

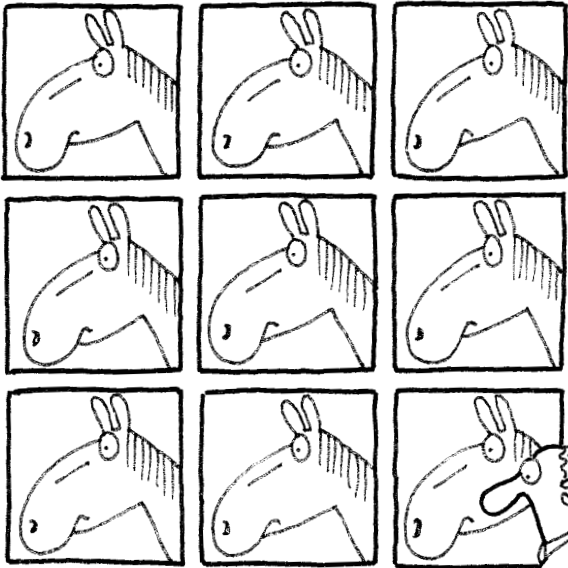
the Pavement

The *FREE* monthly for London's homeless

April 2012



"A few pence to maintain the rich poor gap?"



ANDY WARHORSE



www.thepavement.org.uk
Issue 70 / London / April 2012

Published by
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Printed by
www.evonprint.co.uk West Sussex

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We're still inbetween offices, so working on getting our telephone moved (though the number will remain the same) and messages forwarded – thank you for your patience.

And we've a new email for our London edition, to replace the spam-ridden office@thepavement.org.uk – you can now send your stories, feedback and comments to london@thepavement.org.uk

Richard Burdett

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The Pavement (print) ISSN 1757-0476

The Pavement (online) ISSN 1757-0484

Social Impact Bonds

New funding is given out in London to help meet the 2012 target

Early March saw the announcement from housing minister Grant Shapps of a new £5 million fund to tackle homelessness in London.

The new funding initiative, to be administered by the Greater London Authority [GLA], was launched by Mr Shapps and London Mayor Boris Johnson, who stated that the cash will only be available to organizations that can prove their success in reducing rough sleeping. This Social Impact Bond is designed to ensure that the money only goes to those who get results.

These results are understood to include reducing numbers on the streets, diminishing hospital admissions and moving rough sleepers into accommodation and work. The plan is that Social Impact Bonds will be paid for by the savings they create in other areas of government expenditure.

London has been the recipient of this funding boost because of the actions taken by the London Delivery Board to end rough sleeping in 2012. London Mayor Boris Johnson said: "In just three years we have made some real strides towards ending rough sleeping in London. We have already helped three-quarters of the capital's most entrenched rough sleepers off the streets and seen a massive reduction in the number of people spending a second night outside.

"However, much remains to be done if we want to reach our goal of ending rough sleeping in London this year and we must get out there and help those persistent rough sleepers, who are often battling with hugely complex addiction and mental health problems, to find a new life off the streets."

The funding from the Social Impact Bonds comes after official figures released in February showed a rise in the numbers sleeping rough, with only eight months left to achieve the goal of ending rough sleeping in London by the end of 2012.

At the launch of this scheme, Mr Shapps said: "We have made great progress, but if we are to have any hope of ending rough sleeping for good we must take a new approach. That involves stopping those without a bed from coming to London in the first place.

"But it also means using innovative schemes such as Social Impact Bonds to make sure the best charities are rewarded for success in securing stable homes and jobs. That's why I'm backing those organisations with new ideas for helping persistent rough sleepers with a new £5m payment by results scheme, to ensure that these charities who pull out all the stops are rewarded for their efforts."

Of course, with funding dependent on demonstrating success, we asked the Department for Communities and Local Government [DCLG] whether it was possible that organizations might construct street count figures or target easier cases in order to prove themselves successful in meeting targets. We were told this was not the case.

A spokesman at the DCLG told *The Pavement*: "The Social Impact Bond is designed to attract investment from charities and trusts to drive innovative solutions to resolve the deep problems of a specific group of 700 vulnerable rough sleepers.

The aim is to deliver a permanent positive change in their lives and savings to the taxpayer.

"Success will not be measured by a one-night street count snapshot. We will be agreeing how success is measured with the GLA and successful VCS [Voluntary and Community Sector] bidders."

Staff



Supporting London Life

www.thisislondon.co.uk • www.metro.co.uk
www.standard.co.uk

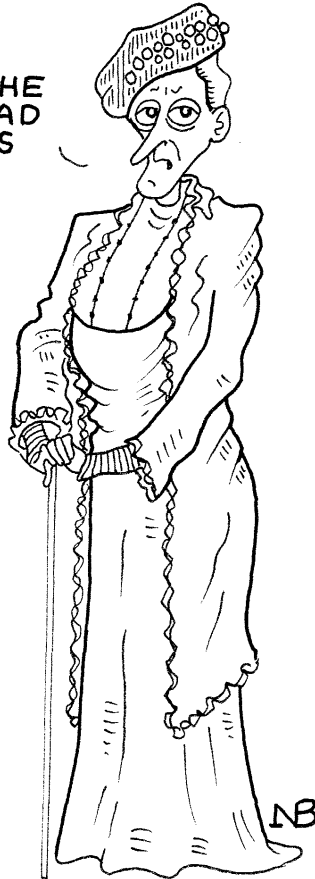


EVERY YEAR THERE ARE INJURIES AND EVEN DEATHS RESULTING FROM PEOPLE BEDDING DOWN IN RUBBISH BINS, SKIPS & CLOTHING BANKS. IT ISN'T SAFE! MANY BINS ARE EMPTIED IN THE QUIET HOURS, SOMETIMES BY A VEHICLE WITH A SINGLE DRIVER, DUMPING THEIR LOAD, WITH A LONG DROP, INTO A COMPACTOR - WHO WILL HEAR YOU OVER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

STAY OUT!
STAY SAFE!

thePavement

IN MY DAY ONLY THE
LOWER ORDERS HAD
TRIPE ON SUNDAYS



Dumbdownton Abbey



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**.

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. 1029416

Onboard

We talk to Emmaus's new trustee, who has a past on the street

Chris Briggs (pictured opposite), who was street homeless in London for eight months, has been unanimously voted onto the board of international homeless charity, Emmaus.

This is the first time an Emmaus resident – or Companion as they are known – has been elected onto the charity's UK board, since its inception 20 years ago. Chris has been with Emmaus (pronounced e-MAY-us) for two years, first in South Lambeth and now in Brighton.

He had worked in hospitality and co-owned a café and then a delicatessen. But when Chris's second business failed, he spent time living street homeless, before reading about Emmaus in *The Pavement*. He told us: "I actually joined Emmaus because of *The Pavement* magazine. I picked it up in the day centre and read a feature about Emmaus South Lambeth. I was amazed that such a thing existed. *The Pavement* was a life-saver."

There are 22 Emmaus Communities across the UK, with a further 14 planned. Emmaus provides full time work, a home and a supportive environment for homeless men and women. Companions work collecting, renovating and reselling donated furniture. This in turn supports the Emmaus community, who receive accommodation, food, clothing and a small weekly allowance.

Companions must agree to sign off Job Seekers Allowance and work. Those with drug and alcohol dependencies must be willing to overcome their addictions, as using and drinking are not permitted in Emmaus Communities.

