

the Pavement

The **FREE** monthly for London's homeless

February 2012

I'M A FICTIONAL CHARACTER,
SO I CAN'T SAVE YOU FROM THIS,
BUT YOU CAN HELP YOURSELF
AND YOUR FRIENDS.

STAY OUT
AND
STAY SAFE!



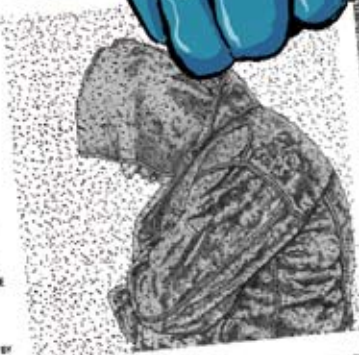
BIN DEATH

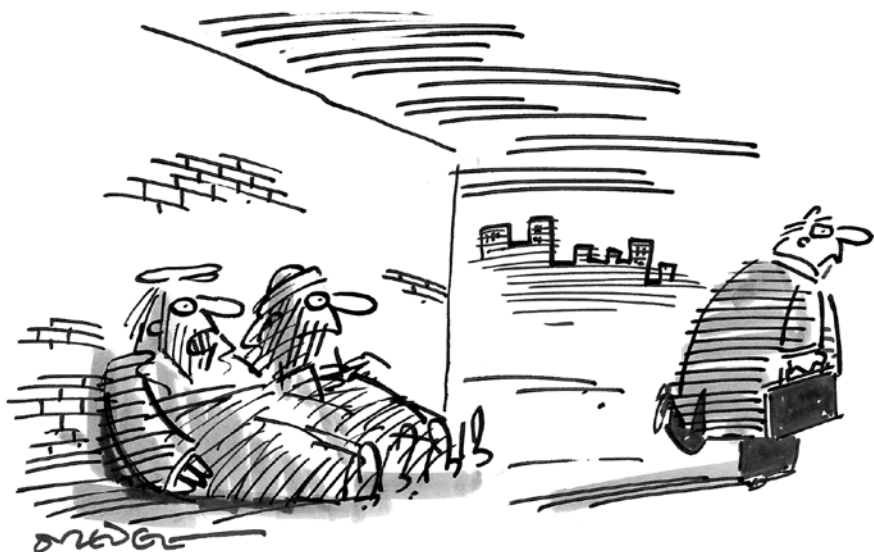
BIN DEATH IS A REAL PROBLEM FACING HOMELESS PEOPLE EVERY YEAR ACROSS THE COUNTRY. THERE ARE INJURIES AND EVEN DEATHS THAT RESULT FROM PEOPLE BEDDING DOWN IN BINS, SKIPS AND CLOTHING BANKS. BINS ARE OFTEN EMPTIED MECHANICALLY IN THE EARLY HOURS OF THE MORNING. THERE IS CONSIDERABLE NOISE AND VIBRATION WHICH WOULD BE UNABLE TO HEAR OVER THE MACHINERY NOISE IF THERE WAS ANYONE INSIDE THE BIN.

STAY OUT AND STAY SAFE!

the **Pavement**

ILLUSTRATION BY
LO PARKIN





"There, but for the grace of God, go I"

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The Editor

Email and phone

We're delighted when readers get in touch, even if it's just to get something off their chest. Most people contact us through our email address (**office@thepavement.org.uk**). This email address now gets so much spam that it has become hard to sift through. We could add filters to clear some of the unwanted mail, but we'd probably also lose your messages. So, in future, please email me – **editor@thepavement.org.uk** – unless you're submitting changes to The List, in which case **thelist@thepavement.org.uk** is the correct address.

We're also moving offices at present, so if you leave a message on the office phone, it may be a week or more before we pick up the message. Best to email or write (to the PO Box).

Richard Burdett

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- Winter shelters are still open, many until the end of March. 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**

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Street Shield takes a break this month to give space to our new campaign poster warning readers about the dangers of sleeping in bins – poster pages 18-19

Artwork by Mike Donaldson

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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!

**balls, girls, skunk,
height, wanking, hair,
pills, ears, beards,
stress, mum, dreams,
spots, 6-pack, shit,
vodka, b.o, pricks,
dick, lads, dumped,
money, bills, trainers,
skint, tits, anger, looks,
gay, dad, gut, rep,
pain, bald, school, job,
voices, teeth, thieves,
fights, suicide.**



**Young men can talk to
CALM about anything**

0808 802 5858

Free, confidential & anonymous.

Or text

07537 404717

Please start your first text CALM1. CALM don't charge,
though your network might.

Charity reg no 1110621

thecalmzone.net



Supporting London Life

www.metro.co.uk





Sharon Joseph

Age at disappearance: 48

Sharon has been missing from Croydon, south London, since 24 August 2008.

Her current whereabouts are unknown. There is great concern for Sharon as she may be unwell. She is urged to get in touch and can call the confidential service **Message Home** on **Freefone 0800 700 740** or **text 80234** for advice and support.

Sharon is 5ft 9in tall, of slim build, with brown eyes and shoulder length, black hair. She usually wears a Beanie hat.

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

**missing
people**

Registered Charity No. 1020418

London news & views

Comment and events across the capital

Behind a name

This is a response to the list of names read out at the annual service of commemoration in November [see the December issue]. I am writing this piece for every person listed who died and who was somebody's son, daughter, brother, sister, wife, husband or lover. We need to remember them – all of them – as people, as otherwise they may be forgotten. And I, for one, do not wish this to happen.

Colin Bowles died on 8 November 2011. I would feel very honoured to try and tell you a little of his story.

While I was working at Great Chapel St Medical Centre as a counsellor, Colin came to see me for bereavement counselling. What he thought was going to be a few weeks of counselling turned, in the end, into two years. He very rarely missed a session. If he did, it was solely due to feeling so overwhelmed that he needed a bit of distance between himself and his story.

I am truly glad that he felt safe enough to come each week and share his story. Previously, he had not felt able or sufficiently trusting to do so.

As a child, Colin had been severely abused in all senses of the word and had never had any place to talk about his horrific and tormenting experiences.

Having his own family he felt was his one chance. Yet tragically his wife died from cancer, and he lost both his children in a boating accident one year later. These two events sent him over the edge.

He walked out of his home to be on the streets, leaving everything behind. His tragedy was unbearable, and home was too painful a reminder of all his losses.

Colin believed his turning-point came on an operating table after a major heart scare. He fought back from the brink of death. He believed that he had been offered one last chance and was determined to try and enjoy life despite his dire situation.

A team of people helped Colin get back on his feet. We all worked "at his pace". He needed to be in control, having been through so many experiences in his life over which he had no control.

First he secured accommodation in a hostel; then he moved to a more long-term place; and latterly he moved out of London to a ground-floor flat, where he could have a dog for company and grow some of his own vegetables.

He would talk to anyone who would talk with him. He loved cooking for people and sharing what he made. He was always coming up with new ideas of things to do.

He was an amazing individual who defied what life threw at him, and held on to whatever positive thing came his way.

The world is a far poorer place without him.

Diane Goodkind

A Few Man Fridays

Cardboard Citizens' latest production is running until 10 March at the Riverside Studios, with discounted tickets available to readers – there are £1

tickets for people with experience of homelessness.

The play is *A Few Man Fridays*, the story of which revolves around the events that lead to the entire population of a chain of tropical islands, the Chagos Archipelago, being made homeless and the result of this action.

The action centres on the individuals involved in the decision making and islanders, revealing the thinking behind the expulsion from their homes of a people described by the Foreign Office in 1966 as "a few Tarzans and Men Fridays."

Adrian Jackson's play – he wrote and directed it – stretches from the Cold War to the days of global warming.

