

the Pavement

The *FREE* monthly for London's Homeless

December 2012

THIS MAGAZINE IS
NOT JUST FOR
CHRISTMAS

IT HAS TO LAST
YOU 'TIL FEBRUARY



*"We used to be joined to France before people like
you started messing up the environment"*

thePavement The Editor

www.thepavement.org.uk

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Merry Christmas, a Happy New Year, and keeping safe

Taking the wording on our cover from the famous advert from the late seventies and eighties – a dog's not just for Christmas – we're asking for readers to keep this issue until the New Year.

Although we've only been back in print for two months, we always take a break in January with our volunteers needing a break as much as anybody.

While we're away, keep warm as best you can, particularly if you're outside. If you're not taking advantage of winter shelters, at least be aware of Severe Weather Emergency Protocol (SWEP), which guides the actions of local authorities and groups when the weather gets dangerously cold. Be aware of how it will be initiated in your area and where you might go. Don't get caught out.

Richard Burdett

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Winter Shelters

With an expanded list of shelters (thanks to Paul Anderson) we're keeping it here at the front

999 Club (Lambeth & Lewisham)

Running a winter service from Dec 12 until end of Feb 13, but very likely to be full with guests already known to them. 0208 694 5797

Barnet Churches Winter Shelter

Various Churches and Synagogues
01 Oct 12 - 30 Apr 13:
7.30pm - 8.30am
Doors close 10pm (two shelters open in Jan and Feb).
Age 18+ mixed; Beds for 15; Dry
Contact Homeless Action in Barnet, 36b Woodhouse Road, N12 0RG
020 8446 8400
Referral through HAB
- no self referral.

Brent – Route 18 Winter Shelter

Various Churches & Mosques
contact CHC Community Centre, 60 Ashford Road, NW2 6TU
020 8208 8595
12 Nov 12 - 31 Mar 13
(except closed 23 - 30 Dec 10): 7.30pm - 7.30am
Agency or self-referral; Arrive before 8.30pm; Age 18+; mixed; Beds for 30; Dry; no smoking; Low support needs only; Priority to verified rough sleepers
www.route18.org.uk

Bromley – 5000 Project

Various Churches
contact Bromley United Reform Church, 20 Widmore Road, BR1 1RY
020 8466 0257 (10am

- 3pm) or 07879 008523
Dec 12 - Feb 13: 7pm - 8am
(last booking in 6pm)
Agency or self-referral; Age 18+; mixed; Beds for 12; Dry; no smoking inside
www.bromleyurc.org.uk/5000-project

C4WS Homeless Project (Camden)

Various Churches
020 7278 6267
01 Nov 12 - 31 Mar 13
(except closed 23 Dec - 30 Dec 10): 7.30pm - 8.30am. Entry 7.30-8pm,
Age 18+ mixed; Beds for 15 (separate area for women); Dry; Camden agency referral; phone ahead
www.c4ws homelessproject.org

Caris Islington Churches Cold Weather Shelters

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

Crisis Christmas

Ten venues across London. Other rough sleeper, quiet, dependency and women residential centres.
23 - 30 Dec: 9.30am-9pm (opens 12noon on 23 and closes after breakfast 30 Dec)
Age 18+ mixed (except womens centre), Dry
www.crisis.org.uk

Croydon Churches Floating Shelter

Various Churches
020 7870 8855
Mobile switched off if no vacancies
01 Nov 12 - 31 Mar 13
(except closed 23 - 30 Dec 10): 7.30pm-8am
Last admission 8pm
Age 18+ mixed; Beds for 14
Local referral only, dry
croydonfloatingshelter.org

Ealing Churches Winter Night Shelter

Various Churches
07930 378263
01 Dec 12 - 31 Mar 13, but only accepting referrals from four local agencies. No smoking, dry. Venues detailed on website:
www.ecwns.org.uk

Firm Foundation Winter Night Shelter (Harrow)

07979 836403
- Sun: 9am - 5pm)
04 Jan - 28 Mar 12:
7pm - 7.30am
Age 18+; Men only; Beds for 10; Agency referral only; Dry; No smoking inside; No pets; Maximum stay four weeks
www.firmfoundation.org.uk

GrowTH - Tower Hamlets

Various Churches
1 Nov 12 - 1 Jun 13 (except closed 23 - 30 Dec 12)
Referral only from Tower Hamlet based agencies - no self-referral
www.thisisgrowth.org

Hackney Winter Night Shelter

Various Churches
Booking essential:
07702 799543
01 Nov – 23 Dec (15 beds) and
30 Dec 12 – 28 Mar
13 (25 beds)
8pm – 8am (7pm on Sundays)
Last admission 8.30pm
Age 18+ mixed; Screened
area for women.
Agency or self-referral: dry
www.hwns.org.uk

Haringey Churches Winter Shelter

Various Churches
07538 331521 (10.30am
- 5pm; no referral on
this number)
10 Dec 12 - 10 Mar
13: 8pm - 8am
Only accept referrals from
local organisations; Entry 8
- 8.30pm; Age 18+ mixed;
Beds for 12; Agency refer-
ral; Dry; No smoking inside
www.allpeopleallplaces.org

Hope4Havering

118c North Street, Romford
07951 702777
01 Nov - 01 Mar
Mixed; Beds for 15; Local
connection only; Agency
or self-referral; dry

Hillingdon Winter Night Shelter

Various venues
01895 250147 (9am - 5pm)
21 Jan - 03 Mar 13: 6pm–8am
Age 18+; Men only; Beds for
8; Local connection only;
Agency or self-referral; dry

Hounslow (The Shelter Project)

07903 312813
16 Jan - 31 Mar 13: 8pm–8am
Age 21+; Men only; Beds for 15
Referral by local agen-
cies only, dry

Kingston Churches Winter Night Shelter

Various Churches
contact Kingston Churches
Action on Homelessness
(KCAH), 36a Fife Road, King-
ston Upon Thames, KT1 1SU
020 8255 7400
01 Dec 12 - 28 Feb
13: 8.15pm - 8am
Age 18+ mixed; Beds for 12
(separate area for women
at some venues); Agency or
self-referral; Phone or go to
KCAH Mon - Fri: 10am - 1pm
[www.kcah.org.uk/winter-
night-shelters](http://www.kcah.org.uk/winter-night-shelters)

Quaker Christmas Shelter

Union Chapel, Compton
Avenue, N1 2XD
07833 123155 (referral line)
23–30 Dec (not 24 hours):
7am - 12noon (breakfast
for up to 80); opening
again at 3pm (supper
for up to 75 at 6pm)
Closes at 10pm except for those
referred to one of the 26 beds
(self-referrals are possible); Dry

Robes Project (Southwark & Lambeth)

Various Venues
04 Nov 12 - 29 Mar 13 (except
closed 24 - 30 Dec 12): Open
7pm - 8am (arrive before 8pm)
Age 18+ mixed; Beds
for 15 Nov-Dec
Beds increasing for
up to 25 Jan-Feb
By referral only from
several agencies
Further info 020 7407 5623
www.robcs.org.uk

Waltham Forest Churches Emergency Night Shelter

Various Churches
07587 191500
01 Nov 12 – 31 Mar 13
Age 18+ mixed; Refer-
ral by local agency only;
Beds for 30; dry

West London Churches Winter Shelter

Various Venues
0207 351 4948
05 Nov 12 - 24 Mar 13 (Ken-
sington & Chelsea); Second
circuit running alongside
from January (Hammersmith
and Fulham): 8pm–7am:
last admission 8pm
18+ mixed; Beds for 35 (sepa-
rate area for women); self-refe-
ral; On a first come first served
basis, must phone first; dry