Mathieu Delarue is also a board member for Emmaus Brighton. In 1995 he was a Companion

too. Delarue explains what drives his work with the charity: "The best thing about it is helping others to realise their potential. So many homeless people have so much potential and so much to offer – and we see people grow and develop. We do see it in action." He says Chris's hard work within the organisation showed his abilities and recommended him for the board.

Opportunities exist for other residents to get involved with running Emmaus too, now that Chris has set a precedent. Delarue says: "Actively recruiting from within the ranks is great and it's good to have a recognised route upwards for Companions."

Starting work on the board has been a new challenge for Chris, who says: "Other board members have been extremely welcoming and very supportive. I've been given a mentor who is not involved with Emmaus, who is helping me come in as an 'outsider'. I also have a trustee 'buddy' on the board who I can talk to. So I feel really supported. I'm going on a training course next week too."

The prospect of helping others motivates Chris. He says: "The best thing is the fact that I am paving the way for future Companions to also join the UK board and to show that there is more to being an Emmaus Companion than moving furniture and working in the shop. You can have a say in running the whole organisation."

If you'd like to contact Emmaus, you can phone **01223 379271** or e-mail them at contact@emmaus.org.uk

Jane Evans





What a waste

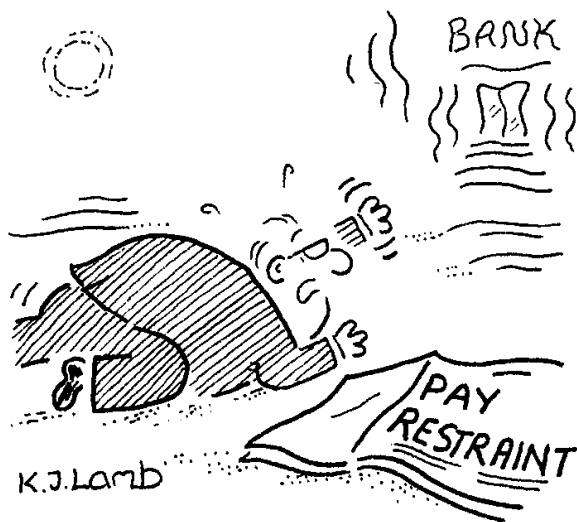
We don't keep our fresh, natural food overnight to sell the following day. We never have and we never will.

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 ★



"Wonga... wonga..."

News in brief

The homeless news from across the UK and the World

Cambridge murderer jailed

An eighteen-year-old man has been jailed for life after being found guilty of murdering a homeless man in Cambridge last June.

Jack Robinson kicked and stamped on Raymond Boyle, 53, in an unprovoked attack in an open area of parkland called Jesus Green. Robinson then dragged his victim unconscious into the River Cam.

Robinson's friend Daniel Mynott, 18, was also present during the late-night attack. After the incident, Robinson and Mynott walked to Mynott's home. On the way Robinson discarded his jumper, as it is thought that he was concerned that forensic evidence from his clothes would link him to the crime.

Boyle's body was found at 2am that morning, and Robinson and Mynott were arrested the following day. Robinson was charged with murder, while Mynott was charged with grievous bodily harm with intent. Both men had spots of Boyle's blood on their shoes.

Both denied the charges, but, after a two-week trial at Cambridge Crown Court, Robinson was found guilty while Mynott was acquitted, having claimed that he had tried to stop his friend from attacking the victim.

Jurors were told that the pair had been drinking heavily before the incident. Police said Robinson's account changed several times during interview and later in court.

Detective Chief Inspector George Barr said: "This was a savage, unprovoked attack on a defenceless man."

Boyle's partner of 22 years, Carole, and his eldest daughter Toni, said in a family statement: "Ray was a successful man, working hard over the years at a printing firm in Rochdale, Lancashire. His only demon was drink; which stemmed from a difficult childhood. There were long periods where Ray was recovering but would turn to drink when he was under pressure.

"On two occasions he found himself living on the streets for a short time as a result of his drinking. Sadly, the second time ended with his brutal and untimely death.

"He was a father to three girls and a proud grandfather, but never got the chance to meet his third grandchild who was born last month.

"He was deeply loved by everyone who was part of his life and will be greatly missed by all his family and friends."

Katharine Hibbert

Princess Beatrice hostel: the story so far

In 2010 *The Pavement* (London edition) reported that homeless hostel Princess Beatrice House, run by the charity Look Ahead, was closing down.

The 118-bed capacity hotel closed in April last year, and was sold on to a private property development company for £11 million, according to commercial property advisors Ashwell Rogers. The intended use for the 33,000sq ft, pre-WWII building: student housing.

Hugh Donahoe, a spokesman for the Royal Borough of Kensington and Chelsea, told *The Pavement* in

2010 that the council had recently commissioned a "new complex-needs, supported-housing scheme that will provide better accommodation suited to the needs of our more vulnerable customers". The new service is managed by the Look Ahead housing association.

Two years on, we asked the council whether the residents of Princess Beatrice House had been successfully resettled and if the new housing scheme was implemented.

A council spokesperson said "a detailed rehousing plan was implemented jointly by the Royal Borough of Kensington and Chelsea and Look Ahead. The majority of residents eligible for resettlement were housed via Clearing House, returned to borough of origin, given a social housing tenancy or alternative supported housing scheme dependant on need.

The new complex needs service opened in May 2011, comprising a 24-bed high-support unit; a nine-bed medium-support mental-health-needs-focused unit; and a low/medium-support 66-bed, move-on cluster. In total, providing 99 bed spaces.

Carinya Sharples

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

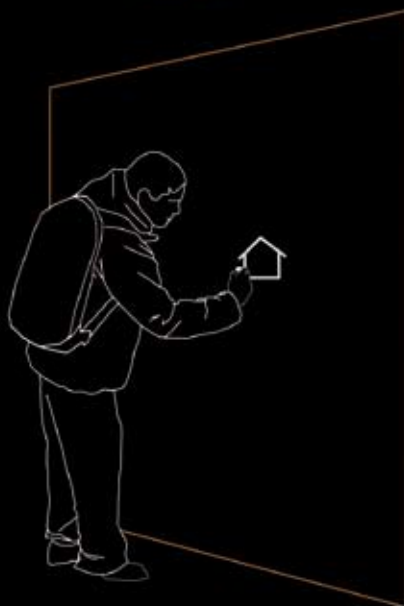


you'll get moved on here

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.

Homeless heritage dig

Homeless people and university students in York have joined forces for an archaeological dig with a difference.

Unearthing York's Homeless Heritage is an excavation of areas used by the city's homeless community during the 1980s and 90s in the grounds of a hospital.

The project, a collaboration between students from the University of York and residents of the Arc Light Homeless shelter, aims to use archaeology to highlight contemporary issues within our society.

The excavation's finds were on display during March in a public exhibition alongside photographs, maps and a short film all designed to explore the culture of contemporary homelessness in York.

University of York student Rachael Kiddey, who is using the subject for her PHD, said: "It is a fascinating anthropological study that will illuminate an area of our society that is so often hidden from view."

"While detritus such as cigarette butts will not be the grandest archaeological finds in this most historic of cities, they are important in understanding our society."

"Archaeology is the study of past societies, and it is vital that we look at every aspect of society, from all time frames, which is the aim of this project."