The press release from Cardboard Citizens explains: "The Chagos Archipelago is a British colonial possession of 60 unspoilt 'desert islands' in the Indian Ocean. Between 1967 and 1973 the British Government forcibly deported all 2,000 residents to make way for a US military base in return for a place at the power table and cut price Polaris missiles.

"The Chagossians were dumped in Mauritius and the Seychelles and some, having arrived at Gatwick, settled in Crawley near London. They have been fighting for their right to return ever since."

Running until 10 March, the play is at the Riverside Studios, Crisp Road, London, W6 9RL

Staff

- Tickets and times are available from Riverside Studios box office on **020 8237 1111** or go to their website: www.riversidestudios.co.uk

TICKETS £10 - £20

£1 TICKETS AVAILABLE FOR PEOPLE WITH EXPERIENCE OF HOMELESSNESS

FROM THE CREATORS OF THE AWARD WINNING
MINCEMEAT

THE STORY OF AN ENTIRE NATION MADE HOMELESS

CARDBOARD CITIZENS
PRESENTS



A FEW MAN FRIDAYS

WRITTEN & DIRECTED BY ADRIAN JACKSON

RIVERSIDE STUDIOS

10 FEBRUARY–10 MARCH 2012

TO BOOK:

GRACE 020 72 47 7747

OR VISIT AFEWMANFRIDAYS.EVENTBRITE.CO.UK/

RIVERSIDESTUDIOS.CO.UK
CARDBOARDCITIZENS.ORG.UK



RIVERSIDESTUDIOS



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**ARTS COUNCIL
ENGLAND**



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 Giovanna Pasini
on 020 7932 5425.

★ PRET A MANGER ★



News in brief

The homeless news from across the UK and the World

Hull in a handcart

Homeless families from south London could be asked to move hundreds of miles north, following a surge in demand for temporary accommodation.

Croydon Council is considering sending some of the families it houses in emergency bed and breakfast accommodation to live in Hull and other Yorkshire towns, where rent is cheaper and more homes are thought to be available.

The decision comes as the number of families in such accommodation has risen from 61 in 2008 to 300 today – costing the council £300,000 a month.

The increase in the number of homeless families entitled to council support is thought to be due to reductions in local housing allowance (introduced for new tenants last year and for existing tenants from January), combined with job losses from the financial crisis.

Croydon's housing crisis is particularly severe because 58 families who lost their homes during last summer's riots have also had to be placed in emergency accommodation. In 2011, Croydon Council paid for a homeless family to live in St Leonards-on-Sea near Hastings in East Sussex.

Councillor Dudley Mead, cabinet member for housing, finance and asset management, said: "We don't seem to be able to raise the supply of temporary accommodation. I told officers to look outside Croydon to find housing. We'll take it from wherever we can.

"A lot of seaside towns are certainly cheaper and have more availability. These moves would be by mutual agreement.

Sometimes families are keen to move so everyone's happy."

However, charities working with homeless people in Hull were concerned about Croydon Council's plans. Peter Drinkell, project director of Doorstep Of Hull, which provides temporary accommodation and which handles up to local 200 referrals at any one time, said that homeless services in the north were already stretched, and that London's problems should not be passed on to Hull.

Drinkell said: "There is no way this plan cannot disadvantage Hull's homeless people. The number of referrals our organisation receives continues to rise each year. There are people in Hull who wait several months for a property. It is not as though we have spare accommodation to dish out."

Jad Adams, chairman of Croydon homeless charity Nightwatch, said: "This is a very serious situation.

"Inviting people to move away is far from ideal but I do understand this is the time to take drastic measures."

Kay Boycott, of charity Shelter, said: "The fact that councils are offering people homes hundreds of miles away is testament to the scale of London's housing crisis."

Katharine Hibbert

Rough sleepers predicted to live longer – 47 is the new 42

The outdated and overused statistic that "the life expectancy of someone who sleeps rough is 42 years" has finally been updated. The original figure came from

Crisis' 1996 report *Still Dying For A Home* (which we reported on in May 2010). The new report from Sheffield University, also commissioned by Crisis, ups this figure to 47.

But this doesn't mean 46-year-old *Pavement* readers should start worrying. What the 1996 and 2011 Crisis reports calculate is not how long homeless people can expect to live, but their average age of death.

The briefing to the new report, *Homelessness: A Silent Killer*, makes this clear (unlike the 1996 study) by avoiding the term "life expectancy."

In comparison to the average age of death in the so-called general population (77) it's a shocking, headline-grabbing figure – even though the reason the figure is so low is that more homeless people die at a young age, dragging down the overall average.

Cause and effect

In the briefing to the report (which is still to be released in full), Crisis chief executive Leslie Morphy summarises: "This report paints a bleak picture of the consequences homelessness has on people's health and wellbeing. Ultimately, it shows that homelessness is killing people."

However, while being homeless can exacerbate existing health problems or even cause them, not having a home was not found to be the main cause of death among those counted. Instead, the study found homeless people are over nine times more likely to commit suicide than the general population, three times as likely to die as a result of a traffic accident, twice as likely to die of an infection and three times more likely to suffer from a fatal fall.

Most significantly, however, it

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

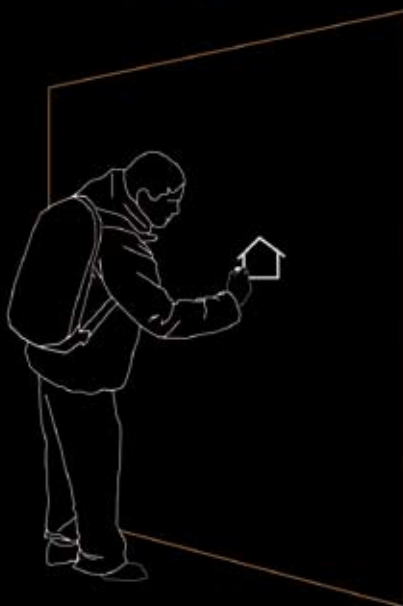


you'll get moved on here

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.

calculated that drug and alcohol abuse account for just over a third of all deaths – a huge proportion. But drug and alcohol abuse of course also affects (and kills) members of the general population too. And as Jeremy Swain, CEO of Thames Link, commented on Twitter soon after the release of the report briefing on 21 December: “we know from robust academic research that alcohol and drug misuse nearly always precedes homelessness”.

Counting issues

The researchers also faced major obstacles in methodology. As Dr Bethan Thomas admits in the report: “Almost by definition, it is difficult to count homeless people and it is not possible to reliably estimate mortality for the previously homeless who have now found secure accommodation and so to discover what the long term effects of a period of homelessness might be. It is also difficult to count deaths of homeless persons. Death certificates do not record the deceased’s housing status.”

Despite these obstacles, Dr Thomas went ahead with the report – finding potential homeless deaths by matching postcodes from mortality data provided by the Office for National Statistics with postcodes of homeless day centres and hostel accommodation as provided by Homeless Link. In total 1,731 deaths (where the person was definitely homeless or there is a high probability they were) were counted.

What next?

Crisis has used the new report’s findings to outline a set of recommendations to improve homeless people’s health, in short: prioritise the needs of homeless people in the restructure of the NHS, reform health service delivery for homeless

people and ensure provision meets needs and is integrated and holistic.

The next phase of the project, to be published in summer 2012, will investigate cause of death by age and analyse more detailed causes of death – plus, it is hoped, mortality by different accommodation type and area.

Carinya Sharples

Former US Marine arrested for homeless stabbing

A 23-year-old man faces the death penalty for the brutal stabbing of four homeless men in Orange County, California.

It has emerged that the suspected serial killer, Itzcoati Ocampo, is a former Marine who had himself been made homeless following the loss of his job as a warehouse manager.

Ocampo’s family has spoken of their shock at his arrest, describing the defendant as a “role model” American until his deployment to Iraq in 2008 “killed the person he was”. His father, Refugio Ocampo, has defended his son’s character, saying: “I saw him giving the last money he had in his pocket... to the homeless.”

