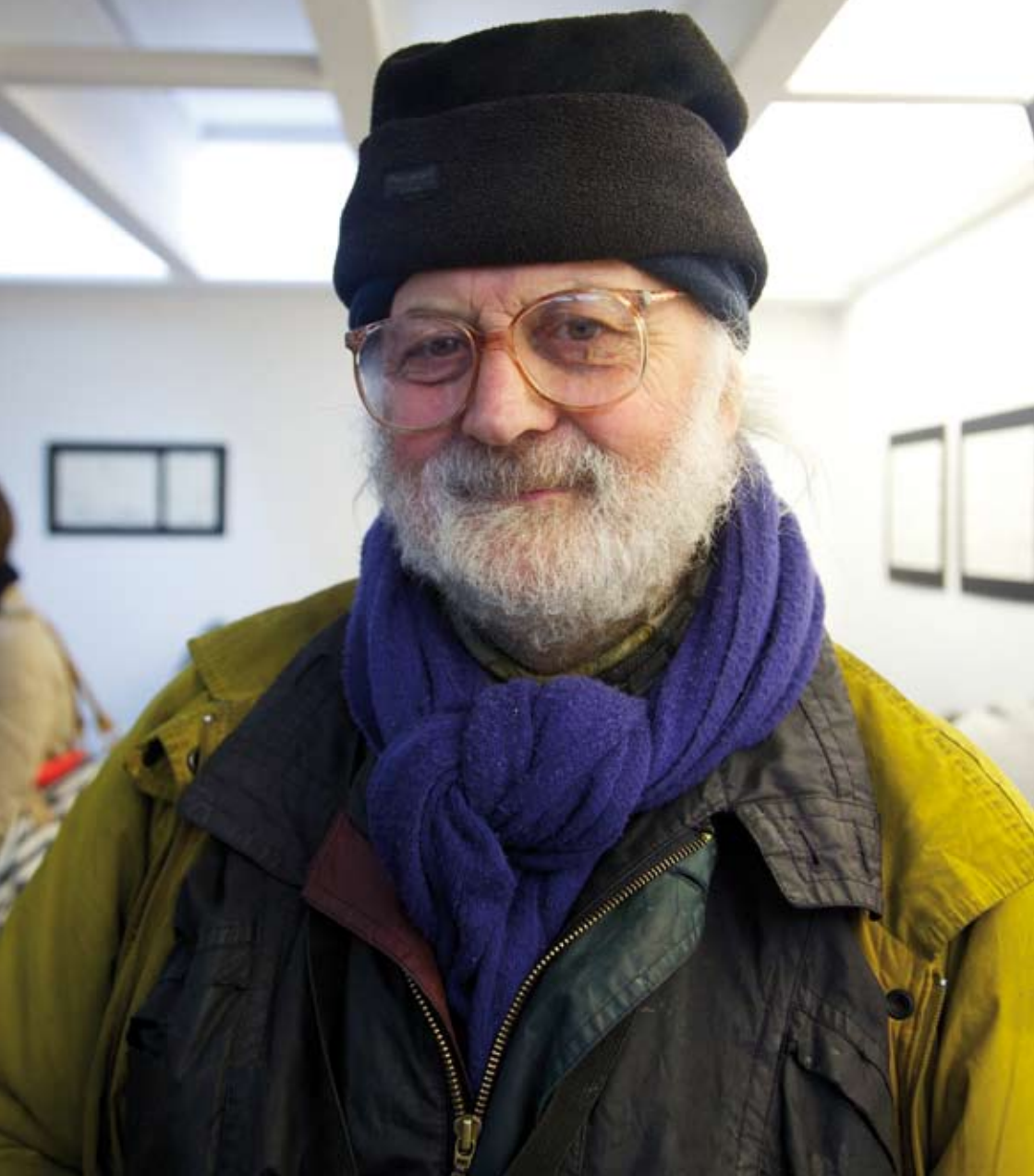


the Pavement

The *FREE* monthly for London's homeless

May 2012





"This should help our finances – we've just sold the exhibits in their entirety to a Scandinavian businessman"

*the*Pavement The Editor

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Please, stop selling the magazine!

Several people have recently told us about people selling copies of *The Pavement* to other members of the public. Two of those approached by these 'vendors' were volunteers who work for the paper.

It's not a great concern to us that a few people are showing such 'entrepreneurial' spirit, but, if they're taking a lot of copies, this *free* magazine isn't reaching those it's written for. Please stop!

On another note, we've had to cancel our office number, but will work on getting a new telephone line soon.

Richard Burdett

Editor

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Joseph Berryman, who we met at the opening of the American Church's new cabin on 28 April. This new building makes great improvements to an already excellent soup kitchen on the Tottenham Court Road. See pages 6 & 7.

Photography by Katie Hyams 2012

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

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Lana Purcell

Age at disappearance: 26

Lana has been missing from London since 17 January 2011.

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

Lana is of slim build and has shoulder length brown hair.

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



**missing
people**

Registered Charity No. 1225416



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





Graffiti
artist Stik
– www.stik.org.uk – who marked the
opening of the new ‘cabin’
at the American Church in April
with one of his distinctive pieces
of work. The American Church soup
kitchen has been operating since 1986,
half-way up the Tottenham Court Road,
and the new building is its most major
redevelopment in ten years.





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 ★

The flood

Stop press: despite the rain, it's not that kind of flood

Olympic 'flood' adds to street population

April saw to mainstream press running stories about Eastern European migrants "flooding" into London in anticipation of the Olympics, arriving as beggars, pickpockets and prostitutes.

The Independent reported that some "are understood to have come armed with Google Map print-outs of Marble Arch, which has drawn crowds of rough sleepers in recent weeks."

A councilor in Westminster City Council, Nickie Aiken, the paper "There are no effective border

controls on those coming into the UK and making their way to Victoria coach station and we are paying the price of that with a sudden influx of eastern European rough sleepers – especially Romanians – around Marble Arch."

Staff

- If any readers in London have experience of this 'flood' please email news@thepavement.org.uk

News in brief

The homeless news from across the UK and the World

Man in hole moves for Olympics

An Iranian, who has lived in a hole on Blackheath, London, for nearly four years, was housed in March.

The elderly gentleman lived in his camouflaged hole year-round, unseen by most of the local population. However, with work beginning for the Olympics at the heath, including a possible surface-to-air missile site nearby, his lonely life was interrupted.

Ward Councillor Chris Maines told the *Blackheath Bugle* in March: "The world's press will be descending on the area to cover the Olympic Games... People living rough in a bivouac is a poor reflection on Lewisham's homeless policies."