Westminster Churches Winter Shelter (WCWS)

Various Venues
0207 569 5900
01 Dec 12 - 31 Mar 13: 7.30pm
- 7.30am: last admission 8pm
Referral only from WLDC, 134
- 136 Seymour Place, W1H 1NT
18+ mixed; Beds for 15
(separate area for women);
no smoking; no pets; dry
wcwshelter@gmail.com



John Ferris

Age at disappearance: 44

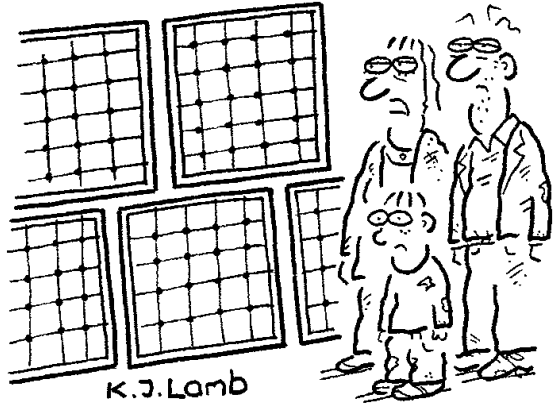
John has been missing from Gosport since October 2010.

He was last seen in the Scottish highlands in November 2010. If you think you can help the search please call Missing People.

John, we would love to hear from you.
Call. Text. Anytime.
Free. Confidential.
The number is **116 000**

**missing
people**

Registered Charity No. 1220419



"These are our solar panels – if only we could afford a roof to put them on"



FREE
METRO

Supporting London Life

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

A round-up of the news

The homeless news from across the UK and the World

Streatham blaze claims three lives

A fire that claimed the lives of three rough sleepers in Streatham, London, earlier this month remains under investigation by local police and fire services.

The bodies of one man and one woman – both believed to be Polish – were found in the early hours of 15 December by the fire service but are yet to be formally identified.

A 54-year-old Polish man was admitted to hospital with burns and smoke inhalation but later died from his injuries.

Police said there have been “no further developments on

the case” but expect confirmation of the victims’ identities during the course of next week.

The blaze took place on a small patch of wasteland off Streatham High Road at the junction with Lewin Road. It was believed to have been started by a small camp fire.

Locals say the spot was often occupied by a number of homeless Polish people.

Amanda Addo, the director of local homeless day centre Spires, has paid tribute to the three victims, who she says were frequent visitors of the centre on Tooting Bec Road.

She said: “We were completely shocked. This was a tragic and completely unnecessary waste of life.

“The three victims were very well known to us, both friends and staff were devastated.

“Having supported them at Spires for a few months we will miss them and our thoughts are with their families so far away.

“Nobody should die on the streets.”

Sarah Cox

London fails in target

London mayor’s target to end homelessness by the end of 2012 has failed – but some progress is being made.

It was always an ambitious target, and one which many



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 ★

doubted was ever possible. With the economy in the toilet, it is perhaps even less surprising that it could not be achieved.

The Pavement has followed its progress since 2008, and although at points it looked as though it was within grasping distance, the various initiatives launched could not get to everyone.

According to CHAIN, 5,678 people slept rough at some point in London during 2011/12, an increase of 43 per cent on the previous year's total of 3,975.

But some initiatives, such as No Second Night Out, have seen success – with 60 per cent of people moving “into some form of accommodation”.

NSNO director Petra Salva said this showed agencies were heading in the right direction, but argued services must redouble their efforts if they are ever to reach the target.

“The number of people living on the street has hugely declined because of efforts of all agencies involved,” she told *The Pavement*. “Our commitment must not dwindle. If anything I think we need to double our efforts.”

Salva said work must focus “upstream”, preventing people from rough sleeping in the first place. Initiatives like NSNO must also work hard not to “create an incentive for people to come to the street to get a service,” she added.

But the real challenge was the “patchy” responses from the multi-agency approach across the city.

“A real issue for NSNO is that many agencies do not work to our time-frame and systems that exist take far too long,” she explained. “Challenges exist with speedy and timely access into PRS. It takes time to find housing and to set it up.

“Boroughs need coordinated services, good advice and prevention, local assessment beds etc,” Salva added. “Developing these locally will

ensure we are more likely to achieve a higher success rate.”

Of course, NSNO has not been the only initiative aimed at reducing the number of people sleeping rough during the year of the Olympics and Jubilee.

Rough Sleeping 205 (RS205) is one of the London Delivery Board's longer-term projects to reduce the number of “entrenched” rough sleepers. Set up in 2009, it now encompasses 349 people who are seen as needing particular focus to get off the streets.

Most recent figures from the Mayor's Office show that the number has been reduced by around three-quarters – with only 78 of the individuals being seen rough sleeping in the last reporting period.

Acknowledging that the target had not been reached, a spokesperson for Boris Johnson's office said the Mayor was “absolutely committed to ending rough sleeping” and would continue to work on the issue for “as long as it is necessary”.

“There has been considerable success in tackling rough sleeping in London,” the spokesperson added, highlighting the results of NSNO and RS205.

“NSNO will continue its groundbreaking work, complementing the initiatives of boroughs and other agencies who are the primary providers of services to rough sleepers in the capital.”

Outside of London, the picture is arguably even worse. While authorities in the capital can claim to have kept a lid on the rise of homelessness, figures published by the Department for Communities and Local Government show the number of people classified as “priority homeless” has risen to 50,000 – 25 % more than in 2009-10.

This has coincided with cuts to homeless services, meaning that just at the point when people need more help, less is on offer. As reported in last month's

issue, research agency Ssentif has highlighted a direct correlation between the two factors – which managing director Judy Aldred described as “shocking”.

With the government announcing more austerity measures as part of the Autumn Statement at the start of this month, it seems that those services still aiming for an end to homelessness any time soon are being unrealistically optimistic.

Catherine Nilan & Garnet Roach

Mark Horvath's return

Mark Horvath, the US founder of Invisible People, returned to the UK in the end of November. *The Pavement* covered his first visit in July – search for his name on the website.

The InvisiblePeople.tv project – the internationally recognised non-profit that tackles poverty and homelessness by using the power of social media – returned to London on flights donated by British Airways, and teamed up with the charity Broadway.

“Invisible People connects people to the face of homelessness in a direct and meaningful way that humanizes the subject and builds empathy in the viewer. This is much more important and impactful than simple awareness” said Horvath, who was himself homeless in America.

“As I have done across the United States and Canada, I want to give the people experiencing homelessness in England a chance to tell their stories. Once we know our neighbours it's not as easy to ignore them, and that's where real positive change starts”

Howard Sinclair, chief executive of Broadway, said: “We are delighted to welcome Mark to the UK and to the team at

Broadway. Everything we do at Broadway is geared towards offering homeless people not only a route away from the streets but also a voice to tell their story. Mark's visit will empower both us and them to tell their story."

Horvath flew back to the US on 4 December

Staff

- If you're interested in seeing more on Invisible People go to <http://invisiblepeople.tv> Or you can follow and chat to Mark on Twitter [@hardlynormal](https://twitter.com/hardlynormal)

Charging on the move

Earlier this month a homeless man in Florida, 28-year-old Darren Kersey, was jailed after being caught charging his phone at a local charging station in a park picnic shelter.

The arresting officer informed him he should be charging his phone at local homeless shelters, noting in his arrest report that "theft of city utilities will not be tolerated during this bad economy".