The project first began in Bristol in 2008, before Rachael decided to continue her work in York six months ago with a team of five University of York students and residents from Arc Light.

The space excavated, in the grounds of Bootham Park Hospital, was a popular space for homeless people due to its privacy and closeness to the city.

Arc Light is a charity that provides accommodation and support to homeless men and women in York, and has been delivering services since 1999 for York's homeless.

For more information visit
<http://arcifact.webs.com>

Rebecca Evans

Street Heat: De Niro undercover

Robert De Niro posed as a homeless man while preparing to play a rough sleeper in his latest film, "Being Flynn". The actor spent a day undercover at an American shelter in order to gain an understanding of his character's life.

Describing De Niro's stay at the shelter, director Paul Weitz said: "It was interesting to see him kind of blend into the woodwork, which he did very well. He had a cap pulled over his eyes and he pretended to have a cold so he could cover up his face."

Weitz added: "Bob likes to play real people so he was trying to get a sense of the reality there. In the shelter he observed the people staying there and their body language wasn't downtrodden. They had erect posture and didn't want to appear to be marks and get robbed or beaten up so that's how he appears in the film."

Katharine Hibbert

Cash seized from criminals used to help Scottish homeless

Homeless charity Borderline, which supports hundreds of Scottish people living in London, feared closure last month after it faced losing funding from the Scottish government in 2012/13.

However, in a turnaround, the Scottish government has now pledged £50,000 a year to the charity. The funding will rely on cash confiscated from gangsters

and fraudsters as part of crime legislation. The funding will be reviewed in 2015 and holds the condition that the Church of Scotland makes an equal contribution through fundraising.

The charity, which had already seen its grant reduced from £107,000 in 2008/09 to £24,500 in the current financial year, gained support from the first minister and the moderator of the Church of Scotland, Right Reverend David Arnott.

Borderline chief executive, Willie Docherty, said: "There is a great need for support for vulnerable homeless Scots in London and had we not received this grant, it is highly likely that the Borderline would have closed its doors in months."

"Recognition by the Scottish government that there is a need for this kind of support in London and re-instating our funding is very welcome, however, this is only a stepping stone as we still require to enlist the support of more Scots generally, and here in London in particular, to ensure the long term future of our service to homeless Scots in London."

Emma Batrick

Charities join forces to house the homeless

Commonwealth Housing and Thames Reach have announced plans to work together on a new project designed to encourage ex-homeless people back into work.

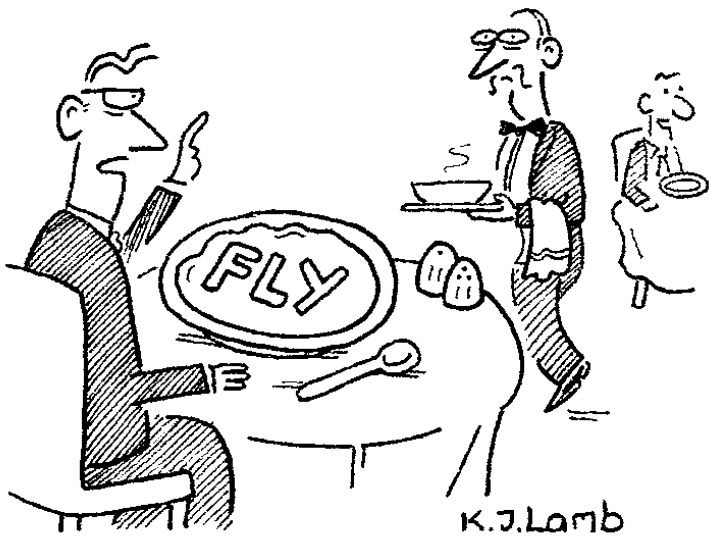
The two charities will join forces to provide "Peer Landlord London" schemes, offering low-priced accommodation to those struggling to get back on their feet. Approximately seven housing schemes will be launched across London, with two already underway. According to *24dash*.

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.

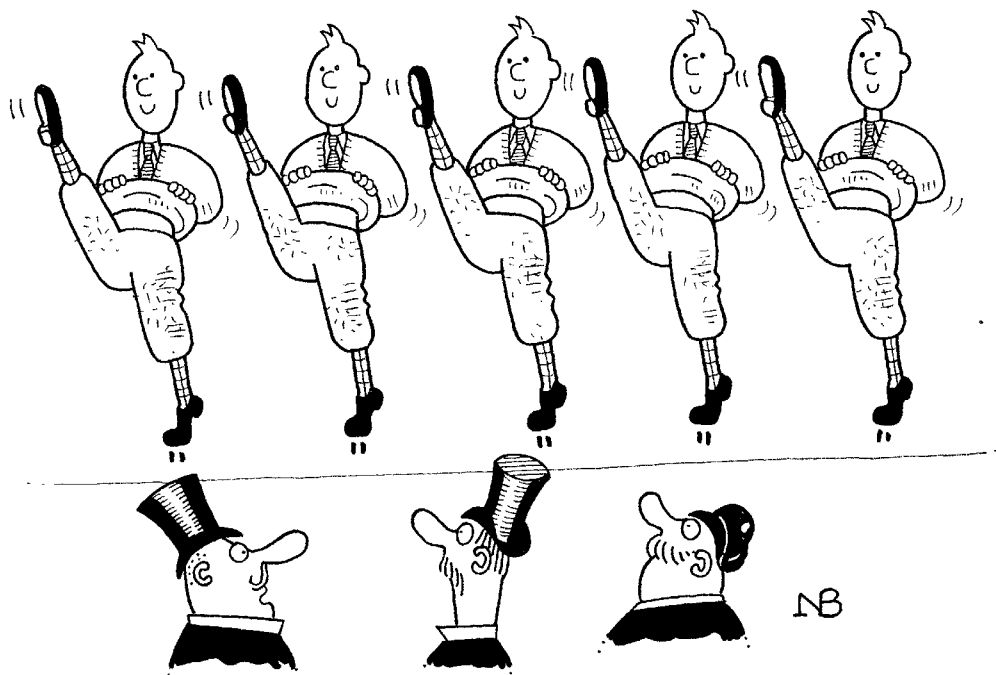


If you have a mobile, and can spare a few pounds, please text **PAVE11** followed by **the amount in pounds*** (max £10) to **70070**

*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



*“Waiter – there’s an ‘F’, an ‘L’ and a ‘Y’ in
my alphabet soup”*



"The Belgian version of the can-can is less risqué"

com rent prices will start at £75 per week, ideal for those on minimum wage or apprentice positions.

The project is part of the Government's move to extend the Shared Accommodation Rate (SAR), which sees those aged 35 or under get lower room rents. It is hoped that the scheme will significantly improve the quality of life for ex-homeless people.

Under each scheme, one of the tenants is appointed "peer landlord" and is responsible for providing extra advice and support to others in the home. Peer landlords will all receive extra training on a range of topics including employment and housing policy.

Thames Reach's Chief Executive, Jeremy Swain, said: "Many former homeless people find themselves among the ranks of the unskilled and long-term unemployed. Though much has changed in terms of attitudes and priorities in the homelessness sector, it remains the case that the number of former homeless people in work remains depressingly low."

A recent survey by Thames Reach showed that 70 per cent of service users wanted to work, though only 10 per cent were actually in employment.

Meanwhile, Commonwealth are also rolling out another scheme, the "Peer Landlord" project, which collaborates with Catch 22, a programme specifically designed for the 16-25 age group.