A spokesman for Lewisham Council announced later that "on March 26 he agreed to go into temporary accommodation in the borough and we are now working with him to find the most appropriate permanent housing solution to meet his needs."

Staff

A night in the cells

On the 19 March this year a 55 year old man was arrested after allegedly urinating on the Cambridgeshire Constabulary sign in front of Park-side police station in Cambridge.

Peter Christopher had been spotted earlier in the day behaving strangely by the police. Christopher had been seen talking to himself, throwing items into the road and most worryingly jumping off the

kerb and into oncoming traffic.

So why was nothing done to assist the man, a rough sleeper who according to his legal defense claims no benefits and survive by eating food left in bins and on the street?

Cambridgeshire constabulary refused to comment on individual cases however local homelessness charity FLACK expressed concern that the issue wasn't dealt with sooner stating that "an intervention earlier in the day, when Peter was spotted behaving in a manner dangerous to himself and others, might have prevented his relieving himself on the police sign."

After spending a night in the cells Christopher was released with no further penalty. It is not known whether he was offered any further assistance, vital to deal with any mental health problems he may have been suffering from. Flack spokesperson Diane Morrison explained this would be key to preventing a reoccurrence of the events.

"It is unclear whether or not the police referred Mr Christopher to other services that may have been able to assess and help him but if not this is something that would be necessary and could prevent repeats of the incident."

Jo O'Reilly

Florida homeless paper's editor dead

A man who created a newspaper to be sold by homeless and destitute people to protect them from harsh new laws against begging has committed suicide, leaving the future of the paper in doubt.

Bill Sharpe, of Tampa, Florida, established the *Tampa Epoch* at the end of 2011 after the city made begging in the street a crime six days a week, permitting people to beg only on a Sunday.

But the law did not forbid newspaper sales in the street – so Sharpe created the monthly publication which vendors could buy for 25 cents each and sell for a dollar, keeping 75 cents for each copy sold.

The paper succeeded in giving Tampa's homeless people a way to make a small income, and had gathered 300 vendors in only four months of publishing.

One vendor, Atiya Brown, 21, said she made about 35 dollars for about two hours of selling the paper.

"There's a lot of homeless people out there that need to be heard," she said. "This is the only way that we can survive."

There was uncertainty about the future of the paper following the death of Sharpe, 59, who had put his savings into establishing it.

However, Steven Sapp, who worked with Sharpe on the *Epoch*, said: "Not one single vendor needs to worry about the future of *Tampa Epoch*. Our staff and supporters don't want to see it die."

Katharine Hibbert

Cornish man sparks air sea rescue

A homeless man sparked a search of a Cornish coast after leaving his belongings on a cliff top, raising fears that someone had fallen off.

A member of the public called the emergency services after spotting the unattended personal items near Whip-siderry Beach in Newquay.

Coastguards were sent to abseil down the cliff in search of an injured person while a police helicopter also arrived to help.

However, it was a false alarm - the man whose belongings were found, believed to be a rough sleeper, was spotted at a campsite later and then on the following day in the town centre.

Andrew MacCreadie, of the Newquay cliff rescue team, asked people to remember to take personal items with them when stopping for a break on cliffs.

He said: "Our message to people is please don't leave belongings unattended on cliff tops because this will trigger a response from the emergency services."

Katharine Hibbert

Homeless residents sue US city

Homeless people in California are suing the government after their property was lost during the demolition of a tent city. Twelve former residents of a homeless encampment in the city of Fresno have filed lawsuits against the City on the grounds that personal property was unlawfully taken as the camp was levelled.

The settlement, home to around 1,000 people, was bulldozed in October and now a group of former residents have taken a stand.

One of the nine lawsuits filed in the U.S. District Court in Fresno said: "It may just be a tent or sleeping bag to you, but the reality is this was their shelter and it provided them safety, and privacy from the cold, rain and freezing temperatures.

"We're human beings and we feel just like everybody else does."

It is claimed that in addition to shelters and tents, warm clothing and irreplaceable personal items were also destroyed.

One of the suits also point out how the City chose to begin its demolition of tents and shelters just at the start of winter began.

In 2008 the City of Fresno paid a \$2.3million lawsuit for destroying the property of homeless people who had their belongings discarded in street sweeps.

The City, which cleared the encampment on the grounds that it was a health and safety hazard, say some property was stored.

Around 2,000 people are homeless in Fresno, a city with a population of half a million.

Rebecca Evans

Croydon wasn't an isolated case

In a move similar to Croydon Council's plans to offer its residents housing in Hull, Yorkshire's East Riding, (see story February edition – online at www.thepavement.org.uk/issues.php) Newham Council, East London, wrote to housing associations across the UK in April seeking accommodation for people on its housing waiting list.

Media condemnation of the situation was high, citing examples of Londoners being offered housing in, for example, Walsall, West Midlands. Allegations that this amounted to 'social cleansing' of the area were rebutted

by the council and others.

Keith Fennett, Director of Anchor House in East London, said, "We believe that the introduction and focusing on the concept of social cleansing to be both unhelpful and emotive. Such a radical proposal is a reflection upon the seriousness of the housing situation generally and especially in Newham."

However, as reported in *The Pavement*, we know the shortage nor the solution are not restricted to Newham Council. The BBC reported that Smart Housing Group, a private housing provider, had approached three other London authorities with a plan to purchase housing stock in cities such as Nottingham to house London families.

Regardless of what these moves suggest about the state of housing in London, there are genuine concerns about support services available in areas which appear to have ample housing, and whether local authorities can cope with the extra residences coming onto their books.

Staff

Emmaus man walking to Paris

Francis, a former rough sleeper and resident of Emmaus Gloucestershire, is on a sponsored walk Paris to raise money for the charity that helped him.

On 1 June, Francis, with another Emmaus resident Billy (pictured opposite – Francis on the right), will set out on the 276 mile walk to the French capital. It's a gruelling task, but walking 15 miles a day they should reach their target in 20 days, using Emmaus communities along the way for support.

Francis, who ended up homeless after multiple personal tragedies,



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

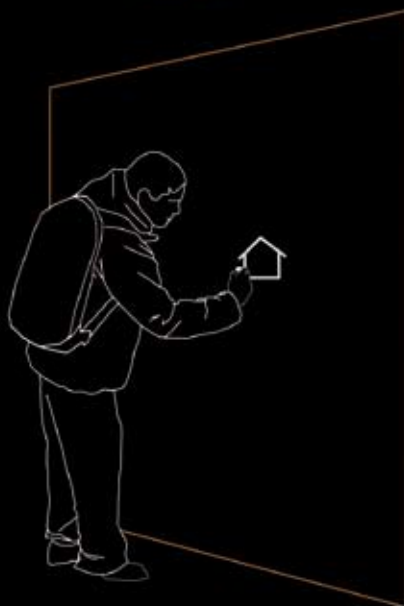


you'll get moved on here

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.

finally found support and peace with the Gloucester branch of the international charity.