After spending a night in the cells, Kersey was released the next day after the judge threw the case out of court on the grounds there was no legal justification.

For most of us our mobiles are a lifeline to the world, but keeping the battery charged is not always easy.

We took a straw poll among coffee shops and fast food restaurants in London, and the general consensus appears to be is that if you are a paying customer you can use their electricity and Wifi. However, out of a broad selection of day centres we spoke to across the country, only three confirmed they always allow visitors to charge their phones: West London Day Centre, Whitechapel Mission and Glasgow City Mission. Many

others said that it would depend on individual circumstances.

Jo O'Reilly

Death in the storms

One of the few people killed during the heaving flooding in November was sleeping rough.

21 year old Michelle Conroy was sleeping in a tent when she was crushed by a tree felled by strong winds in Exeter, Devon. Two other people in the tent were injured, one of whom was her boyfriend, who she had gone onto the streets to join.

Staff

Get fit in the New Year

ExP2A, a new leisure-focused charity, is getting ready to launch in the New Year.

The charity, which is run by former and current homeless service users, was due to lift off in October but that has been postponed until the start of 2013.

Marketing and communications manager James MacPherson told *The Pavement*: "Unfortunately we have come to the decision to temporarily suspend our Peer Fitness Group due to a staff shortage. The group will recommence in the New Year".

The London-based charity intends to encourage homeless users to independently and actively change their own lives, through peer support, group activities and social enterprise.

It plans to introduce fitness and walking groups, with homeless service users (or "associates") acting as motivators for members of the public.

In return they will receive experience and work experience, while the money raised in fees will

be flowed back into the charity to pay for future projects, such as an affordable programme of leisure activities for homeless people. ExP2A has also set up a Twitter account that will offer desk-based workout tips for those chained to their computer terminals ([@DeskWorkout](https://twitter.com/DeskWorkout)).

We'll be interviewing exP2A director Alex Ireland (better known on Twitter as [@aibaihe](https://twitter.com/aibaihe)) about the charity for the next issue. If you'd like to find out about sponsorship or how you can get involved email info@exp2a.org.uk.

Carinya Sharples

Is this the future?

A homelessness campaign group in America is taking a high-tech approach to helping people off the streets.

The 100,000 Homes campaign has launched an app for users of modern 'smart' mobile phones that enable volunteers to register rough sleepers in their area and help them get access to medical treatment and housing.

The campaign has already had some success with volunteers registering rough sleepers with pen and paper, but the mobile phone version makes collecting information and responding to it quicker and easier for outreach workers.

However, there may be concern that even if volunteers have the best of intentions, they may not be properly trained to deal with vulnerable people.

There is a clear set of guidelines for volunteers, although the rules include very general instructions such as "be yourself" and "be sincere".

There may also be questions about the how accurately non-professional volunteers will be able to assess somebody with mental or physical health

problems. One of the questions on the form is "Do you have a mental illness?", for example.

The app lets volunteers record rough sleepers' age, health problems, how long they have been on the streets and whether they have spent any time in institutions such as prison, hospitals or the Army.

"Everyone has their own story about a homeless neighbour in their community, and this app finally gives people a concrete way to do something about it," said 100,000 Homes campaign director Becky Kanis.

Kanis said the point of the app is not for volunteers to take over the job of professionals, but to help in

alerting them to where people in need are living.

"Too often, we walk by folks on the street and assume there's no solution, but the truth is that local professionals know what to do. Homeless Connector is about making sure those professionals know everyone on their streets by name, and it enlists community members in helping them achieve that goal," she added.

Closer to home, a similar scheme has launched in Wigan with the aim of alerting a charity to rough sleepers in the Lancashire town.

The app, from charity Riverside, enables local people to tell outreach workers where rough sleepers are living in the area. It

remains to be seen whether this is a scheme which can be replicated on a bigger scale.

It is also not clear whether or not rough sleepers will feel comfortable with members of the public reporting where they are to local authority staff.

A government website called streetlink.org.uk has also launched, where people can report a rough sleeper in their area. Rough sleepers can also fill in the form themselves to tell their local council where they are bedding down.

John Ashmore

Homeless dead are commemorated in London

Homeless and formerly homeless people who died in London during the last year were remembered in a service at St Martin-in-the-Fields on the 8 November (pictured left).

The Commemorative Service to Remember Homeless People started over 20 years ago; this year it was organised by The Connection at St Martin-in-the-Fields (Tralfalgar Square) and Housing Justice.

A list of 154 names was read out and candles were lit.

The Choir with no Name (pictured over the page) sang *Stairway to Heaven* and the Streetwise Opera performed *You'll Never Walk Alone*. Hymns, prayers, poems and readings also marked the occasion.

More than 250 people attended. Alastair Murray of Housing Justice said: "The service is important because it brings together people who work in the field, those who are or have been homeless themselves, to remember and give thanks for the lives of people who are or have been homeless – often people who are known to us.

"And it draws attention to



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

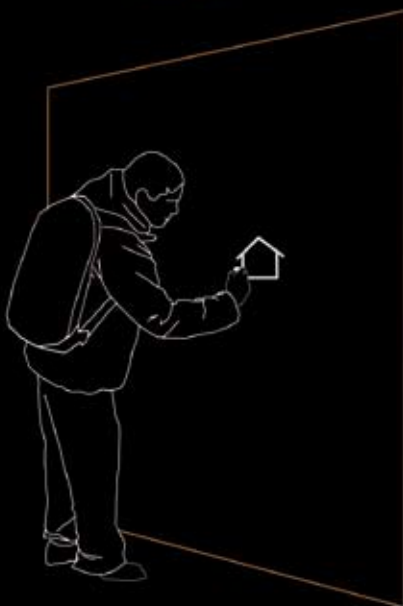


you'll get moved on here

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.

the continuing fact that many people's lives are cut short by the experience of homelessness."

Reverend Richard Carter, who led the service, explained that this year's theme, 'Welcoming Angels Unaware', made him consider "the welcome that we provide, or fail to provide, for visitors, strangers, refugees, and neighbours".

He said: "It is one of the most moving and important services that takes place at St Martin's each year. The list of those who have died is frighteningly long. This service, we pray, gives a sense of dignity to all those who have died, many who never found a home and felt lost and excluded."

Ken, who was formerly homeless, said it was "very emotional".

"I've cried every year – that's natural for us. I always have a lump in my throat, especially when it's somebody you've known for a long while. You always look back at the good but also the bad times you spent together," he added.

Tony, who had

also experienced homelessness, said: "Without a family you don't have a safety net to fall back on, and perhaps no one to come to your funeral. When I go to this service I always think it would be so sad to have no one to remember you, to think that no-one cares. I think it's really important we remember people in this way- I mean perhaps they were somebody's angel in their lives."

Jane Evans

- We looked at other places that have similar services of commemoration – Bradford, Cambridge in the UK and San Francisco, Austin, Minneapolis in the US, to name a few – and will look at whether is unified day of commemoration would be appropriate.