Commonwealth Housing Chief Executive, Ashley Horsey, said: "We are very pleased to be working with both Thames Reach and Catch 22 on this innovative Peer Landlord scheme."

Lizzie Cernick

People as 4G hotspots

Controversy has been raised in the US on a homeless issue, but not one readers will have come across before - using rough sleepers as 4G wifi hotspots!

The idea came from a New York advertising agency, who premiered their innovation at the SXSW festival in Austin, Texas, by employing 13 rough sleepers from a local shelter to act as walking wireless internet providers. Agency Bartle Bogle Hegarty developed the idea and launched the scheme at the festival in March. The 'hotspots' - Clarence is pictured below - were paid for their day's work, as well as given a share of the wifi they sold.

The plan had been to then expand the project into other cities, such as New York, in a bid to replace dependency on street newspapers in the digital age. The scheme saw the volunteers carrying small WiFi devices, which produced the broadband, whilst sporting t-shirts

saying, "I'm [name], 4G hotspot."

However, Bartle Bogle Hegarty hadn't anticipated the outrage expressed by some media, who saw this move as exploitative of those involved, although that view wasn't shared by those participating.

Soon after its launch, and a flurry of mixed coverage online and in print, the agency announced that it wouldn't continue after the trial period during the festival. Speaking to the *New York Post*, Emma Cookson of Bartle Bogle Hegarty said, "we have no definite, specific future plans yet, in New York City or elsewhere. This was an initial trial program."

"We are now listening carefully to the high level of feedback, trying to learn and respond, and we will then consider what is appropriate to do next."

Staff



Photography by Bartle Bogle Hegarty © 2012

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 COMMONLY JUST ONE DRIVER WHO WOULD BE UNABLE TO HEAR OVER THE MACHINERY NOISE IF THERE WAS ANYONE INSIDE THE BIN.

STAY OUT AND STAY SAFE!

thePavement

ILLUSTRATION BY
LO PARKIN

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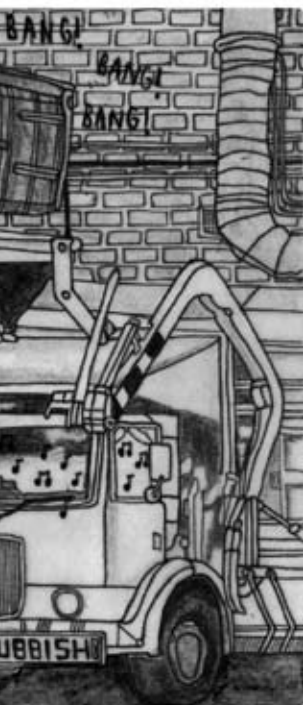
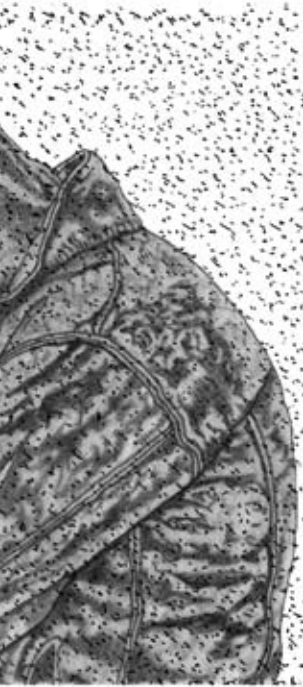


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Pavement injustice

A new campaign is being launched to fight “pavement injustice” across the UK – the practice of on-the-spot punishments for a range of offences in Britain’s public spaces, from leafleting to feeding the ducks. The Manifesto Club, a London-based campaign group, wants to take on “unaccountable officials” who have the power to issue fines for a host of activities, without ever setting foot in a court room.

The organisation claims that “on-the-spot fines have been running at around 200,000 a year since they were introduced in 2004. Now ‘out of court’ punishments make up nearly half of all offences ‘brought to justice’”.

Criminal offences like causing “harassment, alarm and distress”, for example, or “disorderly behaviour while drunk”, are now often dealt with like a parking ticket, rather than in a court room.

As part of the campaign, they’re encouraging people who have received on-the-spot fines that they feel are unjust to contact them. Manifesto Club legal advisors can help you to challenge the fine, publicise the case, and include it in their research into this practice. They are also asking that anyone stopped in public and fined by an official to contact them – as they intend to make these people accountable for their actions.

At *The Pavement*, we want to encourage readers to get in touch if they’ve had an experience with an on-the-spot fine they felt was unjust – and we’ll be following the Manifesto Club campaign over the next few months. To visit the campaign’s website, please visit: www.manifestoclub.com/pavementinjustice

Jim O’Reilly



Suits for success

With the level of unemployment in 2012 predicted to remain around 8.5 per cent – still its highest level since 1995 – getting a job has never been harder. If you do manage to land that all-important interview, preparation is key.

As is presentation, which is why suit-makers A Suit That Fits have teamed up with homeless charities Amber, Broadway and Emmaus, to urge people to donate their unwanted suits to be passed on to those who need them.

Each of the charities works with homeless people to provide work and learning outreach programmes to support them in their job search. However, many candidates found that, once they had reached the interview stage, they didn’t have

any-
thing suitable to wear, which could lessen their confidence and damage their impression on the employer.

The Suit for Success campaign will be taking donations in exchange for a £50 gift voucher which can be spent on tailoring at A Suit That Fits. Warren Bennett, co-founder of the company said: “Wearing a suit has a massive effect on confidence – especially when looking for work. If we can help individuals to feel more confident when going to interviews, and therefore increase their chances of getting a job, then the campaign will have been a resounding success.”

This is in addition to similar schemes such as Dress for Success, which focuses on enabling women to return to work, and the Department of Work and Pension’s Flexible Support Fund.

Emma Batrick



*"Of course you were wanted as a child, Darren – by
three neighbouring police authorities!"*

STREET SHIELD

EPISODE 28

WHITE
VAN
MAN

LOOK, FELLAS, IT'S EASY ENOUGH.
IT'S CASH IN HAND, AND EASY WORK.
I CAN DRIVE UP THERE TONIGHT,
AND WE CAN START TOMORROW.

GOOD V.I.A.P.
YOU'LL BE EARNING
BY THE WEEK'S END!

BE
BUT



NEXT TIME:

JACK IS BACK!

Health and wellbeing

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

Drinking habits

Alcohol use is so common in our society that almost everyone enjoys a drink. But is your drinking becoming a problem? According to statistics on the Drink Aware website it is estimated that 4 per cent of the UK adult population or 1.1 million people are alcohol dependent. So, there's a good chance this article is for you.

Most of us are social drinkers and enjoy a drink to help us relax and unwind at the end of the day but for many people their relationship with alcohol has become something else, it can become something necessary just to get through the day and that can, in the long term, make life more difficult.

Government guidelines recommend three to four units per day for men and two to three units for women. It is also good to have at least two alcohol free days each week. Most of us will exceed these limits from time to time without the sky falling in but you should be aware of the limits and try to keep within them.

Alcohol abuse, misuse or overuse can cause physical health problems such as liver disease, heart problems, weight gain, breast cancer and strokes. People with underlying mental health issues are more at risk of abusing alcohol to help them deal with their feelings. If you recognise that your drinking is to help you deal with mental health or emotional problems, see your GP. There are prescription medicines available that will do a much better job than the drink.