Now he wants to give something back. Speaking on the charity's work, he said: "I initially found it very hard to integrate socially again, and sometimes still do despite the months I have been here, but working in Emmaus's Stroud shop has been my salvation. Praise should be heaped on the staff and residents at Emmaus Gloucester for the unstinting support they have given me throughout my stay."

Staff

- Find out more at www.emmaus.org.uk

Homeless soldiers' charity criticised for BNP links

A charity established by former members of the British National Party to help homeless ex-soldiers has been dogged by criticism because of its links to the controversial political party.

Soldiers off the Streets (SotS) was set up by Hugh William "Bill" Murray, the BNP's former Welsh secretary, and a handful of other senior BNP members. The charity, established in 2010, aims to provide social work in the form of clothing, food and advice to ex-servicemen.

However, anti-BNP campaigners have questioned the charities credentials, challenging its ability to deal with the complex problems soldiers. And homeless veterans who have been approached by SotS have also raised concern.

One rough sleeper reported that he was offered a place to stay in return for helping raise funds for the organisation. Another soldier who worked

with the charity described being subjected to an online hate campaign after he expressed disapproval of SotS activities.

The charity denies these claims. Murray is adamant that he has severed all ties with the BNP and denies that ex-soldiers approached by the charity are asked to raise funds for it.

Murray said that, if the charity continues to be questioned, he will close it down. He said: "And then all the lads on the street can suffer and I'll name everybody that made us close it down. Anybody that stops it will be attacked for it and it won't be nothing to do with us."

Staff

Homeless candidate steps down from Orlando election race

Homeless Florida resident Bruce Shawen was forced to pull out of the race for Orlando City Council after shelters such as The Salvation Army (which operates hundreds of shelters across North America) refused to back his candidacy.

Shawen told *The Pavement* that the Salvation Army provided the proof of residency documentation for his current Florida State and voter ID card but when asked to provide further documentation to help him qualify for the election, they refused.

"I ran for city council on the suggestion of an Orlando City Police detective, that was hoping that if I were to oust the current District 4 commissioner, I would once again allow the City Police to get back to the job of arresting bad guys, and stop harassing people that wanted to give a sandwich to someone that was hungry!"

The Salvation Army typically provides letters for long-term transitional residents but could

not confirm whether or not they had been involved with Shawen.

"The Salvation Army used the excuse that they did not want to get involved in the political arena, but my honest belief is that someone in the city government instructed their administrators to refuse to help," Shawen told *The Pavement*.

After being let down by the Salvation Army, Shawen then requested letters from other homeless and legal advocacy groups in order to verify that he lived in Orlando. Shortly after submission these were deemed 'unsatisfactory'.

In order to qualify for office in Orlando a candidate must have proof of residency in the form of a lease or mortgage document, utility bills and a Florida driver's licence registration.

Despite being a registered voter, Shawen was unable to qualify as a candidate in the Orlando City Commissioner ballot as he does not rent, lease or own his own property in Orlando and as a result is not considered to be a resident.

"Unless you can prove home ownership, a rental agreement, or a lease of some kind, you are not considered a resident. However, I do find it rather disturbing that one essentially can "buy" their way onto the ballot for the right price. In my case I even had the money, but couldn't get onto the ballot," Shawen told *The Pavement*.

"When I found that there was no agency or shelter that would back me in terms of helping me to prove my residency, I knew that the race was over and that there was no way that I would be able to qualify for the city ballot... therefore, I pulled out of the race."

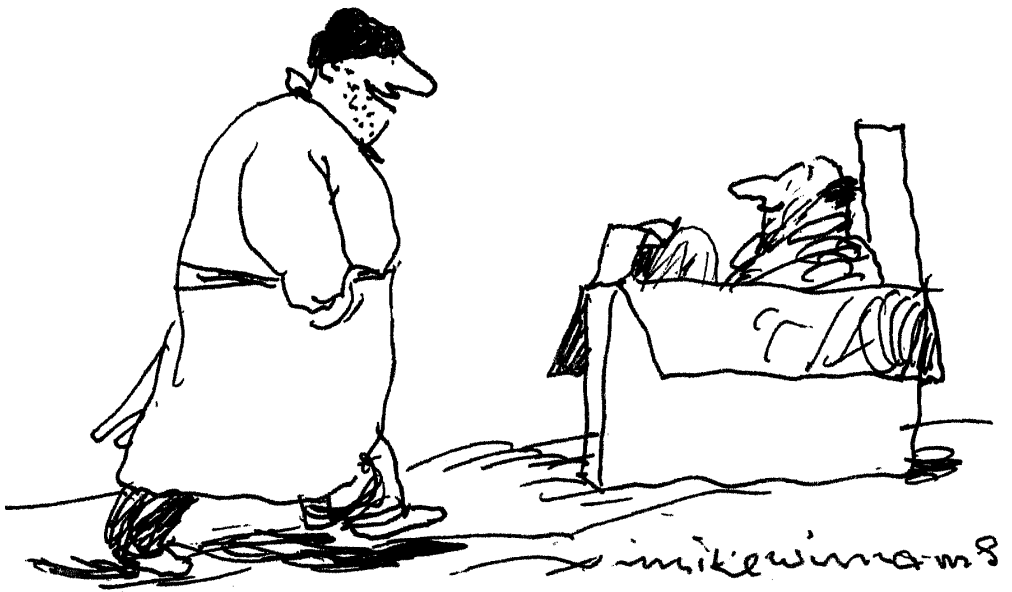
Had Shawen been allowed run for office he said he would have voted to eradicate the anti-feeding policy in Orlando whereby someone is legally required to

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



*"Great news from the City! They're saying failure is
the new success"*

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!