The names: Mohamed Abukar, Carol Adio, Rashid Ahmed, Michal Andrzejewski, Anthony Archer, Arik Arnista,

Silver Aymes, Marilyn Barrett, James Bower, Colin Bowles, Jonathan Briggs, Lindsey Brown, Mark Bruton, William 'Billy' Buck, Michael Buckley, Dave Bullard, Ozell Buntin, Justin Burton, Jules Caesar, Nigel Carter, Ernest Chappell, Terry Chappell, Marcin Checiak, Mick Christy, Florin Cirnu, Brendan Clarke, Tyrone Collins, Kevin Conway, Denise Coward, Gareth Cowen, John Crofts, George Crooks, Hugh Davison, Algirdas Degutis, Thomas Delaney, Alvin Denny, John Dickens, Stanislaw Diller, Vincent Docherty, Ian Donoghue, Richard Donohoe, Keith Doran, William Duncan, Darren Durbridge, Kenneth Elliott, Frederick Ellis, Richard Evatt, Thomas Fallon, Niall Farrell, Tracey Faulkner, Michael Feeney, Christopher Flaherty, Kadri Folarin, Georgina French, Churchill Fullerton, Antonio Gandara, Gerald Gault, Michael George, Michael Geraghty, Leon Gibbons, James Glover,

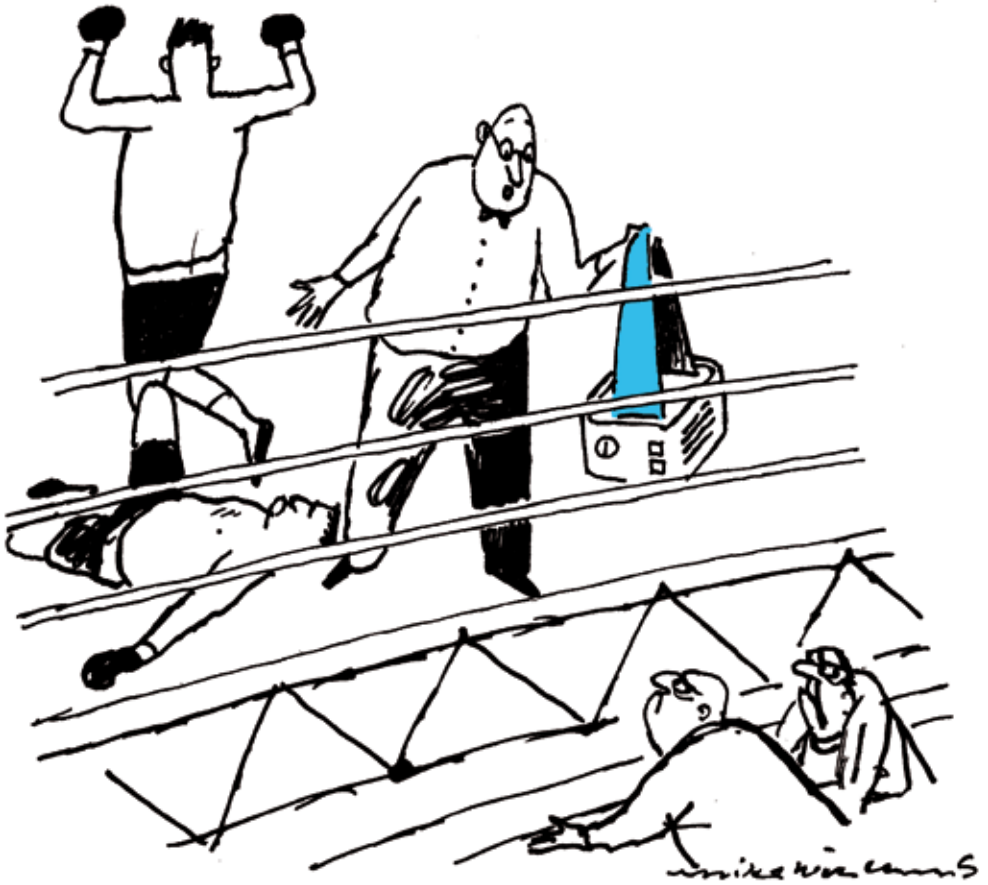


The Pavement, which operates without any funding from the state, has decided to try something new – asking readers to help support our operation. Not salaries or new kit, but our basic print operation.



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



"An ordinary towel would have sufficed Mr Angelo"

Martyn Goodhew, Joseph Gusmin, Richard (John) Hamilton, Christine Harvey, Jennifer Hatahet, Natalie Heck, Marina Hegarty, James Henderson, John Hill, John Hodgson, Harry Hogben, Paul Holdstock, Adrian Horler, June Houghton, Emil Hudici, Bernard Hukwa, Kasey Humphries, Joanna Ibidun, Jason Ismail, Jay Jorite, Orhan Kartari, James Kearney, Sean Kelly, Mark Kerwin, Damrat Ketwong, Paul Kirwan, John Langley, Oscar Lazurka, Oriestas Leigus, Aaron Lofters, Luis Lopes, Nigel Lovelock, Omar Lundy, Denise Lutchmusing, Michael Mansfield, Emile Marciny, Eugene Mariam, Thomas Maughan, Maysam Mayendernejad, Simon McAndrew, Gary McCann, Amanda McFarlane, Enda McLoughlin, Steven McMillan, Dominick Meginley, George Mercieca, Michael Meshane, Sadik Miah, John Millward, Bill Moore, Mark Morrison, Kevin Mullins, Stacey Niles, Christopher O'Connor, Edward O'Donnell, Sandra Own, Charlie Parker, Jineth Peters, Naran Rainford, Santosh Rani, Carmel Reid, Carl Rice, Robert Riggs, Julian Safo, Yamadu Sanneth, Christine Santell, Stephen Scully, Michael Silk, Karen Sivitar, David Slowey, Patrick D Smith, Steve Smith, Dusan Soltes, Ursula Spiegel, Gillian Stevens, Arthur Stockton, Bill Taylor, Surenthiram Thankgevelu, Christopher Thomson, David Townsend, Thomas Ray Tully, David Walsh, Louis Wedge, Michaela Westerman, Alan Wheeler, Susan White, Michael Wilkinson, Paul Williams

Aiming at the Christmas No. 1

This Christmas a group from Crisis in Newcastle will release a single, the profits of which will go to Crisis and Streetwise Opera.

The single, which features a choir, strings and sleigh bells, was composed by Alan Robson, who

came up with the idea after taking an art course at Crisis Newcastle.

Robson, who has a keen interest in art, painting and music, was fully supported by Crisis at every stage of the work, from penning the lyrics to record the vocals and guitar. Now a self-employed artist and musician, a portion of the proceeds will go to Robson to help him develop his artistic ambitions.

June Grimes, director of Crisis Skylight Newcastle, said: "We are delighted Alan has come so far because of the support he has received at Crisis and are very grateful to him for donating the proceeds of his brilliant, festive single to Crisis. We hope everyone gets behind it and that it is a huge success."

Staff

Moving them out of area

Thousands of homeless families are set to be moved out of London into temporary accommodation outside the capital – despite government advice that families should be housed in their own areas wherever possible.

More than 20 London councils have rented properties as far away as Cornwall, Newcastle and Blackpool to house families they say they cannot accommodate within their home boroughs.

Housing minister Mark Prisk has called a meeting with London councils to discuss these measures, which he described as "unacceptable and avoidable".

Government guidance issued in May says that councils must "as far as is reasonably practicable" offer accommodation to homeless families within the borough.

However, several councils argue that their decision to move homeless families out of the borough is the result of government policy, claiming that capping

housing benefits at £400 per week and pegging them to the bottom third of rents has made most of Greater London unaffordable for families who depend on benefits.

The situation is expected to get worse in April when an overall benefit cap of £500 a week comes into force – meaning that no family can claim more than this sum regardless of how many children they have or where they live.

The result is a growing number of families face being moved out of London by councils which have a duty to house them – often away from children's schools and local ties.