Like any substance abuse, drinking becomes an issue when you find you cannot get by without

drinking, if you find your tolerance to alcohol has increased or if drinking makes you engage in risky behaviour. Other signs of alcohol addiction include worrying about where your next drink is coming from and basing all your social activity around alcohol.

Drinking is also a problem if you put drinking alcohol before things you have to do like care for children, go to work or manage your life. Recognising you have a problem with alcohol is the essential first step to giving up or cutting back.

Some people are good at recognising they have a problem and stop or cut down on their own (not me, but congratulations if you have willpower) but for others, help and support are a necessary part of the recovery process. It takes a lot of courage to admit you have a drink problem and if you've faced up to it you should be proud and ready to take the next step.

Equally important and just as brave is asking for help. Drink has affected down many clever and talented people. If you have a problem with alcohol you are not alone and seeking help is nothing to be ashamed of.

If you are a heavy and dependent drinker do not try to "dry out" alone. The dependency your body has built up to alcohol will mean you will suffer from severe withdrawals. Symptoms of alcohol withdrawal include nausea, tremors and sweating. Get help from your GP, nurse or other healthcare provider first and choose a time and place where you feel safe to give up.

Many people, who successfully give up drinking fail at the first attempt, so don't be put off if you find it hard at first.

If you drink heavily and feel

unable to cut down, then take some precautions to keep yourself safe. Alcohol depletes your body's nutritional levels so take a multi-vitamin every day. It also dehydrates you so drink lots of tap water. Try to drink only with people you know and trust and in the safest environment available to you. Remember, drinking outdoors in cold weather can lead to hypothermia so take care. Good health,

Susie Rathie
Our Nurse Flo

Fungal feet

You don't have to be an athlete to get athlete's foot – you just need to have your bare feet exposed to the fungus that causes it.

Athlete's foot is the common name for a fungal infection of the feet, usually from the Trichophyton fungal family. The fungus likes to live on feet because feet provide a nice, warm, dark and steamy environment where fungal infections can live and breathe very happily for long periods.

Common sites on the foot for fungal infections are between the toes (where they make the skin go white, cracked and soggy) and on the sole of the foot – usually around the arch area (where they can appear a bit red and scaly – like dry skin but more white and scaly on top with redness underneath).

Sometimes tiny blisters may appear around the infected area. You'll most likely know you've got athlete's foot when you start to feel the itching – fungal infections are notoriously itchy and the more you scratch it, the more you spread it. Fungal infections

can also make feet feel hot and cause stinging or burning sensations. Sometimes this gets worse after you have been in a warm environment such as bed or a bath, and these feelings of heat often accompany the intense itching.

Avoidance is better than cure, but not always possible. Try to avoid catching fungal infections by keeping to your own socks and shoes if you can, and wear flip-flops or some sort of footwear in communal areas. The 'athlete' bit comes from the idea that the fungus spreads well in communal and shared areas – shower rooms, locker rooms, changing rooms, or via wet towels, bedding and floors, as well as by direct contact – so be aware of your feet in these areas.

If you do start to get symptoms of itching, it may be too late. If you are reasonably sure that the itching between your toes or on the sole of your foot is a fungal infection (remember it could be other things – eczema, psoriasis, dermatitis, a drug reaction – so rule these out first) then it is a good idea to start treatment. It is an infection, so it will most likely spread and get worse if you don't.

Hygiene is of course important, but having a fungal infection doesn't mean you are dirty or not clean, it simply means you have been in contact with the fungus and it has invaded your skin. Treating it means killing the fungus. Simple washing and hygiene alone won't do that, especially if it has been there for a while. Notoriously difficult to treat, the only way to get rid of a fungal infection is to use some sort of anti-fungal agent – usually a gel, cream or a spray. You can get these on prescription from a GP, or you can buy them over the counter. Check out the ingredients if you do decide to buy over the counter – you may find that a store's own brand anti-fungal cream has just the same ingredients than some named brands but is a lot cheaper.

Unfortunately 'curing' athlete's foot is a long slow process – it won't disappear overnight, usually taking a good few weeks for the cream etc to get it under control. Even if it looks as if it has disappeared, keep applying the cream for a couple of weeks afterwards, because the fungus has a habit of pre-

tending to disappear but still hanging around, only to return with a vengeance..

Left untreated, fungal infections can spread over your feet, and some can also get into your nails – making them thickened, crumbly and yellow. Fungal infections and the intense itching and scaling they create also make the skin on your feet vulnerable to other problems, such as open sores, cracks and the risk of secondary bacterial infection. A final word of warning: athlete's foot does tend to limit itself to the foot, but left untreated it can sometimes spread to the groin. Not pleasant and not pretty, so think about getting a tube of something if you suspect you have it on your feet and get it treated quickly. Better still, avoid the fungal infection in the first place, and keep your feet sweet.

Evelyn Weir

Lecturer in podiatry
Queen Margaret University
Edinburgh





"Glenys is detoxing"

Thur: Islington Town Hall, Upper Street, N1; Fri: Walthamstow Town Square, High Street, E17
Some cases may need to be referred to the Victoria hospital.

TELEPHONE SERVICES

Quaker Mobile Library
Every second Mon, 11.30am at Manna Centre, Berrymondsey (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

Community Legal Advice
0845 345 345, Nationwide
www.communitylegaladvice.org.uk
Mon-Fri: 9am-8pm;
Sat: 9am-12.30pm
Free, confidential service, offering

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/cld
C, MH

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

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

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
0845 377 6001
For Social Fund enquiries
0845 608 8661
For the Pensions Service
0845 60 60 265
London Street Rescue
0870 383 3333
Rough sleeper's hotline
www.thepavement.org.uk/services.htm
Updated at least annually
www.homelesslondon.org
The Pavement online
Regularly updated online
version of The List.
www.thepavement.org.uk
Soup Run Forum
For those using or running soup runs, or just concerned with their work.
www.soupnforum.org.uk
Stonewall Housing
People of all ages
www.stonewallhousing.org
Runaway Helpline
0808 800 7070
For under-18s who have left home
The Samaritans
08457 90 9090
SAFEline (6-11pm)
0845 767 8000
Out-of-hours helpline for those affected by mental health
Shelter
0808 800 4444
Housing advice, 8am-8pm daily

WEBSITES

Stonewall Housing advice line
Housing advice for LGBT people
020 7359 5767
(Mon, Thu, Fri 10am-1pm; Tue & Wed 2-5pm)

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

Domestic Violence Helpline
0808 2000 247
AD, BA, DA, H
benefits, tax credits, debt etc.
specialist advice on housing.