Ocampo could face the death penalty if he is found guilty of killing James Patrick McGillivray, 53, Llloud Middaugh, 42, Paulus Smit, 57 and John Berry, 64. All four of the victims suffered the same brutal and frenzied stabbing, with each suffering at least 40 lacerations to the body.

His brother, Mixcoatl Ocampo, told the *LA Times* that the alleged murderer was suffering from depression and had been severely affected by the time he spent in service. Mixcoatl said: “He was always paranoid. He would search the closet and bathrooms in his home for bombs.”

Following a court appearance on the 18 January, it now seems likely that Ocampo’s defence will to plead insanity. Prosecutor Tony Rackoukas, however, condemned him as “serious, vicious killer who went out there intentionally going about killing people and terrorizing a whole area”.

Bonnie Tisdale, who acted as Ocampo’s supervisor at Camp Pendleton, described him as “a veteran” who has been let down by the State. “Regardless of what he’s been accused of, I trust him with my life,” the 27-year-old said.

“If he did it, it wasn’t right, obviously, but there’s something wrong with him,” Tisdale added.

The population of homeless people in the California area is so great (an estimated 200,000) that the police have their own dedicated homeless homicide unit. But even with the help of specially trained officers who have excellent outreach contacts, the police were hunting the killer for over a month, leaving the entire homeless community in a state of fear.

Anaheim Police Chief John Welter said that investigators are now confident they have the man responsible for the murders.

Sarah Cox

Homeless offered Spanish getaway

A new charity plans to offer homeless people from the UK a chance to spend time in Spain – especially while recovering from illness.

Based on a farm in a national park, the Simon in Spain charity hopes to host its first guests this summer. The family-run charity has no connection with the UK Simon Community charity, but founder David French spent time working with that organisation before moving away to found his own.

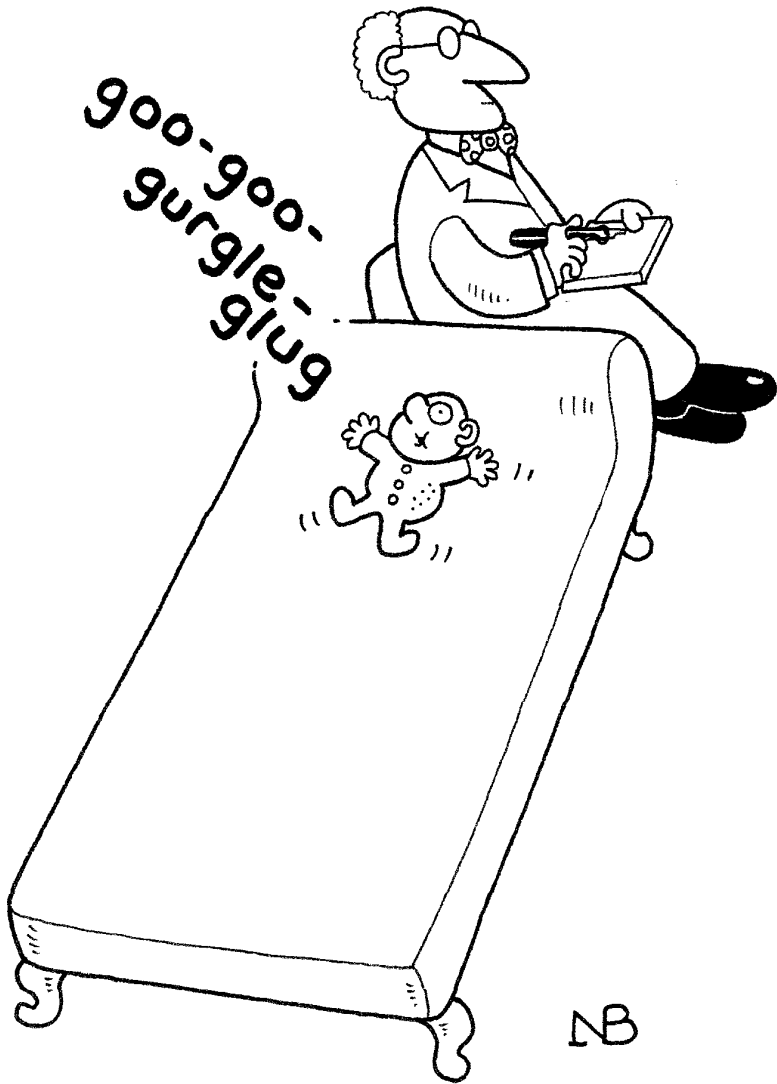
The Pavement, which operates without any funding from the state, has decided to try something new – asking readers to help support our operation. Not salaries or new kit, but our basic print operation.



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





Five volunteers have joined French and his son and daughter-in-law to help to prepare the land and the houses where guests will stay. The charity hopes to encourage donors to sponsor a particular guest's stay, or to contribute a particular item or animal for the community's use.

French said: "The main idea came from when I was having cancer treatment and when my treatment finished I took a convalescent holiday, but others on the same course [of treatment] who were on low income sadly couldn't."

"I strongly believe that those who are homeless and on low income who go through life threatening diseases should have the same access as everybody else to this type of respite."

More information about the charity is available at www.simoninspain.co.uk

Katharine Hibbert

Funding boost for hostels

A \$42.5m government funding boost for homeless hostels will only result in an increase of 31 bed spaces countrywide according to the latest rough sleeping report.

The report, commissioned by St Mungo's, estimates that at least 1,169 bed spaces in England were lost between March 2010 and March 2011.

The £42.5m funding boost for the Homelessness Change Programme, announced by Housing Minister Grant Shapps, in October promises an extra 1,200 bed spaces across the UK. But the loss of 1,169 bed spaces over the past year actually means that this will only amount to an increase of 31 bed spaces.

Despite government figures stating that homelessness "remains lower than in 28 of the last 30 years", three out of

five outreach workers claim that homelessness has increased in their area over the past year.

The report highlights concerns over cuts in preventative services and states three of the main causes of homelessness as relationship breakdowns, domestic violence and mental health conditions.

There has been a significant rise in the number of rough sleepers with mental health issues. The report claims this is a direct result of public service failings and indicates that it would be more prudent to focus on tackling the causes of homelessness.

St Mungo's Chief Executive Charles Fraser said "The cuts in 'Cinderella' services such as those supporting people with mental health conditions and victims of domestic violence are of particular concern. As services close or thresholds for accessing support are raised, some vulnerable people are being left with nowhere to turn, with devastating effects."

The report shows that 71 per cent of respondents believed that there needs to be more emergency accommodation for rough sleepers. The proposed funding boost will be used to refurbish and build new accommodation across the country with an added 37 projects to improve facilities for rough sleepers.

The government will also provide around 320 beds for homeless charities across London, including St Mungos, West London YMCA and Islington & Shoreditch Housing Association. Cheltenham YMCA was also offered funding under HCP but is still awaiting their contract. David Wallace, CEO of Cheltenham YMCA, told *The Pavement*: "We are hoping to have new accommodation up and running by April 2014. Cheltenham YMCA has had no extra beds for over 10 years."

Despite claims that Britain has some of the toughest laws to prevent people from ending up on the streets, Shapps' decision to

"shut the door to squatters once and for all" by making squatting illegal sparked outrage amongst legal professionals who have accused Shapps of 'obscuring' the law and misleading the public.

The Housing Minister was also accused of putting homeless projects ahead of social housing, after figures from the Homes and Communities Agency showed that there had been a substantial drop in the construction of affordable homes across the UK last year.

A spokesperson for the Department for Communities and Local Government told *The Pavement* that the extra funding had "been found through Departmental resources." He added that, "ministers have made clear their commitment to protect the most vulnerable. That is why the government has announced £20million of new funding which for the first time will specifically help single homeless people who all too often slip through the safety net. This money will be used to help prevent homelessness at an earlier stage.