*the***Pavement**

ILLUSTRATION BY
LO PARKIN

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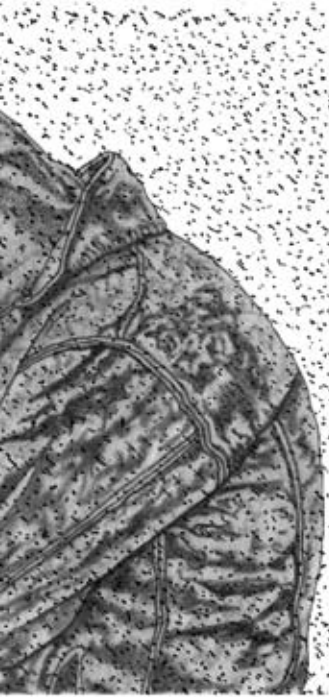


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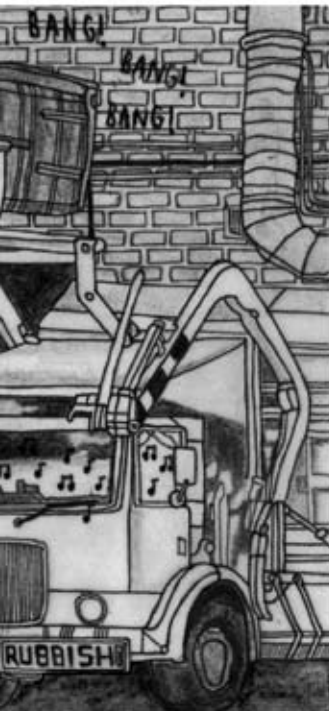
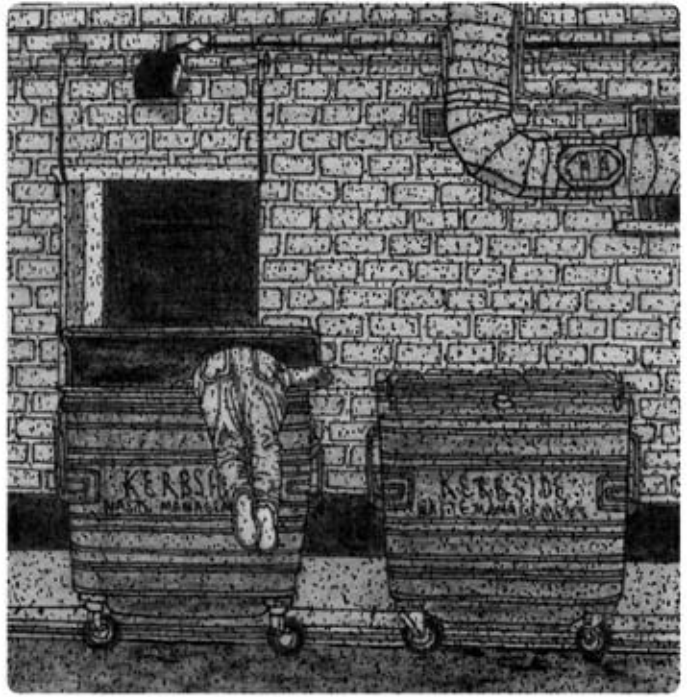


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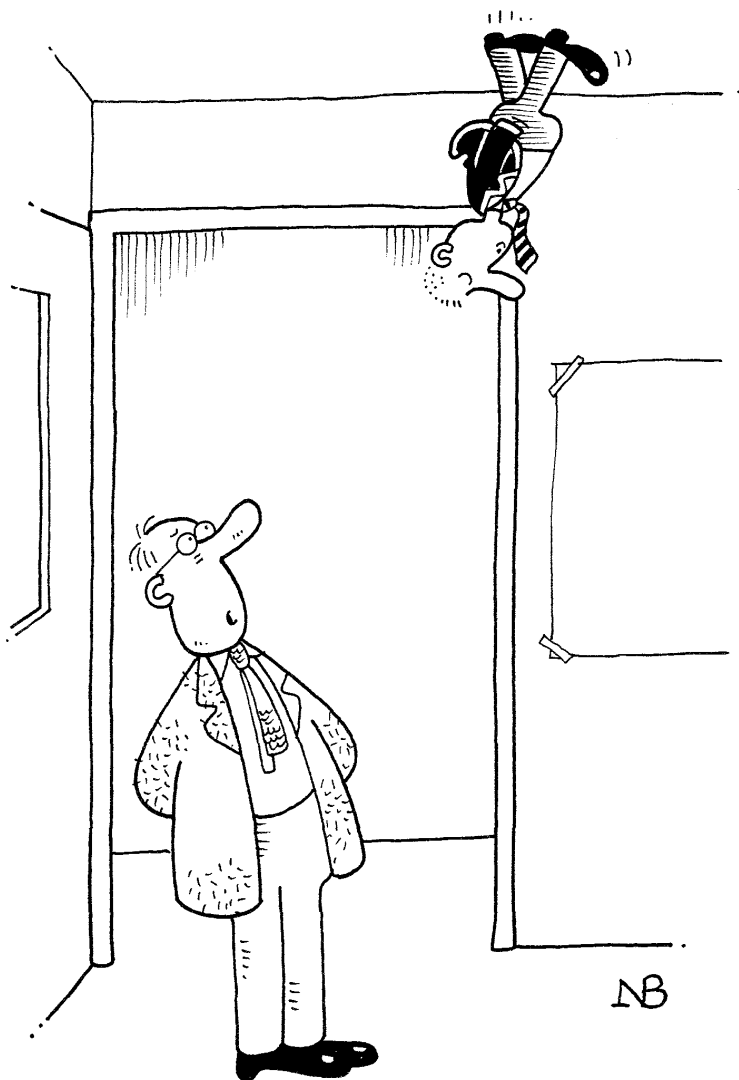


2



5





"I suppose you think that's clever, Atterwick?"

hold a permit before they can feed a crowd of 25 people or more, with only two allowed per year for each of the city's parks.

He also said that he would have overturned the city's controversial program that allows for a homeless person to leave town via a pre-paid bus ticket courtesy of the City of Orlando, provided that the homeless person in question can supply a phone number of a contact person in their home town.

"What the city government fails to recognise is that many homeless people have lost many of their possessions, which usually includes phone numbers and addresses of friends and relatives," said Shawen.

"I would have pushed to allow individuals to leave regardless of the availability of a contact number, provided that they agree in writing not to return to Orlando as a homeless transient."

Shawen even raised the \$1,438 required to pay filing fees to run for office by responding to advertisements in the local newspaper. As a result, he is considering taking legal action against the city supported by former attorney for Food Not Bombs, Jacqueline Dowd, who signed his residency claim.

Orlando has been described as being the third meanest city with regards to its treatment of the homeless and Florida claims the number one spot for being the most violent towards homeless people. In 2009 alone, there were nearly 50,000 filings for foreclosure in Florida.

Part of the Florida's so-called 'underclass', Shawen has been homeless for over three years and lives in a camp in the woods, which he describes as "quite comfortable...with all of the luxuries of home, sans electricity".