Eaves
020 7735 2062
Helps victims of trafficking
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

Frank
0800 776 600
Free 24-hr drug helpline

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

Teen Challenge

Mon, 9-11.30pm; Whitechapel;
Tue; 9-11pm; Hackney Central;
Wed, 9-11pm; Brixton (in square);
& Thu, 9-11pm; Ealing Tube
Hot meals from a bus

Quaker Run

Victoria, 2nd Sun of month: 7pm
Wycombe & Marlow Group
Lincoln's Inn Fields, Tue: 8.15pm
Food, drink and some sundries

Winners Chapel

King George's hosts: alternates
five Saturdays to Streetlytes

SEASONAL SHELTERS

Will return when the first
re-open in November

SPECIALIST SERVICES

The Albert Kennedy Trust

Unit 203 Hutton Square Busi-
ness Centre, 16/16a Bald-
wins Gardens, EC1N 7RJ
020 7831 6562
Mon-Fri: 10am-4.30pm
Works with LGBT people
1-6.25, 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

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;

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
Mon-Wed: 12noon-6.30pm

St Ignatius Church

Lincoln's Inn Fields
Sat: 7.45pm

St John's Ealing

Mattock Lane, W13 9LA
020 8566 3507
Sat & Sun: 3.30-5pm
Also: Advice service 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, sand-
wiches, fruit, clothing, hygiene
kits and referral to a rent deposit
scheme); Sun: 6pm; outreach on
Bush Green, Shepherd's Bush
www.streetlytes.org

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 with sandwiches and
hot beverages around 9pm.
Every Tuesday at Spensers Street
and Friday at Christchurch
Gardens, both in Westminster

Sahnu Vaswani

Lincoln's Inn Fields, Wed: 8-8.30pm
A great curry!

Sai Baba

Coram's Fields (3rd Sun of
month); 1am-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;
Milford Lane 6.45am; Strand
7am; Southampton Road 7.30am;
Grosvenor Gardens 8.30am;
Marble Arch (Sunday) 9am
Soup Run: Wed & Thurs
(8pm-10.30pm); St Pancras
Church 8.15pm; Hinde Street
8.45pm; Maitraveters Street

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
Tues: 5-6pm (women's drop-in);
Weds: 1-3pm (women's drop-
in); Fri: 11am-1pm (women's
bunch & discussion group)
Mon and some Wed ses-
sions now held at Chalk Farm

FF, CL
Salvation Army - listed above.

Farm Street Church
Thurs: 8-10.30pm
Three routes: *Oxford Street route*

— Davies Street; Bourdon Street;
South Moulton Street; Oxford
Street; top end of Regent Street
to Hanover Street; Hanover
Square; New Bond Street
Berkeley Square route — Ber-
keley Square; Berkeley Street;
Green Park tube; Piccadilly
Hyde Park Corner route — Mount
Shepherds Market; Curzon Street

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

Thurs: 8.30-10pm
Hot meals, soup, fruit and cake
Food Not Bombs
The Narrows, Hackney Central
Every second Sat: 5-6pm
FF

Geoffrye Community Centre
Geoffrye Estate, Falkirk
07527 789827
Soup kitchen every
Thursday 12noon.

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

Hare Krishna Food for Life
The Hare Krishna food run provides

wholesome and tasty vegetar-
ian meals from Soho and King's
Cross Temples. The former can
be found at Lincoln's Inn Fields.
Mon-Fri: 7.15pm, finishing at
Temple if there's food left. The
latter from Mon-Sat, all year round:
12pm: Kentish Town (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 Cout'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: 1.15am-
1pm, *Open for breakfasts*

Life Bread
Emmanuel Pentecostal Church,
374 Lee High Road, SE12 8RS
A hot meal every Tuesday 6-8pm
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 cloth-
ing. Sat-Sun: 6.15pm onwards
The Lion's Club of Fairoh
Charing Cross, Strand
Second & fourth Sun: 6pm
Hot Indian food

Liss Homeless Run
Strand, Police 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: 8.45pm;
Cotton Street (Nr. Holborn)
& Lincoln's Inn Fields: 9pm;
Temple: 9.30pm; Waterloo (St
John's Church): 10.15pm

London City Aid
Tothill Street, Second 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 Dukes Ave, N10 2PT
020 8444 7027
Sun-Thurs: 7.45-8.45pm

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

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

Open Door Meal
St James the Less parish centre,
Vauxhall Bridge Road, behind the

Lord High Admiral public house.
An established service, providing a
two-course hot meal served at table.
Alternate Thursdays running
term-time: 7-9.30pm. B, CL, FF

SOUP KITCHENS & SOUP RUNS

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

Agape
Waterloo Bridge, North Side
Wed: 8pm
Sandwiches, teas and coffees
All Saints Church
Carnegie St, N1 020 7837 0720
Tues & Thu: 10am-12noon
Cooked breakfast

Hot food and sandwiches for early risers. Sat 5.30am-8.30am
—Covent Garden, Milford Lane, Surrey Street, Strand and Waterloo.

Bloomsbury Baptist Church
235 Shaftesbury Ave, WC2 8EP
020 7240 0544
Sunday: Roast lunch 1pm
10.30am for ticket (very limited)
The Cabin

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

Chalk Farm Salvation Army
10-16 Havestock Hill, NW3 2BL
Mon: 6-8pm (men's group);
Wed: 7.30-9pm (open drop-in)
FF, CL

Thu 19 Apr: 11.30am - 2pm; Acton
Homeless Concern - Emmanuel House,
1 Berrymead Gardens, W3 8AA
Tue 24 Apr: 8.30am - 3pm;
O'Hanlon House, Luther Street,
O'Hanlon House, Luther Street,
O'Hanlon House, Luther Street,

Thu 26 Apr: 1 - 4pm; Addac-
 tion - Brent, 97 Cobbold Road,
 Willenden, NW10 9SU
Fri 27 Apr: 8.30 - 11am; St Mungos
 - Margery Street Rolling Shelter,
 William Martin Court, 65 Margery
 Street, WC1X 0JH; 11.30am
 - 12.30pm; City Roads Centre,
 352 - 358 City Road, EC1Y 1PY
Mon 30 Apr: 9 - 11am; St
 Mungos - Rushworth Street
 Rolling Shelter, 48 Rushworth
 Street, SE1 ORB; 11.30am -
 12.30pm; Equinox - Brook Drive,
 124 Brook Drive, SE11 4TQ

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 Skyline
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 lec-
tures at various venues
020 7209 0029
Email: smartnetwork@lioneone.net

King's Cross Primary Care Centre
(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, SH

Project London
 Port St, Bethnal Green, E2 0EF
 Mon, Wed & Fri 1pm-5pm
 07974 616 852 & 020 8123 6614
 Operating at 999 Club, Deptford,
 Wed: 2-4pm; & Providence Row,
 Victoria, Fri: 9.30-11.30am
 MS, HS

TB Find & Treat
For advice and information on tuberculosis 020 347 9842
www.findandtreat.com

TB screening van – MXU
Information given as date,
time, location and post code.
Turn up at these locations:
Mon 02 Apr: 10.45am - 1.30pm;
The Well Drop In, Salvation
Army, Gifford, South Road

Wed 04 Apr: 10am - 1pm: St
 Mungos Garden House & Spring
 Gardens Hostel, 1 Arlington Close,
 SE13 6JF (off Enneds Road),
 House 2, 261 Barry Road,
 SE22 0JT.
 11.30 - 2.30pm: Brigstock Hotel,
 78-88 Brigstock Road, CF7 7JA
Wed 11 Apr: 1.30 - 4.30pm;
 IDAS Garratt Lane, 86

Thu 12 Apr TBC: 10am - 4pm TB; 4pm - 5pm car park
Pharmacia House, Prince Regents Road, Hounslow, TW3 1NE
To check: Call Pharmacia House on 020 8538 1150
Fri 13 Apr: 9am - 12.30pm; 1.30pm - 4.30pm
Addaxion - Kaleidoscope, 28 - 46 Crosswell Road, Kingston, KT2 6RN
mb. MXU to park round back
Tue 17 Apr: 11am - 2pm; Gate-on Hornham Road
Wed 18 Apr: 9.30 - 11.30am; Broadway Sixty Five Project, 65 Lxbidge Road, Southgate, UB1 3EU