"Every council has a legal duty to ensure that households who are homeless through no fault of their own and in priority need are not 'roofless', and can provide free advice and information to prevent homelessness in the first place."

St Mungo's has welcomed the funding for more beds after the number of homeless people in London increased by eight per cent last year. "The ten move-on beds will benefit ten people initially but then potentially more, depending on how soon people are then able to make a positive move on into more permanent longer term housing. People usually stay in our hostels for up to two years, so these would potentially benefit many more people in future."

Referring to the No Second Night Out scheme, which the government claims has helped 382 people off the capital's streets,

BIN DEATH

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STAY OUT AND STAY SAFE!

thePavement

ILLUSTRATION BY
LO PARKIN

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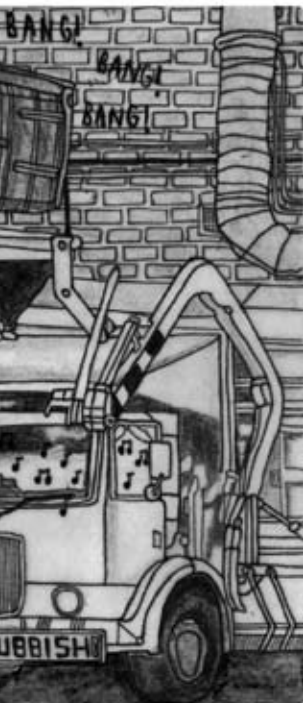
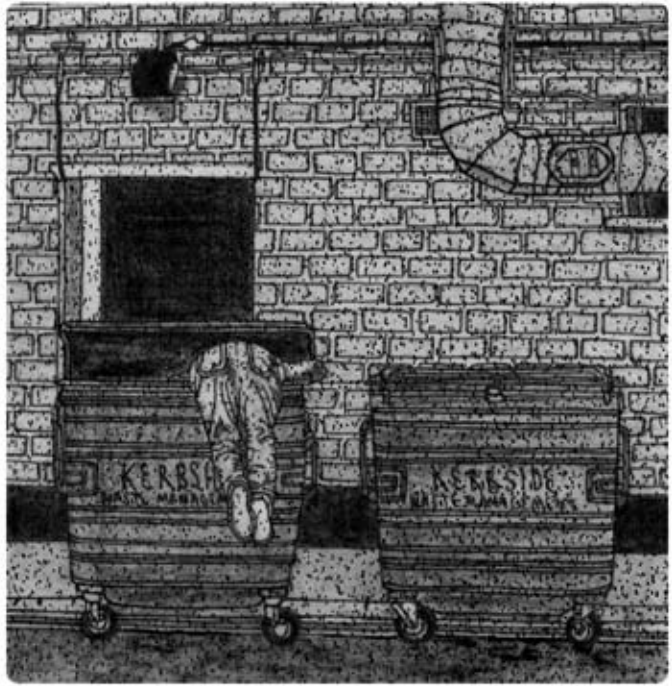
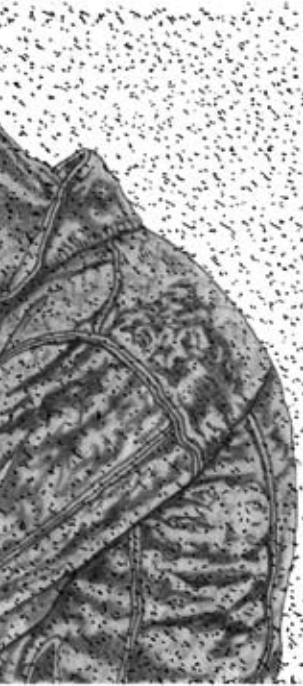


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4





Fraser added: "We welcome government action taken to stop anyone from spending a second night on the streets and this approach seems very promising."

"But what's also needed now is better support to prevent vulnerable people from hitting the streets in the first place – a commitment to 'no first night out'."

Dearbhla Crosse

Bones in Bath wood

A pile of bones found in Bath woods shortly after Christmas have still not been identified, Police have confirmed. The remains, discovered by a local engineer, are thought to be that of a rough sleeper, as tarpaulin and other belongings were found at the scene. The bones could have lain undiscovered for up to two years in the secluded spot, detectives have said.

DNA results on the skull, leg and thigh bones are expected to be confirmed before the end of the month. The police plan to compare the results against the missing persons register in the hope of finding a match.

A post mortem has revealed that the bones are likely to have belonged to white, European man between 40 and 65, of moderate build and between 5ft 6in and 5ft 9in tall in height. Coroners have stated the death was from natural causes and police are not treating the discovery as suspicious.

Anyone with information about the bones has been asked to contact Bath police.

Jo O'Reilly

The target year – an end to rough sleeping in 2012?

This is set to be a landmark year in the UK – and not just because of the Olympics and the Queen's Jubilee. It's also set to be the year in which local and national governments eradicate rough sleeping. "We must aim to get people off the streets and in to work," said Boris Johnson in the run-up to the 2008 election. "I have committed to ending rough sleeping by 2012."

The Pavement has been tracking the mayor's progress since 2008, as well as following what's been happening at national level in Scotland. Throughout 2012, we're going to keep an eye on whether any of these big promises have been fulfilled. We'll be reporting on who's hitting their targets this year, and who is falling short; but in this year's first issue of *The Pavement*, we're going to start by investigating what promises have been made about homelessness in the UK and what 2012 might bring.

Even back in 2008, it seemed like a tough task. "It's time for us all to say rough sleeping in 21st century Britain is unacceptable," said the then Housing Minister, Labour's Margaret Beckett, announcing her bold plan to end all street homelessness in time for the Olympics. Even then, Beckett's plans were met with some doubt by people in the sector – especially when not long after the announcement, the government stopped publishing statistics for the total number of rough sleepers. Keeping an impartial eye on what was being done became almost impossible.

Still, the official picture was one of a steady decline in the number of rough sleepers in the capital. Richard Blakeway, the Mayor's Housing Minister, told *The Pavement* in February 2010 that the number of "the most

entrenched" rough sleepers in London had dropped from 205 to just 67 individuals. "Everything I'm getting back from people working in the boroughs is that we should be able to help the remainder of the 205 into accommodation by this summer," he told us.

Back then, we were asking whether the plan to stop rough sleeping in London was a cosmetic campaign to get homeless people out of sight before the eyes of the world turned on the city for the Olympics. But soon after, the target moved – to the end of 2012, long after the games will have finished. "The original campaign was to end rough sleeping by the time the Olympics came to Britain, which would have been the summer of 2012," said a Homeless Link spokesman. "But the Mayor has since committed to this being the end of 2012 instead. This was considered to be more realistic and appropriate."

With 11 months to go until the revised deadline, what's the situation? The London government has slightly altered its approach, aiming to focus on its 'No Second Night Out' scheme, which aims to make sure people only spend one night on London's streets. Even so, a total of 2,878 rough sleepers were contacted by outreach services in London between July and September, an increase of 17 per cent from last year, according to figures from the Combined Homeless and Information Network (CHAIN). That doesn't mean that all of those people are long-term rough sleepers of course – if anything, it could show how much more energy outreach services are investing in the homeless.

The findings also give some sense of the size of the task facing the government and the complexity of the issues they're dealing with. Making ambitious promises makes for attention-grabbing headlines in an election year, but following them up is a different problem altogether.



"Best before end August seventh?!"

Scotland's target

Authorities in England have not been the only ones making pledges on homelessness targets. The Scottish government has not only promised to "end rough sleeping in 2012", it has made it a legal requirement, with new legislation coming into force this December which will entitle all rough sleepers in Scotland to permanent accommodation. With the deadline fast approaching, councils in Scotland have been warned not to "shirk" their 2012 targets. *The Pavement Scotland* will monitor the story north of the border throughout the year as well, to see if Scotland's bold commitments are honoured.