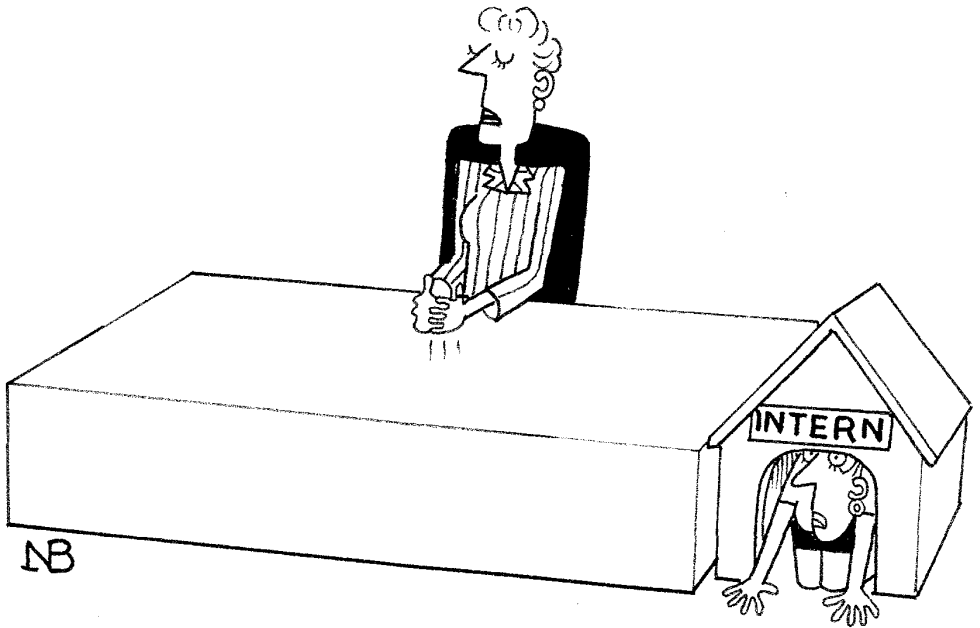
This has raised fears of a surge of overcrowding as families share properties or move into smaller flats to stay in their home areas despite receiving less in benefits.

Westminster Council is sending homeless people to 30 different local authorities including Great Yarmouth and Essex. Islington council has sent people to Newcastle, while – as previously reported in *The Pavement* – Croydon has sent families to Maidstone, Southampton and Portsmouth.

The need to move families out of expensive areas like Westminster had been anticipated – but the acute housing shortage in the capital means that market rents are greater than the benefit cap even in London's outlying boroughs such as Haringey, Waltham Forest and Barking and Dagenham.

The government had expected housing benefit reforms to force landlords to reduce rents – but councils say that demand for rented property is so high that most landlords have seen no reason to reduce rents. Many are now refusing to rent to people who are claiming housing benefit.

Jack Dromey, Labour's housing spokesman, said: "The country is gripped by the worst housing crisis in a generation and the government's failed policies are





"Does that mean what I think it means?"

making it worse not better... hard pressed London councils are faced with having to house those facing homelessness from Cornwall to Newcastle.

"To lose your home is a tragedy. To face then being uprooted from friends, family and work is absolutely wrong."

A Communities and Local Government spokesman said: "Councils can meet housing need through social housing or high-quality private rented housing in their area. Unless there are exceptional circumstances, there is no excuse for moving homeless families to other areas, and they must absolutely not apply a blanket policy of relocating families out of the capital.

Katharine Hibbert

Pop-up housing

A bold new proposal from the Building Trust could see parking garages turned into prefab flats for the homeless.

In a pilot scheme developed with Hackney council, London-based architects Levitt Bernstein want to turn disused lock-up garages into bedsits, containing a bedroom and shower room with a communal laundry in every fifth garage.

As you might expect, the completed properties will not be spacious. The plans allow for an 11.5 square metre bedsit in each garage – equal to most council's allowed minimum for a bedsit, but a lot less than the average one bedroom flat size, which is 46 sq m.

The size has been criticised by the Royal Institute of British Architects, who said in a recent report that these 46 sq m flats were "shameful shoebox homes".

Despite this, the Building Trust's founding partner David Cole told the *Guardian* that "the thinking is

that it is far better to give someone their own space with their own front door than put them into shared accommodation," he said.

"The new government guidelines will emphasise shared housing, but this often only instills the problems. This is a stepping-stone housing project, allowing people to get back on the ladder."

If the plans go ahead, these "pop-up homes" would be created as kits that could be assembled on different sites by their future occupants as part of an apprenticeship scheme. If the site was later redeveloped, the kits could be packed away and moved elsewhere. Rent would be £50 per month, plus utilities.

The project has the backing of homeless charities like Crash and YMCA – but concerns remain over whether turning the lock up garages of already deprived council blocks into barrack-like bedsits would be the most effective helping hand for the homeless.

James O'Reilly

Coffin carried through Totnes, Devon

A coffin was carried through the Devon town of Totnes on 29 November, as a 'street funeral' for a local homeless man who died during a hail storm earlier in the month.

Michael Gethin, a 42 year old rough sleeper, died outside the Methodist church in the town on 4 November, and was the fifth homeless man to die in the town in the last year.

To mark his death a coffin was carried through the town to raise awareness of the dangers of sleeping out in such bad conditions, and a local *Big Issue* vendor, Graham Walker, carried out a 28 hour vigil.

Staff

NSNO expands

Two and a half years on and still thought of as being in its pilot phase, London's No Second Night Out is an initiative that has been emulated across the country, able to boast a 60 per cent success rate for keeping people off the streets.

Just over a tenth – 12 per cent – have been seen back on the streets subsequently. This is on the back of an overall increase in the use of the service, particularly from non-UK nationals, which now make up 56 per cent of total users. A total of 1,500 people have gone through NSNO assessment centres.

Petra Salva, the organisation's director, said: "We're really struggling in terms of numbers, as so many people are coming through our doors, but I'd rather act as quickly and urgently as possible than have people being on the streets. We're doing everything we can to help."

On the back of its success so far the government has rolled out the principles of the project across the country.

Because each community has its own specific needs, and No Second Night Out itself is still constantly developing.

Two of the first places to develop alternative approaches were Manchester and Liverpool; both similar in numbers, but with different issues.

The help line number to reach No Second Night Out is **0870 3833333**.

Emma Batrick

STREET SHIELD

EPISODE 30

MERRY CHRISTMAS!

KERBSIDE DAY CENTRE.

GOOD LORD! I REALLY DON'T KNOW WHAT TO DO!

THE TWO VOLUNTEERS WHO WERE HELPING ARE OFF SICK, AND I'VE GOT CHRISTMAS LUNCH IN THREE HOURS!



LEAVE IT TO US, JIM. WE'LL GET IT DONE.

I DON'T REALLY KNOW...



PEEL!



SLICE!

LATER...

HOW ON E





Health and wellbeing

The Pavement's health team revisit old topics that need the focus

Take care of the pair

You might have wondered why we have nails on our toes. Anatomy and evolutionary experts have many different theories, but the one common view is that toenails are there to protect the vulnerable 'end' bits on the upper side of our toes. Left to their own devices, though, they can present more problems than solutions.

Unlike their fingernail cousins, toenails don't, at first, seem to have an obvious purpose. Fingernails help us peel an orange or pick up coins from a flat surface, and are useful for personal grooming - scratching, squeezing, picking (ugh...). Long fingernails can be considered beautiful: long toenails are generally viewed as hideous and claw-like.