MEDICAL SERVICES

Camden Health Improvement Practice

108 Hampstead Road, NW1 2LS
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

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, 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-11.30am
Friday: 10.30am-12.30pm;

Mon, Wed & Fri afternoons

- appointments only
For those sleeping out or in hostels within the borough

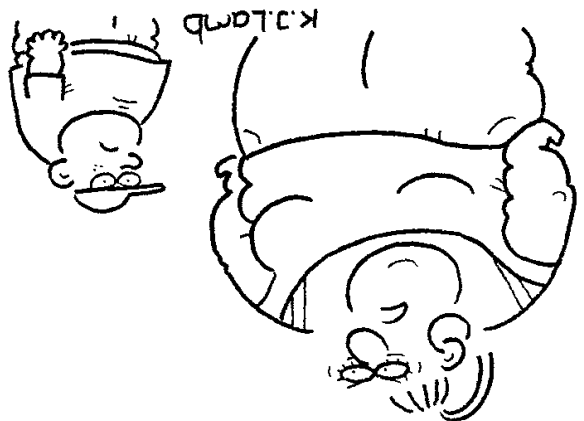
Islington Primary Care Service (IPCS)

ISIS North, 99 Seven Sisters Road, N7 7QP
020 7561 5410
Mon - Wed, Fri: 10am - 5pm

For those who are home-less or have drug and alcohol problems within Islington

FC, MH, MS, SH

"Just wait until the man who may be your father pending a DNA test, gets home"



- 3pm; The Passage, SW1: 9am - 1.30pm (10am onwards in their Job Club); Salvation Army day centre, Princes Street, W1: 2.30 - 4.30pm; St Mungo's Margery Street hostel, WC1: 9am onwards Thursdays - Crisis Skylight, E1: appointments 11am - 2pm; E1: 9am onwards; Focus day centre, Whitechapel Mission day centre, E15: all day; Cricklewood Homeless Concern day centre, NW2: 10am onwards; Manna day centre, SE1: 9am onwards; Albany Road bail hostel, SE5; Deptford Reach day centre, SE8: 9am onwards; Ace of Clubs day centre, SW4: 9.30am - 3pm; Stockwell Probation Service, SW9: 2 - 4pm; Great Chapel Street medical service, W1: 10am onwards; Broadway day centre, W12: 10.30am onwards; St Martin's (CSTM), WC2: 9.30am - 7pm - 12.30pm & 4.30 - 7pm

Friday - YMCA, hostel in Croydon (Cornerstone), CR9: 9.30 - 1pm; YMCA, hostel in Croydon (Lansdowne), CR9: 2 - 4pm; The Manna at St Stephen's drop in, N1: 10.30am onwards; Cricklewood Homeless Concern day centre, NW2: 10am onwards; YMCA, hostel in Romford, RM2: 11am onwards; The Passage, SW1: 10am onwards; Ace of Clubs day centre, SW4: 9.30am - 3pm; St Mungo's Cedars Road hostel, SW4: 9am onwards; Thames Reach day centre, SW9: 2 - 4.30pm; St Martin's (CSTM), WC2: 9.30am - 1pm (Workspace); St Mungo's Endell Street hostel, WC2: 9am onwards **Prison Advisers** - HMP Brixton, SW2: (Thu & Fri) 8am - 4pm; HMP Wandsworth, SW18: (Mon - Fri) 8am - 5pm See **Telephone Services for helpline**

Help in finding work and education
www.un4jobs.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

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

Montefiore Centre, Hanbury

Street, London, E1 5HZ

020 7247 9005

www.turnarounde1.org.uk

CA, ET, IT

ENTERTAINMENT & SOCIAL

EVENTS

ASIAN

All Souls Church – Clubhouse

(Cleveland St

020 7580 3522

Sat eve: by invitation

Open Film Club

www.opencinema.net

FF, LA

EX-FORCES

AWOL? Call the 'reclaim your life'

scheme from SSAFA

01380 738137 (9am–10am)

Home Base

158 Du Cane Road,

London, W12 0TX

020 8749 4885

www.cht.org.uk

Monday–Friday: 9.30am–5.30pm

Accommodation for 21 ex-service

men and women aged 18–55

who are homeless or potentially

homeless. Require proof of military

service. Phone, call in or write, C

Royal British Legion

08457 725 725

The Whitaker Centre

91–93 Tollington Way, N7 6RE

020 7263 4740

Mon–Thur: 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 & Thur: 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

Pallingswile 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, N16 9ES

info@hackneymigrantcentre.org.uk

Wed: 12.30–3.30pm

Free advice and support for

refugees and migrants

AD, BA, FF, H

UR4JOBS

Upper Room, St Saviour Church,

Cobbold Road, W12 9LN

020 8740 5688

07967 312207 (English)

07772 473554 (Polish)

07772 565815 (Romanian)

Mon–Fri: 5.30–6.45pm (hot

support); Mon & Tue: 12noon–5pm

(migrants workers job club)

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

Veterans Aid

40 Buckingham Palace Rd, Victoria

020 7282 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: 1am – 3pm; Salva-

tion Army, Booth House hostel, E1:

10am onwards; YMCA, hostel in

Walthamstow, E17: 1am onwards;

Shelter From The Storm, N1: 6.30

– 8pm (telephone service); HA&A,

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

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 Spires day centre, SW16: 9am

– 2pm; St Mungo's rolling shelter,

Endleigh Gardens, WC1: 9am

Wednesday – Providence Row,

W9: 12.30pm & 4.30 – 7pm

onwards; St Martin's (CSTM), WC2:

9.30am – 12.30pm; Dellow

Centre, Ifford Foyer hostel, IG1:

1 – 4pm; HAB day centre, N12:

1pm onwards (fourth Wed of the

month); Cricklewood Homeless

Concner, NW2: 10.30am – 3.30pm;

St Giles day centre, SE5: 10am

The Welcome Project

11 Green Lane, Essex, IG1 1XG
020 8220 4111
Tue & Thurs 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); 1.15am–
1.45pm (advice, appointments
only); Mon & Thurs 1.30–3.30pm
(drop-in for those with tenancies)
AC, BA, BS, C, CL, F, FC, IT,
L, LS, MS, OL, 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, C, C,
DA, D, F, H, IT, OL, SK, TS

The 999 Club

21 Deftord Broadway, SE8 4PA
020 8696 5797

Mon–Fri: 9.30am–5pm
AS, AD, A, B, BE, C, DA, D, FF,
F, H, L, LA, MS, MH, OB, SH, TS

www.999club.org

DIRECT ACCESS (YEAR ROUND) HOSTELS/ NIGHTSHELTERS

All – low-support needs

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

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

Ring first. Local connection only

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

Turnaround (Newham)
Choral Hall
020 7511 8377

7.30pm–7.30am

Waltham Forest Churches
See Branches

Men

Missionaries of Charity

11 2–116 St Georges Rd,
Southwark, SE1
020 7401 8378

Ring first, 9am–11am except Thurs
Age 30+ (low support)

St. Mungo's (Ennersdale House)

1a Arlington Close, Lewi-
sham SE13 6JQ
020 8318 5521 (ring first)

Medium-support needs

Women

Church Army

1–5 Cosway St, West-
minster NW1 5NR
020 7262 3818

Ring first. Daily vacancies

Home of Peace

179 Bravington Rd, W9 3AR
020 8969 2631

Women only. Open access (dry)

St Mungo's

2–5 Birkenhead St, WC1H
020 7278 6466

Young people (16–21)

Centrepoint

25 Berwick St, West-
minster W1F 8RF
020 7287 9134/5

Ring first. Daily vacancies

MASH

8 Willton Rd, Merton, SW19 2HB
020 8543 3677 – Ring first

DRUG / ALCOHOL SERVICES

**Addiction (Harm Reduction
Team)**
228 Cambridge Heath Rd, E2
020 8880 7780

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

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 Services for
London (DASL) provides free and
confidential services to anyone who
has concerns about their own or
another person's drug or alcohol
use, working with people from
Newham, Tower Hamlets, Red-
bridge and Bexley and Greenwich.