Jim O'Reilly

Hungary outlaws homelessness

A new regulation passed in Hungary makes homelessness punishable by a fine of nearly £400, or a spell in prison.

Some 10,000 people are thought to be homeless in the country's capital, Budapest.

The regulation was proposed by Hungary's leading conservative party, on the grounds that Budapest could no longer cope with the large numbers of people sleeping rough.

The new law, passed by a strong majority in parliament in December 2011, means that those found sleeping on the streets will first receive a warning, before facing imprisonment or a fine.

The move has provoked widespread criticism. Critics, who include Hungary's human rights ombudsman and charities for the homeless, argue that Budapest's hostels cannot cope with the number of rough sleepers in the city.

Miklos Vecsei, a spokesman from the Hungarian Maltese Charity Serv-

ices, said that the law is not based on professional research, but has been passed because the public are fed up with the homeless. Budapest has been stretched to its limits, but the city's poverty needs to be alleviated, not punished, Vecsei said.

The MP who drafted the law has pointed to new hostel projects and argues that local councils will take responsibility for tackling homelessness.

However, Hungarian charities claim that, even with these council schemes in place, up to 3,000 rough sleepers will be left without shelter.

The controversial new law has sparked a wave of demonstrations, including a series on sit-in protests.

Staff

Nottingham hotline

Nottinghamshire-based homelessness charity Framework has witnessed a steady increase in the number of calls to its homeless hotline service. Since its launch at the end of last year, the service has encouraged the public to report rough sleepers to the charity, so that the organisation can offer its assistance.

If calls are made during the line's operating hours (Monday to Friday from 9am to 5pm), the team will try to contact the rough sleeper immediately. At all other times, the line will divert to the Street Outreach Team leader who will provide support. "If the rough sleeper is no longer in the reported location we will continue to check that area anyway," Framework Communications Officer Neil Skinner told *The Pavement*. "The time the referral is relevant here as it means we may have to visit the location earlier or later." For rough sleepers who refer themselves, the team has the capacity to arrange bed and breakfast

accommodation for the evening.

Whilst Framework regularly receives multiple referrals from housing and health agencies concerning the same individual, staff manning the 0800 number have not experienced double referrals from the public. "So far we have not experienced an increase in multiple referrals," said Skinner. "We would always welcome them anyway as this means that vital information is filtering through to us."

According to Skinner, the organisation values its users' privacy and takes confidentiality seriously. Though the charity operates an interventionist service, the people they approach are treated with dignity and respect. The overall goal of the project is to support rough sleepers, encourage them off the streets and help to provide accommodation.

Lizzie Cernick

Man dies on Ilford street

A 45-year-old rough sleeper, Leonard Hiller, died outside Ilford Baths, Ilford, Greater London, on 27 December, but his family were only found a week into January.

Speaking to the *Ilford Recorder*, his mother, Glenda Hiller said: "He got into drinking and drugs and he completely changed to a different person.

"But he had a good heart.

If he saw an old lady with a heavy bag, he would help her. He wasn't nasty in any way.

"We put him in shelters but he didn't want to do that. He would rather have a can of Special Brew or White Lightning and be on the streets."

Leonard Hiller died of natural causes, and his funeral service was held on 30 January in Weeley, Essex.

Staff

Health and wellbeing

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

Heart disease

Your heart is a muscle about the size of your fist. Its job is to pump blood around the body and it beats at about 70 times a minute. Most of us take it for granted and forget it's there until something goes wrong.

One of the most common heart problems is coronary heart disease, a condition responsible for about 94,000 deaths each year in the UK. If you want to prevent it you first need to know if you are at risk and there are a number of ways this can be measured.

The coronary arteries are the vessels responsible for giving the heart its blood supply. They branch out across the surface of the heart and feed oxygen to the hard-working heart muscle. Coronary heart disease occurs when one or more of these arteries become furred-up or blocked with fatty stuff and part of the heart isn't getting enough oxygen. The fatty stuff is called atheroma and is made up of cholesterol and other waste material. If an artery becomes completely blocked and the blood supply is cut off from part of the heart, then this is called a heart attack or myocardial infarction.

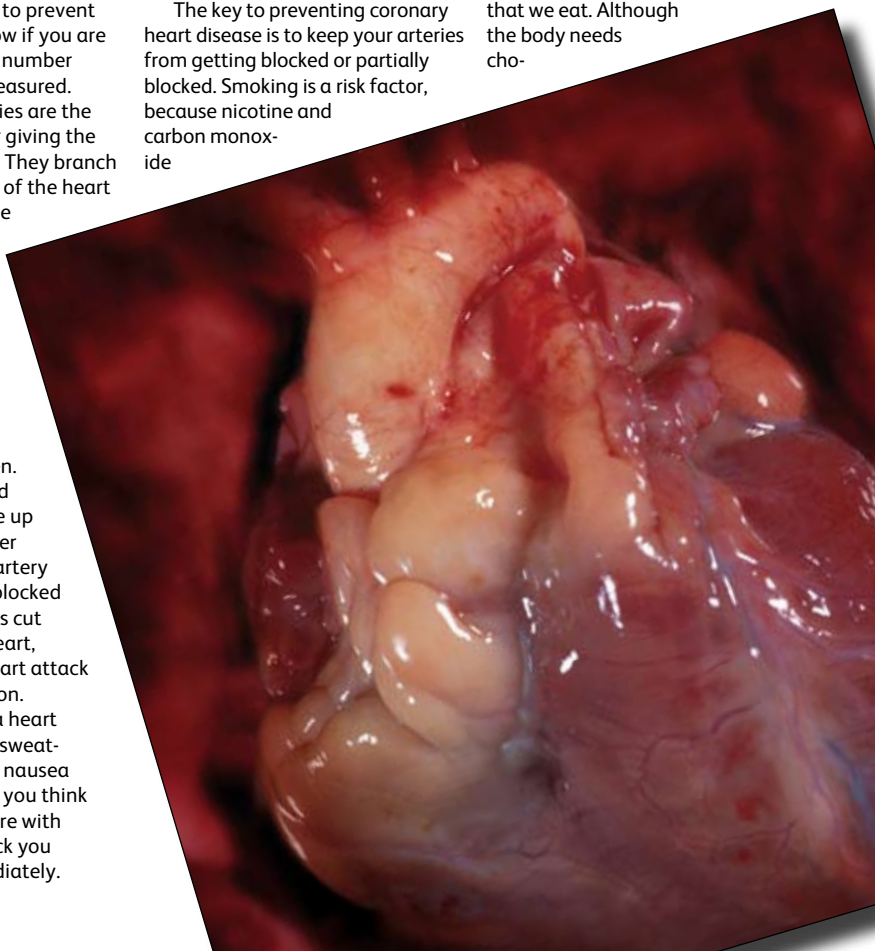
The symptoms of a heart attack are chest pain, sweating, light-headedness, nausea and breathlessness. If you think you or someone you are with is having a heart attack you should call 999 immediately.

Chest pain is a sign that coronary arteries are becoming blocked. This is also known as angina. Angina can be quite mild and is often mistaken for indigestion. Severe angina can be felt as a heavy, tight feeling in the centre of the chest and can spread to the jaw, arms or neck. People often get angina after exercise or when they feel stressed. Angina attacks usually pass after about ten minutes and there are sprays or tablets you can get from your doctor that will relieve them.

The key to preventing coronary heart disease is to keep your arteries from getting blocked or partially blocked. Smoking is a risk factor, because nicotine and carbon monoxide

from cigarettes make your heart beat faster and have to work harder. Other chemicals in smoke cause damage to the inside of your coronary arteries, making it easy for the fatty deposits to stick and build up. If you're ready to stop smoking there is a lot of free support available from your GP, Practice Nurse or NHS Direct.