They are also generally painful, as pressure builds up on the tender skin of the nail bed below the nail. Long toenails serve no purpose, so the ideal place to cut them is just beyond the point where the pink bit (where the nail bed is still attached to the nail) becomes the white bit (the free edge of the nail that would grow on forever if we let it).

Cut them short and straight across, not with a 'v' in the middle (that just weakens the nail plate). Don't cut off the corners - it just encourages the nail to dig in to the soft skin of the sulcus (the skin around the nail). Poking down the sides of the nails can introduce infection and irritate the skin around the nails, possibly leading to ingrown toenails.

Also, be sure to use scissors for the job - picking, pulling, tearing or biting toenails (more common than you might think, especially in young people who still have the

flexibility to reach that far!) also run the risk of ripping into the nail bed and introducing infection, and may allow the toenails to become ingrown.

Leaving nails long also may result in them splitting lengthways, exposing the vulnerable nail bed and allowing in bacterial or fungal infection. As we get older, our nails get thicker. If you have trouble cutting your nails because of this, soak them in warm water first. Really thickened nails, or thick nails with a yellow tinge or crumbly appearance, may have a fungal infection. Fungal infections of nail are notoriously difficult to treat - there are paints and medicines available, but treatment takes time and perseverance.

If you are concerned by the look or thickness of your toenails, see a doctor or a podiatrist - your nearest dropin centre should have details.

Toenails are there for protection, so if you get some trauma to your toes (a heavy object falls on your toes, or they get squashed and bashed by a pair of shoes or boots that are too short or shallow for your foot), you may find that the nail takes the strain and eventually falls off. If this happens, you can rest assured that a new nail will grow, but it could take a while, depending on a number of factors including our health, the quality of circulation to our feet, and our age.

Toenails take about nine to 18 months to grow from the matrix of the nail to the end of your toes.

So even though they may appear to have no clear purpose (well, other than scratching the



shin of

your other leg when in bed), toenails need to be looked after, kept short and clean in a pair of shoes and boots that leave enough room for the toes to wiggle free... And if in doubt, get them checked out.

Evelyn Weir
Lecturer in Podiatry
Queen Margaret University,
Musselburgh



Worth talking about: fake medicine

The millions of pounds' worth of fake medicines being sold over the internet indicate that people in the UK are buying medications online as an alternative to having them prescribed by their GP, and who knows how many people buy from private individuals (which amounts to the same thing)?

What is so wrong with buying drugs over the internet or from 'unofficial sources'? We do just about everything else online these days, so why not source our medications this way?

There is a lot wrong with buying medications over the internet. The

first thing you need to know about self-medicating via the internet is that it's easy to manufacture a few pills that look like the real thing, but there's no way you – the buyer – can be sure you're getting what you've paid for. People who sell drugs over the internet are in it to make money and have no interest in your health or wellbeing; if they did, they wouldn't sell medications over the internet.

It is dangerous on every level. It's also largely unnecessary in the UK, as we have modest prescription charges and none at all if you live in Scotland. The small financial gain from buying drugs over the internet is outweighed by the risks of buying possibly fake or inappropriate medication.

Drugs are complex, getting the right medication to cure or alleviate symptoms isn't as easy as most people think. What works for one person won't work for everyone, so even if you know someone with the same symptoms, you can't always take the same medication. We are all different.

If you want, you can think of drugs as a doctor's toolbox. When you go to the doctor, s/he will listen to what you have to say, examine you, maybe run some tests and then choose the best tool to cure or alleviate your symptoms. Maybe the right tool isn't even a drug at all – it could be physiotherapy or counselling.

Then there are potential allergies, adverse reactions, your medical history and the side-effects of the medication.

You wouldn't use a pneumatic drill to put up a picture, but that's what you could be doing if you get your medication without seeing a doctor and getting a prescription.

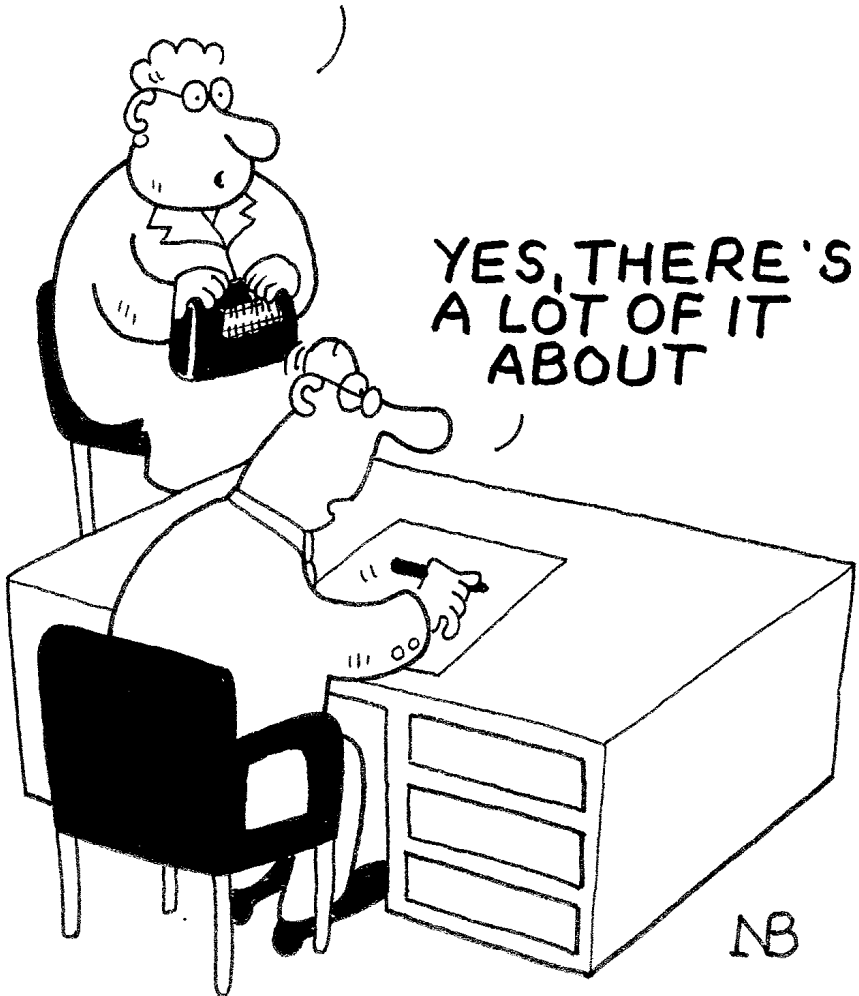
Medications go through years of

stringent research before they are deemed safe to be used on people, and most drugs are licensed only to do specific things to ensure they are used safely. Buying medications from the internet or private individuals means you bypass all these levels of safety monitoring and are taking a risk with putting an unknown substance into your body.

Don't risk it; see your GP or pharmacist instead.

Susie Rathie
Our Nurse Flo

DOCTORS DON'T LISTEN TO THEIR PATIENTS



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

Blue Cross Veterinary Services
Offered to pet owners on a low income. This is usually a means tested benefit or state pension with no other means of income:
Blue Cross Mobile Veterinary Clinic
All run 10am - 12pm & 1.30pm - 3.30pm, at these locations - Mon: Bethnal Green Road E2; Wed: Hackney Town Hall (car park) E8; Thur: Islington Town Hall, Upper Street, N1; Fri: Walthamstow Town Square, High Street, E17
On a first-come-first-served basis. Some cases may need to be referred to the Victoria hospital.