Shawen's story is not unlike many in the US who have found themselves in debt as a result of the economic downturn. Shawen has a Bachelor's Degree from

Frostburg State University in Maryland but became homeless after he lost his job as a plumber and struggled to keep up with his rent. He claims it is nearly impossible for a homeless person to get a job in Orlando as an address is required by most employers.

"Unfortunately, the ranks of the homeless are growing every day at an alarming rate. Since the economic collapse during the G.W. Bush administration took place here in America, those that used to be considered the middle class are now considered the poor, and those that were once the poor are now the homeless. Foreclosures and unemployment are steadily growing concerns and little to nothing is being done to alleviate the situation."

Dearbhla Crosse

US hotspots surveyed

The word 'hotspot', when used by local authorities across the UK, usually preceeds a council action to move on rough sleepers, but in a recent survey of US homeless population it had literal significance.

Using information from the National Alliance to End Homelessness, *Atlantic Monthly* mapped the numbers in the United States' large homeless population, specifically asking why some places had significantly higher levels of homelessness?

And their results? They concluded that a key reason for some cities having higher numbers is that they're warmer. The southern states, with their warmer climates, make life more comfortable, so people on the streets gravitate towards cities such as New Orleans.

Staff

Health and wellbeing

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

Take care of the pair

Try this simple foot check:

Do you have pain free feet?
YES/NO

Can you reach your feet?
YES/NO

Do you regularly inspect your feet?
YES/NO

Is the skin on your feet smooth?
YES/NO

Can you cut your toenails?
YES/NO

Do you wash your feet daily?
YES/NO

Do you dry your feet carefully?
YES/NO

Do you moisturise your feet and heels?
YES/NO

If you answered NO to any of the above, then you may want to change your habits. Routine foot examination helps you monitor foot health and by taking simple and effective action when things are not quite right you can save complications later.

If you are unable to cut your own nails or tend to hard skin, then you need to see your podiatrist.

Some foot problems are associated with persistently high blood glucose levels in the blood. This is called Diabetes Mellitus and is a medical condition very common in the 45 plus age group (Type II). Complications vary from mild

irritation like pins and needles in the feet and legs to ulceration and eventual amputation. Research confirms by keeping within the normal range of blood sugar levels, taking regular exercise and taking care of your feet, many of the more serious foot complications can be prevented.

Feet are made all the more vulnerable because diabetes and poor diet can affect the blood and the nerve supplies to the extremities. A good blood supply is very important for healthy tissues. Diets which consist of high cholesterol levels leave fatty deposits laid into the walls of the main arteries which cause them to narrow. This used to be called "hardening of the arteries" but blood passing through narrower arteries causes blood pressure levels to increase which slows down the blood supply to the toes.

More complication arise in the smaller blood vessels, especially in smokers. Damaged veins (which take de-oxygenated blood back to the heart) delay removal of carbon monoxide and other waste products increasing the risk of night cramps. Feet with poor blood supply cause delay in healing even with the simplest cuts and when combined with chronic high blood glucose levels, infections will follow. A reduced blood supply to the legs may result in cramps of the calf muscles and the feet may feel cold. The presence of high blood glucose levels also causes damage to the nerve supply the feet, starting with loss of protective sensation and leading to neuropathy. Common symptoms of neuropathy include: numbness or tingling, pins and needles, cold or sometimes hot

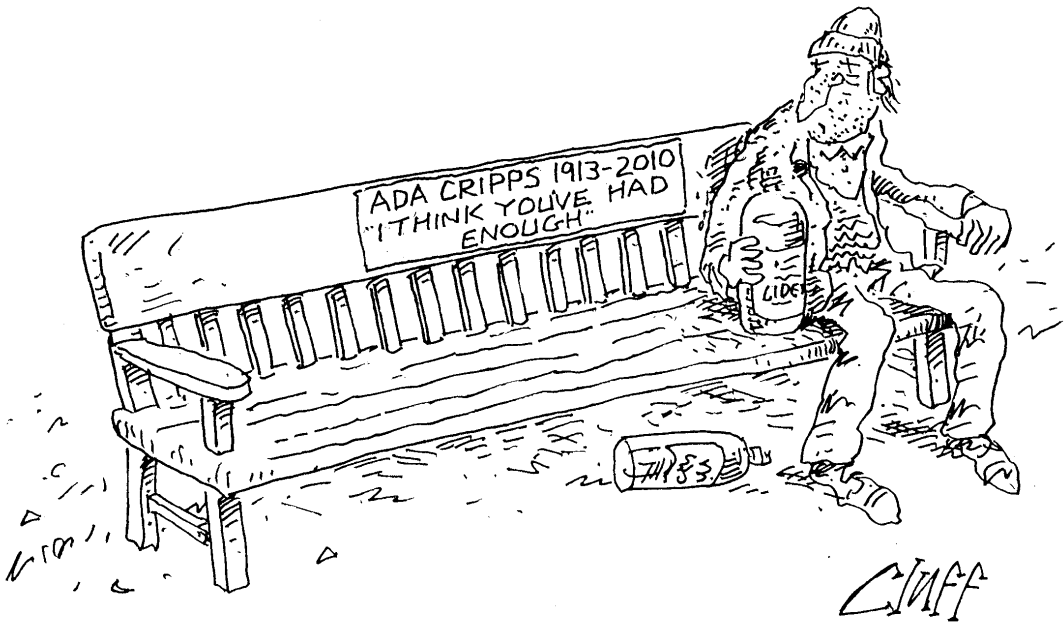
and burning discomfort. In severe cases there may be a complete lack of feeling which makes the feet extremely vulnerable. Persistent high blood glucose levels, high alcohol intake and smoking all contribute to peripheral neuropathy. A secondary complication of diabetes is the skin becomes dry. If you have any of these symptoms then please see your doctor or health professional as delay may result in serious damage.

Here is some simple advice to improve your foot health.

Check your feet daily. Look for abnormal colour changes, swelling, blisters or cuts. If you have difficulty reaching your feet, use a mirror or have someone look at them for you. Always check the top and bottom of the foot; the nails and tips of the toes; in between the toes and the heels. Use a saline solution (salt water) to wash infected areas and cover with a clean, dry dressing. If the condition does not improve within a few days see the nurse, doctor or podiatrist. Never feel your problem is too small to seek attention.

Keep the feet clean and soft. Dissolve a handful of table salt in a basin of lukewarm/hand hot (46 C) water. Check the temperature with a thermometer and bathe your feet for no longer than ten minutes. Alternatively use mild soap and lukewarm water to wash the feet. Once wet, gently rub any areas of dry skin with a pumice stone to remove dead skin cells before patting at the skin dry with a fluffy towel taking care to dry in between the toes.