High cholesterol is another major risk factor for coronary heart disease. Cholesterol is a fat made by the liver from the saturated fat that we eat. Although the body needs cho-



lesterol to function, too much can lead to build-up in the coronary arteries. You can get your cholesterol levels checked by a simple blood test and your doctor or nurse can advise on whether you need to change your diet to bring it down. Eating a diet low in saturated fat usually brings cholesterol down but there are also medications you can take if this is not enough.

High blood pressure is also associated with heart disease and you should aim to have your blood pressure checked at least once a year. Stopping smoking and getting more exercise can bring down your blood pressure but there is also medication for high blood pressure. It's very important to get medical advice for high blood pressure as it is a risk factor for lots of illnesses.

People who have diabetes are also at higher risk of developing coronary heart disease and people with a strong family history. It's worth finding out if your parents or grandparents had heart attacks or suffered from angina. Regular exercise can reduce your risk of developing heart disease as can eating a low-fat diet.

Susie Rathie
The Pavement's nurse

Wet feet... nothing worse

Somehow wet feet can make you feel like you are cold all over and can dampen even the happiest mood. Avoiding wet feet is always the best strategy, but as we live in a climate known for its rainfall all year round (in fact, spring in particular) it is pretty much impossible to avoid rain and puddles.

When rain and water get into shoes, it takes a huge amount of time for them to dry out. Usually made of multiple layers, trainers in particular seem to have a tremendous capacity for holding on to the moisture, staying wet until the next day and squeezing out yesterday's rain when we put our feet into them again tomorrow.

Wet feet create a number of problems. Firstly, the water on the skin creates a feeling of cold that reduces the temperature in our feet, and thus the temperature of our bodies. This is why having wet feet makes us feel shivery and miserable. Contrary to what my mother always told me, wet feet won't give you a 'chill', or make you get a cold (that comes courtesy of a viral infection, not just cold and wet extremities) but will certainly make you feel under the weather. The 'wetness' softens the skin, and makes it more vulnerable to blistering and rubbing. Peeling of the skin is also common when feet are wet. That's where the importance of wearing socks comes in. Yes, the socks will get wet, but they will offer some protection against the frictional stresses going on inside your shoes and onto the bare wet feet – so keep them on – even when wet, as wet socks are preferable to no socks. You have probably noticed that when feet get soaked, they tend to go paler in colour and 'wrinkle' due to the absorption of the fluid. This can last for some time, even when the feet are surface dried. The feet also become more porous when wet, and thus leave us more likely to pick up

localised bacterial and fungal infections of the feet if we walk around barefoot with our 'wrinkly' feet.

A pair of decent waterproof shoes can be a good long term investment. Look out for walking boots in second-hand shops or shoe recycling projects. Walking boots are usually properly 'waterproof' in that they are specially designed so that the tongue and the lace part are also waterproof. Many shoes that claim to be waterproof might well be made of waterproof material, but rain gets in through the holes where the laces go, and as such still wets your feet.

Rain gets in through the top of the shoes, up the sides sometimes, and of course if you have any crack or holes in your shoes it gets in that way too. Try to get shoes or boots which have no holes, and are made of material which is naturally weather repellent, like leather or plastic, for example. Canvas shoes are fashionable and popular at present, but provide little protection from the elements.

If you are staying overnight somewhere in a safe indoor environment, and have wet socks and shoes, remove them. Put the socks near (but not on – we don't want socks on fire!) a heat source, and open up the shoes as much as possible. Stuffing them with old newspaper can help as this draws the moisture into the paper. Don't put them in a plastic bag; this will just retain the wetness. If they are still soaking in the morning and you have no other option but to put them on, see if you can get hold of some old cardboard (even a cereal box would be fine) and cut out some rough insoles to put inside the shoes.

So keep out of puddles, and enjoy the dry days while we have them!

Evelyn Weir
Lecturer in podiatry
Queen Margaret University
Edinburgh



"They've taken all the chairs!"

Blue Cross Veterinary Services
Offered to pet owners on a low income. This is usually a means tested benefit or state pension with no other means of income:

Blue Cross Mobile Veterinary Clinic
All run 10am – 12pm & 1.30pm – 3.30pm, at these locations – Mon: Bethnal Green Road E2; Wed: Hackney Town Hall (car park) E8; Thur: Islington Town Hall, Upper Street, N1; Fri: Walthamstow Town Square, High Street, E17
On a first-come-first-served basis. Some cases may need to be referred to the Victoria hospital.

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

Maytree Respite Centre
72 Moray Road, N4 3LG
020 7263 7070
One-off four night stay for those in suicidal crisis
Telephone first - not a drop in service
MH

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

Quaker Mobile Library
Every second Mon, 11.30am at Manna Centre, Bermondsey (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
0808 800 7070
Runaway Helpline
For under-18s who have left home

TELEPHONE SERVICES

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

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

Domestic Violence Helpline
0808 2000 247
Eaves
020 7735 2062
Helps victims of trafficking
For prostitution
Frank
0800 776 600
Free 24-hr drug helpline
Get Connected
0808 808 4994
For young people (1pm-7pm daily)

Jobcentre Plus
To make a claim
0800 055 6688
For queries about existing claims
For Income Support, Jobseekers Allowance or Incapacity Benefit
For Social Fund enquiries
0845 608 8661
0845 60 60 265
For the Pensions Service
London Street Rescue
0870 383 3333
Rough sleeper's hot-line

Message Home Helpline
0800 700 740, 24 hrs daily
National Debtline
0808 808 4000
Poppy
020 7840 7141
Helps women who have been trafficked for sexual exploitation

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

WEBSITES

Help for Depression
A comprehensive explanation of the various approaches and treatments for depression
www.helpfordepression.com
MH
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.referrata.com

Soup Run Forum
For those using or running soup runs, or just concerned with their work.
www.souprunforum.org.uk
Stonewall Housing
Housing advice for LGBT people of all ages
www.stonewallhousing.org

UK Human Trafficking Centre
0114 252 3891

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

Shelter
0808 800 4444
Housing advice, 8am-8pm daily
Stonewall Housing advice line
Housing advice for LGBT people
020 7359 5767
(Mon, Thu, Fri 10am-1pm; Tue & Wed 2-5pm)
SANEline (6-11pm)
0845 767 8000
Out-of-hours helpline for those affected by mental health

Robes Project (Southwark & Lambeth)
Various Venues
06 Nov 11 - 01 Apr 12 (except closed 23 - 30 Dec 11): Open 7pm - 8am (arrive before 8pm)
Age 18+ mixed; Beds for 15
By referral only from several agencies
Further info 020 7407 5623
www.rob.es.org.uk

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 (Hammersmith and Fulham): 8pm-7am; last admission 8pm
18+ mixed; Beds for 35 (separate 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 WLDC, 134 - 136 Seymour Place, W1H 1NT
18+ mixed; Beds for 15 (sepa-rate area for women); no smoking; no pets; dry
wcwshelter@gmail.com

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

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

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

Horow - 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

Hillingdon Winter Night Shelter
Various Churches
01895 556700 (9am - 5pm)
Jan - Feb 12: 6pm-8am
Age 18+; Men only; Beds for 5; Local connection only;
Agency or self-referral; dry

Kingston 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
www.kcah.org.uk/winter-night-shelters

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.bromleyc.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

C4WS Homeless Project.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.carisislington.org

Croydon Churches Floating Shelter
Various Churches
07860 270 278
01 Nov 11 - 31 Mar 12:
7.30pm-8am
Last admission 8pm
Age 18+ mixed; Beds for 14
Local referral only, dry
www.croydonchurch.org.uk