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

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

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

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

Runaway Helpline
0808 800 7070
For under-18s who have left home
The Samaritans
08457 90 9090
Out-of-hours helpline for those affected by mental health

SANEline (6 - 11pm)
0845 767 8000
For under-18s who have left home

Shelter
0808 800 4444
Housing advice, 8am-8pm daily
Stonewall Housing advice line
Housing advice for LGBT people
020 7359 5767
(Mon, Thu, Fri 10am-1pm; Tue & Wed 2-5pm)

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

WEBSITES

Help for Depression
A comprehensive explanation of the various approaches and treatments for depression
www.helpfordpression.com
Updated at least annually
www.homelesslondon.org

Homeless London Directory (RLS)
Updated at least annually
www.thepavement.org.uk/services.htm
Regularly updated online
version of The List.

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

Message Home Helpline
0800 700 740, 24 hrs daily
Rough sleeper's hot-line
0870 383 3333
London Street Rescue
0845 60 60 265
For the Pensions Service
For Social Fund enquiries
0845 608 8661
0845 377 6001
Allowance or Incapacity Benefit for Income Support, Jobseekers For queries about existing claims
0800 055 6688
To make a claim
Jobcentre Plus
For young people (1pm-7pm daily)

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
Free, confidential service, offering specialist advice on housing, benefits, tax credits, debt etc.

TELEPHONE SERVICES

National Debtline
0808 808 4000

Poppy
020 7840 7141
Helps women who have been trafficked for sexual exploitation

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Free, confidential service, offering specialist advice on housing, benefits, tax credits, debt etc.

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 during
 term-time: 7.30 pm, B, CL, FF

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

Peter's Community Café

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

Rhythms of Life International

Mon: 4.30–6pm; St Leonard's
 Church, Shoreditch High Street,
 E1 6NJ; 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 Spenser Street
 and Friday at Christchurch
 Gardens, both in Westminster

Sahru Vaswani Centre

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

Sai Baba

Coram's Fields (3rd Sun of
 month), 11am–1pm
 Vegetarian meal and tea

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

Silver Lady Fund (The Pie Man)

Van behind the Festival Hall or on
 Southwark Bridge Road – from 5am

Simon Community

Tea Run: Sun & Mon (6–9.30am);
 St Pancras Church 6.30am;
 Millford Lane 6.45am; Strand
 7am; Southampton Road 7.30am;
 Grosvenor Gardens 8.30am;
 Marble Arch (Sunday) 9am

Soup Run: Wed & Thurs

(8pm–10.30pm): St Pancras
 Church 8.15pm; Hinde Street
 8.45pm; Waterloo 9.45pm
 9.15pm; Waterloo 9.45pm
Street Café: St Giles-in-the-Fields,
 St Giles High Street, WC2 (next
 to Denmark Street) – Sat (2
 –4pm) & Sun (1.15–3.15pm)

St Andrew's Church

10 St Andrew's Road, W14 9SX
 Sat: 11.30am–1.30pm
 Hot food and sandwiches

St Ignatius Church

Lincoln's Inn Fields
 Sat: 7.45pm

St John's Ealing

Mattock Lane, W13 9LA
 020 8566 3507
 Sat & Sun: 3.30–5pm
 Also: Advice service Thurs
 & Fri 10am–4pm – Ealing
 Churches workers

St John the Evangelist

39 Duncan Terrace, N1 8AL

020 7226 3277

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

St Vincent De Paul

Lincoln's Inn Fields
 Tue & Thu: 7.30pm
 Sandwiches, drinks, cake and clothes

Steps of Faith
 Victoria area, Thurs: 8–10pm
 Walking around with food

Streetlites

Mon: 6–9pm, St Stephens Church,
 1 Coverdale Road, W12 8JJ

Tue: 6–9pm, King George's hostel,
 75 Great Peter Street, SW1P 2BN
 Wed: 9pm; outreach on Bush
 Green, Shepherd's Bush;
 Sun: 6pm; outreach on Bush
 Green, Shepherd's Bush

www.streetlites.org

SW London Vineyard/King's Table

Sun 2.30pm–4.30pm beneath
 Waterloo Bridge (Embankment).
 Good hot stews and potatoes.

Teen Challenge

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

Quaker Run

Victoria, 2nd Sun of month: 7pm

Wycombe & Marlow Group
 Lincoln's Inn Fields, Tue: 8.15pm
 Food, drink and some sundries

Winners Chapel

King George's hostel; alterna-
 tive Saturdays to Streetlites

SPECIALIST SERVICES

The Albert Kennedy Trust

Unit 203 Hutton Square Busi-
 ness Centre, 16/16a Bald-

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

American Church
(Entrance in Whitfield St)
79a Tottenham Court Rd, W1T
020 7580 2791
Mon–Sat (except Wed):
10am–12noon, AC, CL, FF

ASIAN

Hot food and sandwiches for
early risers. Sat 5.30am–8.30am

– Covent Garden, Milford Lane,
Surrey Street, Strand and Waterloo

Bloomsbury Baptist Church
235 Shaftesbury Ave, WC2 8EP
020 7240 0544
Sunday: Roast lunch 1 pm

10.30am for ticket (very limited)

The Cabin

St Gabriel's Community Centre
21 Hatchard's Road, N19 4NG
020 7222 8195
Daily: 1030–1130am;

Thu: 12noon (lunch)

Camden Road Baptist Church
Hilltop 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 Haverstock Hill, NW3 2BL
Weds: 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);
Weds: 1–3pm (women's drop-in);
Fri: 11am–1pm (women's
brunch & discussion group)
nb: Mon and some Wed ses-
sions now held at Chalk Farm
Salvation Army - listed above.
FF, CL

Farin 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 Marroway, Hackney Central
Every second Sat: 5–6pm, FF

Geffrey Community Centre
Geffrey 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 vegeta-
rian meals from Soho and King's
Cross Temples. The former can
be found at Lincoln's Inn Fields,
Mon–Fri: 7.15pm, finishing at
Temple if there's food left. The
latter from Mon–Sat, all year round:
12pm: Kentish Town (Islip Road);
1pm: Camden (Arlington Road);
2pm: King's Cross (York Way)

House of Bread – The Vision
Second and fourth Sunday in the
month (6.45am onwards) – Hot
food: note that an excellent full
cooked breakfast is served on the
second Sunday. On the Strand
(Charing Cross end, outside Coult's).
Imperial College
Serving sandwiches and hot
beverages on Sunday evenings
(8–9.30pm) at Lincoln's Inn Fields.
FF, CL

Jesus Army

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

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

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

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

The London & Slough 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

EMPLOYMENT AND TRAINING

Dress for Success (Women)
Unit 2, Shepperton House
89-93 Shepperton Road, N1 3DF
020 2288 1770
www.dressforsuccess.org/London
Smart clothing for job interviews

New Hanbury Project (SCT)
3 Calvert Avenue, E2 7JP
020 7613 5636
Mon-Thurs: 9.30am-4.15pm
Courses in: personal development, life skills, woodwork, DIY, art, IT, guitar, Spanish, cooking
C, ET, MC

Turnaround Resource E1
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
Cleland St
020 7580 3222
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

Veterans Aid

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

Veterans UK

0800 169 2277
Free help and advice for veterans and access to dedicated errands and one-to-one welfare service.
www.veterans-uk.info

MEDICAL SERVICES

Camden Health Improvement Practice (CHIP)
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 Greenland Street, NW1

