CA, CL, D, ET, F, FC, H, IT, L, MH, MS, P, TS

**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

**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@scotsccare.com

AD, 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

AD, 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.

Mon: 2–3.30pm; contemporary

Urban Centre, Great Chapel

Street, W1D 3SY; Thu: 2–3.30pm;

(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

AD, A, B, BS, BE, CL, DT, F, H,

L, LA, MS, MH, OB, P, TS

[www.aeoofclbsclapham.org](http://www.aeoofclbsclapham.org)

**Action Homeless Concern**

Emmus House

1 Berrymead Gardens, Acton

020 8992 5768

Call for opening times

AD, BA, 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

**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);

AD, 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

AD, 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, Croven 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.

AD, 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

**Divine Rescue**

Thurlow Lodge, 1 Thurlow Street,

SE17 2US, 020 3489 1765

Mon: 10am–6.30 pm;

Tue–Fri: 10am–5pm

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

**Earls Court Community Project**

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

**Hackney 180 First Contact &**

**Advice (Thames Reach)**

Hackney Methodist Church

219 Mare St, E5

0208 985 6707

Mon–Thurs: 8am–9.30am

(breakfast club)

**Hanbury Community Project (SCT)**

Details of the changes have been

confirmed, and they're now called

the New Hanbury Project, and listed

under **Employment & Training**

**At the Holy Cross Centre**

(See below).

Mon: 6pm–10pm

For self-treating drug & alcohol

users: no using on day or no entry

**Holy Cross Centre**

The Crypt, Holy Cross Church

Cromer St, WC1

020 7278 8687

Mon: 2pm–5pm; Tues: 6–9pm;

(Italian speakers session); Fri:

12 noon–3pm (refugees and

asylum seekers session).

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

**Homeless Action in Barnet (HAB)**

36B Woodhouse Road, N12 0RG

020 8446 8400

Mon – Fri: 12noon – 3pm (drop in);

Mon, Tues & Thurs: 9am – 12noon

(rough sleepers only); Wed: 9am

– 12noon (women's group)

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

**London Jesus Centre**

83 Margaret St, W1W 8TB

0845 8333005

Mon – Fri: 10am – 12.30pm

BS, CL, F, IT, L, SK

# the list

The directory of London's homeless services

Updated 28 November 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 worker links – OL  
Outreach workers – OB  
Pavement stockist – P  
Safe keeping – SK  
Sexual health advice – SH  
SSAFA – SS  
Tenancy support – TS

Email changes and suggestions to:  
[thelists@thepavement.org.uk](mailto:thelists@thepavement.org.uk)  
Or write to our address on page 3  
Updated entries: 7  
Services added: 3

## 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**  
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  
**KCAH**  
36a Fife Rd, KT1 1SU  
020 8255 2439  
BA, FF, H  
**London Irish Centre**  
50–52 Camden Sq, NW1 9XB  
020 7916 2222  
Ring for service times  
A, BA, C, CL, D, ET, H, MC  
**Notre Dame Refugee Centre**  
5 Leicester Pl, WC2H 7BX  
020 7434 1619  
Mon and Thurs: 11am–4pm  
(drop-in) Service for French-speaking refugees and asylum seekers  
BA, C, CA, FF, H