A special Eastern European service
is listed in **Eastern European** section

A, C, D

The Hungerford Drug Project

32a Wardour St, W1D 6QR
020 7437 3523

Mon–Fri: 12noon–5pm, except Wed
2–5pm (drop-in); Sat & Sun: 1–5pm;
transgender drug/alcohol service)
drop-in Thursday: 6–8.30pm
C, D, FF, IT, LA, MH

Needle Exchange Van

White van under Centrepoint
Tower, Tottenham Court Road
Mon–Fri: 4–7pm

Wandsworth Drug Project

86 Garratt Lane, SW18 4DB
020 8875 4400

Mon–Fri: 1–5pm; Sat: 1–4pm
AS, A, AD, AC, CA, C, D, H, NE, OB, SH

Westminster Drug Project (WDP)

470–474 Harrow road, W9 3RU
020 7266 6200

Mon–Fri: 10am–12.30pm
(appointments and needle-
exchange); 1–5pm (open access)
AD, C, D, H, NE, OB, SH

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 4061
Tue, Wed, Fri: 2.30–4pm
(advice & enquiries);
Mon: 3–5.30pm (advice & enquiries;
ies, film group); Tue: 2.30–4pm
(reading group); Wed: 5.30–8pm
(drop-in - soup & sandwiches); Fri:
12.30am–2pm (table tennis club)
BA, CL, H, LA

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

The Passage (25+)
St Vincent's Centre, SW1P
020 7592 1850
Mon–Fri: 8am–12pm (for rough sleepers); 12–2pm (Lunch);
2–6pm (appointments); 4.30–6pm (verified rough sleepers – by 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–

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 Princess Street, SE1 6HH
020 7928 7136
Wed 1–3pm (drop-in with lunch); Thurs 10am–3pm; Fri 1–2.30pm (lunch and bible study)
AC

Spices 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); 9–10.30am (rough sleepers only); 10.30am–1.30pm (women only)
Mon–Fri adult learning courses - contact Spices for more info.
A, AD, AS, BA, BS, CL, C, D, ET, FC, FF, H, LA, LF, MC, MH, MS

St Christopher's Centre
Lime Grove Resource Centre,
47 Lime Grove, W12

St Cuthbert's Centre
The Philbeach Hall
51 Philbeach Gdns, Earls Court
020 7835 1389
Mon–Fri: 11.45am–3.45pm
AC, BS, C, CL, F, H, IT, L, OL

St Stephen's Church (The Manna)
17 Canonbury Rd, N1 2DF
020 7226 5369
Tues: 7–9pm (drop-in); Weds: 1–3pm (drop-in – B and FC); Fri: 10am–12noon (key work session)
BS, CL, FF, L

The Tab Centre
20 Hackney Rd, Shoreditch, E2
020 7739 3076
Friday: 9am–12noon, F

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

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

Upper Holloway Baptist Church
11 Tollington Way, N7
020 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

ScottsCare & Borderline (for Scots

in London)

22 City Road, EC1Y 2AJ

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.

Three weekly sessions running:

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

DAY CENTRES AND DROP-INS

Age 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.aecofclubscapsham.org

Action Homeless Concern

Emmus House

1 Berrymed Gardens, Acton

020 8992 5768

Call for opening times

A, B, BA, CL, D, DT, ET, F, FC

Broadway Day Centre

Market Lane, Shepherds Bush, W12

020 8735 5810

Mon, Wed, Thu, Fri: 10

- 1am (drop-in); 2 - 4pm

(groups & appointments)

AD, A, BA, BS, CL, DA, D, ET, F, FC,

H, IT, L, LA, MS, MH, ML, 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

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 8866 1222

Mon-Fri: 10am-3pm

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

Cricklewood Homeless Concern

60 Ashford ROAD, NW2 6TU

020 8208 8590

info@chc-mail.org

Homeless drop-in: 28a Fortnegate

Rd, Crover Park, NW10 9RE

Tues & Fri: 10am-2.30pm;

Weds & Thurs: 12.30-2.30pm

Mental health drop-in: in flat

above St Gabriel's Hall

77 Chichele Rd, Crickle-

wood, NW2 3AQ

Tues-Fri: 10am-12 noon.

AC, BA, BS, H, IT, L, MS, OL

Deptford Churches Centre

Speedwell St, Deptford

020 8692 6548

Mon, Tues, Thu & Fri: 9am - 3.30 pm

A, AC, AD, AS, B, BA, BE, BS, C,

CA, CL, D, DA, DT, ET, FF, H, L,

LA, LF, MC, MH, MS, OL, SS, TS

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 their changes have been

confirmed, and they're now called

the New Hanbury Project, and listed

under **Employment & Training**

The Haven Club

At the Holy Cross Centre

(See below).

Mon: 6pm-10pm

For self-treating drug & alcohol

users: no using on day or no entry

Holy Cross Centre

The Crypt, Holy Cross Church

Cromer St, WC1

020 7278 8687

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

(ticket required) Thurs: 5-8pm

(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

the list

The directory of London's homeless services

Updated 26 March 2012

Key to the list:	Debt advice – DA	Luggage storage – LS
Accom. assistance – AS	Dentist – DT	Medical services – MS
Advocacy – AD	Drugs workers – D	Mental health – MH
Alcohol workers – A	Education/training – ET	Music classes – MC
Art classes – AC	Free food – FF	Needle exchange – NE
Barber – B	Food – F	Outreach worker links – OL
Benefits advice – BA	Foot care – FC	Outreach workers – OB
Bathroom/showers – BS	Housing/accom advice – H	Safe keeping – SK
Bedding available – BE	Internet access – IT	Sexual health advice – SH
Careers advice – CA	Laundry – L	SSAFA – SS
Clothing – CL	Leisure activities – LA	Tenancy support – TS
Counselling – C	Leisure facilities – LF	

Email changes and suggestions to:
thelist@thepavement.org.uk
Or write to our address on page 3
Updated entries: 4
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

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, C, CA, H, IT
www.als.org.uk

Bridge Resource Centre

Bridge Close, Kingsdown Close, W10 6TW
0208 960 6798
CA, ET, IT

The Caravan Drop-In

St James's Church, 197 Piccadilly, W1
Open daily: Sat – Mon; 10am – 7pm: Tues – Fri; 11am – 7pm

A friendly ear to listen, with some access to counselling

Depaul UK (young people)

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

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