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: 11 am-12.30pm; Mon-Fri: 2pm-4pm
For those sleeping out or in hostels within the borough
A, BA, C, D, DT, 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)

1515 North, 99 Seven Sisters Road, N7 7QP
020 7561 5410

Mon - Wed, Fri: 10am - 1pm; Thu: 2 - 5pm

For those who are homeless or have drug and alcohol problems within Islington
FC, MH, MS, SH

King's Cross Primary Care Centre (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

Pott 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 information on tuberculosis
020 3447 9842

www.findandtreat.com

TB screening van – MXU

A list of all its London stops for the month can be found 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

SEASONAL SHELTERS

Listed on pages 4 & 5

SOUP KITCHENS & SOUP RUNS

Agape

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

The Welcome Project

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)

020 7266 6200

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); 1.1.45am-
12.45pm (advice, appointments
only); Mon & Thur: 1.30-3.30pm
(drop-in for those with tenancies)
AC, BA, BS, C, CL, F, FC, IT,
L, LS, MS, OL, 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

Women@the Well

54 - 55 Birkenhead Street,
Kings Cross, WC1H 8BB
020 7520 1710

Women Only
Mon - Fri (drop in): 12noon - 4pm
open only to women who are rough
sleeping, involved in prostitution,
using drugs/alcohol, offending.
Weds - open access to women.
AD, BA, BS, CL, C, DA, FF, H, L, LA, SH

The 999 Club

21 Deppford Broadway, SE8 4PA
020 8694 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

East European Advice Centre

Palingswick House, 241
King Street, W6 9LP
020 8741 1288

Open weekdays 10am-12pm & 2-
3pm, for appointments; closed Wed
Ring for appointment
Eastern European Drug and
Alcohol Support
Emmanuel's Church,
Forest Gate, E7 8BD
020 8257 3068

EASTERN EUROPEANS & MIGRANTS

Part of DASL in Drug &
Alcohol Services
treatment, advice, contact with
other agencies; Thur: 5-7pm
020 8257 3068

Alcohol Services

St Mary's Church, Spensley
Walk, Stoke Newington
Church Street, N1 6 ES
info@hackneymigrantcentre.org.uk
Wed: 12.30-3.30pm
Free advice and support for refu-
gees and migrants, AD, BA, FF, H

UR4JOBS

Upper Room, St Saviour Church,
Cobbold Road, W12 9LN
020 8740 5688

Wandsworth Drug Project

86 Garratt Lane, SW18 4DB
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.ur4jobs.co.uk C, ET, FF

The Whitaker Centre

184 Camden
College Road, NW1 9NN
020 7485 2722

Mon: 10am-3pm; Tue & Thu: 10am-
8.30pm; Wed & Fri: 10am-5.30pm
AS, BA, C, D, ET, MS, NE

East European Advice Centre

Palingswick House, 241
King Street, W6 9LP
020 8741 1288

Open weekdays 10am-12pm & 2-
3pm, for appointments; closed Wed
Ring for appointment
Eastern European Drug and
Alcohol Support
Emmanuel's Church,
Forest Gate, E7 8BD
020 8257 3068

Alcohol Services

Part of DASL in Drug &
Alcohol Services
treatment, advice, contact with
other agencies; Thur: 5-7pm
020 8257 3068

Alcohol Services

Part of DASL in Drug &
Alcohol Services
treatment, advice, contact with
other agencies; Thur: 5-7pm
020 8257 3068

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-Thur: 9.30am-12.30pm
AS, AD, BA, CA, ET, H, L, IT, OL

St Stephen's Church (The Manna)
17 Cononbury 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 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

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 Day Centre
1 Hilldrop Road, Camden, N7 0JE
020 7607 9534
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*
8 Tooting Bec Gardens, SW16 1RB
020 8696 0943
Mon: 8am-12noon (women
only); Tues: 9-10.30am (rough
sleepers only), 10.30am-2pm
(drop-in); Wed: 10am-12noon
(rough sleepers only); Thu:
9am-1pm (rough sleepers only); Fri:
9-10.30am (rough sleepers only);
10.30am-1.30pm (women only)
Mon-Fri adult learning courses
- contact Spire 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

New Horizon Youth Centre (16
- 21 year olds)
68 Chalfont 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 & enquiry-
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

The Passage (25+)
St Vincent's Centre,
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
82 Wentworth St, Aldgate, E1 7SA
020 7375 0020
Mon-Fri: 9.30am-12noon (8.30am-
for verified rough sleepers) & 1.30-

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

ScotsCare & Borderline (for Scots

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

BA, CA, H, B, P, TS
Borderline (for Scots):
Mon-Fri: 09.30am-12.30pm

(appointments); Mon, Tue, Thu, Fri: 2-4pm (walk in)

0800 174 047 (freephone)
dutyworker@scotscare.com

AD, BA, C, CL, D, H, MH,
22 Leroy House, 436

Essex Road, N1 3QP
Stonewall Housing

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,
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
Mon-Fri: 12noon-3pm

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

www.aceofclubsubscapham.org
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,

Call for opening times
020 8992 5768

1 Berrymead Gardens, Acton
Emmas House

Market Lane, Shepherds Bush, W12
020 8735 5810

Mon, Tue, 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
Mon-Fri: 9.30am-7pm

A, BS, C, CL, D, FC, H, L, MH, MS, TS
A, BS, C, CL, D, FC, H, L, MH, MS, TS

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);
AC, BA, BS, CA, CL, C, ET,

FF, H, IT, LT, 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
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 Fortuneigate

Rd, Craven 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, LT, MS, OL
Depford Churches Centre

Speedwell St, O20 8692 6548
Mon, Tues, Thu & Fri: 9am - 3.30 pm

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:

23 Barnabas Church,
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
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 Fortuneigate

Rd, Craven 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, LT, MS, OL
Depford Churches Centre

Speedwell St, O20 8692 6548
Mon, Tues, Thu & Fri: 9am - 3.30 pm

CA, CL, D, DA, DT, ET, FF, H, L,
LA, LF, MC, MH, MS, OL, SS, TS

020 7267 4937
Mon-Fri: 9.30am-7pm

AD, AS, AC, BA, C, CL, FF, H, MC, OB
Earls Court Community Project

Ungoing renovation until
2012, but still open at:

23 Barnabas Church,
Addison Road, W14 8LH

020 7471 7030
Tue & Wed: 2 - 4pm

CL, FF
Hackney 180 First Contact &

the list

The directory of London's homeless services Updated 04 December 2012

Key to the list: Accom. assistance – A5 Alcohol workers – A4 Art classes – AC Barber – B Benefits advice – BA Bathroom/showers – B5 Bedding available – BE Careers advice – CA Clothing – CL Counselling – C	Debt advice – DA Dentist – DT Drugs workers – D Education/training – ET Free food – FF Food – F Foot care – FC Housing/accom advice – H Internet access – IT Laundry – L Leisure activities – LA Leisure facilities – LF	Luggage storage – L5 Medical services – M5 Mental health – MH Music classes – MC Needle exchange – NE Outreach worker links – OL Outreach workers – OB Safe keeping – SK Sexual health advice – SH SSAFA – SS Tenancy support – TS
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Email changes and suggestions to:
thelist@thepavement.org.uk
Updated entries: 2
Services added: 6
Or write to our address on page 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, ET, H, MC

Notre Dame Refugee Centre

5 Leicester Pl, WC2H 7BX
020 7434 1619
Mon and Thurs: 11am–4pm
(drop-in) Service for French-speaking refugees and asylum seekers
BA, C, CA, FF, H