Do not hurt yourself with nail clippers or razors. A footbath or shower will soften the nail plate making it easier to trim the



toenails. Using toe nail clippers, cut them straight across the growing edge and following the natural curve of the nail before gently filing the rough edges. Avoid cutting down the side of the nails as this often leads to bleeding points and or ragged nail edges. Never cut calluses with sharp metal objects. If you cannot see or reach your feet then see your podiatrist.

Pamper your feet. Use moisturising cream all over making sure to apply to the heel area. This feeds the skin cells water which helps the old cell separate from the new. The gentle massage aids superficial circulation and giving a general feeling of well-being to the feet. Never put cream between the

toes but use a spirit solution to dry up the moist skin. Dust the feet with a light baby talc.

Take care of the pair, and as always stay healthy, happy and be safe.

Toe Slayer
Registered Podiatrist
& Shoe Historian

Smoking

I've been writing this column for a while now and there's a subject I've shied away from for a long time. Smoking. I don't like writing about smoking for a couple of

reasons. Firstly because it gets enough discussion and people tend to switch off because all it really comes down to is this: smoking is bad for your health and you shouldn't do it. Consider for a moment the amount of time, effort and money expended over the past 50 years getting this message across.

Second reason is I am a smoker and telling folks not to do things I do myself makes me uncomfortable. Over the past 20 years I've been a non-smoker, a heavy smoker, a secret smoker, a social smoker



and an ex-smoker. But if I'm being honest I've mostly just been a smoker. In the words of Mark Twain "Quitting is easy, I've done it a hundred times."

I intend to keep trying until I succeed. For the record I stayed off the fags for most of last year before a stressful time last month and a well meaning offer of a draw of someone's cigarette tipped me back into smoking. I intend to avoid my smoking friends when stressed in

future. Being a serial quitter is not a bad thing because each time you fail you learn something. Most people require several

the weed if I can't? One thing I know for sure is you really have to want to quit. You have to not want to be a smoker any more. If you've had enough of smoking then read on and I'll share what I've learned from people who have quit for good.

NRT, or nicotine replacement therapy, is available on prescription from your GP. Research shows it is a very useful tool for getting off the cigarettes. It comes in a variety of forms such as patches, inhalers, gums and lozenges. The idea is the nicotine in the NRT controls your cravings while you get used to giving up the habit of smoking. People have preferences for different forms of NRT. Personally I like the lozenges as they seem to work most quickly and you can take one whenever you get a craving. Some people prefer a patch because they can just stick it on and forget about it. Discuss it with your pharmacist, nurse or doctor and if one type doesn't suit, try another.

If you don't want to try NRT, or you've tried it before and didn't like it, then there is an excellent book by Allen Carr (not the one on the telly) which talks you through the process of giving up smoking: "Allen Carr's Easy Way to Stop Smoking". I know of a few people who've read the book and never looked back. Allen Carr was an 100 a day smoker who managed to give up overnight and he went on to write a book about how he did it. It is recommended that you smoke whilst reading the book so if you can get hold of a copy, give it a read. What have you got to lose?

The above are the most common approaches but as with most things in life, having some support and encouragement can be a big help. Personally I don't like these very scary adverts on the TV and at the cinema because they remind me of what I already know at a time when I don't want to think about it. If you're a smoker you have to

forget about the damage you've already done to your body, believe you can give up and keep trying.

If you're a smoker who's not ready to quit then there are some things you can do to keep healthy. Eat as healthily as possible and take a multivitamin every day, as smoking decreases the vitamins in your body. Cut down as much as you can and ask yourself how many cigarettes you actually enjoy each day. Go to the dentist as they are good at spotting the early signs of mouth cancer. If you get a cough that lasts for more than two weeks then see a doctor about it.

Good luck! If you know anything about staying off the fags for good then please share with me.

Good health,

Susie Rathie
Our Nurse Flo



attempts before they quit for good. So where am I going wrong and how can I help you to give up



"There's a little italian and a greek 'round the corner!"

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

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

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 1JQ, 020 7932 2370
Blue Cross Hammermith,
Argyle Place, King Street, W6
ORQ, 020 8748 1400
Blue Cross Merton, 88 - 92
Merton High Street, SW19 1BD
020 8254 1400

Blue Cross Mobile Veterinary Clinic
All run 10am - 1.30pm & 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
Some cases may need to be
referred to the Victoria hospital.

ASHA Project
13 Shrubbery Road, SW16 2AS
020 8696 0023
For asian women fleeing
domestic violence, AD
Offered to pet owners on a low
income. This is usually a means
tested benefit or state pension
with no other means of income:

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

Message Home Helpline
0800 700 740, 24 hrs daily

London Street Rescue
0870 383 3333
Rough sleeper's hot-line

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

Get Connected
0808 808 4994
For young people (1pm-7pm daily)

Frank
0800 776 600
Free 24-hr drug helpline

Eaves
020 7735 2062
Helps victims of trafficking
for prostitution

Domestic Violence Helpline
0808 2000 247
AD, BA, DA, H

Community Legal Advice
0845 345 4345, Nationwide
www.communitylegaladvice.org.uk
Mon-Fri: 9am-8pm;
Sat: 9am-1.30pm
Free, confidential service, offering
specialist advice on housing,
benefits, tax credits, debt etc.

TELEPHONE SERVICES

Stonewall Housing
Housing advice for LGBT
people of all ages
020 7359 5767 (advice line)
www.stonewallhousing.org

WEBSITES

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

Shelter
0808 800 4444
Housing advice, 8am-8pm daily
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

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

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

Soup Run Forum
For those using or running
soup runs, or just con-
cerned with their work.
www.souprunforum.org.uk