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

Hackney Winter Night Shelter
Various Churches
Booking essential: 07702 799543
01 Jan - 31 Mar 12: 8pm-8am
Age 18+ mixed; beds for 25
(screened area for women's beds)

SEASONAL SHELTERS

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

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: alternative Saturdays to Streetlyes

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 - 30 Dec 10): 7.30pm - 7.30am
Agency or self-referral. Arrive before 8.30pm. Age 18+: mixed. Beds for 30. Dry; no smoking. Low support needs only. Priority to local connections, verified rough sleepers, and A10s willing to talk to Thames Reach about 'reconnection'

www.route18.org.uk

Bromley - 5000 Project
Various Churches
contact Bromley United Reform Church, 20 Widmore Road, BR1 1RY
020 8466 0257 (10am - 3pm) or 07879 008523
www.streetlytes.org

8.45pm; Maltlavers Street
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)
St Andrew's Church
10 St Andrew's Road, W14 9SX
Sat: 11.30am-1.30pm
Hot food and sandwiches

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

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

St John the Evangelist
39 Duncan Terrace, N1 8AL
020 7226 3277
Tues-Sat: 12.30pm-1.30pm

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

St Thomas of Canterbury
Lincoln's Inn Fields
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; Thu: 6-9pm; Salvation Army Centre, 205 Portobello Road, W11; Every other Saturday: 2-9pm, King George Hostel (hot meal, sandwiches, fruit, clothing, hygiene kits and referral to a rent deposit scheme); Sun: 6pm; outreach on Bush Green, Shepherd's Bush
www.streetlytes.org

Alternate Thursdays during term-time: 7-9.30 pm. B, CL, FF

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

Peter's Community Café
The Crypt, St. Peter's Church, De Beauvoir Road, N1
020 7249 0041
Mon-Wed: 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. Sandwiches and hot beverages around 9pm every Tuesday and Friday.

Sahru 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

Seventh Day Adventists
Lincoln's Inn Fields
Sun: 7pm

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; Marble Arch (Sunday) 9am
Soup Run: Wed & Thurs (8pm-10.30pm): St Pancras Church 8.15pm; Hinde Street

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: 8.30-1.1pm
 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-1.2pm
 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: 1.2pm: Kentish Town (Isip Road); 1pm: Camden (Arlington Road); 2pm: King's Cross (York Way)

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

Imperial College
 Serving sandwiches and hot beverages on Sunday evenings (8-9.30pm) at Lincoln's Inn Fields.

Jesus Army
 National Portrait Gallery, near Trafalgar Square
 Second full week of the month, Mon-Wed: 9pm

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

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: 10.30-1.30am; Thu: 1.2noon (lunch)

Camden Road Baptist Church
 Hilldrop Road, Holloway, N7 0JE
 020 7607 7355
 Thu: 10.30am-1.2noon

The Carpenters
 TMO Community Hall, 17 Doran Walk, Stratford, E15 2JL
 020 8221 3860
 Every Tuesday: 10am-1.2pm

Ealing Soup Kitchen
 St Johns Church Hall, Mattock Lane
 Friday: 1.1am-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 route - 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, MH, MS, NE, 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, 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, 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
For those sleeping out or in hostels within the borough
BA, BS, CL, DT, FC, H, MH, MS, NE, SH

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

TB screening van - MXU
Information given as date, time, location and post code.
Turn up at these locations:
Mon 06 Feb: 10am - 1pm; Salva-tion Army (Riverside), Matthew & Grief Houses, 20 Garford Street, E14 8JG; 2 - 3.30pm; Veterans Aid, New Belvedere House, 87 90 White Horse Road, E1 0ND
Tue 07 Feb: 8.30 - 11.30am; Whitechapel Mission, 212 Whitechapel Road, E1 1BJ;
12.30 - 3pm; Queen Victoria's Seaman's Rest, 121 - 131 East India Dock Road, E1 1BJ
Wed 08 Feb: 9am - 2pm; Salva-tion Army (Booth House), 153 - 175 Whitechapel Road, E1 1DN
Thu 09 Feb: 8.30 - 10.30am; Barry House, 261 Barry Road, SE22 0JT;
11.30am - 2.30pm; Brigstock House, 78 - 86 Brigstock Road, Thorn-ton Heath, CR7 7JA
Tue 14 Feb: 11am - 1.30pm; Friar Benets Kitchen, St Fidelis Friary, Killip Close, Canning Town, E16 1LX
Wed 22 Feb: 6.30 - 8.15pm; NLAH, St Paul's Church Hall, Stoke Newington, N16 7UE
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 2247 7747
Variety of performing arts workshops 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, PA
Workshop programme from
www.crisis.org.uk

Smart
Art workshops and lectures at various venues
Email: smartnetwork@llineone.net
020 7209 0029
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 Whitfield 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, Millford Lane, Surrey Street, Strand and Waterloo.

Help in finding work and education
Now available online @
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
Smart clothing for job interviews

New Hanbury Project (SCT)

3 Calvert Avenue, E2 7JP

020 7613 5636

Mon-Thur: 9.30am-4.15pm

Courses in: personal develop-
ment, life skills, woodwork, DIY,
art, IT, guitar, Spanish, cooking
C, ET, MC

Turnaround Resource E1

Monterfore Centre, Hanbury

Street, London, E1 5HZ

020 7247 9005

www.turnaround1.org.uk
CA, ET, IT

ENTERTAINMENT & SOCIAL EVENTS

ASLAN

All Souls Church – Clubhouse

Cleveland St

020 7580 3522

Sat eve: by invitation

Open Film Club

www.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

Monday-Friday: 9.30am-5.30pm

Accommodation for 21 ex-service

men and women aged 18-55

who are homeless or potentially

homeless. Require proof of military

service. Phone, call in or write

C

Royal British Legion

08457 725 725

Ring the Legionline to see how they
can help ex-servicemen and women

Veterans Aid

40 Buckingham Palace Rd, Victoria

020 7828 2468

A, AS, BA, D, CL, SS

Veterans UK

0800 169 2277

Free help and advice for vet-

erans and access to dedicated

one-to-one welfare service.

www.veterans-uk.info

JOBCENTRE PLUS

To get benefit advice use local
Job Centres or visit a day centre

that hosts JCP outreach staff:

Monday – Salvation Army. The

Well, Croydon: 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 Mar-

tin's (CSTM), WC2: 9.30am – 1pm

hostel, E16: 9.30am – 12.30pm;

E1: 1pm onwards; Anchor House

Tuesday – Look Ahead hostel,

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 Home-

less Concern day centre, NW2:

10am onwards; Manna day centre,

SE1: 9am onwards; Albany Road

baill hostel, SE5; Deptford Reach

day centre, SE8: 9am onwards;

Ace of Clubs day centre, SW4:

9.30am – 3pm; Stockwell Proba-

tion Service, SW9: 2 – 4pm; Great

Chapel Street medical service, W1:

10am onwards; Broadway day

centre, W12: 10.30am onwards;

St Martin's (CSTM), WC2: 9.30am

– 12.30pm & 4.30 – 7pm

Friday – YMCA, hostel in

Croydon (cornerstone), CR9: 9.30

– 1pm; YMCA, hostel in Croydon

(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,

SW4: 9.30am – 3pm; St Mungo's

Cedars Road hostel, SW4: 9am

onwards; Thames Reach day centre,

SW9: 2 – 4.30pm; St Martin's

(CSTM), WC2: 9.30am – 1pm

(Workspace); St Mungo's Endell

Street hostel, WC2: 9am onwards

Prison Advisers – HMFP

Britton, SW2: (Thu & Fri) 8am

– 4pm; HMP Wandsworth,

SW18: (Mon – Fri) 8am – 5pm

See **Telephone Serv-**

ices for helplines

MEDICAL SERVICES

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;

– 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: 1.30am (drop-exchange and telephone
Mon–Fri: 1.00am–5pm (needle
Mon–Fri: 9am–5pm, C, MS
020 7381 7700
Mon–Fri: 12noon–4pm
A wet day-centre for alcohol users
from Islington and Hackney
BS, FF, L

Druglink

103a Devonport Rd, Shep-

herds Bush, W12 8PB
020 8749 6799

Mon–Fri: 1.00am–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**
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: 1.00am–12.30pm
(appointments and needle-
exchange); 1–5pm (open access)
AD, C, D, H, NE, OB, SH

Blackfriars Road CDAT Team

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

Blackfriars Road CDAT Team

151 Blackfriars Rd, SE1 8EL
020 7620 6500
Mon: 2pm–4pm (drop-in)
MH, MS, NE
D, OL, MS, NE, SH
Closed each day 1.30pm–2.15pm
Tue, Wed & Thur: 12noon–6pm;
Drop-in: Mon, Fri 10am–4pm;
228 Cambridge Heath Rd, E2
020 8880 7780

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, 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;
Tue, Wed & Thur: 12noon–6pm;
Closed each day 1.30pm–2.15pm
D, OL, MS, NE, 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, E, T, MS, NE

EASTERN EUROPEANS & MIGRANTS

Ania's Recruitment Agency

31 Fallsbrook Rd, SW16 6DU
020 8769 0509

East European Advice Centre

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
Free advice and support for
refugees and migrants
AD, BA, FF, H

UR4JOBS

Upper Room, St Savoyur 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, 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: 1.2noon–1.30pm;
and Wed: 7.830pm
BA, BS, CL, FF

The Passage (25+)
St Vincent's Centre, SW1P
Carlisle Place, SW1P
020 7592 1850
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, DT, ET, FF, FC, H, IT, L, MH, MS, TS
Providence Row
82 Wentworth St, Aldgate, E1 7SA
020 7375 0020
Mon–Fri: 9.30am–12noon (8.30am for verified rough sleepers) & 1.30–4.7 Lime Grove, W12

Spikes 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 Spikes for more info.
FC, FF, H, LA, LF, MC, MH, MS, A, AD, AS, BA, BS, CL, C, D, ET, A, AD, AS, BA, BS, CL, C, D, ET, FC, FF, H, LA, LF, MC, MH, MS
St Christopher's Centre
Lime Grove Resource Centre, 47 Lime Grove, W12

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, 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 Spikes for more info.
FC, FF, H, LA, LF, MC, MH, MS, A, AD, AS, BA, BS, CL, C, D, ET, A, AD, AS, BA, BS, CL, C, D, ET, FC, FF, H, LA, LF, MC, MH, MS
St Christopher's Centre
Lime Grove Resource Centre, 47 Lime Grove, W12

Upper Room, St Saviour's
Cobbold Rd, W12
020 8740 5688
Mon: 1–6pm (UR4Jobs); Tue–Thur: 5.30–6.45pm; Fri: 1–6pm (UR4Jobs); Sat–Sun: 12.30–1.30pm
A, AC, BA, C, CA, CL, D, ET, IT, FF, H, OL
Webber Street (formerly Waterloo Christian Centre)
6–8 Webber St, SE1 8QA
020 7928 1677
Mon–Sat: 9am–12noon
AS, B, BA, BS, BE, CL, FF, LA, MH, MS, OL

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

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

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
Shoreditch Community Project (SCT) St Leonard's Church
Shoreditch High St, E1
020 7613 3232
Mon & Wed: 9.30am–12.30pm; Tues: 2–4pm
FF, BA, OL
Simon Community
129 Maiden Rd, Kentish Town, NW5 4HS
020 7485 6639
Mon, Wed & Fri: 11am–3.30pm
B, BS, CL, FF, H, IT, L, OB
Southark Salvation Army
1 Prince Street, SE1 6HH
020 7928 7136
Wed 1–3pm (drop-in with lunch); Thurs 10am–3pm; Fri 1–2.30pm (lunch and bible study)
AC

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 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–12noon
AS, B, BA, BS, BE, CL, FF, LA, MH, MS, OL

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

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

ScotsCare & Borderline (for Scots

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

BA, CA, H, B, P, TS
Borderline (for Scots):

Mon–Fri: 09.30am–12.30pm
(appointments); Mon, Tue,

Thurs, Fri: 2–4pm (walk in)
0800 174 047 (freephone)

dutyworker@scotscare.com
A, BA, C, CL, D, H, MH,

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, 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 Chertsey

Street, W1D 3SY; Thurs: 2–3.30pm;
(under 25s) Lighthouse South,

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

DAY CENTRES AND DROP-INS

Ace of Clubs (16+)
St Alphonsus Rd, Clapham, SW4 7AS

020 7720 2811/0178
Mon–Fri: 12noon–3pm

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

www.aceofclubsclapham.org

Action Homeless Concern
Emmus House

1 Berrymead Gardens, Acton
020 8992 5768

Call for opening times
A, B, BA, CL, D, DT, ET, F, FC

Broadway Day Centre
Market Lane, Shepherds Bush, W12

020 8735 5810
Mon, Wed, Thurs, Fri: 10

- 1am (drop-in); 2–4pm
AD, A, BA, BS, CL, DA, D, ET, F, FC,

(groups & appointments)
H, IT, L, LA, MS, MH, ML, SK, SH, TS

Deptford Churches Centre
Speedwell St, Deptford

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

A, AC, AD, AS, B, BA, BE, BS, C,
CA, CL, D, DA, DT, ET, FF, H, L,

LA, LF, MC, MH, MS, OL, SS, TS
London Jesus Centre

83 Margaret St, W1W 8TB
0845 8333005

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

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 & Thurs: 9am–3.45pm

F, L
Church Army (women only)

1–5 Cosway St, NW1
020 7262 3818

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

12 noon–1pm (sandwiches).
AC, BA, BS, CA, CL, C, ET,

FF, H, IT, L, LA, LF, MC,
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, SK, SS
Croydon Resource Centre

70a Wellesley Rd, Croydon, CR0 2AR
020 8686 1222

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

Cricklewood Homeless Concern
60 Ashford Road, NW2 6TU

020 8208 8590
info@chc-mail.org

Homeless drop-in: 28a Fortune Gate
Rd, Croydon Park, NW10 9RE

Tues & Thurs: 12.30–2.30pm;
Wed & Thurs: 1.2.30–2.30pm

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, Thurs & Fri: 9am–3.30 pm

A, AC, AD, AS, B, BA, BE, BS, C,
CA, CL, D, DA, DT, ET, FF, H, L,

LA, LF, MC, MH, MS, OL, SS, TS
London Jesus Centre

83 Margaret St, W1W 8TB
0845 8333005

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

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**
The Haven Club

At the Holy Cross Centre
(See below).

Mon: 6pm–10pm
For self-treating drug & alcohol

users: no using on day or no entry
Holy Cross Centre

The Crypt, Holy Cross Church
Cromer St, WC1

020 7278 8687
Mon: 2pm–5pm; Tues: 6–9pm;

(ticket required) Thurs: 5–8pm
(Italian speakers session); Fri:

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

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

Mon–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

the List

The directory of London's homeless services Updated 30 January 2012

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 Safe keeping – SK Sexual health advice – SH SSAFA – SS Tenancy support – TS	

Email changes and suggestions to:
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

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

Bridge Resource Centre

Bridge Close, Kingsdown Close, W10 6TW
0208 960 6798

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

C

Depaul UK (young people)
291–299 Borough High Street, SE1 1JG
020 7939 1220 (central office)
www.depauluk.org

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

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, WCH7 7BX
020 7434 1619
Mon and Thurs: 11am–4pm
(drop-in) Service for French-spea-
king refugees and asylum seekers
BA, C, CA, FF, H