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

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

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

<p>Muswell Hill Churches 2 Dukes Ave, N10 2PT 020 8444 7027 Sun–Thurs; 7.45–8.45pm</p> <p>New Life Assembly A run in Hendon, that comes into the West End once a month.</p> <p>Nightwatch At the fountain in the Queens Gardens, central Croydon Every night from 9.30pm Sandwiches and hot drinks</p> <p>Open Door Meal St James the Less parish centre, Vauxhall Bridge Road, behind the Lord High Admiral public house. An established service, providing a two-course hot meal served at table. Alternate Thursdays during term-time; 7-9.30 pm. B, CL, FF</p> <p>Our Lady of Hal 165 Arlington Rd, NW1 020 7485 2727 Tues, Weds, Fri & Sat: 12.45pm–2pm</p> <p>Peter's Community Café The Crypt, St. Peter's Church, De Beauvoir Road, N1 020 7249 0041 Mon–Wed: 12noon–6.30pm</p> <p>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</p> <p>Rice Run The Strand, Fri: 9–10pm Rice and Chicken, or savoury rice</p> <p>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 Spenser Street and Friday at Christchurch Gardens, both in Westminster</p> <p>Sahnu Vaswani Lincoln's Inn Fields, Wed: 8–8.30pm A great curry!</p>	<p>Sai Baba Coram's Fields (3rd Sun of month); 11am–1pm Vegetarian meal and tea</p> <p>Seventh Day Adventists Lincoln's Inn Fields Sun: 7pm</p> <p>Silver Lady Fund (The Pie Man) Van behind the Festival Hall or on Southwark Bridge Road – from 5am</p> <p>Simon Community <i>Tea Run:</i> 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 <i>Soup Run:</i> Wed & Thurs (8pm–10.30pm): St Pancras Church 8.15pm; Hinde Street 8.45pm; Marlborough Street 9.15pm; Waterloo 9.45pm <i>Street Café:</i> St Giles-in-the-Fields, St Giles High Street, WC2 (next to Denmark Street) – Sat (2 – 4pm) & Sun (1.15–3.15pm)</p> <p>St Andrew's Church 10 St Andrew's Road, W14 9SX Sat: 11.30am–1.30pm Hot food and sandwiches</p> <p>St Ignatius Church Lincoln's Inn Fields Sat: 7.45pm</p> <p>St John's Ealing Mattock Lane, W13 9LA 020 8566 3507 Sat & Sun: 3.30–5pm Also: Advice service Thurs & Fri 10am–4pm – Ealing Churches workers</p> <p>St John the Evangelist 39 Duncan Terrace, N1 8AL 020 7226 3277 Tues–Sat: 12.30pm–1.30pm</p> <p>St Monica's Church Temple Station First, third and fourth Tue of the month: 8.30pm</p> <p>St Thomas of Canterbury Lincoln's Inn Fields Second and last Wed of the month: 9pm Sandwiches, drinks, cake and clothes</p>	<p>St Vincent De Paul Lincoln's Inn Fields Tue & Thu: 7.30pm</p> <p>Steps of Faith Victoria area, Thurs: 8–10pm Walking around with food</p> <p>Streetstyles 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</p> <p>www.streetstyles.org</p> <p>SW London Vineyard/King's Table Sun 2.30pm–4.30pm beneath Waterloo Bridge (Embankment). Good hot stews and potatoes.</p> <p>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</p> <p>Quaker Run Victoria, 2nd Sun of month: 7pm</p> <p>Wycombe & Marlow Group Lincoln's Inn Fields, Tue: 8.15pm Food, drink and some sundries</p> <p>Winners Chapel King George's hostel: alternative Saturdays to Streetstyles</p> <p>SPECIALIST SERVICES</p> <p>The Albert Kennedy Trust Unit 203 Hutton Square Business Centre, 16/16a Baldwins Gardens, EC1N 7RJ 020 7831 6562 Mon–Fri: 10am–4.30pm Works with LGBT people 16–25, facing mistreatment or homelessness AS, A, BA, C, H, TS www.akt.org.uk</p>
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Bloomsbury Baptist Church
235 Shaftesbury Ave, WC2 8EP
Sunday: Roast lunch 1pm
020 7240 0544
10.30am for ticket (very limited)

The Cabin
St Gabriel's Community Centre
21 Hatfield's Road, N19 4NG
020 7272 8195
Daily: 1030-1130am;
Thu: 12noon (lunch)

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

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

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

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);
Wed: 1-3pm (women's drop-
in); Fri: 1am-1pm (women's
brunch & discussion group)
nb. Mon and some Wed ses-
sions now held at Chalk Farm
Salvation Army - listed above.
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 - Ber-
keley Square; Berkeley Street;
Green Park tube; Piccadilly
Hyde Park Corner route - Mount
Street; Park Lane underpasses;
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 Naroway, Hackney Central
Every second Sat: 5-6pm, FF

Geoffrey Community Centre
Geoffrey Estate, Falkirk
Street, N1 6SD
07527 789827
Soup kitchen every
Thursday 12noon, FF

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 Court's).

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

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

Life Bread
Emmanuel Pentecostal Church,
374 Lee High Road, SE1 2 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 Fairlop
Charing Cross, Strand
Second & fourth Sun: 6pm
Hot Indian food

Miss 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:
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
020 7476 4133, Sat: 8am-12pm
Full English breakfast
& TBC (10pm)

Missionaries of Charity
Mon: Spitalfields (9.30pm)

King's Cross Primary Care Centre

(CHIP)
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
Post 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, SH

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

TB screening van - MXU
A list of all its London stops
on the homepage of
www.thepavement.org.uk
Vision Care Opticians
07792 960416
Mon & Thurs: 2-7.30pm
at Crisis Skylight. Wed: 9am
-5pm at The Passage
Free sight tests and spectacles

SOUP KITCHENS & SOUP RUNS

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

American Church

(Entrance in Whitefield St)
79a Tottenham Court Rd, W1T
020 7580 2791
Mon-Sat (except Wed):
10am-12noon, AC, CL, FF
ASIAN
Hot food and sandwiches for
early risers. Sat 5.30am-8.30am
- Covent Garden, Milford Lane,
Surrey Street, Strand and Waterloo.

MEDICAL SERVICES

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

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 Street, Soho
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

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

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

The Welcome Project

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

West London Day Centre

134-136 Seymour Place, W1H
020 7569 5900
Mon-Fri: 8.45-10am (rough sleep-
er's drop-in); 10am-1.30am (drop-
in, hostel residents join); 1.14.5am-
1.45pm (advice, appointments
only); Mon & Thur: 1.30-3.30pm
(drop-in for those with tenancies)
AC, BA, BS, C, CL, F, FC, IT,
L, LS, MS, OL, SK, TS

Whitechapel Mission

212 Whitechapel Rd, E1
020 7247 8280
Daily: 6-11am (cooked break-
fast 8am-10am); Sat: 12noon-
2.30pm (women only)
AS, AD, B, BA, BS, BE, CL, C,
DA, D, F, H, IT, OL, SK, TS

The 999 Club

21 Deftord Broadway, SE8 4PA
020 8696 5797
Mon-Fri: 9.30am-5pm
AS, AD, A, B, BE, CL, C, DA, D, FF,
F, H, L, LA, MS, MH, OB, SH, TS
www.999club.org

DRUG / ALCOHOL SERVICES

Addaction (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 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** section
A, C, D

The Hungerford Drug Project

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

Needle Exchange Van

White van under Centrepoint
Tower, Tottenham Court Road
Mon-Fri: 4-7pm
Wandsworth Drug Project
86 Garratt Lane, SW18 4DB
020 8875 4400
Mon-Fri: 1-5pm; Sat: 1-4pm
AS, A, AD, AC, CA, C, D, H, NE, OB, SH

Westminster Drug Project (WDP)

470-474 Harrow Road, W9 3RU
020 7266 6200
Mon-Fri: 10am - 12.30pm
(appointments and needle-
exchange); 1-5pm (open access)
AD, C, D, H, NE, OB, SH

The Whitaker Centre

Sorry, closed due to funding cuts

184 Camden
184 Royal College Road, NW1 9NN
020 7485 2722
Mon: 10am-3pm; Tue & Thu: 10am-

EASTERN EUROPEANS & MIGRANTS

East European Advice Centre
Pallingswick 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, Spenny
Walk, Stoke Newington
Church Street, N16 9ES
info@hackneymigrantcentre.org.uk
Free advice and support for refu-
gees and migrants; AD, BA, FF, H

URJOBS

Upper Room, St Savour 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)
Help in finding work and education
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-

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 & enquir-
ies, film group); Tue: 2.30–4pm
(reading group); Wed: 3.30–8pm
(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: 7.30pm
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 invita-
tion); Sat–Sun: 9am–12noon.
A, BA, CA, CL, D, ET, F, FC,
H, IT, L, MH, MS, TS

Providence Row
The Dellow Centre
82 Wentworth St, Aldgate, E1 7SA
020 7375 0020
Mon–Fri: 9.30am–12noon (8.30am–
for verified rough sleepers) & 1.30–

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 Giles Trust
64 Camberwell Church St, SE5 8JB
020 7708 8000
Mon–Thu: 9.30am–12.30pm
AS, AD, BA, CA, ET, H, L, IT, OL

St Stephen's Church (The Manna)
17 Canbury 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 2722 2104
Mon: 10am–1pm CL, FF, LF

Upper Room, St Savour'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
6–8 Webber St, SE1 8QA
020 7928 1677
Mon–Sat: 9am–12noon
AS, B, BA, BS, BE, CL, FF,
LA, MH, MS, OL

3.30pm (appointments & activities)
A, AC, BA, BS, C, D, ET, FF, H, IT,
L, LA, LS, MH, NE, OL, SK, SH

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 7455 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

Spectrum Centre
See Camden Spectrum

Spire Centre
8 Tooting Bec Gardens, SW16 1RB
020 8696 0943
Mon: 8am–12noon (women
sleepers only); Tues: 9–10.30am (rough
sleepers only); 10.30am–2pm
(drop-in); Wed: 10am–12noon
(rough sleepers only); Thu:
9am–1pm (rough sleepers only); Fri:
9–10.30am (rough sleepers only);
10.30am–1.30pm (women only)
Mon–Fri adult learning courses
- contact Spire 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
Please call for opening
times: 020 8740 9182
AC, BS, CA, ET, FC, IT, L, MS

ScotsCare & Borderline (for Scots

in London)
22 City Road, EC1Y 2AJ
BA, CA, H, B, P, TS
Call the helpline on 0800 6522 989

Borderline (for Scots):

Mon–Fri: 09.30am–12.30pm
(appointments); Mon, Tue,
Thu, Fri: 2–4pm (walk in)

0800 174 047 (freephone)
dutyworker@scotscare.com
A, BA, C, CL, D, H, MH,

Stonewall Housing

20 Leroy House, 436
Essex Road, N1 3QP

Free confidential housing advice
for LGBT people of all ages.

Three weekly sessions running:
(advice): 12pm–3.30pm (drop-in);
12 noon–1pm (sandwiches).

AC, BA, BS, CA, CL, C, ET,
FF, H, IT, LT, LA, LF, MC
Mon–Fri: 9am–12.30pm (12pm
Wed). Various afternoon ses-

DAY CENTRES AND DROP-INS

Ace of Clubs (16+)

St Alphonsus Rd, Clapham, SW4 7AS
020 7720 2811/0178
Mon–Fri: 12noon–3pm
AS, A, B, BS, BE, CL, DT, F, H,
L, LA, MS, MH, OB, TS

Action Homeless Concern

Emmas House
1 Berrymead Gardens, Acton
020 8892 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
– 11am (drop-in); 2 – 4pm
(groups & appointments)
AD, A, BA, BS, CL, DA, D, ET, F, FC,
H, IT, LT, 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

Camden Spectrum (Thames

Reach)
6 Greenland St, Camden
Town, NW1
020 7267 4937

Chelsea Methodist Church

155A Kings Road, SW3 5TX
020 7252 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, LT, LA, LF, MC
Mon–Fri: 9am–12.30pm (12pm
Wed). Various afternoon ses-

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 8886 1222
Mon–Fri: 10am–3pm
AS, BA, CA, CL ET, F, IT, LA

Cricklewood Homeless Concern

60 Ashford ROAD, NW2 6TU
020 8208 8590
info@chc-mail.org
Homeless drop-in: 28a Fortnegate
Rd, Crover Park, NW10 9RE

Tues & Fri: 10am–2.30pm;
Wed & Thurs: 12.30–2.30pm
Mental health drop-in: in flat
above St Gabriel's Hall
77 Chichele Rd, Crickle-

wood, NW2 3AQ
Tues–Fri: 10am–12 noon.
AC, BA, BS, H, IT, LT, MS, OL

Deptford Churches Centre

Speedwell St, 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

Earls Court Community Project

Ungoing renovation until
2012, but still open at:
St Barnabas Church, 23
Addison Road, W14 8LH
020 7471 7030

Advice (Thames Reach)

Mon–Thurs: 8am–9.30am
(breakfast club)
0208 985 6707
219 Mare St, E5

Hackney 180 First Contact &

Hackney Methodist Church
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 Cypri, Holy Cross Church
Cromer St, WC1
020 7278 8687
Mon: 2pm–5pm; Tues: 6–9pm;
(ticket required) Thurs: 5–8pm;
Fri: (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)

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 30 April 2012

Key to the list: Accom. assistance – A5 Alcohol workers – A4 Art classes – AC Barber – B Benefits advice – BA Bedroom/showers – B5 Bedding available – BE Careers advice – CA Clothing – CL Counselling – C	Debt advice – DA 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
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Email changes and suggestions to:
thelist@thepavement.org.uk
Or write to our address on page 3
Updated entries: 3
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, C, 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

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)

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-speaking refugees and asylum seekers
BA, C, CA, FF, H